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# ANNAPOLIS

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# TOP

# DOCS



FEATURING

# 100+

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DOCTORS



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Diversity in  
City Murals

## 2022 BEST OF VOTING

Categories  
Now Live

## BACK IN TIME

Archeology  
Program in  
Annapolis

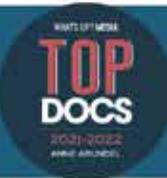
## YOUR GUIDE TO FALL

Excursions &  
Activities

WHAT'S UP? MEDIA OCTOBER 2021

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From Left to Right: Laura Ruppel, L.E. | Ali Weiss, Aesthetic NP | Kelly O'Donnell, MD | Eden Flynn, BSN, RN

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Contact us today at 410-224-3390 to schedule your evaluation!



Laura Ruppel, L.E. providing microcurrent with red LED post Skinwave treatment.

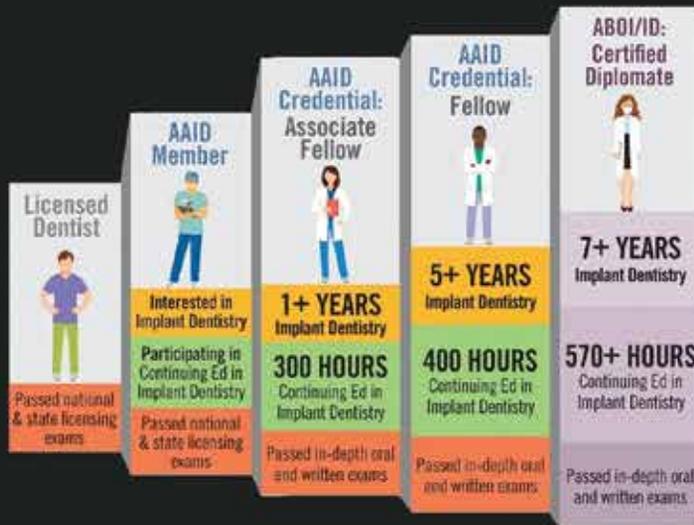


Eden Flynn, BSN, RN performing a Sciton Forever Young BBL laser treatment.

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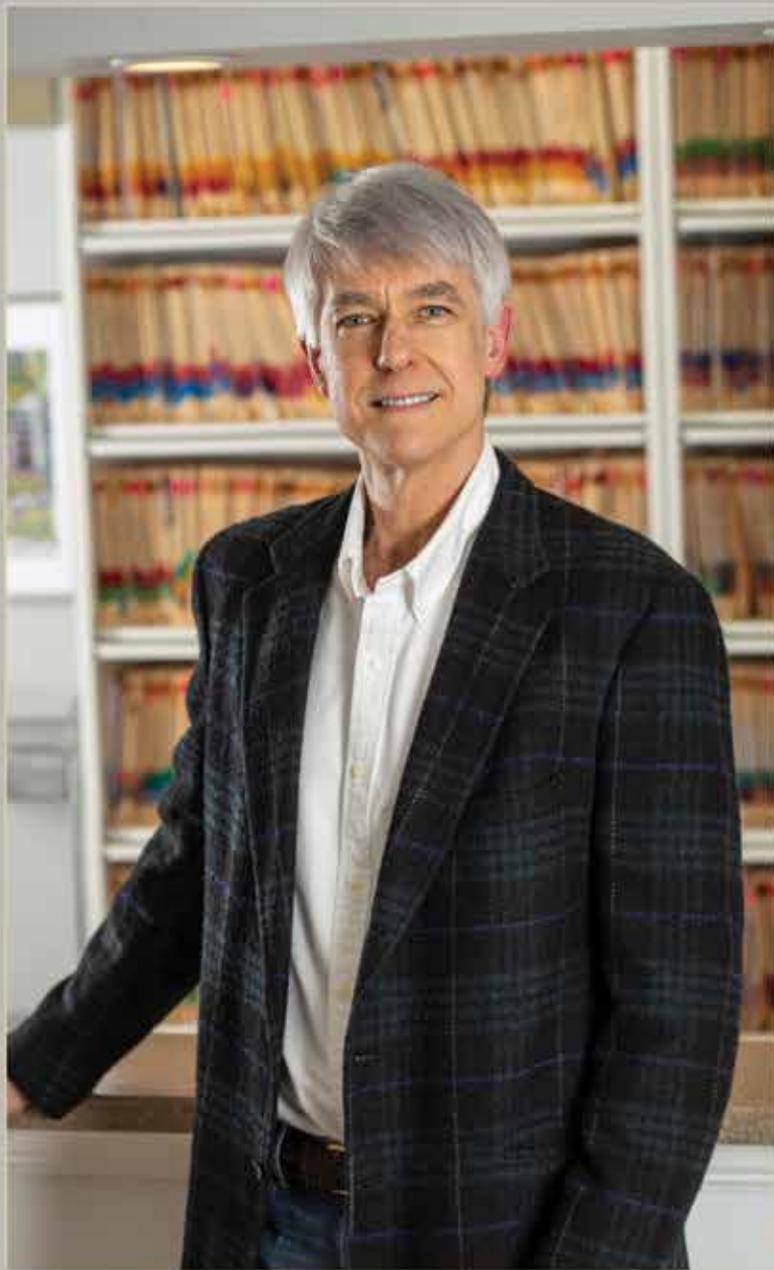
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# Henrik L. Anderson, DDS



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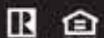


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our website

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# Oral Surgery Specialists

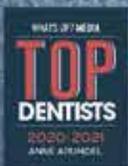
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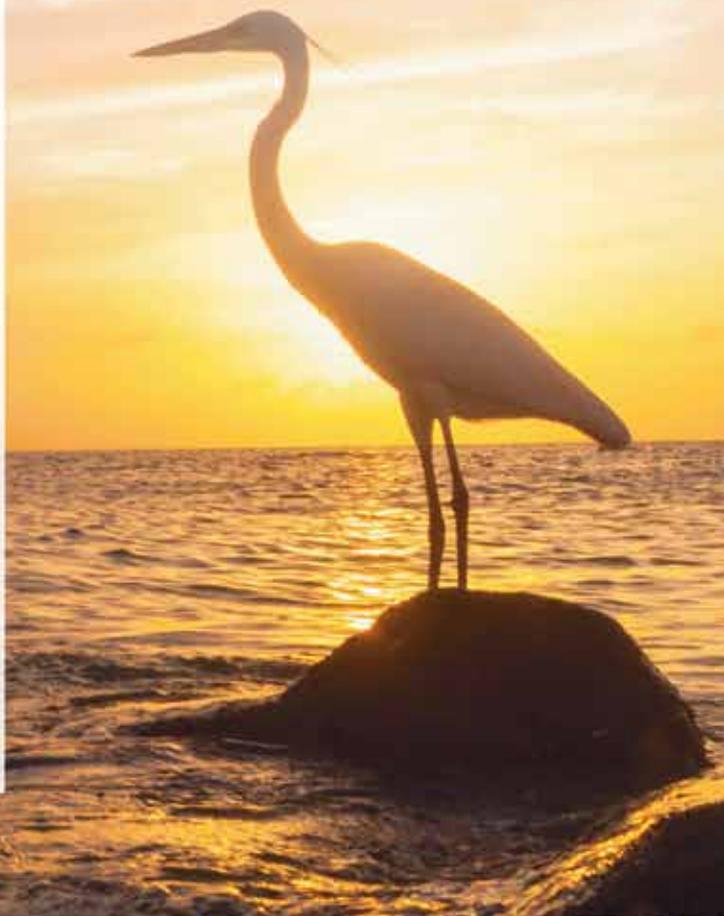
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Scan the QR code to meet Charlie, one of the first patients of LHAAMC's heart surgery program. His life-changing heart procedure took place just a short drive from his home on Kent Island.

**On the Cover:** We honor our region's leading medical professionals and Top Docs. Design by August Schwartz. Contact *What's Up? Annapolis* online at [whatsupmag.com](http://whatsupmag.com) ♻️ Please recycle this magazine.

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WHAT'S UP?

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What's Up? Annapolis is published by What's Up? Media  
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readership of 164,550. ©2021 What's Up? Media

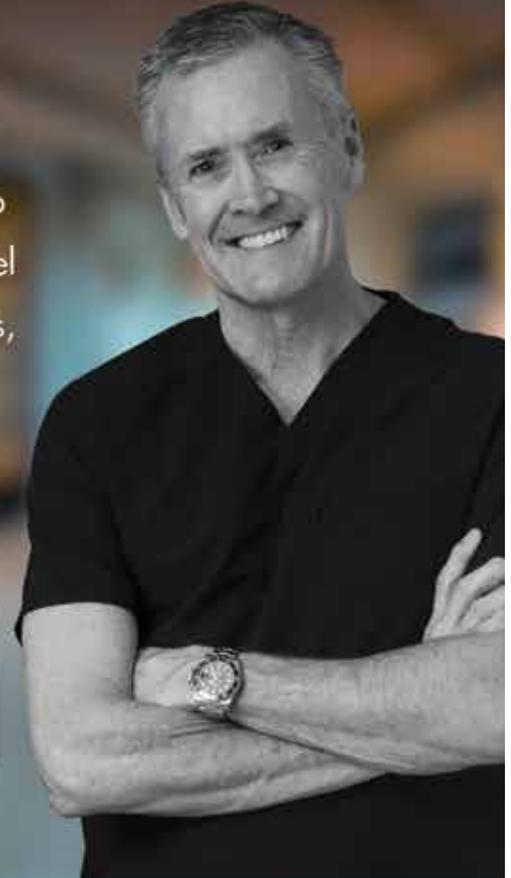
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**Melissa Blohm**  
REALTOR®

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Melissa has lived in Anne Arundel County for over 20 years, along with her husband and three children. She graduated from the University of Maryland, where she earned a Bachelor of Science degree in Economics. As a Top Producing real estate agent, Melissa brings a wealth of industry knowledge and expertise about buying and selling real estate properties. She is extremely committed, hard-working, and a dedicated sales professional. Her approachable demeanor makes everyone feel comfortable, with customer service as her number ONE priority!



**Michele Cordle**  
REALTOR®

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With 35 years of experience as a full time realtor I have had the privilege to work with over 550 buyers and sellers. I specialize in working with families, seniors and investors. Working together with the Long & Foster Fine Homes I continue to have a great referral business. Raising my four now adult children in Annapolis has given me a huge prospective of the area. If you or someone you know needs help with their real estate needs, please call or email me today.



**Abby Geismar**  
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Abby.Geismar@Inf.com

Abby has lived and worked in Annapolis for 11 years and loves helping her buyers find their dream homes. She uses her design skills and her own professional staging to help her sellers get a quick sale at the right price. Abby dedicates herself to each client as if they were her only one and continues to be a friend and a resource to you in Annapolis long after you have bought or sold a home. She lives in Eagle Pointe with her husband David (USNA Class of '91) and their 3 children.



**Catherine Hamel**  
REALTOR®

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CHamel@longandfoster.com

What makes Catherine Hamel one of the area's top agents? Excellent communication & negotiating skills combined with her knowledge of the local market. Passionate about real estate, Catherine listens to her client's needs and guides them through the real estate process to make the experience as seamless and stress-free as possible. As a Seniors Real Estate Specialist (SRES), Catherine loves helping clients successfully downsize and prepare their home for sale. Whether you're just starting out or making your final move, Catherine can help you!



**Jeannie Miller**  
REALTOR®

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Jeannie.Miller@Inf.com

Jeannie was awarded #6 of all new real estate agents in the Baltimore, Western Region of Maryland in 2018 for Long & Foster. Jeannie was also Rookie of the Year for 2018 in her Annapolis Fine Homes office. Jeannie has been lucky to call Annapolis her home for most of her life. Jeannie is a 14 year resident of a water oriented community in Annapolis. She currently serves as vice president of her neighborhood board of directors, and is management on her neighborhood swim team. Jeannie is a trusted advisor, a true professional, and a top sales leader.



**Jackie Reinauer**  
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Jacquelyn.Reinauer@longandfoster.com

The child of career military parents, Jackie Reinauer has moved over 20 times before making Annapolis her home. Prior to real estate, Jackie worked for service industry companies, honing her innate strong customer service skills, and that commitment and professionalism shows in all she does. As a full-time Realtor for over 16 years, she is committed to making the process easier and enjoyable. Regardless of direction or strength of the prevailing winds, Jackie is driven to make your next real estate experience "Smooth Sailing".



**Kirstin Whitaker**  
REALTOR®

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www.kirstinwhitaker.inf.com

Kirstin was born and raised in Annapolis and gets tremendous joy from her community and helping families find their new home here. In 2019, she captured over 100% of the listing price for her sellers and negotiated successfully for her buyers in every competitive offer situation. Her listings averaged only 35 days on the market, beating the local average. She is passionate about the environment and supporting local business. She donates a portion of every sale to a local environmental cause.



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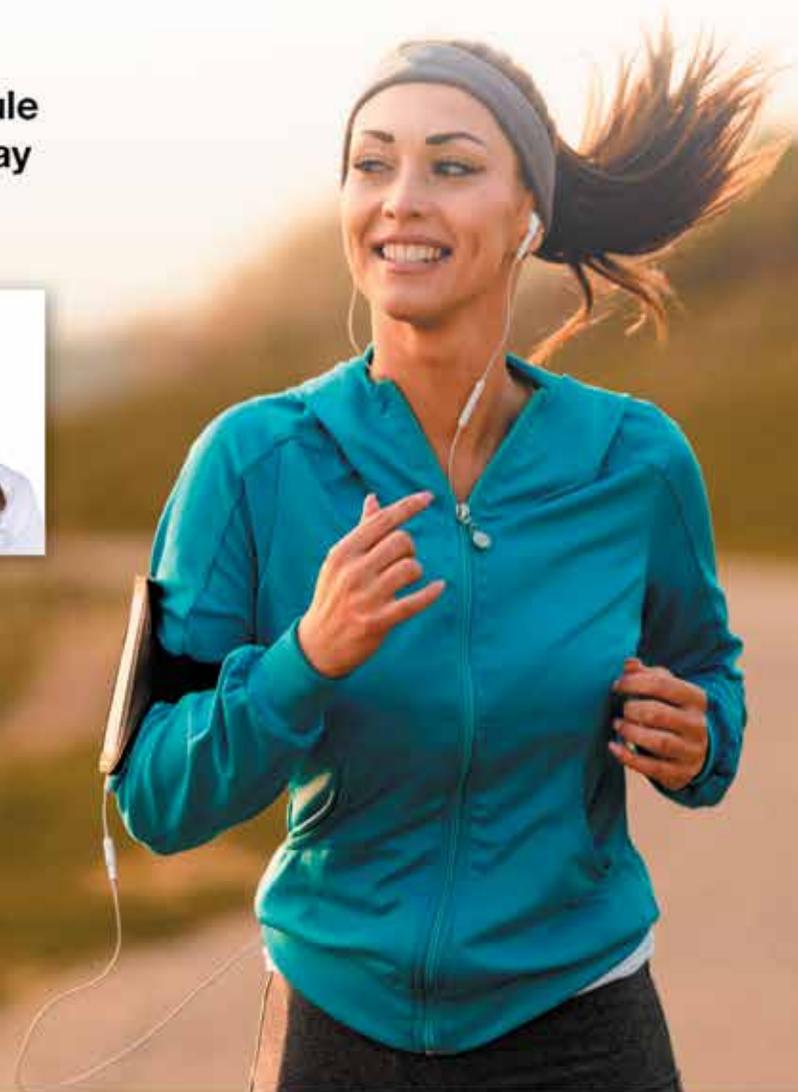
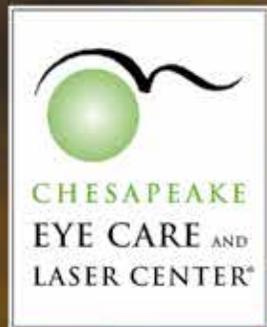
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 Terps Basketball Tips Off

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# From the editor

October—like most months—

**IS GREAT FOR MAKING MEMORIES.**

And the beauty of a great memory is that they're easy to recall.

**THE DETAILS ALMOST  
CRYSTAL CLEAR IN MIND.**

Earlier this year, my family and I sat 'round the dinner table bouncing ideas off one another about where to take a fall trip. Each year, we like to try a different destination—a place that's unique to us but has some familiar accommodations. We're into camping these days, so state parks and small towns with natural and historic significance usually get top billing.

A couple falls ago, we chose Gambrill State Park, which lies a skip away from Frederick, where Maryland's Piedmont Plateau begins to kiss the Blue Ridge portion of the Appalachian Mountain range. This park is adjacent to Cunningham Falls State Park and Catoctin Mountain Park, making a contiguous three-park system that's rich for exploration, discovery, and—you guessed it—memory making.

First day in, and after setting up camp, I took to family to the prominent overlook in Gambrill to catch the sunset scenery. And the view delivered the first great memory of that trip. Looking over the expansive panorama of the valley below, dotted with tiny towns, church

steeple, and round-top mountains that met the far distant horizon, my daughter asked in wide-eyed fascination, "Daddy, is that the whole State?"

Can't beat that kid query. Good for a laugh.

You can read about Gambrill State Park and several more, as well as gobs of seasonal activities, destinations, and attractions in this issue's "Autumn Adventures" feature. It's packed with great ideas—and enough new ones—to make a few memories this fall.

Of course, there are still plenty of community events, entertainment, and personalities to follow and enjoy, as our "Out on the Towne" section demonstrates. Though we're cautiously navigating the obstacles of the resurgent pandemic (as of press time), there's still much to look forward to and, I think, autumn will feel more familiar than it did last year.

This issue also presents one of our publication's most prominent and important endeavors of the year. Our annual "Leading Medical Professionals" section introduces many of the region's Top Docs and hospital systems; the doctors who have been nominated by their medical peers as the very best at practicing their chosen medical specialty. Truly an honor, and a valuable service to our readers. If you're updating your primary care or need a specialist, this provides a base from which to start your search. You can also learn more about doctors practicing on the other side of the bridge (yes, the Bay Bridge), by visiting [Whatsupmag.com](http://Whatsupmag.com) and searching "Top Docs."

Our "Health & Beauty" content amplifies this issue's dedication to all things medical, fitness, and memorable (including "Candy Season" and how to navigate the sweet gluttony), while the "Home & Design" department showcases sweet homes with panoramic views of their own.

I hope this magazine finds you in good spirits and ever mindful of the many good reasons we've chosen to live in the Chesapeake region. I like to think this issue presents a good number of them. As for where exactly my family chose it's fall "trip," we kept it simple, ditched the tent, and have stayed closer to home. Annapolis—a town that's ripe to rediscover with its many museums, historic properties, large-scale artistic murals, and activities (light-house cruise anyone?) will surely make memories.

**James Houck,**  
Editorial Director

DR. CHRISTOPHER SPITTLER  
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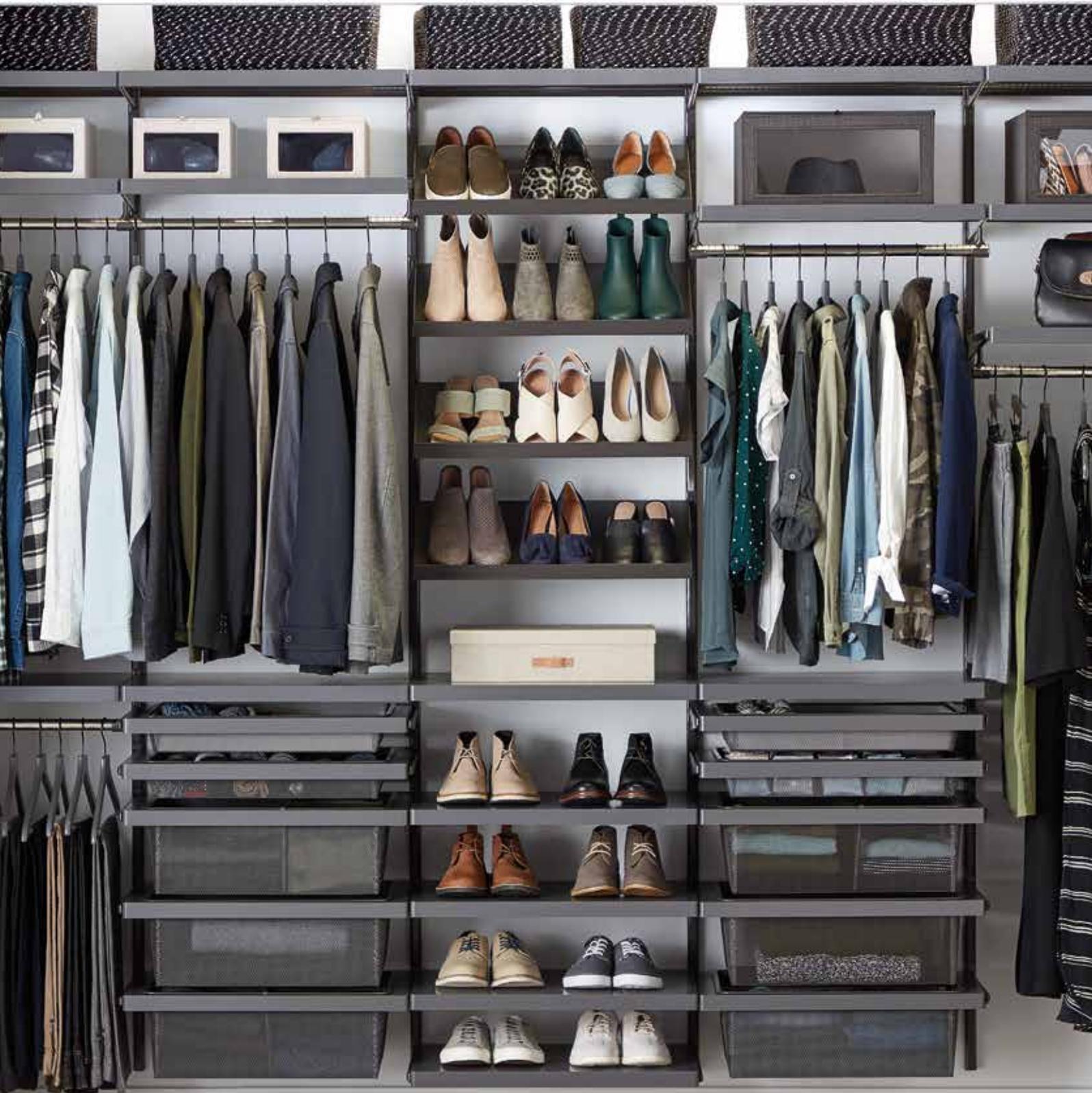
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# The Daily Howler

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VOL. 1

SUNDAY, OCTOBER 17, 2021

## BIG BAD WOLF CHARGED IN FAILED ATTEMPT TO BLOW DOWN ROOF



Yesterday B.B wolf appeared in court facing charges of aggravated respiratory mischief (AKA huffing and puffing) in an attempt to blow down an NDG roof.

Randy Tritt, a senior Foreman at NDG Roofing and witness at the scene said, "It was insane. This Wolf guy shows up out of nowhere wearing an Alabama jersey and lets rip with this gale force wind aimed directly at said roof. That guy has a set of pipes on him. And his breath! I swear he gargles with dead rats. Still, not one shingle shifted out of place. You'd think he would have noticed the NDG Roofing sign on the front lawn."

Defense attorney Bernie Lowhard lashed out, calling "NDG's malicious practice of building indestructible roofs, "cruel but not unusual." He continued. "I see this as a blow to all wolves big, bad and regular. It's a slippery slope. They start by building sturdy roofs and then they extend their pernicious methods to all types of construction."

Judge Theresa Connelly, speaking from the bench, admonished BB Wolf saying, "I thought this stuff only happened in fairy tales."

In other news, Goldilocks has apparently reconciled with the 3 bears and has moved in. Three remodeling companies have submitted renovation bids and sources confirm "One is just right."



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# *Out on the* **TownE**

29 EVENT PICKS | 38 SALUTE | 42 SPOTLIGHT | 48 ATHLETE | 52 INTERVIEW



## **United States Powerboat and Sailboat Shows**

The United States Boat Shows are back this October in Annapolis. The United States Powerboat Show will take place October 7th through 10th at the Annapolis City Docks, while the United States Sailboat Show will follow October 14th through 18th. This internationally acclaimed sailboat show is recognized as the world's largest and most prestigious show of its kind. Find more information at [annapolisboatshows.com](http://annapolisboatshows.com).

## 2021 International Edgar Allan Poe Festival & Awards

Gather at the Edgar Allan Poe House & Museum and Poe Park on October 2nd & 3rd to commemorate the 172nd anniversary of Edgar Allan Poe's death and for a Death Weekend Poe Places Tour. The fourth annual event is free and will feature Poe-themed performances, art, vendors, food, and more to celebrate Poe's life, works, and influence on the arts. Full information at [poefestinternational.com](http://poefestinternational.com).



Photo by Jamie-Leigh Bissett, OffbeatPhotographer.

## ↑ Providence Center's 60th Anniversary Harvest Bash

Visit Providence Center Greenhouse & Gardens in Arnold on October 16th at 6 p.m. for the 60th Anniversary Harvest Bash. Not ready to go to the Bash quite yet? Not a problem. Sign up to receive the At Home Experience Box and participate in the virtual Bash. Details at [providencecenter.com](http://providencecenter.com).



Photo by Ken Tom

## ↑ BLAZERS. BOURBON. CIGARS.

Historic Annapolis' Blazers. Bourbon. Cigars. is back on October 21st from 6 to 9 p.m. at William Paca House and Garden. Spend the evening networking with fellow businessmen and community leaders. Enjoy bourbon, whiskey, and other fine liquor tastings, along with cigars, delightful food from the area's top chefs, and an array of vendors. All proceeds benefit Historic Annapolis. Find more information at [annapolis.org](http://annapolis.org).



## Fourth Annual Mental Health Gala and Awards Ceremony

On October 2nd, from 6 to 10 p.m., the National Alliance on Mental Illness of Anne Arundel County will be hosting their Fourth Annual Mental Health Gala & Awards Dinner. Join in being a beacon of hope to families living with mental illness by attending the ceremony at Crowne Plaza Hotel in Annapolis. For more information, visit [namiac.org](http://namiac.org).

## ↑ HOPS & HARVEST FESTIVAL

Gather at Merriweather Park at Symphony Woods in Columbia on October 2nd for the Hops & Harvest Festival. Tickets include unlimited tastings, live entertainment, games, and so much more. Beer, wine, and spirits will be provided from breweries, distilleries, and wineries all over Maryland and entertainment from Kelly Bell Band, DJ Chris Tharp, Miss Moon Rising and more. Find more information at [hopsandharvestfest.com](http://hopsandharvestfest.com).



## ↑ HALLOWEEN PARTY AND PARADE

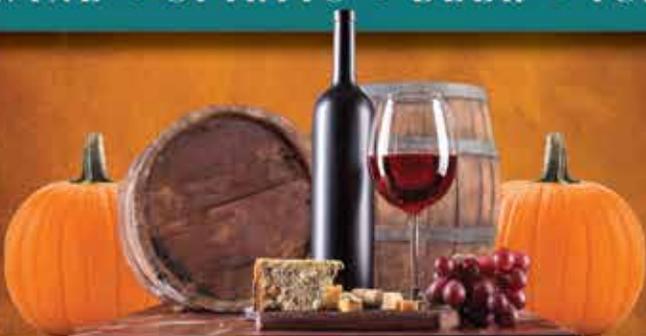
Whoof on the Wharf is having a Halloween Party and Parade in Edgewater on October 30th at 2 p.m. Be ready for all of the Halloween fun with witches, werewolves, and whatever we see paddling down the South River. They will have a costume contest, paddling parade, professional photos and more. Find more information on their Facebook page.

## 13th Annual Calvert Arts Festival

Six wineries will be featured at the 13th Annual Calvert Arts Festival on October 9th from 10 a.m. to 5 p.m. at All Saints Episcopal Church in Sunderland. Shopping the local venues is free and a \$15 fee will enable you to taste wines and beers with a souvenir tasting glass. There will be live entertainment, food, crafts, raffles, and plenty more. More information at [allsaints1692.org](http://allsaints1692.org).



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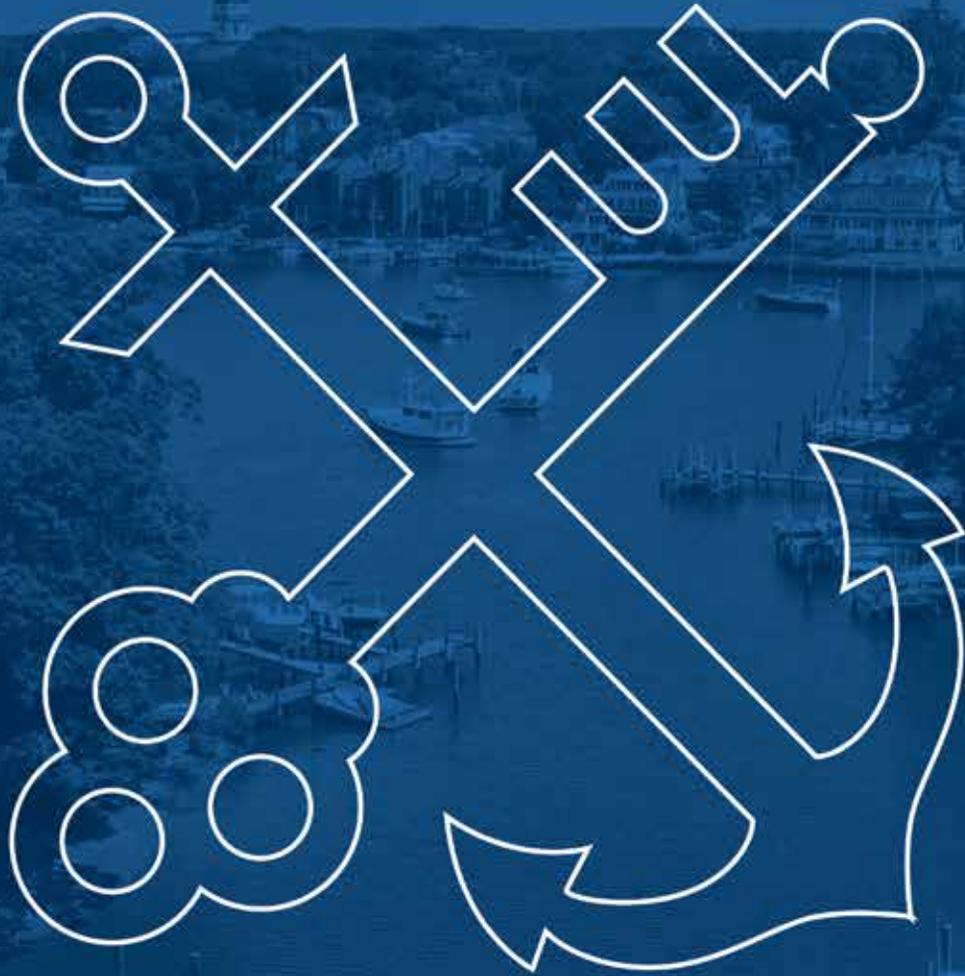
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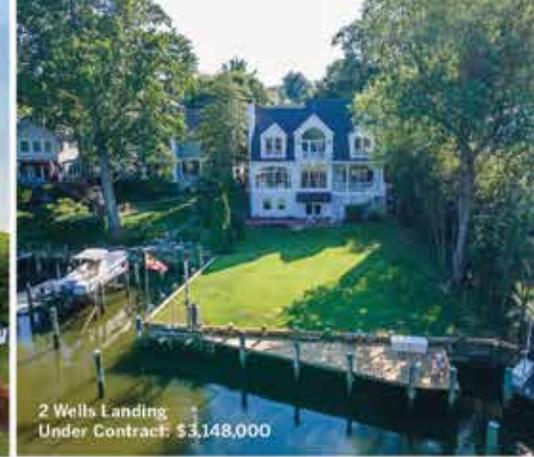
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Photo by Martin Image Photography

## ↑ 4th Annual Run for the Dogs in Blue 5K Run/1 Mile Walk

On Sunday, October 24th, at 7:30 a.m. at Quiet Waters Park, run a 5K or walk a mile to support the Chesapeake K-9 Fund. This is a family and dog friendly event and each participant will receive an Under Armour Race Shirt and a Medal. After the race there will be a live K-9 demonstration. Buy your tickets now at [Whatsuptix.com](https://Whatsuptix.com).



## 49TH ANNUAL INDEPENDENT SCHOOL FAIR 2021

Black Student Fund and Latino Student Fund is hosting their School Fair on October 17th from 2 to 5 p.m. at Walter E. Washington Convention Center in Washington D.C. This event is a forum for families to learn more about independent school education and engage students, teachers, and administrators from more than 70 local and national independent schools and educational programs. Search [eventbrite.com](https://eventbrite.com) for details.

## GiGi's Playhouse Golf Outing

On October 13th at The Cannon Club in Lothian, GiGi's Playhouse will be having their 2nd Annual Golf Outing. The golf package will include breakfast, lunch, and post-game appetizers, beverages all day on the course, greens and cart fees, 50/50 drawing and raffles, and more. All proceeds will benefit GiGi's Playhouse in Annapolis. For more information, visit [gigisplayhouse.org/Annapolis](https://gigisplayhouse.org/Annapolis).

## ↑ QUIET WATER'S 31ST ANNUAL ART AND MUSIC FESTIVAL

Quiet Water's Park in Annapolis is having their 31st Annual Art and Music Festival featuring original artwork, demonstrations, music, and specialty food trucks on October 16th and 17th. The festival be 10 a.m. to 6 p.m. and the fee is \$6 per car. Search for details at [aaccounty.org/departments/recreation-parks](https://aaccounty.org/departments/recreation-parks).



## FairyFest

Bring your wings to Adkins Arboretum on October 9th from 11 a.m. to 3 p.m. for a full day of magic. Follow a trail of fairy houses along enchanted forest paths, hung for gnomes in Emily's Play Garden, and join in a meadow maypole dance. There will be live entertainment, magical games, crafts, and even a pirate ship. More details at [adkinsarboretum.org](http://adkinsarboretum.org).

## FOUNDER'S DAY HOEDOWN

Get your cowboy boots ready for a boot scootin' good time to celebrate the 25th Anniversary of Maryland Therapeutic Riding. MTR works with the natural healing and therapeutic power of horses to improve the quality of life of individuals faced with all kinds of challenges, whether they are physical, cognitive, mental, or emotional. The hoedown will take place October 9th from 6 to 10 p.m. at 1141 Sunrise Beach Road in Crownsville. There will be live music by Mark Bray & The Steel Soul Cowboys and dinner catered by Adam's Taphouse & Grille. Event details at [horsethatheal.org](http://horsethatheal.org).



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TOWNE SALUTE

# Sheila Ross

## Oncology Foundation of Maryland & D.C.

By Tom Worgo

**B**ack in 1992, Sheila Ross was diagnosed with lung cancer. She ended up having two-thirds of her right lung removed. “At that point in time I felt guilty because I was a smoker and I just thought, ‘I paid the price. That is that,’” Ross says. “And I turned out fine.”

Then, eight years later, the board member of the Severna Park-based Oncology Foundation of Maryland and District of Columbia, had a recurrence. This time it was in the hilum area, the wedge-shaped area on the central portion of each lung. “They had to remove the rest of the right lung followed by four or five months of chemo and radiation. It took me a year and a half to recuperate.”

During this, Ross, an Annapolis resident, began learning more about lung cancer. She discovered that of all the different cancers, it is the biggest single killer.

She also discovered that when it came to lung cancer, there was a political problem. “There was a stigma,” she explains. “There was very little money going into lung cancer research. It was considered purely a smoker’s disease. The thinking was: Why waste money on smokers? They shouldn’t have smoked.”

This realization launched Ross, a veteran Capitol Hill worker who finished her long career in politics serving as a staffer for U.S. Senator Chuck Hagel, on a 20-year mission. She founded the Lung Cancer Alliance in Washington, D.C., in 2004.

Ross also served on the Food and Drug Administration’s Oncology Drug Advisory Committee and the Early Detection and Screening Committee of the International Association for the Study of Lung Cancer.

“I worked 20 years to get CT screening approved by the federal government and covered by Medicare and private insurance,” she recalls. “That will save hundreds of thousands of lives worldwide. Maybe even more than that. That is my achievement.”

With her credentials, the Maryland D.C. Society of Clinical Oncology invited her to give a presentation in October of 2018. The Oncology Foundation of Maryland Executive Administrator Pat Troy and several other members of her organization were in attendance.

“It was one of the best programs we have seen,” Troy says. “We

said, ‘This is someone we need on our board.’ We thought her expertise would be invaluable. Not all our board members have a background in oncology.”

The 80-year-old Ross gladly accepted. She saw it as an additional opportunity to promote lung cancer screening and raise the visibility of the foundation.

“I hope I can help establish partnerships and working relationships with other advocacy and professional organizations to enhance their public education programs for all cancers,” she says.

Troy was elated, and surprised. “There’s not many people out there like her,” she says. “What were really the chances of her sitting on our board? She has done some amazing work increasing accessibility of lung cancer screening, not only locally, but nationally.”

Besides Ross continuing her public informational work with the Severna Park organization, she was excited at the prospect of being part of a county-wide nonprofit. “I’m sure that was appealing, the chance to become involved in something locally,” Troy says.

The board of the Oncology Foundation of Maryland saw Ross as someone who could help take the organization to the next level. The foundation expects to roll out one of its biggest campaigns ever for promoting cancer screening, prevention, and advocacy.

“She has so much experience,” Troy says. “She is keeping us focused in the right direction as we try to work through our public awareness campaigns. She has very good information and contacts from her years in D.C. She’s also a cancer survivor and she’s been in the trenches.”

It seems like Ross has an endless number of ways she can help promote the foundation’s mission, which is to strengthen relationships with hospitals, government health organizations, and other nonprofits in efforts to educate the public about the positive things happening to cancer research and care.



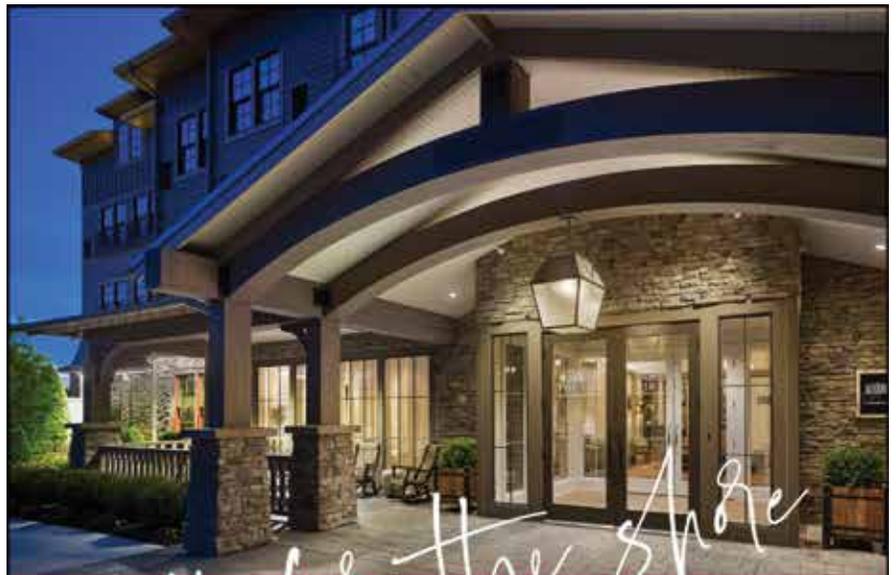
**SHE IS A TIRELESS  
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CANCER COMMUNITY. SHE  
UNDERSTANDS THE MEDICAL  
AND LEGISLATIVE ASPECTS.  
SHE HAS UNBELIEVABLE  
EXPERTISE AND TALENT.**

“She has already provided us with resources from other organizations that have been doing the same kind of work so we can put strategic alliances together,” Troy says. “I feel that’s where she will add a lot of real value.”

Pam Piro, president of the foundation’s board of directors, always looks forward to what Ross has to say at their meetings. “She is a tireless advocate. She’s such a powerful player in the cancer community,” Piro says. “She understands the medical and legislative aspects. She has unbelievable expertise and talent.”

The most important thing to Ross continues to be helping the foundation get more people screened. “The oncology foundation is willing to take this on and get the implementation rate, the number of people screened, to 15 percent,” she explains. “I hope they will be the first in the nation to get the number up to 50 percent in Maryland and Washington D.C. I hope they will lead the way for the rest of the country.”

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## Rehab 2 Perform Earns Prestigious Accolade ↓

In August, *Inc.* magazine revealed that Maryland-based company Rehab 2 Perform is No. 1398 on its annual Inc. 5000 list, the most prestigious ranking of the nation's fastest-growing private companies. The list represents a unique look at the most successful companies within the American economy's most dynamic segment—its independent small businesses. Intuit, Zappos, Under Armour, Microsoft, Patagonia, and many other well-known names gained their first national exposure as honorees on the Inc. 5000. "We are excited to be named as one of the fastest growing private companies in the U.S. for the second straight year," states Dr. Josh Funk, CEO & Founder of Rehab 2 Perform, which has an office in Annapolis. "The business landscape over the past year was extremely challenging and to be able to continue our growth trajectory, while keeping our team and our community safe, speaks volumes to the culture and dynamics of our team."

## New Ownership for Bay Bridge Marina/Hemingway's Restaurant ↑

Petrie Ventures and McGrath Development acquired the Bay Bridge Marina and Hemingway's Restaurant in July. The Bay Bridge Marina and Hemingway's Restaurant are located at the base of the Chesapeake Bay Bridge on Kent Island. Petrie and McGrath plan to make enhancements to the marina's existing offerings to include improvements to the marina, service yard, and ship store; reopening of the Tiki Bar in the spring of 2022; improvements to the overall experience for slip holders while encouraging visitors and transient slip use; and a redevelopment plan for residential development within the next few years. "It was apparent that this was a very underutilized property with tremendous potential for a redevelopment—a diamond in the rough!" Walt Petrie says. "This property is the gateway to the Eastern Shore—we plan to make this a first-class marina this location deserves," Tim McGrath adds. Chesapeake Bay Beach Club has been selected as the onsite management company for Hemingway's Restaurant, overseeing restaurant operations, human resources, and marketing. "We look forward to working alongside Petrie Ventures and McGrath Development to bring symmetry to all Pier One Road businesses that provide services and amenities to locals, slip holders, and guests," says Dereck Janes, President and CEO of Chesapeake Bay Beach Club. A new concept for Hemingway's Restaurant is under study and scheduled to re-open in the spring of 2022 featuring a new coastal inspired restaurant design and menu. Hemingway's will operate as its current concept through the end of the year.

## ANNAPOLIS PEDIATRICS EXPANDS TO PASADENA

Annapolis Pediatrics will be opening its sixth location, a new office in Pasadena within the Magothy Medical Professional Center at 18 Magothy Beach Road. "We're pleased to expand our reach and provide the northern Anne Arundel County community with more convenient access to our exceptional pediatricians and pediatric nurse practitioners," says Jim Rice, MD, president of Annapolis Pediatrics. "The addition of our Pasadena location further supports our commitment to family-centered healthcare." Details of when exactly the office will open will be forthcoming.





## New Solar-Powered Building for CRAB

New Energy Equity, a leading U.S. community and commercial solar project developer, has partnered with Chesapeake Region Accessible Boating ("CRAB") to create a state-of-the-art green building at their new facility, in honor and memory of New Energy's co-founder and CRAB Board Member, Ian Palmer. As CRAB's Treasurer, Palmer was a key leader in the strategic planning and financial policies to better enable the organization to acquire a new fleet of boats and continue serving its sailing guests with disabilities, recovering warriors, and youth from underserved communities. The state-of-the-art learning center of CRAB's new Adaptive Boating Center ("ABC") will feature roof-mounted solar panels donated, engineered, installed, and managed by New Energy's charitable giving arm—the Lift as We Climb Foundation. The solar panels will produce an estimated 33 megawatt-hours of electricity—enough to fully power the entire new boating center at no charge, reducing its utility costs to zero for the next 25 years. The electricity savings will allow CRAB to allocate more resources towards furthering its mission. "Ian was a strong and dedicated leader who shared his love of sailing by putting his heart and soul into making CRAB a success," says CRAB Executive Director, Paul Bollinger. "He loved seeing CRAB guests with disabilities smiling and happy while learning to sail on the Chesapeake Bay. We are deeply honored to see Ian's legacy continue in our partnership with New Energy Equity."

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### TOWNE SPOTLIGHT



## Annapolis Entrepreneur Expands Ventures to D.C.

Despite his age, 24-year-old Annapolis native Jason Cherry is not new to business. After starting his first business venture at age 19—Mission Escape Rooms—he is now Maryland’s largest escape room operator. Five short years later, Cherry has just opened D.C.’s first Kilwins, a national ice cream and confections franchise (the same franchise that is located on Annapolis’ Main Street), and is on the verge of opening Tap99, D.C.’s first 100 percent self-pour taphouse. Both new business ventures are located directly across from Nationals Park in the Navy Yard district. Under Cherry’s development agreement with the Kilwins franchise, he will open an additional three locations across D.C. over the next six years that will continue to promote the franchise’s mission of “bringing people together one ounce at a time.” Despite his growth into the Washington, D.C., market, Cherry remains committed to conducting business in Annapolis and Anne Arundel County—he is currently working to bring yet another innovative entertainment concept to Annapolis. Details will be announced shortly.

**Do you have community or business news to publicize? Send What’s Up? an email at [editor@whatsupmag.com](mailto:editor@whatsupmag.com).**

# Editorial Excellence Awarded

*What's Up? Media on the receiving end of special honors*

2021 FOLIO:  
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AND  
OZZIE**  
FINALIST AWARDS

It's not often that we, here at What's Up? Media, toot our own horn, but this month we're very excited about the prospect of winning a 2021 FOLIO Eddie Award for editorial excellence. Earlier this summer we learned that our submission of the article series "Conowingo Dam," written by Jeffrey Holland and artistically laid out by Lauren Ropel and August Schwartz, is a Finalist in the category "Series of Articles." This article trifecta examined Conowingo Dam in the context of the Chesapeake and Susquehanna River watersheds' environmental health, the dam's stop-gap role in mitigating pollution as well as releasing it, federal and states' regulatory responsibilities, and solutions to the 100-year infrastructure crisis that the dam has faced (namely sediment build-up abutting the dam). You can read the full series by visiting our Digital Editions online at [Whatsupmag.com/magazine](https://whatsupmag.com/magazine) and selecting the September, October, and November 2020 issues.

The prestigious awards will be handed out in a red-carpet banquet ceremony in Manhattan, New York City, on October 14th. National and regional publications routinely honored at the Folio Awards include the likes of *National Geographic*, *Southern Living*, *Consumer Reports*, *Variety*, and *Yankee Magazine*, among many other reputable titles.

It's not the first time we've nervously bitten our nails in anticipation. Last fall, our feature article "Disappearing Act," written by Diana Love about the devastating effects that climate change and rising sea level are having on the Chesapeake Bay's critical island habitat, was a finalist for an Eddie, ultimately receiving Honorable Mention. Read "Disappearing Act" here: [Whatsupmag.com/culture/environment/disappearing-act](https://whatsupmag.com/culture/environment/disappearing-act).



What's Up? Media's Editorial Director James Houck and Publisher & President Veronica Tovey at the 2018 FOLIO Awards ceremony.

And in 2018 we did bring home the hardware, winning the award for "Single Article" in the City and Regional pool of publications for "Hot Summer Night" written by Marimar McNaughton. Read the article here: [Whatsupmag.com/culture/hot-summer-night](https://whatsupmag.com/culture/hot-summer-night).

We always like to think we're doing a good job; but every once in a while, a little validation helps. Thank you for reading and continuing to support our publications. Our dedicated readership is what drives us to be better and better with each issue.





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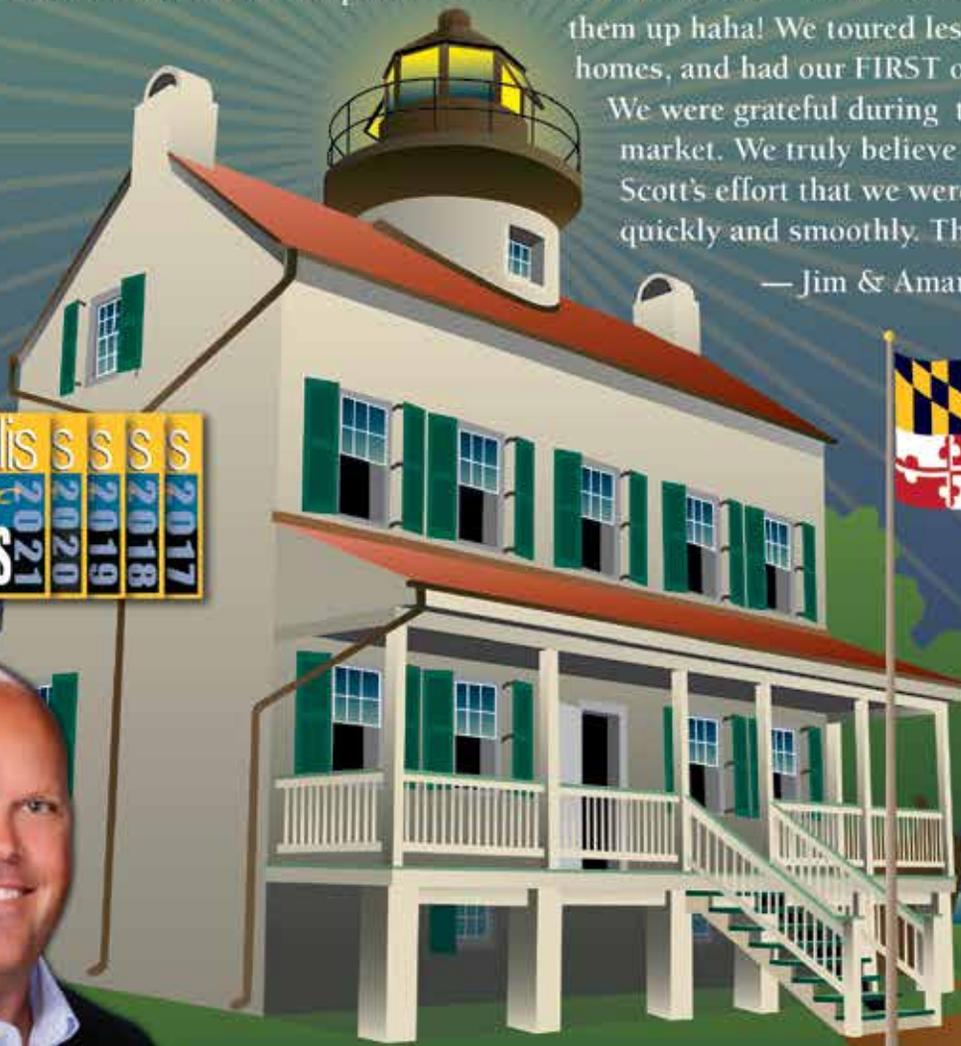


“When looking for a realtor, my husband and I were looking for someone who was knowledgeable about the area and to having experience in their career. We were also looking for a person who would not BS us about things that might be wrong in a house, or inconveniences of a specific location or neighborhood. Look no further than Scott Schuetter and his team in Annapolis.

Nicknamed “Shrek”, one can only expect someone who travels your journey with you, and has a sense of humor this Jersey girl can appreciate. Communication was prompt, via email and text, with Scott and his super helpful team! I was grateful for their patience as I demanded to see certain houses before other buyers could snatch them up haha! We toured less than a dozen homes, and had our FIRST offer accepted.

We were grateful during this crazy housing market. We truly believe it was because of Scott's effort that we were able to purchase so quickly and smoothly. Thank you so much!”

— Jim & Amanda McCarthy



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TOWNE ATHLETE

# Ryan Dineen

Severn School  
Lacrosse, Field Hockey

By Tom Worgo

**R**yan Dineen constantly thought about playing college lacrosse in middle school, calling it her “dream.” In pursuit of that dream, she began attending lacrosse camps to sharpen her skills. Dineen, a rising eighth grader at the time, participated in a camp at Severn School in 2017. To her, none of the others compared.



**SHE IS ONE OF THE BETTER FINISHERS I’VE HAD AND I’VE BEEN COACHING FOR 20 YEARS. I HAVE SO MUCH CONFIDENCE IN HER THAT I KNOW WHEN SHE HAS A FREE POSITION SHOT, SHE WILL BURY IT. WE CAN HOLD ONTO THE BALL TO PROTECT A LEAD, BUT I LET HER SHOOT BECAUSE IT’S A GUARANTEED GOAL.”**

“I just loved Severn,” she recalls. “I really liked the coach and everything about the school. It was an opportunity I really wanted to pursue. I wanted to compete in the best league (Interscholastic Athletic Association of Maryland A Conference) in the country and compete against girls who would make me better.”

There was one big inconvenience: Dineen lived about an hour away from the Severna Park school, in Huntingtown, Calvert County. But her parents were behind her all the way. Her father Jack, who played lacrosse at Lake Forest College in Illinois, drove her to school most of the time during her first years of high school. The family’s decision ultimately produced the intended results.

Dineen, now a senior, will be attending the University of Denver, one of the top women’s programs in the country, on a lacrosse scholarship. She committed to the school in September and had offers from two other elite programs: Rutgers and Jacksonville universities.

The 5-foot-10 Dineen, also a Severn field hockey player, dominates games for Severn and her club lacrosse team, the Maryland United, with her outstanding quickness and

an accurate shot. In addition to those qualities, Maryland United Coach Paul Billingsley says Dineen has the ability to go around defenders like a running back. That’s a big reason why she’s able to score goals, and lots of them.

When a foul is called one of one of Dineen’s opponents for a rough play, she has a choice of a free position shot eight meters from the goal or passing to a teammate to run down the clock late in game.

“She is one of the better finishers I’ve had and I’ve been coaching for 20 years,” Billingsley explains. “I have so much confidence in her that I know when she has a free position shot, she will bury it. We can hold onto the ball to protect a lead, but I let her shoot because it’s a guaranteed goal.”

The 17-year-old Dineen blossomed as a player competing for Maryland United for the past five years. The club team faces off against some of the nation’s top opponents from throughout the mid-Atlantic region. She’s played lacrosse for 13 years overall.

“We go against the top from up and down the East Coast,” Billingsley says. “The quality of play is, what I would say, double or triple of what she

is seeing in high school. That alone increased her skills and lacrosse I.Q. She's been a huge contributor to our team."

At Severn, Dineen's best season came this past spring when she earned First-Team IAAM A Conference honors. She ranked among her team leaders in goals (33) and draws (30). Dineen had some memorable games. She recorded three goals against Archbishop Spalding in a play-off game and scored four goals versus both St. Paul's School for Girls and John Carroll.

"She was by far our best player this year," Severn Girls Lacrosse Coach Kathy Rudkin says. "She is so smooth. Sometimes, when she does

things, everybody looks around and says, 'Wow.'"

Dineen also excels in field hockey. She earned MVP honors on the Severn jayvee as a freshman, then became a starter at midfield the following season. Dineen played club field hockey, too, for Sparks and she was a member of the team that won an indoor national championship in 2018.

"I love field hockey too," Dineen says. "I want to play it for as long as I can."

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



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TOWNE INTERVIEW

# Patrick Queen

## Baltimore Ravens' Linebacker

By Tom Worgo  
Photography courtesy Baltimore Ravens

It's something few professional athletes will admit...being overweight. Ravens second-year pro and linebacker Patrick Queen owns up to it. Queen weighed more than 240 pounds during the 2020 season.

In February at NFL Combine, a showcase for top draft picks, he checked at 232. "I was out of shape," Queen says. "There was so much stuff going on with Covid, it was really hard to work out consistently. Then you come to camp (in July), we

have practice, and we are running all day. It took me so long to get in shape. It was like Week 5 (in October). It was crazy."

But he bounced back sufficiently to have a stellar rookie season. He finished third in Defensive Rookie of the Year voting, leading the Ravens in tackles with 106 and had three sacks, two forced fumbles, and two fumble recoveries.

"The Ravens have such high standards for their defense," Queen says. "You have to go out there and really perform."

Queen did that at LSU, where he helped the Tigers win the national championship in 2020. After that season, the Ravens drafted him in the first round of the NFL Draft, No. 29 overall.

We recently talked to Queen about his offseason work, being

called Ray Lewis, Jr. by Ravens quarterback Lamar Jackson, and his experience as a member of the Ravens defense.

**Are you primed for a huge year after a standout rookie year and a great offseason of work outs?**

There is only one way to go and that is up. I have been working really hard all offseason. I have been running and lifting about three hours a day to get stronger and faster. That has been the whole focus of mine. I'm fit and strong. When I got to the Ravens facility in May, I was lifting for an hour and half each day. It really has been a great offseason.

**How did it feel being drafted by a team that is so well known for its defense? Has it allowed you to thrive as a player?**

It was like that at LSU. You know when you walk on the field, ev-



**WE ARE DEFINITELY READY TO TAKE THAT NEXT STEP. WE FILLED EVERY NEED WE HAD IN THE OFFSEASON. WE KNOW WHAT WE NEED TO DO TO GET TO THE SUPER BOWL AND WE ARE PUTTING IN THE WORK. WE HAVE A GREAT SEASON AHEAD OF US.**



Everybody is looking at the defense. We have so much energy. You have to live up to the defense of Ray Lewis, Ed Reed, and Terrell Suggs. That's a lot to live up to. That motivates me to put in the work to get better every day and make those guys that came before me proud. You have to go out there and really perform.

**What do you want your legacy to be after your Ravens career is over?**

That I was a great teammate, great player, and great at everything I did. That I did everything right and got the job done. If I do everything the right way, then I hope to be known as one of the all-time Raven greats.

**Jackson called you Ray Lewis, Jr. after you were drafted. What was your reaction?**

It was crazy. He didn't even know me and he gave me major props. It was all love there. Just being able to be called something close to the guy who set the tempo for the defense and was such a leader was a great thing.

**Why did you change your jersey number from 48 to six? You wore eight in college, but Jackson already had it? Did you try to pry it away from him?**

It felt like the right thing to do to go to a single digit. It gives me swagger and I will play good with it. Eight was a number I had in

high school. It was something that stuck with me all the way through college. I was messing around with Lamar a lot on social media about it. But he already had it.

**What it's like competing against Jackson, the NFL's MVP in 2019, in practice? Can you keep up with him?**

It's a lot of fun. It's tough catching him. It is someone you want to catch because he is so great. It's an adventure.

**What veteran Ravens players helped you adjust to the NFL last year?**

The first person I talked to when I got here was Chuck Clark. He gave me the rundown on everything. How to keep your body in shape, be a professional, practice, and study. Anthony Levine was another guy I talked to all the time.

Those guys pointed me in the right direction when I got here, and I still talk to those guys every day.

**Are the Ravens ready to go on a deeper playoff run and advance to the AFC championship game or perhaps the Super Bowl?**

We are definitely ready to take that next step. We filled every need we had in the offseason. We know what we need to do to get to the Super Bowl and we are putting in the work. We have a great season ahead of us.

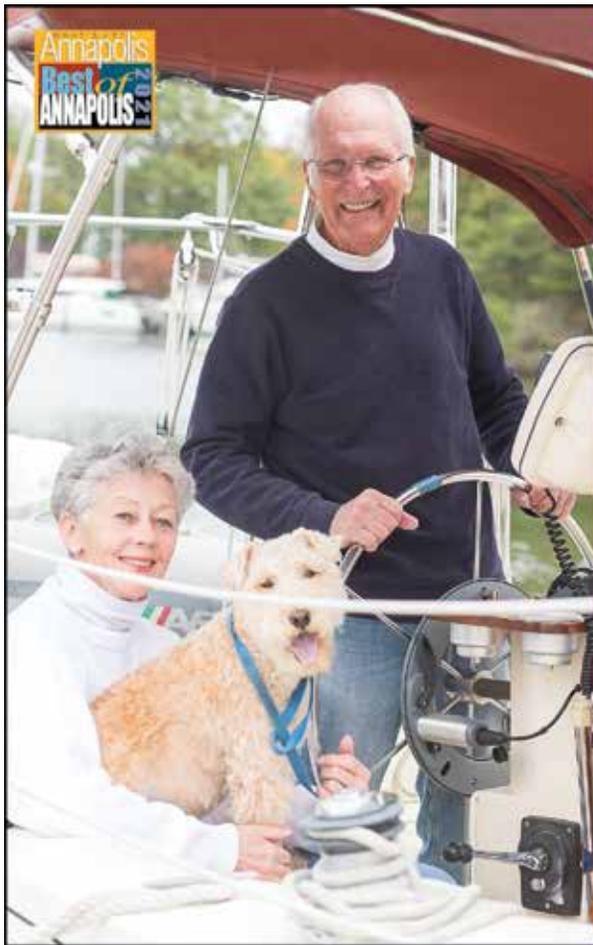
**You were part of a national championship team at LSU? What was that experience like? Do you still talk to your some of your former college teammates who are in the NFL now?**

The locker room was electric. We all got a long so well and we

boasted. We knew no one could touch us. We just tried to go out there and dominate. You could see every play on the field we were having fun. I talk to Clyde Edwards-Helaire and Thaddeus Moss. I talk to them pretty much every day.

**You were a pretty good baseball player in high school and had offers from South Florida and Central Florida. Did you consider trying to make the LSU baseball team as a walk-on?**

I thought about going out for the baseball team, but my dad wouldn't let me. I had to focus on football. If I was failing at football, it would have been a different story. I actually loved baseball more than football growing up. I won a state championship in high school.



## PARKER AND PATTY WILLIAMSON, SHAREHOLDER RESIDENTS

A diverse group of people with various backgrounds, BayWoods of Annapolis residents have a commitment to wellness that brings many together for activities, lectures and other events. With less than 200 residents, this is a warm, neighborly community. A full continuum of onsite health care services includes short stay rehab and a 47 private room health care center.

North Carolinians Patty and Parker Williamson become acquainted with BayWoods of Annapolis while sailing in the area. They were impressed by what they found – an attractive waterfront retirement community on the Chesapeake Bay, with close proximity to their boat and to all the historic charm of Annapolis.

"BayWoods became the perfect launch for our retirement adventure," says Parker. "We discovered luxurious yet affordable accommodations and amenities, access to excellent medical care, and local Annapolis entertainment, all with easy access to Baltimore and Washington."

Patty enjoys walking the couple's dog, Briny, in Quiet Waters Park, just across the street from BayWoods, in addition to pursuing community activities as a volunteer with Hospice of the Chesapeake. "This is an active lifestyle filled with adventures every day, all in a pet-friendly continuing care retirement community with equity ownership," she says.

BayWoods of Annapolis is one of only two Maryland continuing care retirement communities (CCRC's) that is a co-op. Residents are cooperative owners of the property. A co-op has many advantages. One is that in the last few years, residents have enjoyed a fee holiday: a month with reduced or no fees.

The for-profit housing co-op model appeals to baby boomers who value ownership and want to be involved in the management of their community. Resident-owned and resident-run, their best interests are truly at the heart of every decision. With tax advantages and equity ownership, shares can be passed on to owners' heirs.



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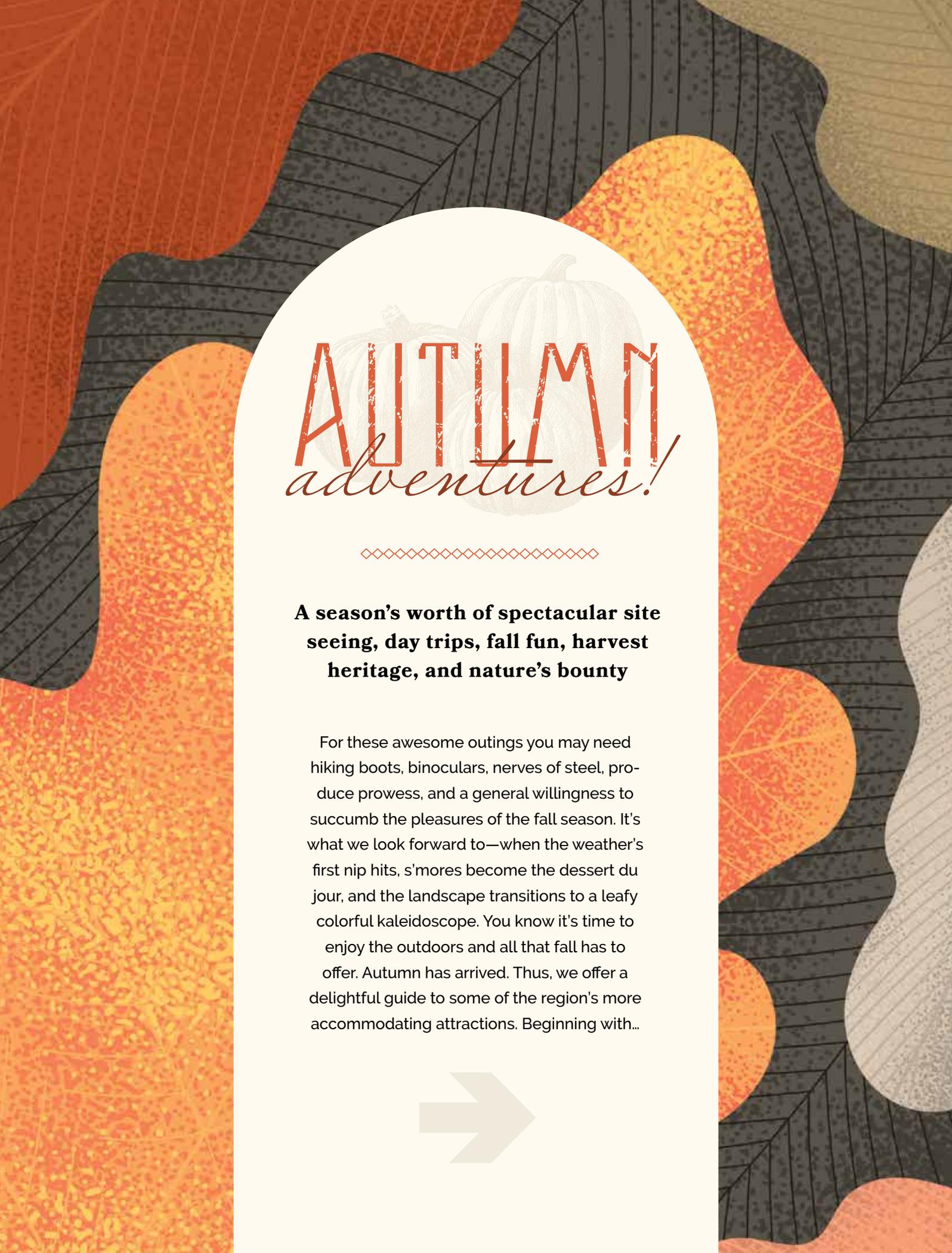
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# Fall Foliage Hikes

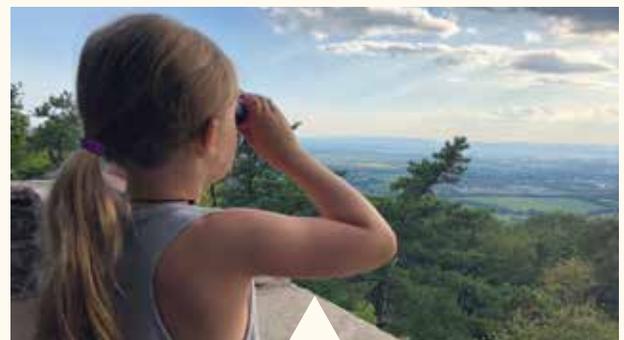


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**Blackwater National Wildlife Refuge & Visitor Center:** Blackwater National Wildlife Refuge Center is one of the best places to find a trail (either by foot or kayak) for bird-watching opportunities, waterfowl viewing, fishing, and more. There are multiple land trails available including Marsh Edge Trail, Key Wallace, and Tubman Trail. Blackwater National Wildlife Refuge is located just south of Cambridge and offers trails both short and long. Visit [Fws.gov/refuge/Blackwater](http://Fws.gov/refuge/Blackwater) for information.

**Eastern Neck Wildlife Refuge:** This wildlife refuge on the Eastern Shore is a great place to enjoy the views of nature, both waterfowl and foliage. Once you get on Eastern Neck Island, there are seven trails and boardwalks to choose from. Fall is the best time to walk along the Tubby Cove Boardwalk. This boardwalk is about a quarter-mile round trip and brings you through the beautiful trees. Once you get that warm-up in, walk the Duck Inn Trail. This trail is through wooded area and the tall grasses, leaving you in the deciduous trees at the bank of the Chester River. Visit [Fws.gov/refuge/eastern\\_neck](http://Fws.gov/refuge/eastern_neck) for information.



**Gambrill State Park/Cunningham Falls State Park/Catoctin Mountain Park:** This contiguous stretch of three massive parks, forests, falls, and mountainous terrain begins at the foothills just north of Frederick and continuous through Thurmont and up to the Mason-Dixon line. Within each park are miles and miles of hiking trails, boulder outcrops, falls, and numerous scenic overlooks, providing some of the best seasonal views in the state. Visit [Dnr.maryland.gov/publiclands](http://Dnr.maryland.gov/publiclands) for information.

# Charter Boats on the Bay



**Thomas Point Lighthouse Cruise:** Take a cruise around the lighthouses of the Chesapeake Bay right out of Ego Alley. This fall, take part in the Ghost Tour and share ghost stories and pirate tales on the Spirits and Spirits tour, or simply tour the Severn River and Spa Creek. [Watermarkjourney.com](http://Watermarkjourney.com).

**Beautiful Bay Views & Charter Fishing:** Charter a boat in Chesapeake Beach, Solomons Island, Rock Hall, St. Michaels, or beyond. Rockfish season is at its year-end prime during the fall. Easily book a charter through Haven Charters, Chesapeake Bay Charters, or one of the many other options on the Chesapeake Bay. Whether you want to fish or just sit back and relax, being on a boat will put you in the right frame of mind. To learn more, book your trip, and begin your research, visit [Chesapeakefishingcharters.com](http://Chesapeakefishingcharters.com) or [Fishsolomons.com](http://Fishsolomons.com).



**Chesapeake Bay Maritime Museum River Cruises:** Contact Chesapeake Bay Maritime Museum in St. Michaels to cruise on Winnie Estelle. This 45-minute scenic cruise will take you through the Miles River and can accommodate up to 32 passengers. [Cbmm.org](http://Cbmm.org) or 410-745-4944.



# Haunted Harbor Tours



Celebrate Halloween with a **Haunted Harbor Tour in Annapolis**. If you think you know Annapolis, just wait. This 90-minute tour starts at 1 Dock Street and ends at the State House. Not spooked enough yet? Stay for a bonus tour around the most haunted grounds of Annapolis: St. John's College. Can you handle it? Sign up to learn a whole new side of Annapolis history at [Hauntedharbortours.com](http://Hauntedharbortours.com).

After you conquer the scary truth about Annapolis, face the Eastern Shore with **Chesapeake Ghost Tours**. They offer 11 different city tours, including Ocean City, Salisbury, Denton, St. Michaels, and Easton. Chesapeake Ghost Tours also offers bus tours to find the hidden, haunted spots in Talbot County and includes passing through three graveyards. Sign up for a tour at [Chesapeakeghosttours.com](http://Chesapeakeghosttours.com).



# Fall Festivities

**The Maryland Corn Maze:** Each year, The Maryland Corn Maze in Gambrills puts together an unforgettable experience. This year, the theme of the maize maze is America. Many people missed out on vacations last year, so, instead, travel your way through the States in this year's maze. After you get through the country, enjoy hayrides, rope swings, giant Lincoln logs, and so many more activities. [Mdcornmaze.com](http://Mdcornmaze.com).



**54th Annual Autumn Glory Festival:** The annual Autumn Glory Festival is a 5-day celebration of autumn that celebrates the beauty of the local fall foliage in Deep Creek. The festival will occur October 13th through October 17th and will feature a parade on Saturday, October 16th. This festival will have a craft and gift sale, kick-off dinner, fall foliage driving tours, and so much more. Find more information at [Visitdeepcreek.com](http://Visitdeepcreek.com).

**Homestead Gardens' Fall Festival:** Traditionally held each fall, this festival features pumpkin picking, kids' games/crafts/attractions, hayrides, food/drinks (including for the adults), live music, and Homestead's famous homemade apple cider donuts. [Homesteadgardens.com](http://Homesteadgardens.com).



**Rock Hall Fall Festival:** FallFest attracts thousands of visitors from across the eastern seaboard showcasing the quaint hamlet of Rock Hall as it celebrates its heritage as a waterman's town. Locals and visitors alike attend the festival because they know that FallFest guarantees to be a unique event where musicians hold forth throughout the day, oysters are local and plentiful, and children can participate in captivating and free activities. Approximately 40 handicraft vendors show and sell their wares at the festival and a large selection of food vendors serve up regional favorites. [Rockhallfallfest.org](http://Rockhallfallfest.org).

**Queen Anne Farm:** Continue the family tradition by picking your own pumpkins and mums in Mitchellville. Jump on the back of the tractor pulled hay wagon and pose for pictures with the Pumpkin House. [Queenanefarm.com](http://Queenanefarm.com).

**Knightongale Farms:** Pick your pumpkins at Knightongale Farm in Harwood. This 90-acre farm features pumpkins, Christmas trees, sunflowers, and more. During pumpkin season, enjoy a petting zoo, hayrides, corn maze, and everything else you need for a full fall festival. [Knightongalefarm.com](http://Knightongalefarm.com).

**2021 International Edgar Allan Poe Festival & Awards:** Gather at the Edgar Allan Poe House & Museum and Poe Park on October 2nd & 3rd to commemorate the 172nd anniversary of Edgar Allan Poe's death and for a Death Weekend Poe Places Tour. The fourth annual event is free and will feature Poe-themed performances, art, vendors, food, and more to celebrate Poe's life, works, and influence on the arts. [Poeinbaltimore.org](http://Poeinbaltimore.org).



# U-Pick Farms & Pumpkin Patches



**Baughter's Orchard, Westminster:** After serving Carroll County and beyond for over 100 seasons, Baughter's knows exactly how to approach the fall season. Visit Baughter's every weekend in October for their Fall Festival from 9 a.m. to 5 p.m. They offer apple picking, pumpkin picking, a petting zoo, homemade fudge, and baked goods, and more. [Baughers.com](http://Baughers.com).

**Brookfield Pumpkins, Thurmont:** Visit Brookfield Pumpkins to pick your own pumpkins, gourds, and squash (including butternut and spaghetti squash). Stop by the store to buy corn, mums, and more fall necessities and then stay around for a glass of wine from their neighbors, Links Bridge Vineyard. [Brookfieldpumpkins.com](http://Brookfieldpumpkins.com).



**Clark's Elioak Farm, Ellicott City:** Make sure to purchase your tickets online for Clark's Elioak Farm in Ellicott City this fall. Walk-ins will not be available. Visit the petting farm and the pumpkin patch and be sure to ride the cow train and the enchanted express train through the enchanted forest. [Clarklandfarm.com](http://Clarklandfarm.com).

**Buppert's, Marriotsville:** Stop by Buppert's for hayrides, pumpkin picking, and a corn maze everyday through November. Reserve tickets online to ride the hayride during the week and stop by on the hour from 11 a.m. to 4 p.m. on Saturdays and Sundays. [Bupperts.com](http://Bupperts.com).

**Gaver Farm, Mount Airy:** Come out from 10 a.m. to 6 p.m. every day to pick pumpkins, apples, and sunflowers on their 12-acre patch. Hayrides and admission are free to the pumpkin patch. Don't forget to get lost in the corn maze, play with the pedal carts and experience over 50 other attractions on the grounds on fall fun days, every day through October 31st. [Gaverfarm.com](http://Gaverfarm.com).

**Jones Family Farm, Edgewood:** Bring your family to Edgewood for pumpkin picking and fall activities, including making your own, homemade scarecrow to take home with you. The farm is open daily through November 1st from 10 a.m. to 6 p.m. [Jone-producefarm.com](http://Jone-producefarm.com).

**Mary's Maze, Ellicott City:** Mary's Maze has more than just a "Once Upon a Time"-themed corn maze. Visit their pumpkin patch, hay castle, and mini maze on their beautiful farm every weekday of October from 10 a.m. to 5 p.m. Come back on the weekends for live music, photo sessions, fall snacks, and drinks. Stay tuned for the end of October when they'll be hosting a Flashlight maze and Haunted maze. Visit their website to see the musician and food truck schedule. [Marysmaze.com](http://Marysmaze.com).

**Winterbrook Farms, Thurmont:** Experience the learning barn, pumpkin pillow, ziplines, and plenty more activities after you walk through the pumpkin patch and corn mazes at Winterbrook Farms. On the 327-acre farm, there is sure to be an activity for everybody. [Winterbrookfarms.com](http://Winterbrookfarms.com).



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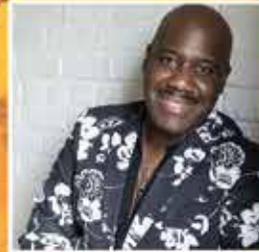
OCTOBER 2  
**PREACHER LAWSON**  
COMEDIAN



OCTOBER 3  
**THE LONE BELLOW**  
MATINEE



OCTOBER 4  
**ALAN HEWITT**  
OF MOODY BLUES



OCTOBER 7  
**WILL DOWNING**  
JAZZ/R&B VOCALIST



OCTOBER 8  
**LORI MCKENNA**  
W. MARK ERELLI



OCTOBER 10  
**ROBYN HITCHCOCK**  
SINGER-SONGWRITER



OCTOBER 14  
**CRIS JACOBS**  
AMERICANA



OCTOBER 15  
**MARK BRYAN**  
OF HOOTIE & THE BLOWFISH



OCTOBER 16  
**THE SMITHEREENS**  
FEAT. ROBIN WILSON



OCTOBER 17  
**BONEY JAMES**  
JAZZ SAX



OCTOBER 18  
**DAVY KNOWLES**  
W. BEN BRANDT



OCTOBER 23  
**CARSIE BLANTON**  
MATINEE



OCTOBER 23  
**NEW POWER GENERATION**  
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OCTOBER 24  
**THE LINDA RONSTADT**  
EXPERIENCE



OCTOBER 26  
**GABY MORENO**  
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OCTOBER 27  
**SAWYER FREDERICKS**  
& THE ACCIDENTALS



OCTOBER 28  
**GRAHAM PARKER**  
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OCTOBER 31  
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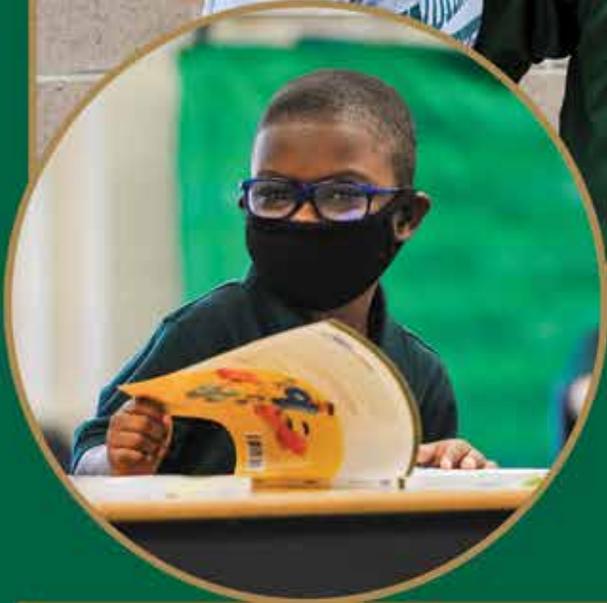
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Wednesday, November 3, 9:30 - 11:30 a.m.

### MIDDLE SCHOOL (GRADES 6-8)

Wednesday, November 10, 9:30 - 11:30 a.m.

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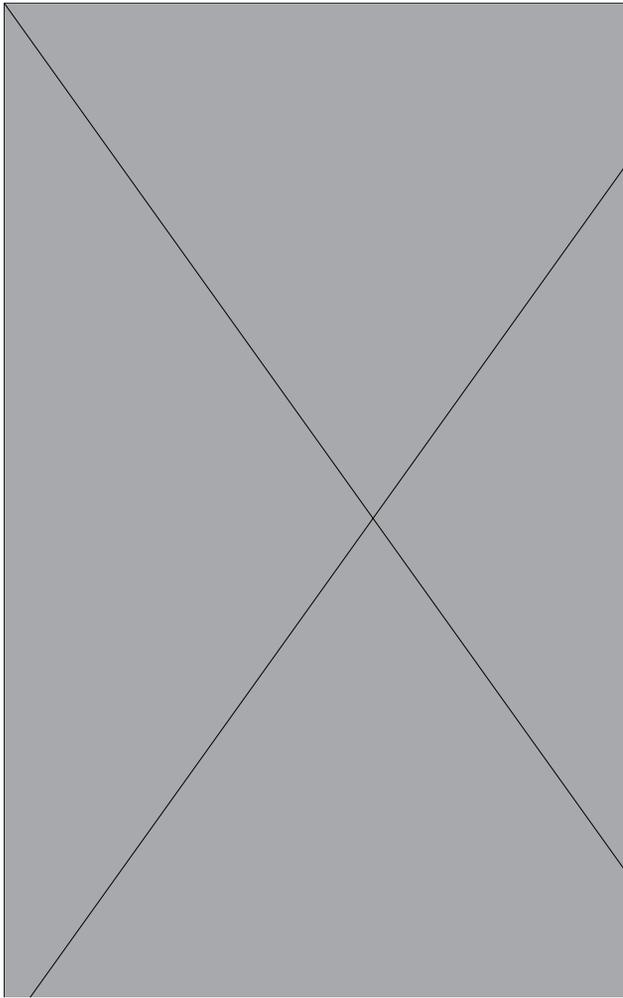
# Dig Annapolis!

Step back in time as we revisit the University of Maryland's Archeology in Annapolis program and several site histories

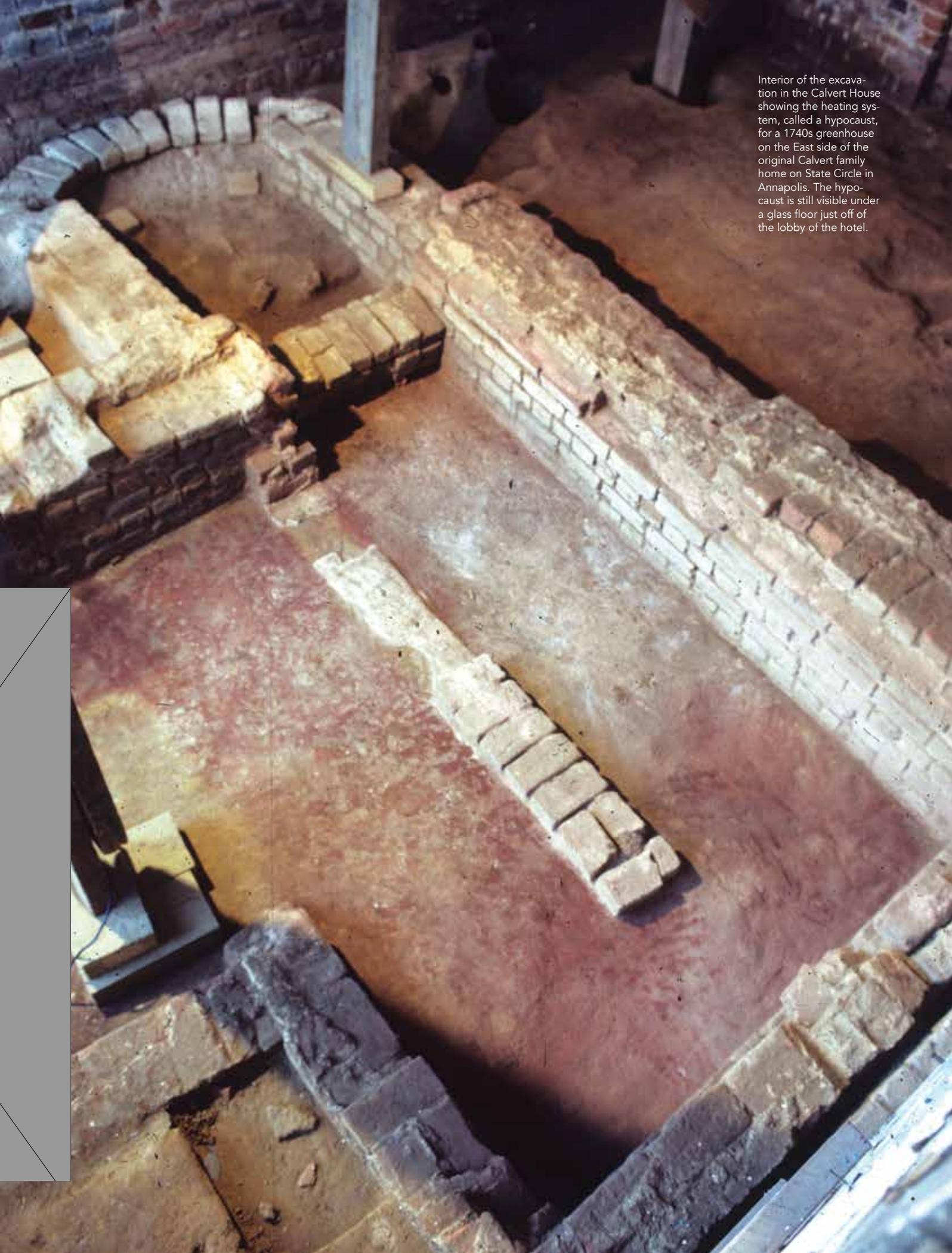
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By Ellen Moyer

Photography courtesy Prof. Mark Leone



Future site of the Calvert House Hotel, taken about 1983. The site was open to the public. The excavation was directed by Anne E. Yentsch.

An aerial view of an archaeological excavation site. The central feature is a large, rectangular brick structure, identified as a hypocaust. The walls are constructed from light-colored bricks, with some sections showing a more complex, multi-layered construction. The interior of the structure is filled with reddish-brown earth. The surrounding area is also excavated, showing various levels and structures. The lighting is bright, highlighting the textures of the bricks and the earth.

Interior of the excavation in the Calvert House showing the heating system, called a hypocaust, for a 1740s greenhouse on the East side of the original Calvert family home on State Circle in Annapolis. The hypocaust is still visible under a glass floor just off of the lobby of the hotel.

**D**ig! Dig! Dig Annapolis! For 30 years, students from the University of Maryland Department of Anthropology did just that. With small hand tools, and even toothbrushes, college archaeology students sifted through dirt and dug Annapolis.

What began as a simple request in 1981 from Anne St. Clair Wright (major domo of historic preservation and founder of Historic Annapolis, Inc.) would, over the years, thrust Annapolis to the international forefront of archaeology for Colonial America. Because Annapolis never underwent industrialization and has been spared extensive modernization, "it is a perfect place to explore the early years of America's colonial settlement...there is a lot to discover here," says Professor Mark Leone, the longtime coordinator of the university's Archaeology in Annapolis program.

Annapolis is, after all, a historic town. It retains the earliest mansions of America's well-to-do. The homes of Maryland's four signers of the Declaration of Independence are still standing. The Paca House and Carroll House are open to the public and community events. The town was an early maritime shipping center and a slave-selling port. During the Revolutionary War, troops, under the commands of Lafayette and Rochambeau, camped in Eastport and St. John's College campus. The City was so well-fortified during the War of 1812, that the English avoided invading us. New emigrants arrived to serve the new United States Naval Academy, established in 1845. Later, the City served as a Union military center

and troop parole center during the Civil War. All of these happenings provided underground treasures and stories to be told about life, culture, and changes over the 350 years of our settlement.

On April 4, 2008, Professor Leone emailed me:

"Madame Mayor, we have discovered an early 18th century timber road at the base of Fleet Street. There are a series of six shaped logs lying parallel to each other and four feet down from the current surface, which are well-preserved because they are waterlogged. They are perpendicular to the house fronts and form what is called a corduroy road. They date before 1740."

Local historians believe this find is even earlier and is visible as a road on the Stoddert Map of 1684. A University of Maryland press release describes the significance of the timber road as showing how the city was originally laid out and the marshy area that is, today, the paved Market Square. The discovery of the waterlogged road from the late-17th century is unique. There are no other known in Maryland from this date, the press release concluded.

The City of Annapolis was a grant funding partner with Historic Annapolis and the University of Maryland to support Archaeology in Annapolis, which thrived from 1982 to 2010. This discovery in 2008 of the log road was timely icing on the cake for the City's 300th Anniversary Charter Celebration.



African American religious bundle made and buried in the lower level of the Charles Carroll House and excavated by Dr. Robert Warden working with Archaeology in Annapolis. Between 15 to 20 African Diasporic religious bundles were excavated in Annapolis. Believers used the bundles to contain the supernatural and to direct a spirit to heal or protect someone from sickness or harm. Such bundles have been found in Slayton house, Reynolds Tavern, Brice House II, Maynard Burgess House, and the Adams Kilty House. They show the wide presence of enslaved and free people in the archaeology of the City, and the City's African religious heritage.

Several years earlier at a budget hearing, I asked Professor Leone what we could do to showcase the findings from the dozens of digs that students had done over the decades. Leone admitted that their archeological findings—the material remains from garbage pits—did not show very well. So, to showcase Annapolis, the program (as it had from its beginning) invited the public to tour the sites and participate in the digs. Engaging citizens in Unearthing Annapolis was very unique to a science that usually preferred isolation from the public trampling of an exploratory site. “Nobody does (digs) this way,” Leone said at the time. “Our public aspect is unique. This is how we give the town back its archaeology.” Annapolis citizens, he opined, were welcoming, interested, and enthusiastic.

Nevertheless, the City also pushed for a way to showcase the unearthed relics of crystals, religious articles, clothing, pottery, tools, and items from the garbage pits and archeological treasure sites, to tell the stories of the City’s African roots and European ancestry, both celebrated and mourned throughout our history.

In 2006, Annapolis received an \$80,000 grant from the Presidential First Ladies’ program Save America’s Treasures to preserve and protect American history. It was one of 23 grants awarded in the nation and the only project in Maryland to be selected.

The Annapolis grant and program titled “Annapolis: Three Centuries of Communities” would illustrate: (1.) the role of educated women, such as Anne Catherine Green and Anne St. Clair Wright, in using persistence, voice, and toleration to make a place for themselves, their gender, and their issues; (2.) the role of free African Americans before and after emancipation; and (3.) the celebration of access to the middle class through availability of cheap city land, circa 1690, and artifacts and histories that support this contention.

Included in the program would be brochures, history signs, and five archeological exhibits. Finally, the artifacts from 30 years and dozens of dig sites would be on display in 2008 in the year of our Charter Celebration. The Jonas Green Home, Maynard Burgess House, the Banneker-Douglass Museum, the Calvert House, and Reynolds Tavern were selected as exhibit sites.

There is not room in this article to describe the success and many discoveries of the digs in Annapolis’ Downtown, Parole, and Eastport communities...it would take a book. However, what follows is the abbreviated archaeology stories of Reynolds Tavern and the Calvert House, two of the original exhibit sites that remain accessible for public viewing.



University of Maryland students excavating sites in Annapolis that were open to the public. Many students gave tours to the visiting public and were trained in public speaking and performance techniques by Philp Arnoult of the Baltimore Theatre Project. Open sites were funded for many seasons by the Maryland Commission on the Humanities.

**“Nobody does (digs) this way. Our public aspect is unique. This is how we give the town back its archaeology.”**

Reynolds Tavern on Church Circle was purchased by William Reynolds from St. Anne’s Church in 1746. Reynolds was a hatter and tavern keeper. The site near the State Capital, under the sign of “Beaver and Laced Hat,” drew legislators and merchants for food and drink. In the center of town, Reynolds Tavern soon became a meeting place for farmers, merchants, and soldiers as well as gentlemen to conduct business (the Mayor’s Court met here), stable horses, buy theater tickets, or have a game of cards, chess, or backgammon until the family sold it for 1,020 pounds (about \$1,500,000 today) in 1796. For more than 100 years, ownership shifted until 1935 when Standard Oil wanted to buy it, tear it down, and construct a filling station. Civic minded people put a halt to that, proposing instead to buy it with money from a trust fund for female orphans to use as the Annapolis public library. And that it was until 1974.

The library, having outgrown the ancient building, transferred the building to the National Trust for Historic Preservation, which then leased Reynolds to Historic Annapolis Foundation who teamed up with entrepreneur Paul Pearson to restore the building to its former use as a tavern and inn. During this time, extensive archaeology was done in the surrounding grounds of the 1747 tavern where a wooden water pipe (the first of its kind) was unearthed, giving evidence that Colonial Annapolis had wooden plumbing. Twelve feet below the surface of a water well, the giant 18-foot hollowed-out waterlogged timber was thought to be used to pump water from the well in the 1700s. A cobblestone driveway, privy, and sites for a stable and smoke house were also discovered. Reynolds, himself, also owned slaves. Religious artifacts found in the basement floor were believed to be caches connected to African belief systems to control the spirits of the dead to redress wrongs or end injustice. Today, these small artifacts are on display in the hallway of Reynolds Tavern, a place where the floor lumber and staircase created in 1747 are still intact, food is served, and there are beds to rest, just as it had when under the “Beaver and Laced Hat” sign 250 years ago.

On the other circle, State Circle, the Calvert House was founded in 1695 and home to the Calvert family, and Governor Benedict Leonard Calvert from 1727 to 1731. It is now an elegant hotel—a home away from home for many of Maryland’s state legislators.



Parker Potter Jr. giving a tour of a site to visitors and tourists. Tens of thousands of people received these tours free with the message that “the past is thought up not dug up, so please be sure to ask questions about what you hear as you visit historic sites,” so that you learn the whole history of Annapolis.

Unlike Reynolds Tavern, its original woodwork does not exist. The home at 58 State Circle was destroyed by fire in 1764. Rebuilt as a two-story Georgian dwelling, it was used as a barracks by the State of Maryland until 1784, eventually becoming the home of Mayor Claude and family until purchased by Paul Pearson. Extensively renovated over the years, the home site was converted to a hotel through the efforts of Historic Annapolis' St. Clair Wright and Pearson.

Archaeology in Annapolis' student diggers were very much involved in sifting through dirt that yielded a golden filigree jewelry in the shape of a Hand of Fatima, which was speculated to have belonged to a Muslim African who belonged to the Calverts as a slave. Other artifacts on display—pottery and spoons in good shape—were found in a dry deposit in the front yard. The well was full of artifacts, including two full bottles of wine. One wonders why it was unused.

If one visits the lobby of the hotel today, a sitting room off the lobby is covered with a glass floor. Beneath it is a feature of the original building back in the Calvert days, a hypocaust—a central heating system for a Calvert greenhouse. Hypocausts date to 350 BC in the Temple of Ephesus, though Roman Architect Vitruvius credits the invention to Sergius Orate in 80 BC. Basically, it is a pipe through which hot air from a wood furnace circulates under the floor or even in the walls. Expensive to operate, hypocausts fell out of use during the Middle Ages. Though resurrected somewhat in England, it was generally believed from 400 to 1900 that central heating did not exist and hot baths (famous in Rome) were rare for hundreds of years. Thus, the hypocaust in the home and greenhouse of the Calverts was very rare in the early 1700s. The glass floor allows you to see this early central heating feature. The log road mentioned earlier could also be seen by our many visitors interested in this city's colonial history if it too would be covered with a glass walkway and a sign describing its history. For now, it is buried invisible and unacknowledged.



Figure 1: X-ray image taken of the Fleet Street bundle. Full frontal view of bundle showing a side of the axe, about 300 pieces of lead shot, and a spike protruding on the lower left. The bundle dates to about 1720. Photo Courtesy of Maryland Archaeology Conservation Laboratory (MAC Lab). Figure 2: X-ray image taken of the Fleet Street bundle showing nails, pins, including one piercing a shell or button, and lead shot, which are the round items. Photo Courtesy of Maryland Archaeology Conservation Laboratory (MAC Lab). Figure 3: Close up of the x-ray image taken of the Fleet Street bundle showing a rivet, many pins, and pieces of lead shot. Photo Courtesy of Maryland Archaeology Conservation Laboratory (MAC Lab).

During road work on Fleet Street, the discovery of a spirit bundle was reported in the *New York Times*. Connected to African roots, the discovery in this location is a curiosity. Once the garden of Francis Nicholson in 1694 until subdivided in the mid-1700s for homes and small taverns, one can only speculate on who the bundle to ward off evil and call for goodness belonged to.

Not long after the discovery of the spirit bundle, Archaeology in Annapolis ceased. New leadership at Historic Annapolis and newly-elected leadership in City government had little interest in the 30-year program that brought people from other states and countries to dig with college students in Annapolis. The program that fostered 20 doctorate graduates and brought Annapolis' archaeology international fame was no more. Since 2011, the University of Maryland program has continued on the Eastern Shore of Maryland. It has uncovered an extensive African American village near the Tidewater Inn in Easton and uncovered more artifacts at the Wye House Plantation, where Frederick Douglass was enslaved as a boy.

But in Annapolis, where citizens and visitors once joyfully participated in digging in the dirt to find the unseen artifacts that revealed the lives of slave and master, poor and well-to-do, and past cultures ever changing, the partnership of Historic Annapolis, City Hall, and the University of Maryland is no more. Perhaps, the program will be "unearthed" in the near or distant future.

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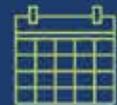
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# LYLE T. MODLIN, D.P.M., F.A.C.F.A.S.

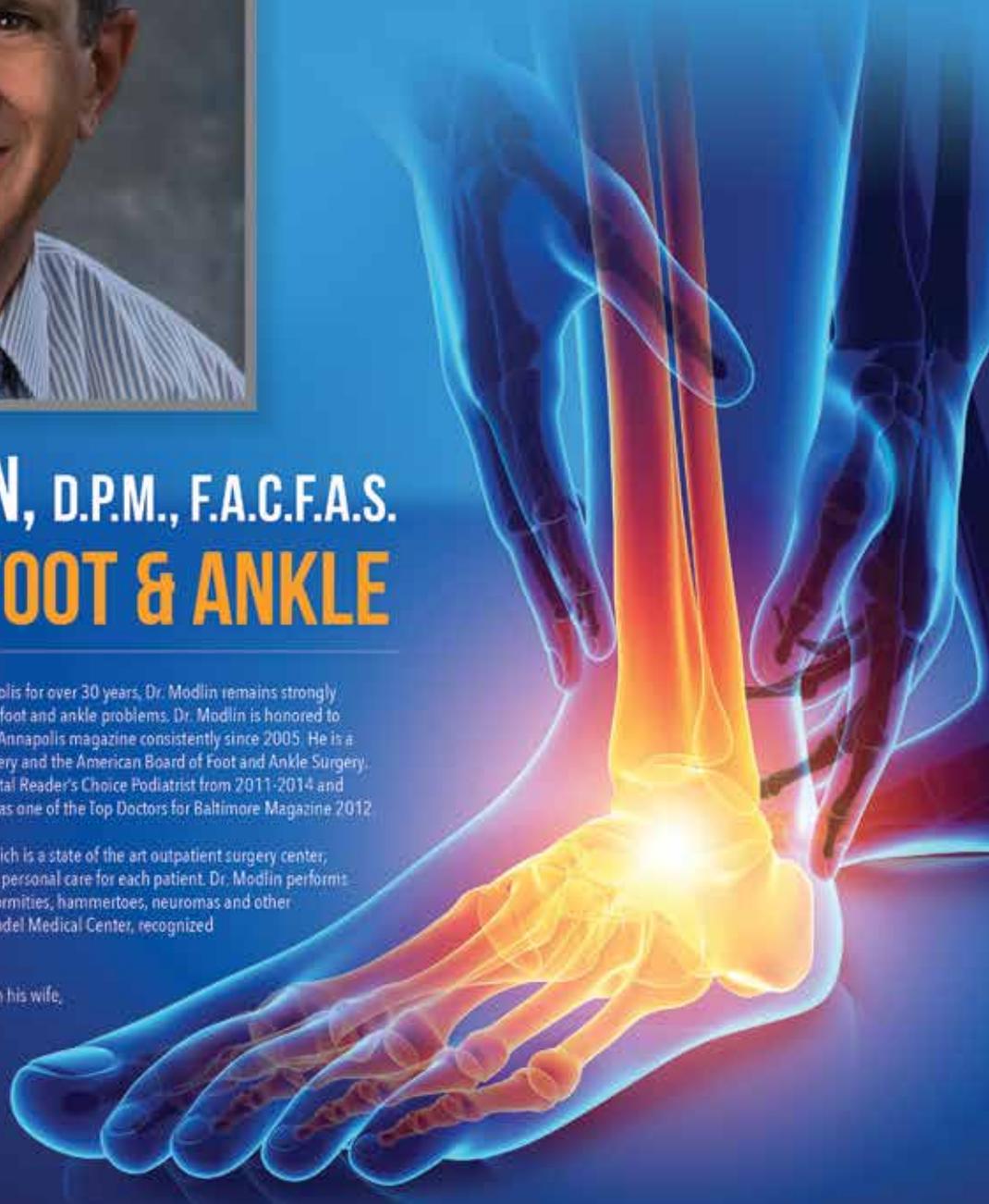
## ANNAPOLIS FOOT & ANKLE

With the privilege of practicing in the great city of Annapolis for over 30 years, Dr. Modlin remains strongly committed to providing care to patients to alleviate their foot and ankle problems. Dr. Modlin is honored to have been voted as "Top Doc" for podiatry in What's Up? Annapolis magazine consistently since 2005. He is a Diplomate for both the American Board of Podiatric Surgery and the American Board of Foot and Ankle Surgery. Dr. Modlin has earned the honor of being voted The Capital Reader's Choice Podiatrist from 2011-2014 and Reader's Choice Finalist 2015-2017. He was also named as one of the Top Doctors for Baltimore Magazine 2012.

Dr. Modlin is affiliated with Riva Road Surgical Center which is a state of the art outpatient surgery center, committed to excellence in work and the highest level of personal care for each patient. Dr. Modlin performs many types of surgical procedures including bunion deformities, hammertoes, neuromas and other conditions of the foot. He is also affiliated with Anne Arundel Medical Center, recognized as one of the top hospitals in Maryland.

Dr. Modlin is a native of Maryland, lives in Annapolis with his wife, a native Annapolitan, and has three grown children.

Dr. Modlin provides both surgical and conservative care for his patients, offering a wide range of treatment options and gladly accepts new patients.



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WHAT'S UP? MEDIA

**TOP  
DOCS**

2021-2022  
ANNE ARUNDEL

2021-2022

# Top Docs

ANNE ARUNDEL COUNTY'S TOP  
PEER-NOMINATED DOCTORS

What's Up? Media takes the peer review process very seriously. The biennial **Top Docs** survey requires a surprising amount of time and energy to execute. Top Docs has been a six-month process that began in April with the survey campaign, in which What's Up? Media invited all practicing medical doctors within its distribution region—presently Anne Arundel, Queen Anne's, Kent, Talbot, and Dorchester counties—to participate in an online, secure survey. The survey form listed more than 40 areas of medical specialty, and several medical conditions. Doctors were asked to recom-

mend their most qualified peers, in their opinion, for each category of specialty/condition. Doctors were not required to fill in each category, but a surprising number did. Doctors were allowed to complete one survey each (qualified by entering their Maryland medical license number). After surveys were collected by deadline, vetted, and tallied, What's Up? Media arrived at the list of this year's Top Docs.

The Top Docs honored as such represent the individuals who received the highest number of nominations from their peers. Please note that

many fine physicians who are either new to the area or affiliated with other medical institutions may not be included. Additionally, this list represents only those "winners" who received the *most substantial* number of votes, not everyone who was nominated.

Knowing who medical professionals consider the best in their respective fields is an invaluable asset. We thank the many doctors who completed the survey and congratulate those who've earned the following accolades. →

## Allergy & Immunology

*Dealing with allergies and an exaggerated immune response or reaction to substances.*

### Dr. Duane Gels

Annapolis Allergy & Asthma, L.L.C.; 129 Lubrano Drive, Ste. 200, Annapolis; 410-573-1600; annapolisallergy.com

### Dr. Jaime Olenec

Annapolis Ear, Nose, Throat and Allergy Associates; 2002 Medical Parkway, Sajak, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

### Dr. James Banks

Allergy & Asthma Associates, P.A.; 277 Peninsula Farm Road, Bldg. 3, First Floor, Arnold; 410-647-2600; annapollendocs.com

### Dr. Timothy Andrews

Allergy & Asthma Associates, P.A.; 277 Peninsula Farm Road, Bldg. 3, First Floor, Arnold; 410-647-2600; annapollendocs.com

## Anesthesiology

*The practice of blocking pain, discomfort, or distress during surgery or an obstetric or diagnostic procedure.*

### Dr. Glenn Gilmor

Anesthesia Company, L.L.C.; 700 Melvin Avenue, Ste. 7A, Annapolis; 410-280-2260; ancollc.com

### Dr. Michael Webb

Anesthesia Company, L.L.C.; 700 Melvin Avenue, Ste. 7A, Annapolis; 410-280-2260; ancollc.com

### Dr. Richard Ro

Anesthesia Company, L.L.C.; 700 Melvin Avenue, Ste. 7A, Annapolis; 410-280-2260; ancollc.com

## Breast Cancer

*A cancer that forms in the cells of the breasts.*

### Dr. Carol Tweed

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

### Dr. Cynthia Drogula

Aiello Breast Center at UM BWMC; 203 Hospital Drive, Ste. 100B, Glen Burnie; 410-553-8351; umms.org

### Dr. Jeanine Werner

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

### Dr. Lorraine Tafra

AAMC Breast Center; 2000 Medical Parkway, Belcher, Ste. 200, Annapolis; 443-481-5300; aahs.org/breast

### Dr. Robert Buras

AAMC Breast Center; 2000 Medical Parkway, Belcher, Ste. 200, Annapolis; 443-481-5300; aahs.org/breast

### Dr. Wen Liang

AAMC Breast Center; 2000 Medical Parkway, Belcher, Ste. 200, Annapolis; 443-481-5300; aahs.org/breast

## Cardiovascular Disease

*Dealing with the heart, its actions, and diseases.*

### Dr. Eric Ginsberg

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

### Dr. Jennifer Brown

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

### Dr. John Kennedy

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

### Dr. Jonathan Altschuler

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

### Dr. Lawrence Jacobs

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

### Dr. Michael Goldstein

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

### Dr. Scott Katzen

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

### Dr. Valeriani Bead

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

## Colon & Rectal Surgery

*Dealing with surgery involving the colon and rectum.*

### Dr. Mari Madsen

Annapolis Colon & Rectal Surgeons; 2002 Medical Parkway, Sajak, Ste. 360, Annapolis; 410-573-1699; annapoliscolon.com

### Dr. Steven Proshan

Annapolis Colon & Rectal Surgeons; 2002 Medical Parkway, Sajak, Ste. 360, Annapolis; 410-573-1699; annapoliscolon.com

## Critical Care Medicine

*Providing life support or organ support to patients who require intense monitoring.*

### Dr. Helen Prevas

Anne Arundel Medical Center/Luminis Health Intensivists; 2001 Medical Parkway, Annapolis; 443-481-1750; aaos.net

### Dr. Kanak Patel

Anne Arundel Medical Center/Luminis Health Intensivists; 2001 Medical Parkway, Annapolis; 443-481-1750; aahs.org

## Dermatology

*Dealing with the skin and its diseases.*

### Dr. Christine Ambro

Annapolis Dermatology Center; 71 Old Mill Bottom Road N., Ste. 300, Annapolis; 410-268-3887; adcderm-docs.com

### Dr. Gail Goldstein

Annapolis Dermatology Center; 71 Old Mill Bottom Road N., Ste. 300, Annapolis; 410-268-3887; adcderm-docs.com

### Dr. Kelly McGuigan

Anne Arundel Dermatology; 101 Ridgley Avenue, Ste. 10, Annapolis; 443-351-3376; aadermatology.com

### Dr. Krista Buckley

Annapolis Dermatology Center; 71 Old Mill Bottom Road N., Ste. 300, Annapolis; 410-268-3887; adcderm-docs.com

### Dr. Lesley Sutherland

Anne Arundel Dermatology; 115 Sallitt Drive, Ste. E, Stevensville; 443-351-3376; aadermatology.com

### Dr. Lisa Renfro

Annapolis Dermatology Associates; 2002 Medical Parkway, Sajak, Ste. 630, Annapolis; 410-224-2260; annapolisdermatology.com

## Endocrinology, Diabetes & Metabolism

*Dealing with the endocrine glands, involved in the secretion of hormones.*

### Dr. Barbara Onumah

AAMG Diabetes & Endocrine Specialists; 2000 Medical Parkway, Suite 510, Annapolis; 443-481-6700; myaamg.org

### Dr. Michele

**Smadja-Gordon**  
Annapolis Internal Medicine, L.L.C.; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

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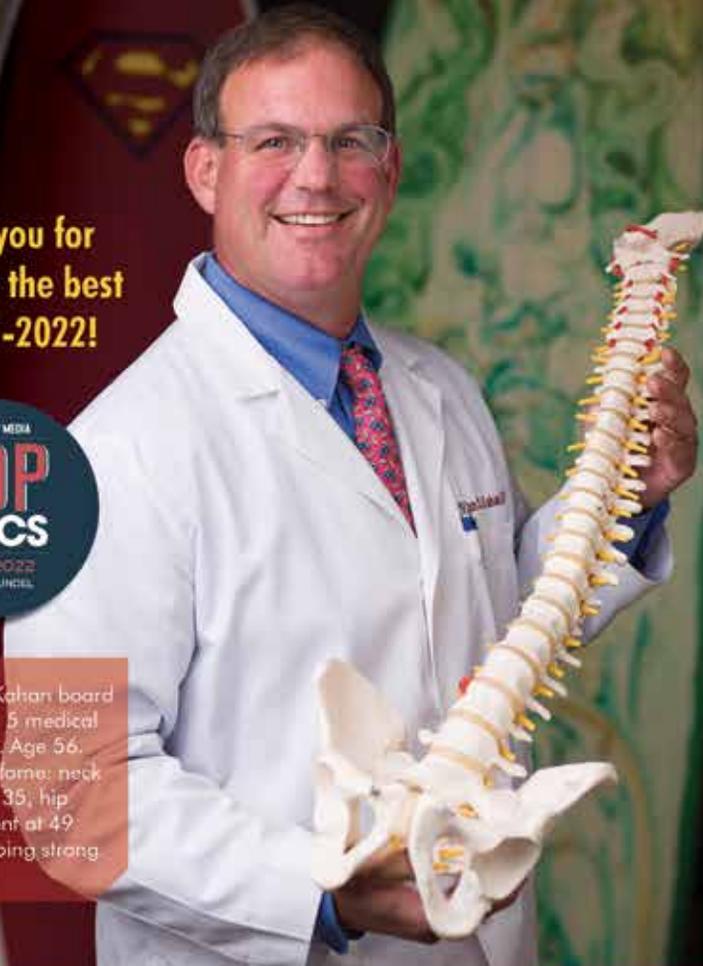
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(l-r) Patricia McMullen, PhD, CRNP; Beman Khulpattea, M.D.; Teresa Diaz-Montes, M.D., *Medical Director*; and Susan Todd Peeler, M.D.

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## Gastroenterology

*Dealing with the structure, functions, diseases, and pathology of the stomach and intestines.*

### Dr. Barry Cukor

Maryland Diagnostic & Therapeutic Endoscopy Center; 621 Ridgley Avenue, Suite 101, Annapolis; 410-224-3636; mdtecmd.com

### Dr. Christopher Olenec

Anne Arundel Gastroenterology Associates, P.A.; 820 Bestgate Road, Annapolis; 410-224-2116; aagastro.com

### Dr. Praveena Velamati

Anne Arundel Gastroenterology Associates, P.A.; 820 Bestgate Road, Annapolis; 410-224-2116; aagastro.com

### Dr. Raja Taunk

Anne Arundel Gastroenterology Associates, P.A.; 820 Bestgate Road, Annapolis; 410-224-2116; aagastro.com

## General Surgery

*Dealing with diseases and conditions requiring or amenable to operative or manual procedures.*

### Dr. Gina Massoglia

Chesapeake Surgical Associates; 2009 Tidewater Colony Road, Annapolis; 410-571-9499; chesapeakeurgery.com

### Dr. Vincent Sayan

Vincent Sayan MD, FACS; 134 Holiday Court, Annapolis; 410-224-4404; sayansurgical.com

## Gynecology

*Dealing with the diseases and routines physical care of the reproductive system of women.*

### Dr. Susan Peeler

Institute for Gynecologic Care, Mercy; 888 Bestgate Road, Ste. 208, Annapolis; 443-949-3401; mdmercy.com

### Dr. Teresa Diaz-Montes

Institute for Gynecologic Care, Mercy; 888 Bestgate Road, Ste. 208, Annapolis; 443-949-3401; mdmercy.com

## Gynecology & Obstetrics

*Dealing with the physical care of the reproductive system of women, birth, and its antecedents and after-effects.*

### Dr. Barbara Wells

Chesapeake Womens Care, P.A.; 2000 Medical Parkway, Belcher, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

### Dr. Homayara Aziz

Aziz ObGyn; 10632 Little Patuxent Parkway, Ste. 106, Columbia; 410-775-6430; azizobgyn.com

### Dr. Marcus Penn

Chesapeake Womens Care, P.A.; 2000 Medical Parkway, Belcher, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

## Hematology & Oncology

*Dealing with the blood and blood-forming organs (hematology) and dealing with the treatment and management of cancer (oncology).*

### Dr. Carol Tweed

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-867-6200; marylandoncology.com

### Dr. Jason Taksey

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-867-6200; marylandoncology.com

### Dr. Jeanine Werner

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

### Dr. Ravin Garg

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-867-6200; marylandoncology.com

### Dr. Stuart Selonick

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

## Hospice & Palliative Care

*Providing relief from the symptoms, pain, and stress of serious illness.*

### Dr. Ruth Gallatin

Hospice of the Chesapeake; 90 Ritchie Highway, Pasadena; 410-987-2003; hospicechesapeake.org

## Internal Medicine

*Dealing with the diagnosis and treatment of non-surgical diseases.*

### Dr. Mariaileen Sourwine

Inspire Inegrative Medicine; 277 Peninsula Farm Road, Bldg. 3, Ste. 1, Arnold; 410-989-8833; pmg.inspire-im.com

### Dr. Matthew Malta

Dr. Matthew J. Malta, M.D., P.A.; 132 Holiday Court, Ste. 201, Annapolis; 410-573-2477; drmalta.com

### Dr. Tim Woods

Annapolis Internal Medicine, L.L.C.; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

### Dr. Titus Abraham

Annapolis Internal Medicine, L.L.C.; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

## Lyme Disease

*A tick-borne illness caused by the bacterium Borrelia burgdorferi.*

### Dr. William Vickers

Mid-Atlantic Health Institute; 71 Old Mill Bottom Road N., Ste. 102, Annapolis; 443-317-3393; midatlantichealthinstitute.com

## Macular Degeneration

*An eye disease that causes vision loss.*

### Dr. Prisca Dials

Chesapeake Eye Care & Laser Center, P.C.; 2002 Medical Parkway, Sajak, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

## Medically Supervised Weight Loss

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### Dr. David Anderson

Annapolis Medical Weight Loss; 2401 Brandermill Boulevard, Ste. 360, Gambrills; 410-721-9862; annapolismedicalweightloss.com

## Nephrology

*Dealing with the structure, function, and diseases of the kidneys.*

### Dr. Adnan Hashmi

Washington Nephrology Associates; 116 Defense Highway, Ste. 202, Annapolis; 410-224-0270; washingtonnephrology.com

### Dr. Ali Ipakchi

Central Maryland Nephrology; 1127 West Street, Ste. 105, Annapolis; 410-562-9878; cmneph.com

### Dr. Andrew Briglia

Annapolis Nephrology Associates, L.L.C.; 104 Forbes Street, Ste. 102, Annapolis; 410-571-8333; aahs.org

### Dr. Jonathan Rudick

Central Maryland Nephrology; 1127 West Street, Ste. 105, Annapolis; 410-562-9878; cmneph.com

## Neurological Surgery

*Dealing with nervous structures such as nerves, the brain, or the spinal cord.*

### Dr. Brian Sullivan

Maryland Brain, Spine and Pain; 1000 Bestgate Road, Ste. 400, Annapolis; 410-266-2720; mbsp.com

### Dr. Clifford Solomon

Spine & Neuroscience Center at UM BWMC; 203 Hospital Drive, Ste. 200, Glen Burnie; 410-553-8160; umms.org

### Dr. Gary Dix

Maryland Brain, Spine and Pain; 1000 Bestgate Road, Ste. 400, Annapolis; 410-266-2720; mbsp.com

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- Jennifer Brown, MD
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- Michael Goldstein, MD
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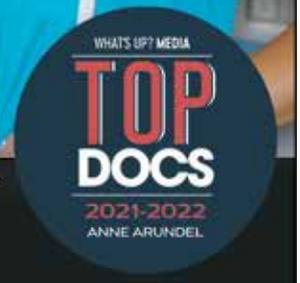
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## Neurology

*Dealing with the nervous system, especially in respect to its structure, functions, and abnormalities.*

### Dr. Brian Salter

Annapolis Neurology Associates; 122 Defense Highway, Ste. 210, Annapolis; 410-266-9694; annapolisneurology.com

### Dr. Daniel Hexter

Annapolis Neurology Associates; 122 Defense Highway, Ste. 210, Annapolis; 410-266-9694; annapolisneurology.com

### Dr. Molly Price

Annapolis Neurology Associates; 122 Defense Highway, Ste. 210, Annapolis; 410-266-9694; annapolisneurology.com

## Ophthalmology

*Dealing with the structure, functions, and diseases of the eye.*

### Dr. Heather Nesti

Chesapeake Eye Care & Laser Center, P.C.; 2002 Medical Parkway, Sajak, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

### Dr. Maria Scott

Chesapeake Eye Care & Laser Center, P.C.; 2002 Medical Parkway, Sajak, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

### Dr. Orin Zwick

Chesapeake Eye Care & Laser Center, P.C.; 2002 Medical Parkway, Sajak, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

## Orthopedic Sports Medicine

*Dealing with the medical and therapeutic aspects of sports participation and physical activity.*

### Dr. Dan Redziniak

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

### Dr. Louis Roland, III

Anne Arundel Orthopedics Surgeons, P.A.; 2003 Medical Parkway, Wayson, Ste. 400, Annapolis; 410-573-2530; aaos.net

### Dr. Paul King

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

## Orthopedic Surgery

*Dealing with conditions involving musculoskeletal systems.*

### Dr. Chad Patton

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

### Dr. James MacDonald

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### Dr. Louis Roland, III

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### Dr. Paul King

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

## Orthopedic Surgery (Hand)

*Dealing with surgery of the hand.*

### Dr. Garth Smith

Anne Arundel Orthopedics Surgeons, P.A.; 2003 Medical Parkway, Wayson, Ste. 400, Annapolis; 410-573-2530; aaos.net

### Dr. Jeffrey Gelfand

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

### Dr. Thomas Dennis

Annapolis Hand Center, L.L.C.; 128 Lubrano Drive, Ste. 301, Annapolis; 410-544-4263; annapolis-handcenter.com

## Orthopedic Surgery (Hip)

*Dealing with surgery of the hip.*

### Dr. James MacDonald

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

### Dr. Paul King

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

## Orthopedic Surgery (Knee)

*Dealing with surgery of the knee.*

### Dr. James MacDonald

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

### Dr. Louis Roland, III

Anne Arundel Orthopedics Surgeons, P.A.; 2003 Medical Parkway, Wayson, Ste. 400, Annapolis; 410-573-2530; aaos.net

### Dr. Paul King

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

## Otolaryngology

*Dealing with the ear, nose, and throat.*

### Dr. J. Michael Pardo

Annapolis Ear, Nose, Throat and Allergy Associates; 2002 Medical Parkway, Sajak, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

### Dr. Joydeep Som

Annapolis Ear, Nose, Throat and Allergy Associates; 2002 Medical Parkway, Sajak, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

## Pediatrics

*The medical sciences dealing with children.*

### Dr. Diego Escabosa

Bayside Pediatrics; 2024 West Street, Ste. 400, Annapolis; 410-224-7667; mybaysideped.com

### Dr. Faith Hackett

Severna Park Doctors Pediatrics and Internal Medicine; 844 Ritchie Highway, Ste. 206, Severna Park; 410-647-8300; spdocs.net

### Dr. James Rice

Annapolis Pediatrics; 200 Forbes Street, Ste. 200, Annapolis; 410-263-6363; annapolispediatrics.com

### Dr. Rebecca Vickers

Arundel Pediatrics, P.A.; 1460 Ritchie Highway, Ste. 209, Arnold; 410-789-7337; arundelpediatrics.com

## Physical Medicine & Rehabilitation

*Dealing with the evaluation, treatment, and care of persons with musculoskeletal injuries, pain syndromes, and other physical or cognitive impairments or disabilities.*

### Dr. Brian Kahan

The Kahan Center for Pain Management; 170 Jennifer Road, Ste. 240, Annapolis; 410-571-9000; thekahancenter.com

### Dr. Zvezdomir "Zed" Zamfirov

All Star Pain Management & Regenerative Medicine; 166 Defense Highway, Ste. 300, Annapolis; 410-855-4368; allstarpainmanagement.com

## Plastic Surgery (Enhancement)

*Dealing with modifying or improving the appearance of a physical feature using the techniques of plastic surgery.*

### Dr. Christopher Spittler

Plastic Surgery Specialists; 2448 Holly Avenue, Ste. 400, Annapolis; 410-841-5355; plasticsurgeryspec.com

### Dr. James Chappell

Annapolis Plastic Surgery; 2002 Medical Parkway, Sajak, Ste. 215, Annapolis; 410-881-2517; annapolis-plasticsurgery.com



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Annapolis Plastic Surgery; 2002 Medical Parkway, Sajak, Ste. 215, Annapolis; 410-881-2517; annapolis-plasticsurgery.com

### Dr. Henry Sandel

Sandel Duggal Plastic Surgery & Med Spa; 104 Ridgley Avenue, Annapolis; 410-266-7120; sandelduggal.com

## Plastic Surgery (Reconstructive)

Dealing with the restoration of appearance and function following injury or disease or the correction of congenital defects using the techniques of plastic surgery.

### Dr. Christopher Spittler

Plastic Surgery Specialists; 2448 Holly Avenue, Ste. 400, Annapolis; 410-841-5355; plasticsurgeryspec.com

### Dr. James Chappell

Annapolis Plastic Surgery; 2002 Medical Parkway, Sajak, Ste. 215, Annapolis; 410-881-2517; annapolis-plasticsurgery.com

### Dr. Luther "Tripp" Holton

AAMG Plastic Surgery; 2000 Medical Parkway, Belcher, Ste. 603, Annapolis; 443-481-3400; aamgplasticsurgery.com

## Podiatry

Dealing with the diagnosis, treatment, and prevention of diseases of the human foot.

### Dr. Eric Harmelin

Annapolis Foot & Ankle Center; 2086 Generals Highway, Ste. 101, Annapolis; 410-266-7666; annapolisfootandanklecenter.com

### Dr. Lyle Modlin

Annapolis Foot & Ankle; 43 Old Solomons Island Road, Ste. 102, Annapolis; 410-263-3100; annapolisfootandankle.com

## Primary Care Medicine

Provides first-contact care for persons with any undiagnosed sign, symptom, or health concern and comprehensive care for the person which is not organ- or problem-specific.

### Dr. Andrew McGlone

Annapolis Primary Care; 2002 Medical Parkway, Sajak, Ste. 670, Annapolis; 443-481-1150; myaamg.org/annapolis-primary-care

### Dr. Ruth Gallatin

Crofton Internal Medicine; 2401 Brandermill Boulevard, Ste. 220, Gambrills; 410-451-7214; aahs.org

### Dr. Scott Eden

Annapolis Primary Care; 2002 Medical Parkway, Sajak, Ste. 670, Annapolis; 443-481-1150; myaamg.org/annapolis-primary-care

## Psychiatry

Dealing with the science and practice of treating mental, emotional, or behavioral disorders.

### Dr. Christina Bowman

Waypoint Wellness Center; 166 Defense Highway, Ste. 203, Annapolis; 410-684-3806; waypointwellnesscenter.com

### Dr. Donna Ticknor

Waypoint Wellness Center; 166 Defense Highway, Ste. 203, Annapolis; 410-684-3806; waypointwellnesscenter.com

### Dr. Melissa Wellner

Waypoint Wellness Center; 166 Defense Highway, Ste. 203, Annapolis; 410-684-3806; waypointwellnesscenter.com

### Dr. Michael Labellarte, Sr.

CPE Clinic, LLC; 130 Admiral Cochrane Drive, Ste. 103, Annapolis; 410-979-2326; cpeclinic.com

## Pulmonology

Dealing with the function and diseases of the lungs.

### Dr. Ira Weinstein

Annapolis Asthma, Pulmonary & Sleep Specialists; 116 Defense Highway, Ste. 500, Annapolis; 410-266-1644; annapolispulmonary.com

### Dr. Keith Goulet

AAMG Pulmonary Specialists; 2003 Medical Parkway, Wayson, Ste. 310, Annapolis; 443-951-4277; aahs.org

### Dr. Steven Resnick

Annapolis Asthma, Pulmonary & Sleep Specialists; 116 Defense Highway, Ste. 500, Annapolis; 410-266-1644; annapolispulmonary.com

## Radiation Oncology

Dealing with the use of radiant energy in the treatment of disease.

### Dr. Angel Torano

Annapolis Radiology Associates; 2001 Medical Parkway, Annapolis; 443-481-5800; annapolisradiology.com

### Dr. Mary Young

Annapolis Radiology Associates; 2001 Medical Parkway, Annapolis; 443-481-5800; annapolisradiology.com

## Radiology

Dealing with the science of X-rays and other high energy radiation, especially in the use of such radiation for the treatment and diagnosis of disease.

### Dr. Allison Oldfield

Advanced Radiology; 116 Defense Highway, Ste. LL100, Annapolis; 443-436-4800; advancedradiology.com

### Dr. Daina Pack

Annapolis Radiology Associates; 2002 Medical Parkway, Ste. 235, Annapolis; 410-266-2770; annapolisradiology.com

### Dr. David Todd

Annapolis Radiology Associates; 2002 Medical Parkway, Ste. 235, Annapolis; 410-266-2770; annapolisradiology.com

### Dr. Kevin E. Jarrell

Advanced Radiology; 116 Defense Highway, Ste. LL100, Annapolis; 443-436-4800; advancedradiology.com

### Dr. Thomas Lank

Chesapeake Medical Imaging; 122 Defense Highway, Annapolis; 410-571-0350; cmirad.net

## Rheumatology

Dealing with rheumatic diseases or any of the various conditions characterized by inflammation or pain in muscles, joints, or fibrous tissue.

### Dr. Ashu Mehta

Anne Arundel Rheumatology; 1655 Crofton Boulevard, Ste. 101, Crofton; 443-292-4872; annearundel-rheumatology.org

## Sleep Apnea

A potentially serious sleep disorder in which breathing repeatedly stops and starts.

### Dr. Ira Weinstein

Annapolis Asthma, Pulmonary & Sleep Specialists; 116 Defense Highway, Ste. 500, Annapolis; 410-266-1644; annapolispulmonary.com

### Dr. Steven Resnick

Annapolis Asthma, Pulmonary & Sleep Specialists; 116 Defense Highway, Ste. 500, Annapolis; 410-266-1644; annapolispulmonary.com

## Thoracic Surgery

Dealing with the repair of organs located in the thorax or chest.

### Dr. Avedis Meneshian

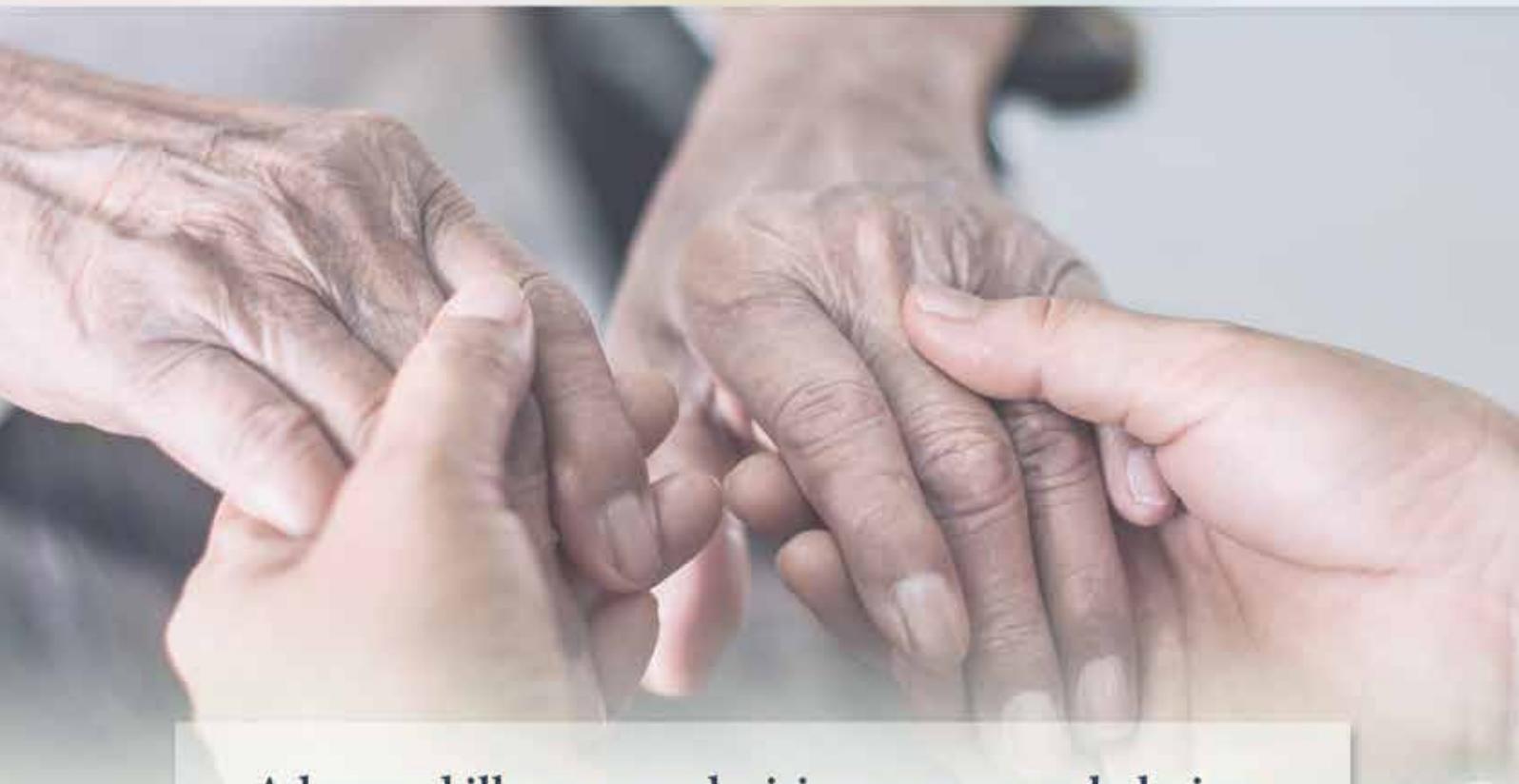
Anne Arundel Medical Center Thoracic Surgery Associates; 2003 Medical Parkway, Wayson, Ste. 301, Annapolis; 443-481-3717; aahs.org

### Dr. Gavin Henry

Thoracic Surgery at UM BWMC; 305 Hospital Drive, Floor 2, Glen Burnie; 410-553-8150; umms.org

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**Dr. Stephen Cattaneo**

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**Urology**

*Dealing with the urinary or urogenital organs.*

**Dr. David McDermott, Jr.**

Anne Arundel Urology; 600 Ridgley Avenue, Stes. 222 & 223, Annapolis; 410-266-8049; aaurology.com

**Dr. Eric Schwartz**

Anne Arundel Urology; 600 Ridgley Avenue, Stes. 222 & 223, Annapolis; 410-266-8049; aaurology.com

**Dr. John Danneberger**

Anne Arundel Urology; 600 Ridgley Avenue, Stes. 222 & 223, Annapolis; 410-266-8049; aaurology.com

**Dr. Kent Krejci**

Anne Arundel Urology; 600 Ridgley Avenue, Stes. 222 & 223, Annapolis; 410-266-8049; aaurology.com

**Vascular Surgery**

*Dealing with a tube or a system of tubes for conveyance of body fluids, such as blood vessels.*

**Dr. Geetha Jeyabalan**

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste.520, Annapolis; 410-571-8430; med-starheartinstitute.org

**Dr. Kevin Brown**

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste.520, Annapolis; 410-571-8430; med-starheartinstitute.org

**Dr. Mark Peeler**

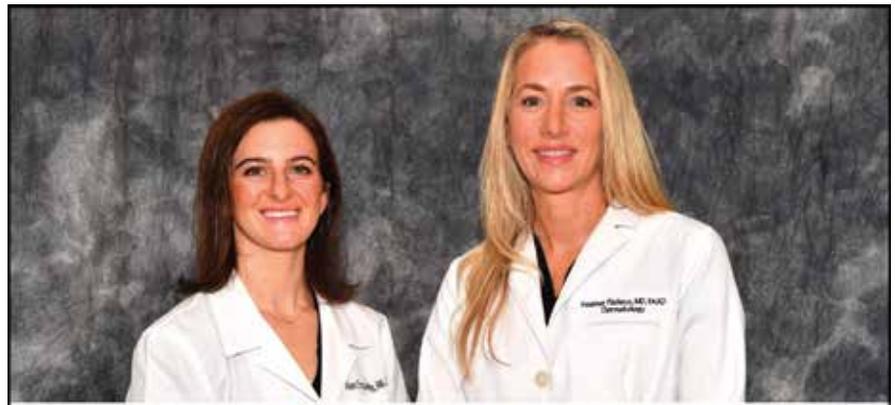
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From Left to Right: Laura Ruppel, L.E. | Ali Weiss, Aesthetic NP | Kelly O'Donnell, MD | Eden Flynn, BSN, RN

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**O**'Donnell Vein and Laser is a comprehensive medical facility established for the treatment of varicose veins, spider veins and venous disorders. For every patient, our objective is the elimination of lower extremity symptoms associated with venous disease. Since inception, nearly all patients have significant or complete resolution of their previous pain or symptoms.

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## Looking Your Best from Head to Toe

Under the same roof in both Annapolis and Easton, patients can achieve optimal results with help in looking their best. Complementing Dr. O'Donnell's care and passion for helping patients, Ali Weiss, Nurse Practitioner, Laura Ruppel, Licensed Aesthetician, and Eden Flynn, Clinical Director and Registered Nurse, work together to bring professionalism and compassionate care to the medical aesthetics part of the practice.



Ali initially started in the cosmetic field by providing laser procedures for plastic surgeons while working in the ICU in Baltimore. She realized her passion was really in aesthetics, so she returned to school at the Catholic University in D.C. where she became a board-certified NP. After returning to her beloved hometown of Annapolis, MD., she joined O'Donnell Vein & Laser in late September, 2020. Her main priority is that each patient has a wonderful experience and feels safe.

Sometimes a patient comes in with a specific goal, yet others simply say, "I just want to look better." Ali takes the time to discuss their main concerns, help them decide the best treatment and decide what to do first. She revealed, "It's a vulnerable situation when discussing things you aren't happy with or maybe feel uncomfortable about and I want every person to feel comfortable sharing and working with me and knowing that it's human to be vulnerable." Such treatment options include lasers, dermal fillers and neurotoxins (Botox and Dysport). She shared, "Some treatments, such as lasers are seasonal



O'Donnell Vein & Laser's award winning staff.

dependent, so this also influences your treatment with me. After all, 'summer skin is made in the winter.' You could hear the passion in her voice as she continued, "I pride myself on the trust and relationships I build with my patients. When they come back for treatments, I am accountable to them. If they ask for something specific, I will see it through and when I ask them to do certain things, such as maintain a skincare routine, I know they will see their part through. They aren't only investing financially, they are trusting me with their time and care, so I want them to have the best experience and feel comfortable." Growing up, Laura dealt with skin issues of her own and experienced the frustrations of acne which prompted the years of research into self-care, especially skin care. She has been practicing as a medical skin care specialist for over seven years. "Much of what I do is customized to your individual skin's needs and your goals. When we first meet, we go over everything you want to improve. It may be a list, but I will develop a timeline with you and decide whether we need to be a little more aggressive or therapeutic in the treatments, whether it's a facial or a peel or something else." she explained. Clients can enjoy a classical facial to renew and soften their skin or they may choose a more specific treatment like the Reve Peel, designed to help those with hyperpigmentation. Keeping in touch with her artistic nature, Laura enjoys micro blading and creating brow designs for those who want to enhance their brows or for those suffering from loss of hair. Laura explained, "What's really important is that I get to know my clients so I can determine the best treatment style. I'm there to serve them and help them achieve their skincare goals and then maintain them. I want them to be comfortable in their own skin." What works for one person, may not work for the next which is why it's important to work with a licensed aesthetician and as Laura noted, "We are bombarded with social media and people saying a certain product magically clears their skin, but it could ultimately wreak havoc." She went on to mention that we need to be realistic. "We are human and we should appreciate what our skin does for us rather than tear it apart," she said kindly.

Each and every staff member brings a set of unique skills and personality to the office. This is one of the many reasons the O'Donnell team achieves such successful results in both vein care and cosmetic services. No matter the office location or why the patient is seeking help, they can anticipate expert medical care, a passionate staff, and a treatment tailored just for them. It's a welcoming atmosphere and be assured their equipment is state-of-the-art. For a complete experience of expertise in a caring environment, O'Donnell Vein and Laser is there for you.



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Laura Ruppel, L.E., providing microcurrent with red LED post Skinwave treatment.



Eden Flynn, BSN, RN, performing a Sciton ForeverYoung BBL laser treatment.



Ali Weiss, Aesthetic Nurse Practitioner, providing injections for a patient.

# Scott Finlay, DDS & Associates

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Dr. Finlay is one of only 75 dentists nationwide to be recognized as an Accredited Fellow by the American Academy of Cosmetic Dentistry. He is also one of only five senior faculty members at the Dawson Academy, a leading dental post-graduate continuing education academy that is recognized both nationally and internationally. Dr. Finlay has written articles and is featured in books related to Functional Aesthetics and Dental Reconstruction. Few dentists can match the experience and credentials of Dr. Finlay. Annapolis Smiles has been consistently voted the Best Cosmetic and Restorative Dentist in Annapolis thanks in part to its tenured team of caring dental professionals, five- star service and commitment to exceptional care.

At Annapolis Smiles, Dr. Finlay approaches each patient with careful planning. Aesthetics are important aspects of Smile Design, but more importantly, Dr. Finlay is focused on enhancing the form, function and health of the mouth. Smile enhancement can be as simple as teeth whitening or dramatic as a complete smile makeover. Whether dental concerns are due to disease, trauma or congenital conditions, the impact of a smile on someone's life can be as significant to the individual as to those around them.

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## WHO I AM

### 1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

The people I work with and the people I treat. I have been blessed to have an amazing team to work with, many of which have been team members for 10+ years. And, the many appreciative and genuine patients that have entrusted their smiles to our team, and seeing the positive impact that it has on their lives.

### 2. WHAT I LOVE MOST ABOUT BEING A DENTIST

The thing that I love the most about practicing dentistry is the profound effect that enhancing an individual's smile has on their life. It is undoubtedly underestimated until it is reflected upon after the smile lift has been completed. The positive effect on the self-esteem, confidence and general well-being is immeasurable.

### 3. FAVORITE SPORTS TEAM

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### 4. WHAT I AM MOST PROUD OF

...is the honor of the achievement of Fellowship Status in the American Academy of Cosmetic Dentistry. This is the highest credential in the evaluation of a practitioner's life work as a master in cosmetic dentistry. It has opened opportunities worldwide for me to write and lecture in the US, Japan, Spain, India, Poland and the UK.



## **ABOUT DR. FINLAY**

Scott Finlay, DDS, FAGD, FAACD completed his undergraduate at Boston College and began his journey as a restorative and cosmetic dentist at University of Maryland, Baltimore College of Dental Surgery. Dr. Scott Finlay has since completed multiple postgraduate training programs and now lectures on the latest dental techniques and procedures around the world. He is one of only 75 dentists that are recognized as an Accredited Fellow by the American Academy of Cosmetic Dentistry, which is the gold standard in dental esthetics.



## **DR. FINLAY'S CREDENTIALS**

### **Dental Degrees**

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University of Maryland, Baltimore College

### **Board Certified**

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# Sandel Duggal Center for Plastic Surgery

CLAIRE S. DUGGAL, MD

**I**n March of 2016, Dr. Claire Duggal of Duggal Plastic surgery partnered with Dr. Henry Sandel IV, MD FACS of Sandel Center for Facial Plastic Surgery. Since then the Sandel Duggal Center for Plastic Surgery was formed, and more recently, the development of their state-of-the-art ambulatory center - West Annapolis Surgery Center which is conveniently sited within the same facility as the practice.

Dr. Duggal focuses on all aspects of cosmetic surgery and prides herself on taking a natural approach to restoring and enhancing each patient individually. She is experienced in breast surgery, abdominoplasty, liposuction, and fat grafting. As a mother herself, Dr. Duggal relates to what women face after having children and the desire to regain a "pre-baby" body. She is equally experienced in facial rejuvenation including surgical and non-surgical options such as Botox® and fillers. She is also trained in treating male aesthetic issues including liposuction and gynecomastia surgery.

***"GOING TO A PLASTIC SURGEON DOESN'T MAKE YOU FRIVOLOUS OR VAIN. YOU CAN BE A PERSON OF SUBSTANCE AND STILL WANT TO LOOK AND FEEL LIKE THE BEST VERSION OF YOURSELF."***

—CLAIRE DUGGAL, M.D.

When she's not at the office, Dr. Duggal is a proud wife and mother to three beautiful girls. She enjoys spending her free time with family (including their new dog), riding her peloton and spending time on the water!

## WHO I AM

### 1.

#### FAVORITE MEMORY DURING MED SCHOOL?

I met my husband (who is an ENT surgeon) when I was a 4th year medical student rotating through the Emergency Room. It was a "Grey's Anatomy" moment when I saw him across the trauma bay and will forever be the best thing that ever happened to me in medical school.

### 5.

#### NAME 3 THINGS ON YOUR BUCKET LIST?

Visit Patagonia, see the Northern Lights, and do a handstand on a paddleboard.

### 2.

#### YOUR MOST OFTEN SAID GENERAL ADVICE TO PATIENTS?

I am a big believer in not looking like you've had any surgery or procedure. Plastic surgery to me is not about revamping your identity or wanting to change who you are. Self-confidence is a powerful force, and I believe part of being human is wanting to present your best self to the world. That means different things to different people, and my role is helping to achieve that. Less is more.

### 6.

#### BIGGEST CHALLENGE YOU'VE OVERCOME (PERSONAL OR PROFESSIONAL)?

I don't know about overcoming, but I think this last year has been incredibly difficult for everyone. Navigating family, kids, school, friendships, safety, and my practice through this pandemic has been unprecedented. I hope everyone stays safe and sane as we continue to figure out work and home life.

### 3.

#### WHAT ARE YOUR MOST REQUESTED PROCEDURES?

My surgical practice is focused on breast and body contouring; I have a lot of patients requesting some form of a "mommy makeover". That could mean tummy tuck, liposuction, breast lift, reduction or augmentation. In the office, I focus on non-surgical facial treatments and injectables like Botox and filler.

### 7.

#### WHERE/WHAT IS YOUR "HAPPY PLACE"?

Either out on the water or up in the mountains.

### 4.

#### WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

I love the team that I work with and the ability to make sure our practice is creating the experience I want patients to have. It's intimidating to take the step to come in and talk to a stranger about features you're not happy with, and I want everyone to feel comfortable during their visit. I love talking to women about the same issues I face as a mother, and being able to help them feel their best.

### 8.

#### CATS OR DOGS?

We caved to our kids' relentless demands and added a pandemic puppy to the family. Kobe is a beloved black lab who's unfortunate favorite pastime is chewing up any and all stuffed animals he can nose out.



## **ABOUT** **DR. DUGGAL**

Claire Duggal is a board-certified plastic surgeon specializing in aesthetic and reconstructive surgery for the face and body. She graduated magna cum laude from Harvard University and then attended Emory University where she obtained her medical degree and was offered a highly coveted spot in the Emory Plastic and Reconstructive Surgery training program to complete her training. Dr. Duggal now focuses on all aspects of cosmetic surgery and prides herself on taking a natural approach to restoring and enhancing each patient individually. She is experienced in breast surgery, abdominoplasty, liposuction, and fat grafting, and more!



## **MY CREDENTIALS**

### **Education**

Harvard University  
Bachelor of Arts with Honors, Neuroscience

### **Medical Degree**

Emory University School of Medicine



## **CONNECT**

104 Ridgely Avenue  
Annapolis, MD 21401  
410-266-7120  
[www.sandelduggal.com](http://www.sandelduggal.com)



Wrinkles look good on Winston,  
Botox looks good on you.

**Who does *your* Botox?**

# ProMD Health

**LOOK YOUNGER. FEEL YOUNGER.**

**P**roMD Health is a state of the art medical facility specializing in non-surgical treatments and procedures to help patients Look and Feel Younger. Dr. George Gavrila founded ProMD Health in 2011 in Baltimore, Maryland and ProMD Health has grown to include clinics in Annapolis, Arlington, and Columbia. He created and personally trained a team of innovative professionals who all pride themselves in the most advanced skills and techniques to help their patients Look and Feel great. ProMD Health specializes in cutting edge and in demand procedures including Botox, dermal fillers, laser treatments, hormone optimization therapy, facial rejuvenation, vaginal rejuvenation, and body contouring. They tout some of the most advanced devices such as EMSculpt, Viveve, and Sciton Halo. ProMD Health now has a five star spa at the Annapolis location curated to meet each patient's unique skin goals with the help of our highly trained skin coaches. ProMD Health uses its complete suite of treatments to cater to each patient's unique needs to help them Look Younger on the outside and Feel Younger on the inside. Whether your goals are prevention, treating a skin condition, looking like you did 10 years ago, or feeling like you did 10 years ago, ProMD Health has something for everyone.



## **CONNECT**

166 Defense Hwy  
Suite 302  
Annapolis, MD  
410-449-2060  
ProMDHealth.com  
@ProMDHealth





### HOW WOULD YOU DESCRIBE BEAUTY?

Our goal is to maintain our patients natural beauty by softly enhancing certain features to provide them with the youthful glow they're seeking when they come to see us. The confidence they exude when they leave our office is what we find the most beautiful and it's what we aim to accomplish with every single patient.

- Dr. George Gavrila



### WHAT SETS PROMD HEALTH APART FROM OTHER PRACTICES?

While most practices specialize in either making you look better or making you feel better, ProMD Health has both the tools and expertise to do both. Our providers act like the conductors of a great symphony, properly cueing the right instruments at the right time to have you both Looking and Feeling your best.

- Amy Fleming, PA-C



### WHEN SHOULD I START GETTING BOTOX?

How does tomorrow sound? It's much better to start Botox or Dysport treatments before deep wrinkles develop. Once your wrinkles become etched in your deep dermis, it becomes more difficult to reduce their appearance. Botox or Dysport can be a great preventative measure to keep your skin looking young.

- Caroline Ruhl, NP



### WHAT DO YOU LOVE MOST ABOUT ProMD HEALTH?

We LOVE our patients! We have some of the kindest, smartest, coolest, and most diverse patients coming in to our office everyday and we learn just as much from them as they learn from us!

- Kelly Battista, RN

# Dr. Meredith Esposito

## CHESAPEAKE DENTAL ARTS

**F**rom first contact at Chesapeake Dental Arts, Dr. Esposito is committed to your individual attention and strives to provide personalized oral health care tailored to your unique dental needs and goals. At her side is an excellent caring team including Dr. Lani Yap. The staff at Chesapeake Dental Arts works hard to create the ultimate stress-free and comfortable dental experience.

“Your health and comfort are our top priorities, and we do what it takes to help every patient understand their symptoms and treatment options in a relaxed office setting. As a wife and mother myself I know what it’s like to bring your child to their first appointment, or to coordinate the care of your aging parents.”

It is our mission to educate and provide our patients with the best dental care in Arnold. For that reason, we’ve designed our website to provide you with important information you need to make healthy decisions about your teeth and gums. We encourage you to browse our office page, service details, and patient education library whenever you have a question about our practice or your oral health. From routine cleanings to more complex dental procedures, we meet the needs of the entire family in a single office. We see patients beginning at age 3.

Receiving quality dental care shouldn’t be difficult, so at Chesapeake Dental Arts we make it simple to achieve your healthiest, most beautiful smile. Whether you are looking for information on implants, teeth whitening, crowns, or preventive care, you can learn more about all of your options from our services page. Please check out our staff photos and smile gallery.

### See what Dr. Esposito can do for your smile!



Before



After

## WHO I AM

# 1.

### WHAT DO I LOVE MOST ABOUT MY PRACTICE?

It’s small and intimate and many of my staff and patients have been with me a long time. We try very hard to get to know our patients and spend time listening and addressing their concerns. I couldn’t work in a large group practice.

# 2.

### WHAT EXCITES YOU THE MOST ABOUT THE FUTURE OF YOUR PRACTICE?

I am very excited to welcome Dr Lani Yap to our office. She is a graduate of University of MD Dental School and completed a residency at John’s Hopkins University Hospital. She is kind, compassionate and a very skilled dentist. It is truly a pleasure to be working with her.



## MEET OUR TEAM



Dr. Esposito and Dr Yap are committed to continuing education and technology updates. Each year they attend many different meetings and forums to keep up with the latest trends in dentistry. They recently added a digital scanner to make crown fabrication easier and a CBCT (cone beam CAT scan) to see 3D images of your jaws and teeth. Dr. Esposito completed the curriculum at the prestigious Dawson Academy where they teach concepts in complete care. She is currently studying at the Spear Institute in AZ. The topics range from airway issues, TMJ dysfunction and complex restorations.

But the best part of her office is her staff. Come and see for yourself.



## **ABOUT OUR PRACTICE**

Chesapeake Dental Arts is a family, implant, and cosmetic dental office located in Arnold, MD. As a member of the Advanced Implant Dental Study Club, Dr. Esposito stays up to date on the most current trends in implant dentistry. From a single front tooth to fixed or removable teeth on multiple implants, Dr. Esposito has the knowledge and skill to care for you. She understands the complexity of your bite and is able to fabricate beautiful, realistic veneers and crowns. But most importantly she brings her patience and kindness to even the most simple dental procedures. As a mom of 15 years and a dentist for 20, she understands the needs of your family. At her side is an excellent, caring team to walk you through the procedures and help navigate appointments and insurance. Her office strictly adheres to the CDC, ADA, and OSHA guidelines to keep you safe and healthy in these uncertain times.



## **MY CREDENTIALS**

**General Practice Residency -**  
Albert Einstein  
Medical Center, 2002

**Dental School -** Temple University  
Maurice Kornberg School  
of Dentistry, 2001

**College -** The College of NJ, 1997



## **CONNECT**

1509 Ritchie Highway  
Arnold, MD 21012  
410-757-6200

[www.Chesdentalarts.com](http://www.Chesdentalarts.com)



# About Smiles Dentistry

**DR. APRIL CALTON**

**D**r. April Calton strives to offer her patients a comfortable and state-of-the-art atmosphere with leading technology, creating an environment similar to home. She is prepared to accommodate each of her patients, whether relaxed in the dental chair or patients with deep-seated anxiety. Upon entering the office, patients are welcomed by her friendly and caring team. Patients love the clean, modern office, relaxed atmosphere and state of the art technology used throughout their visit. Dr. Calton and her team pride themselves on their clinical expertise, patient satisfaction, and genuine commitment to patient care. In addition to her dedication to patients, Dr. Calton maintains a skilled, professional staff who engage in countless hours of annual continuing education. Dr. Calton and her team pride themselves on their clinical expertise, patient satisfaction, and genuine commitment to patient care.

## WHO I AM

### 1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

My amazing coworkers and interacting with my patients.

### 2. WHAT ALTERNATIVE OCCUPATION WOULD YOU CHOOSE?

To be one of the Real Housewives.

### 3. COOK AT HOME OR DINE OUT?

I love cooking at home *and* dining out! My favorite food is definitely crab – I'm a Maryland girl!

### 4. WHAT DOES FAMILY MEAN TO YOU?

Bliss and chaos.

### 5. FAVORITE MUSIC/BANDS

Pitbull and Latin Dance music.

### 6. WHAT IS YOUR PERSONAL MANTRA?

Work hard, play hard, laugh often.



### **ABOUT DR. CALTON**

Dr. Calton attended the prestigious New York University College of Dentistry and completed her residency in Anesthesiology at Kingsbrook Medical Center in Brooklyn. She has been practicing dentistry for more than 18 years. Dr. Calton holds memberships in the American Dental Association, Maryland Dental Association, and the Academy of General Dentistry. She is committed to putting her patients first by keeping abreast of the rapidly changing dental profession.



### **CONNECT**

507 S Cherry Grove Ave.  
Suite A, Annapolis, MD 21401

Call or Text 410-990-4700  
aboutsmls@gmail.com

[www.aboutsmilesdentistry.com](http://www.aboutsmilesdentistry.com)

New Patients Welcome



**BRYAN T.  
AMBRO, MD, MS**

**JAMES E.  
CHAPPELL, MD, FACS**

**ANNAPOLIS PLASTIC SURGERY**

**D**r. Ambro is a double board certified facial plastic surgeon and Dr. Chappell is a board certified plastic surgeon. In 2016, they partnered together to offer a full complement of facial plastic surgery, body contouring and reconstructive procedures. Annapolis Plastic Surgery is comprised of a friendly, qualified team focused on providing patients with an exceptional experience in a comfortable, private setting. Whether it is a cosmetic or reconstructive procedure, their top priority is to provide individualized treatments that help patients achieve a balanced, natural appearance. In addition to surgical procedures, Annapolis Plastic Surgery offers the latest and most advanced NeoGraft hair restoration, non-surgical laser treatments, body contouring (CoolSculpting) and esthetician skin services.

## WHO WE ARE

# 1.

### WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

My job is to make people happy. Whether it be rebuilding a cancer-ridden nose or restoring lost features of youth, having a patient smile and say, "Thank you!" is incredibly fulfilling.

—Dr. Ambro

# 2.

### WHAT EXCITES YOU MOST ABOUT THE FUTURE OF YOUR PRACTICE?

Building on a solid career in reconstructive and cosmetic surgery by bringing even more pain-free and sophisticated surgical and non-surgical procedures to my patients.

—Dr. Chappell



### **ABOUT DR. AMBRO & DR. CHAPPELL**

**Dr. Ambro** went to Georgetown for his Bachelor's, Cambridge (England) for his Master's, Thomas Jefferson for medical school and residency, and the University of Washington for fellowship. Dr. Ambro served as Director of Facial Plastic Surgery at the University of Maryland Medical Center/Shock Trauma for 8 years before coming to Annapolis.

**Dr. Chappell** earned an undergraduate degree from William & Mary, a masters degree from Virginia Commonwealth Univ., and a medical degree from Eastern Virginia Medical School. His general surgery residency training was at the Univ. of Vermont and plastic surgery residency was at Temple University Hospital. He serves as the President of the Maryland Society of Plastic Surgeons.



### **CONNECT**

2002 Medical Parkway, Suite 215  
Annapolis, MD  
410-775-8331

[annapolisplasticsurgery.com](http://annapolisplasticsurgery.com)



## WHO WE ARE

### MEET OUR NEW PROVIDER



A native of Ohio, Dr. Nicholas Mata provides specialized, holistic, multidisciplinary medical care for a wide range of musculoskeletal and painful conditions. He is skilled in a variety of nonsurgical interventional treatments for the spine, nerves, and joints and can provide options for neuromodulation technologies for pain.

Dr. Mata received a B.S. degree with honors from The Ohio State University and an M.D. degree from Wright

State University. He then completed his residency in Physical Medicine and Rehabilitation at Case Western Reserve University's MetroHealth Medical Center, where he was selected as Chief Resident. In addition, Dr. Mata also subspecialized in a Pain Medicine fellowship at Case Western Reserve University.

### ONE-ON-ONE WITH DR. MATA

#### AS A NEW MEMBER OF THE TEAM, WHAT DO YOU FIND MOST EXCITING ABOUT THE PRACTICE?

Like All Star Pain Management and Regenerative Medicine, most practices provide a variety of minimally invasive methods to treat pain. But what separates our practice from the rest of the pack is this team's dedication and a genuine desire to improve our patients' quality of life. I can honestly say that there is an authentic respect for patient dignity and a commitment to providing safe, holistic, patient-centered care. A practice with this mindset is rare, and I'm excited every single day to practice here.



#### ABOUT DR. ZED

Dr. Zed was born and raised in Bulgaria, where he played soccer professionally. Early in his sports career, he decided to become a physician for athletes and treat their sports injuries. He received his M.D. degree from the Plovdiv Medical University in 1987. He then completed his Orthopedic Surgery Residency and specialized in sports trauma and knee surgery.

In 2000, Dr. Zed moved to the United States and completed his Physical Medicine and Rehabilitation Residency at Georgetown University/National Rehabilitation Hospital in Washington, D.C., where he received extensive training in the field of interventional pain management. He opened his own practice, All Star Pain Management and Regenerative Medicine, in 2017.



#### CONNECT

**Annapolis Office**  
166 Defense Hwy Ste 300  
Annapolis, MD 21401

**Glen Burnie Office**  
1600 Crain Hwy S. Ste 207  
Glen Burnie, MD 21061

443-808-1808

[www.allstarpainmanagement.com](http://www.allstarpainmanagement.com)

# All Star Pain Management and Regenerative Medicine

**DR. ZVEZDOMIR ZAMFIROV**  
**DR. NICHOLAS MATA**

**F**ounded in 2017 with the mission of providing a comprehensive approach to pain relief, All Star Pain Management and Regenerative Medicine has established itself as a leader in regenerative medicine in the Annapolis area.

Our cutting-edge procedures not only focus on your chronic pain symptoms but also target the underlying orthopedic condition that causes them. We pride ourselves on our ability to treat pain and injuries to the spine, joints, muscles, ligaments, and tendons.

Regenerative medicine provides a wide range of treatment options that are designed to help you regain your previous quality of life with minimal side effects and downtime. We offer platelet-rich plasma (PRP) therapy and alpha-2 macroglobulin (A2M) therapy, and we were the first practice in the area to provide bone marrow concentrate therapy treatments.

Our founder, Dr. Zamfirov (Dr. Zed), has extensive experience in regenerative medicine and has built a successful practice with the goal of helping you obtain relief from your arthritis, neck and back pain, sports injuries, or chronic pain due to an orthopedic condition. Our innovative approach offers a wide variety of treatment options that are customized to your individual needs and provide life-changing results.



# Philbin & Reinheimer Orthodontics

## DR. ORA REINHEIMER

We are committed to delivering the highest level of orthodontic care and personal service to each of our patients. Our passion is creating healthy, beautiful smiles for our community, one person at a time.

Our expertise and experience have allowed us to provide over 300 lifetime patients with beautiful smiles. That's why we are the Invisalign Platinum Provider in the Annapolis, Stevensville and Kent Island area!

Philbin & Reinheimer Orthodontics, we treat the orthodontic needs of children and adults of all ages, we have patients in their 80's! With more than 25 years of success, Dr. Ora Reinheimer has earned a reputation for offering an unparalleled level of compassion and excellence in orthodontic care. It is one of our top priorities to make your experience with us as comfortable as possible.

**Testimonial** - "This review is for my child's initial consultation, which was wonderful. Staff was extremely friendly and welcoming. Exam was thorough and everyone took plenty of time to go over the evaluation and recommended treatment plan. There was no rushing; they made sure all of our questions were answered. We left with a nice folder of relevant info, including a color photo printout of the same pictures they took for the evaluation! I was pleasantly surprised by the flexible payment options, too."

## WHO WE ARE

### 1.

#### WHAT IS THE GOAL OF YOUR PRACTICE?

We work hard to treat our patients the same way we would like to be treated: with respect, professionalism and sensitivity. We do everything we can to make sure each patient has an exceptional experience at our practice.

### 2.

#### WHAT IS YOUR MOST ASKED ABOUT TREATMENT?

Invisalign! We are an elite provider of Invisalign and patients love the fact that they can remove their aligners when needed, and thrilled with the results that can be achieved without the use of traditional braces.

### 3.

#### WHAT EXTRA AMENITIES DO YOU PROVIDE?

Our entire team provides a relaxing atmosphere with several amenities to make patients feel more comfortable. We have flat-screen TVs, a beverage station, and small gifts to welcome every new patient.

### 4.

#### WHAT DO YOU LIKE MOST ABOUT YOUR JOB?

I love what I do. I love making gorgeous smiles, beautiful faces and confident individuals. It is so rewarding when I look back on where our cases start and where they finish. Wow! I really do love my job!



## CONNECT

Annapolis  
802 Bestgate Road, Suite B

Kent Island  
101 St. Claire Place, Suite 104

410-263-5600 • marylandbraces.com



# Anchored Hope Therapy

**F**eeling successful in therapy is often about finding a good client/therapist match to do the work. We acknowledge that trauma often happens in relationships and healing can happen within a therapeutic relationship with a trained, empathetic, and qualified provider. Finding the right “fit” matters. Collectively, we have experienced trauma in the past year and a half. This trauma has not affected each of us in the same way. Our bodies may feel tired, our nervous systems are often on either “high alert” or “shut down” from exhaustion and managing constant change. At Anchored Hope Therapy, we believe in acknowledging the body and the toll that chronic stress has on the body.



## CONNECT

443-291-8090

info@anchoredhopetherapy.com

Follow us on  @anchoredhopetherapy

Follow us on  @anchoredhopetherapyllc

## WHO WE ARE

We are a group of specialized trauma providers that are uniquely trained to see the “whole person” rather than just a set of symptoms. We specialize in the integration of healing modalities for those who have experienced trauma and endure chronic stress. We believe healing can happen within the therapeutic relationship. Nevertheless, community-based healing and non-traditional healing methods should not be overlooked as additional options for care. We are in-network with BCBS and recognize being out-of-network for other plans is a barrier to services. We value a teamwork approach to healing in a small specialized setting and are actively working to continue building community partnerships in order to increase accessibility to care for our clients.



## WHAT MAKES US UNIQUE

When you call Anchored Hope, you talk to a therapist first. We do not have a receptionist taking initial calls. Caitlin Heffernan, our clinical director and therapist, returns phone calls and emails to people who are bravely reaching out for help. Each person is a unique individual with their own story and Caitlin’s goal is to listen and learn in order to best match each person with the right therapist, versus placing the potential client with the next therapist with availability.



# Yasaman S. Roland, DDS, LVIF

**CENTER FOR INNOVATIVE DENTISTRY & FACIAL AESTHETICS**

## **BALANCED BEAUTY LYFT®** *NON SURGICAL FACELIFT*

As you age it is common for your teeth to have sustained wear. Teeth are worn down over time and the result is an older looking smile and a drastically changed and collapsed facial appearance. Your lips become thin, compressed, and wrinkled. Excess fat and skin begin to sag at the jaw line, forming jowls. A crease may develop between your chin and lower lip. The skin of your lower face can become collapsed. All of this will result in the appearance of advanced age.

Dr. Roland's unique nonsurgical facelift works by restoring your teeth to their natural and proper proportion, and by guiding the bony structures to remodel noninvasively. Facial features become balanced, and muscles of the face will relax. Now you have a natural balance between your face and your smile, and a more youthful, vibrant appearance. Dr. Yasaman Roland's special training and experience allows her to provide this unique treatment. Call Dr. Roland today for a free consultation.

## WHO I AM

# 1.

### WHAT IS UNIQUE ABOUT YOUR PRACTICE?

Dr. Roland's practice offers a broad scope of holistic dental techniques and aesthetic treatments designed to improve oral health, rejuvenate your smile, and enhance facial beauty. She offers a wide range of services from advanced cosmetic dentistry options to Body Balancing Orthodontics®. She provides customized treatment solutions that can harmonize structure, function, and appearance to deliver transformative results. Whether she is treating adults or children, Dr. Roland and her team cater to the unique holistic needs and goals of each patient.

# 2.

### WHAT IS HOLISTIC DENTISTRY?

It is an approach to dentistry that focuses on the entire person. Dr. Roland is able to treat the root cause of many common concerns using a holistic approach rather than using traditional methods like surgery and antibiotics. One focus is eliminating exposure to toxins from dental materials. In addition, she uses non-invasive measures to treat the root cause of common conditions such as TMJ, sleep disorder (sleep apnea or snoring), compromised bites, teeth grinding and gum disease. She offers several exclusive procedures which address these common problems to restore the body back to balance for a healthier, happier life.



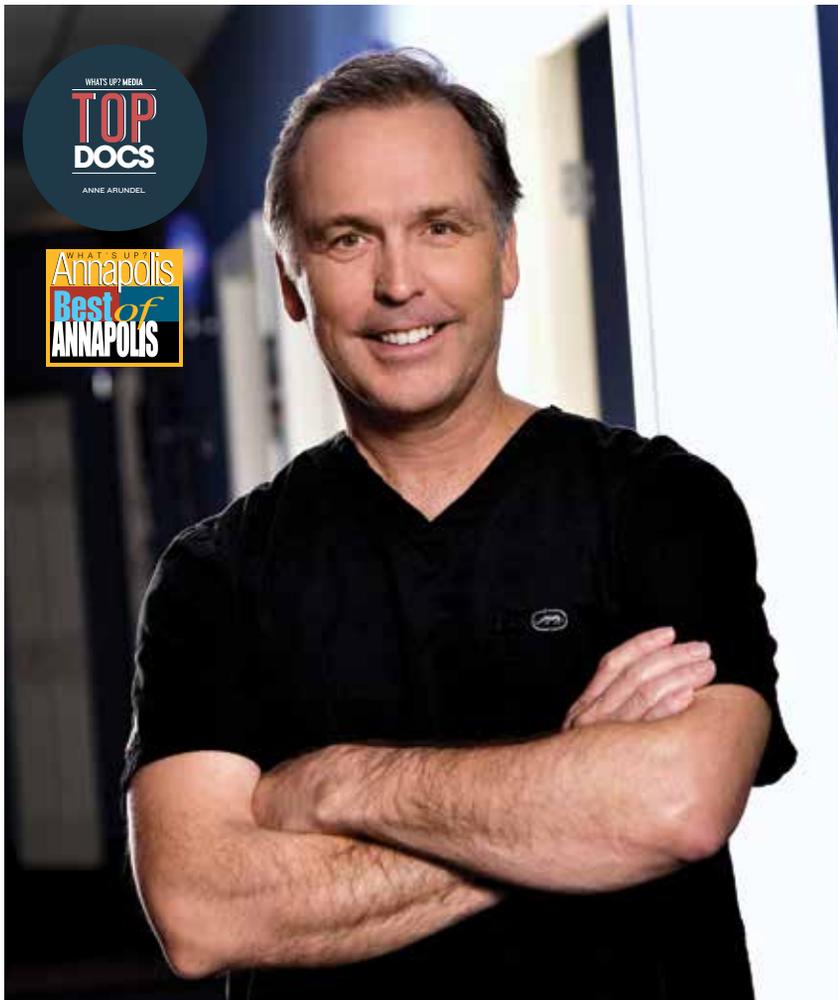
### **ABOUT DR. ROLAND**

Dr. Roland is a Class of 2001 graduate of the University of Maryland Dental School. She completed a general practice residency at York Hospital, PA in 2002. Dr. Roland then worked as an associate dentist in a general practice in Southern Maryland before she opened The Center for Innovative Dentistry and Facial Aesthetics in January 2008. Dr. Roland continued her post-graduate training at the world renowned Las Vegas Institute for Advanced Dental Studies (LVI) and The Prestigious Facial Beauty Institute. Dr. Roland has since been selected multiple times as a "Top Dentist in America" by the Consumers Research Council of America.



### **CONNECT**

133 Defense Hwy, Suite 103  
Annapolis, MD  
410.266.3595  
[www.drrolanddental.com](http://www.drrolanddental.com)



# Samuel E. Boles, MD

**ANNE ARUNDEL EYE CENTER**

**D**r. Samuel Boles is a person of impeccable credentials: one of Maryland's top ophthalmic surgeons and the leader of Anne Arundel Eye Center's state-of-the-art treatment center. Yet, he is most gratified by the thousands of patients he's helped to restore and preserve their vision.

The Center he founded not only offers ophthalmic exams and diagnostic surgical eye care, but also specializes in the treatment of both glaucoma and cataracts. In addition to exceptional expertise in the traditional method of cataract surgery, Dr. Boles offers the Laser Assisted (LenSx) method, the most technologically-advanced option for cataract patients today.

Anne Arundel Eye Center's entire medical team of caring and knowledgeable professionals, including Consultative Optometrists Kathryn Turner, OD, and Nicole Regis, OD, make the best eye care comfortable and accessible to everyone.

## WHO I AM

# 1.

### YOUR MOST OFTEN SAID GENERAL ADVICE TO PATIENTS

Please get your eyes checked before you experience a problem. When we have your baseline measures, it is much easier to prevent and correct major issues in the future.

# 2.

### WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

I enjoy every interaction with our patients and our outstanding staff. It's especially fulfilling when I share new knowledge to optimize their visual health.



### **ABOUT DR. BOLES**

Dr. Boles received his medical degree from the Medical College of Georgia, completed his post-doctoral training at a Harvard University Cornea research lab, a Yale University affiliated Hospital in Bridgeport, Connecticut, George Washington University for Ophthalmology Residency, and the University of California, San Diego, for Glaucoma Fellowship. He helped originate the Glaucoma Co-Management Roundtable to improve patient care through better communication and education. Dr. Boles is a former member of the Board of Directors at The Polakoff Foundation and the Maryland Society for Sight. He is an active volunteer in the community offering periodic free screenings and specific community outreach programs.



### **CONNECT**

127 Lubrano Drive  
Suite 301  
Annapolis, MD  
410-224-2010

[www.AnneArundelEyeCenter.com](http://www.AnneArundelEyeCenter.com)



# Dr. Ziad Batrouni

**MARYLAND ORAL SURGERY ASSOCIATES**

**M**aryland Oral Surgery Associates (MOSA) offers the full scope of Oral and Maxillofacial Surgery with an emphasis on dental implants, permanent teeth in a day, extractions (including wisdom teeth), bone grafting, cosmetics, oral pathology, facial reconstruction, and in-office Intravenous Sedation and General Anesthesia. MOSA of Annapolis and Crofton offer Teeth-in-a-Day solution for failing dentition. This utilizes the latest 3-D imaging for treatment planning and implant placement. In the vast majority of cases patients will leave with a full set of teeth, and will be able to function immediately with minimal dysfunction to their daily routine. MOSA also offers cosmetic procedures including cheek and chin implants, facial liposuction, and cosmetic injectables (Botox, Juvederm, and Voluma). Voluma is a new cosmetic procedure that adds volume to the apples of your cheeks, giving the appearance of an instant facelift. The MOSA team is happy to be a part of the Crofton/Annapolis community, providing top quality Oral and Maxillofacial Surgery.

## WHO I AM

### 1. BIGGEST CHALLENGE YOU'VE OVERCOME

My second daughter was diagnosed with type 1 diabetes at 15 months old. It was definitely a challenge to take care of a young child with a highly restrictive diet, daily injections, and blood sugar checks. She's now in 5th grade and has developed into a strong, smart, and confident child.



### ABOUT DR. BATROUNI

Dr. Ziad Batrouni, joined Maryland Oral Surgery Associates in 2006. He received his B.A. in Biochemistry from Virginia Tech and his Doctor of Dental Surgery Degree from Northwestern University Dental School. Dr. Batrouni completed his internship and residency in Oral and Maxillofacial Surgery at the New York Presbyterian Hospital, Cornell University Medical Center. Dr. Batrouni is a Board Certified Oral and Maxillofacial Surgeon, and a Diplomate of the National Dental Board of Anesthesiology. Dr. Batrouni is Vice Chairman of the Department of Oral and Maxillofacial Surgery at Anne Arundel Medical Center, as well as a clinical instructor at the Washington Hospital Center.



### CONNECT

Annapolis & Crofton  
410-897-0111 | 410-721-0700  
mosa4os.com



# Podiatry Group of Annapolis

**DR. JAMES M. MCKEE**  
**DR. ADAM L. WEAVER**

## WHAT IS PODIATRY?

Podiatry is a field of medicine that focuses on the overall health and well-being of patients by preventing, diagnosing and treating disorders, diseases and injuries of the lower extremity (foot and ankle).

## WHAT IS A DOCTOR OF PODIATRIC MEDICINE (DPM)?

DPM's are uniquely trained and qualified physicians that specialize in all aspects of the foot and ankle. They are the only physicians exclusively trained in foot and ankle medicine. DPM's provide complete non-surgical and surgical care of a variety of conditions that affect people of every age.

## WHAT CONDITIONS DO DPM'S TREAT?

DPM's are often the first to detect symptoms of arthritis, diabetes, cardiovascular and kidney disease because of the human foot's interrelation with the rest of the body. DPM's diagnose and/or treat the following disorders, diseases or injuries of the foot and ankle: Sports injuries, heel pain, trauma, growth plate issues, fractures, neuropathy, wounds, diabetic foot care, amputations, bunions, hammertoes, heel spurs, cysts, bone disorders, ingrown nails, skin cancer, imbalance issues, congenital or acquired deformity of the foot and ankle.



## WHY CHOOSE AND LOVE OUR PODIATRISTS?

### Dr. James M. McKee

Dr. McKee attended the University of Maryland, College Park (go Terps!). He obtained his degree in Kinesiology and continued to study human movement and development by obtaining his Doctorate of Podiatric Medicine from Temple University in Philadelphia. After his residency at St. Agnes Hospital in Philadelphia, he returned to Maryland and began practicing at this location in 1996. Dr. McKee is a Fellow of the American College of Foot and Ankle Surgery. Dr. McKee is honored to have served this community for more than 20 years and he and his family love calling the Annapolis area their home.

### Dr. Adam L. Weaver

Dr. Weaver is a native Texan and completed his undergraduate degree in Biology at Louisiana State University (Geaux Tigers!). He received his Doctorate of Podiatric Medicine from Temple University and trained in foot and ankle surgery at Drexel's Hahnemann University Hospital in Philadelphia. Dr. Weaver is an Associate of American College of Foot and Ankle Surgery and Diplomate of American Board of Podiatric Medicine. Dr. Weaver is committed to upholding the exceptional standard of care that has been associated with Podiatry Group of Annapolis for over 20 years.

Drs. McKee and Weaver have privileges at Anne Arundel Medical Center as well as our Ambulatory Surgical Center conveniently located in our office. We are accepting new patients and most insurances.



## CONNECT

139 Old Solomons Road | Suite C  
Annapolis, MD 21401

410-224-4448 | [www.podiatrygroup.us](http://www.podiatrygroup.us)



# Mairead M. O'Reilly DDS, MS, PA

## ORTHODONTICS AND DENTOFACIAL ORTHOPAEDICS

**D**r. O'Reilly is a trusted, board-certified professional with years of experience in the Annapolis, Maryland community. She and her staff are committed to providing the highest quality orthodontic care in a warm and welcoming state-of-the-art facility, equipped with the latest in computer technology, digital imaging and CBCT technology. Their mission is to exceed their patients' expectations - children, adolescents, and adults alike - by delivering a fun and fresh approach to orthodontics: one that focuses on caring and knowledgeable attention, and is supported by the latest technologies orthodontics has to offer.

## WHO I AM

# 1.

### WHAT DISTINGUISHES YOU FROM OTHER ORTHODONTISTS?

I would say my extensive experience in the orthodontic and dentofacial fields distinguishes me from other orthodontists. I started my orthodontic career in Ireland and England, working exclusively with children suffering from all types of craniofacial anomalies. That so deeply affected me on a personal and professional level that it inspired me to move forward in my specialty. I have dedicated my career to achieving the very best outcome for each and every patient.

I also am the only local Diplomate of the American Board of Orthodontics. This achievement distinguishes me from other orthodontists in that it involves many ongoing hours of advanced training and testing by the Board.

I'm also very honored to be the only Top 1% Diamond Plus Level Invisalign provider in our area. This recognizes my expertise and the multitude of advanced Invisalign treatments our office provides to not only our children but also our adults with particularly difficult orthodontic needs.

# 2.

### WHAT ARE YOU MOST THANKFUL FOR?

I'm so incredibly grateful for my family, friends and the orthodontic practice I opened in 1989, here in Annapolis. I'm honored to work with the most dedicated and wonderful staff, as well as being able to collaborate with our local extremely talented dentists and dental specialists. In addition we are so blessed to have the greatest patients! I'm also so thankful that our office has been voted the #1 orthodontic office in the Capital Readers Choice Awards every year since 2011. We sincerely appreciate that vote of trust and support from our patients and colleagues.



### ABOUT DR. O'REILLY

Dr. O'Reilly received her initial college and dental training from Trinity College, University of Dublin, in Ireland. She was certified in orthodontics at Eastman Dental Center in Rochester, New York, and received a Masters of Science in Oral Biology from the University of Rochester's Graduate School of Medicine and Dentistry. Dr. O'Reilly is honored to be a board certified Diplomate of the American Board of Orthodontics. Her broad experience in the orthodontic field includes extensive treatment of young children, adolescents, adults, children with craniofacial anomalies and other specialized applications. She is world-renowned and licensed to practice dentistry and orthodontics in Ireland, the United Kingdom, all member countries of the European Union, the District of Columbia, and Maryland.



### CONNECT

888 Bestgate Road, Suite 301  
Annapolis MD 21401  
Annapolisortho.com  
410-266-0025



# Sean Mulvaney, M.D. James Lynch, M.D.

## REGENERATIVE ORTHOPEDICS AND SPORTS MEDICINE ANNAPOLIS

**O**ur treatment philosophy: We want to restore you to pain free activity so you can enjoy a good life. How: by learning, teaching, and publishing on the best methods to heal people. Dr. Sean Mulvaney and Dr. Jim Lynch practice Restorative Medicine to treat a range of injuries and conditions, including but not limited to:

**Spine:** Lumbar, thoracic, and cervical pain conditions including degenerative disc disease, facet arthritis and ligament pain. **Knee:** Osteoarthritis, meniscal tears, ligament injuries

including partial ACL tears, cartilage injuries and chondromalacia. **Shoulder:** Rotator cuff tears, labral tears, osteoarthritis, avascular necrosis. **Hip:** Osteoarthritis, labral tears, tendinopathies including outer hip pain, hamstring injuries and avascular necrosis. **Elbow, Hand, and Wrist:** Tennis elbow, golfer's elbow (tendinopathies), ligament tears, TFCC injuries, thumb, finger and wrist osteoarthritis. **Foot and Ankle:** Achilles tendon tears and tendinopathy, plantar fasciitis, ankle osteoarthritis, tendon injuries, and cartilage injuries. **Nerve Injuries:** All nerve entrapments including median and ulnar nerve conditions, cervical nerve entrapments.

See hundreds of 5-star patient reviews about our patients' experiences on Healthgrades.com, Vitals.com and Google reviews.

## WHO WE ARE

### 1. HOW HAVE YOUR BACKGROUNDS SHAPED YOUR SKILLS AS PHYSICIANS?

We were military colleagues for over 20 years. Both of our foundational years as physicians were spent providing care to our nation's Special Operations units. We practiced medicine in an environment where we could offer the best care available and were not limited by what most medical insurance companies would cover. During that time, we had a mandate to return our nation's special operators back to the fight quickly, but with the best possible long-term results. We had all the resources that we needed to meet that goal and could employ the best and most cutting-edge methods.

### 2. WHAT IS UNIQUE ABOUT YOU?

We have become the top authorities in the world on the use of stellate ganglion block (SGB) to treat PTSD. In March of 2021, we founded The Stellate Institute to provide compassionate, world-class care to our patients while also advocating on a national level for those struggling with PTSD. The Stellate Institute educates others on best practices for utilizing SGB in conjunction with trauma-focused therapy. We continue to conduct research, adding to our 12 peer-reviewed articles on this topic that we have published thus far.



### ABOUT DR. MULVANEY

Dr. Mulvaney is an Associate Professor of Medicine at the Uniformed Services University in Bethesda, Maryland and is board certified in Sports Medicine and Pain Medicine. He has an international reputation as an educator of other physicians and pioneered and published on ultrasound-guided techniques. During his 31-year military career, Dr. Mulvaney served our nation's Special Operations community as both a US Navy SEAL officer and a US Army physician.



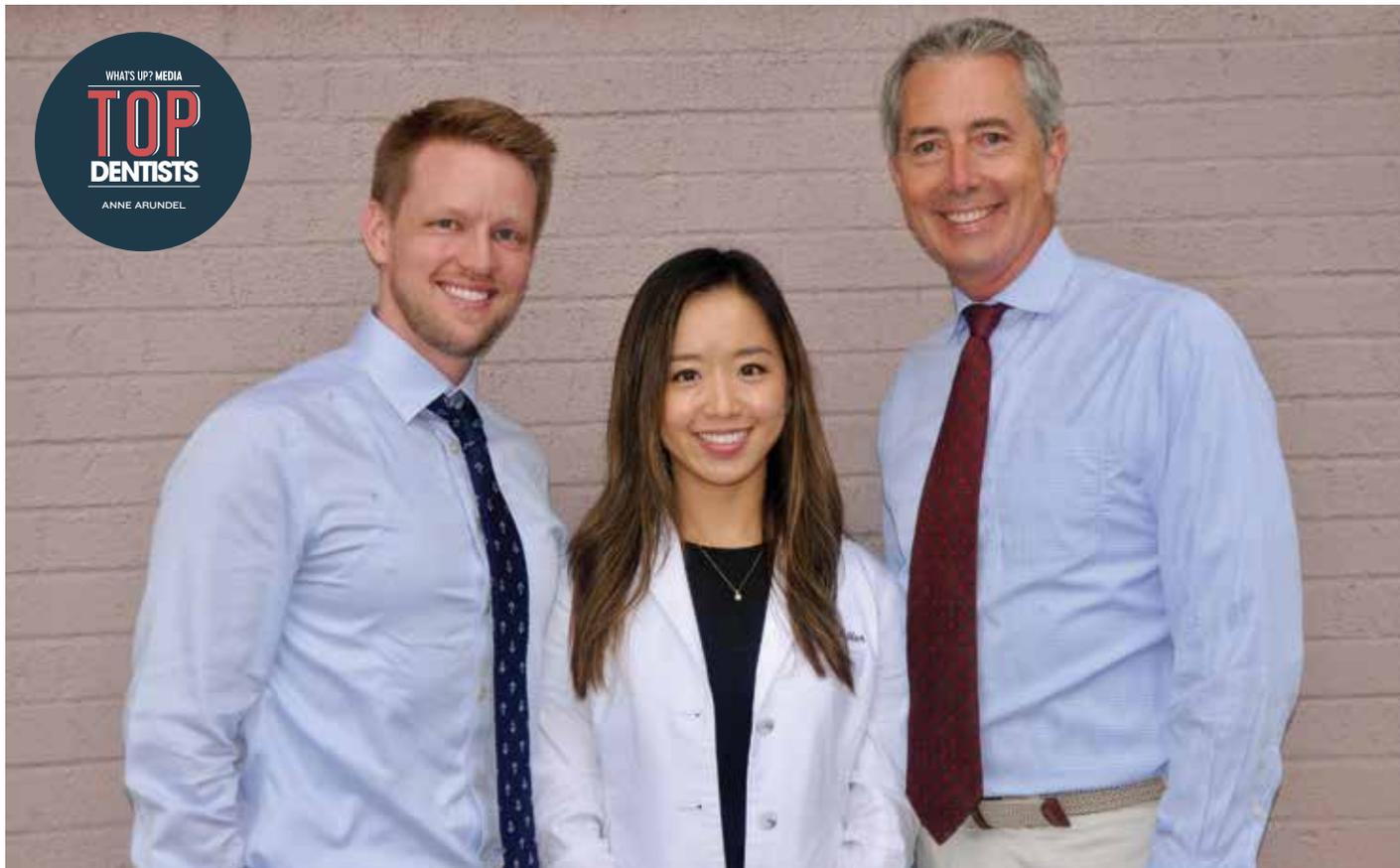
### ABOUT DR. LYNCH

Dr. Lynch is an Olympic Team Physician for USA Swimming supporting elite athletes in international competitions since 2011, including the 2016 and 2020 Olympic Games in Rio de Janeiro and Tokyo. He is an Associate Professor at the Uniformed Services University in Bethesda and is board certified in Family Medicine and Sports Medicine. Dr. Lynch is a 1989 graduate of the United States Military Academy at West Point and holds graduate degrees from Dartmouth College and Brown Medical School.



### CONNECT

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410 505-0530  
www.rosm.org  
www.thestellateinstitute.com  
www.drseanmulvaney.com  
www.drjameslynch.com



# Labbe Family Orthodontics

**DR. STEPHEN LABBE**

**T**he team at Labbe Family Orthodontics is growing! Dr. Stephen Labbe is proud to have Dr. Rob Laraway, Dr. Natalie Miller and Dr. Laura St. Bernard (not pictured) as part of the LFO Family! Together with their amazing staff, these orthodontic specialists are excited to serve you in this “new normal” of adjusting to and living with COVID. All members of the Labbe Family Orthodontic team are thoroughly educated and consistently updated on all CDC Guidelines and work hard to keep your family safe. At the same time, they have created an environment that is fun and engaging. They strive to make your orthodontic treatment a memorable experience. The level of customer service you receive at Labbe Family Orthodontics exceeds all expectations... patients actually look forward to their appointments! Using state-of-the-art technology combined with an old-fashioned soothing bedside manner, it is clear to see that the LFO doctors and staff genuinely care about their patients. And, being proud community supporters, you can always find LFO and their enthusiastic team members attending events around our area.

## WHO WE ARE

### 1. WHAT IS IT ABOUT ORTHODONTICS THAT HAS KEPT YOU SO INTRIGUED ALL THESE YEARS?

I have been serving this community as an orthodontist for over 30 years. I'm now seeing children of patients that I treated way back when! It's incredible to help someone find their smile. A healthy and confident smile is something that truly makes a difference in a person's life... I have seen it!

### 2. WHAT ARE YOU MOST EXCITED ABOUT WITH THESE NEW DOCTORS IN PLACE?

Dr. Laraway, Dr. St. Bernard and Dr. Miller are all fantastic orthodontists! They have the desire to deliver impeccable care and to build relationships. Each of them possess natural caretaking traits that can't be taught. Add that to the skills each has worked hard to perfect and you have the optimal combination in a doctor.



## CONNECT

Annapolis | Bowie | Crofton | Greenbelt  
410-267-7300  
[www.LabbeFamilyOrtho.com](http://www.LabbeFamilyOrtho.com)



## **ABOUT OUR DOCTORS**

**Dr. Weinstein** joined the practice in 1989 after completing his Pulmonary and Critical Care Fellowship at the University of South Florida, in Tampa. Dr. Weinstein is originally from Kingston, N.Y. His undergraduate work was completed at the Brandeis location in Waltham, Massachusetts. His Medical degree was granted by SUNY-Upstate Medical Center in Syracuse, N.Y. He traveled to Medical College of Virginia for his medicine residency.

Specializing in:

- Sleep Apnea
- Lung Cancer
- COPD
- Narcolepsy
- Restless Leg Syndrome
- and more!

**Dr. Resnick** joined the practice in 1998 after completing his Pulmonary, Critical Care and Sleep training at UCLA. Dr. Resnick received a B.S. degree in Biology from Emory University in Atlanta, Georgia. For medical school he attended the University of Maryland in Baltimore.

Specializing in:

- Lung Cancer
- Sleep Apnea
- COPD
- Restless Leg Syndrome
- Asthma

Visit our website [annapolispulmonary.com](http://annapolispulmonary.com) to learn more about our practice and additional providers.



## **CONNECT**

116 Defense Hwy, Ste 500  
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# Annapolis Asthma Pulmonary and Sleep Specialists

**IRA M. WEINSTEIN, MD, FCCP**  
**STEVEN C. RESNICK, MD, FCCP**  
*PULMONOLOGISTS*

**ELISSE KENTY, CRNP**  
**MARTHA REILLEY, CRNP**  
*NURSE PRACTITIONERS*

**A**nnapolis Asthma Pulmonary and Sleep Specialists was established in 1985 by Dr. Robert Peterson. Pulmonary Medicine is a subspecialty of Internal Medicine. Pulmonologists diagnose and treat disorders of the lungs and respiratory system. These disorders include asthma, emphysema, and COPD. They also treat infections such as pneumonia and TB; as well as diseases such as lung cancer, sarcoid, pulmonary fibrosis, chronic cough; and occupational lung diseases such as asbestosis. Sleep Medicine is provided by our sleep specialists. Evaluation and treatment of Sleep Apnea snoring narcolepsy, insomnia, restless legs syndrome, periodic leg movements, REM behavior disorders and other sleep related problems are performed. Sleep related problems are performed and home sleep studies are also available at our sleep lab on Riva Rd in Annapolis. Annapolis Asthma Pulmonary and Sleep Specialists physicians hold privileges at Anne Arundel Medical Center.



# Rebecca Mitch McKee

**PhD, LCPC, CFC, BC-TMH**

**ANNE ARUNDEL COUNSELING, INC.  
BAY AREA CHRISTIAN COUNSELING, LLC**

**R**ebecca Mitch McKee, PhD, LCPC, CFC, BC-TMH has established herself as a dynamic team leader of highly qualified professionals dedicated to providing comprehensive evaluation and treatment to children, adolescents and adults. Under the leadership of Dr. McKee (executive director, clinical/forensic psychotherapist and board certified telemental health provider), Anne Arundel Counseling and Bay Area Christian Counseling continue to maintain their standard of excellence as premier mental health and wellness providers throughout the state. Dr. McKee's expertise has allowed her to create a diverse team of experienced, skilled clinicians who are committed to nurturing the well-being of clients and empowering them to achieve personal growth in a warm, inviting and supportive environment.

It is her belief that every human spirit is of value and that if in need of personal growth or mental health treatment, they can benefit from the services of psychological and therapeutic professionals. Making ones mental health a priority is essential to achieving a balanced, healthy lifestyle. The professionals of Anne Arundel Counseling and Bay Area Christian Counseling are dedicated to helping those that desire to embark on a personal journey of wellness and to provide the tools necessary to improve overall quality of life.

For more information on connecting with Rebecca or to schedule an appointment with one of our premier providers at either of our comprehensive service locations, please visit [www.annearundelcounseling.com](http://www.annearundelcounseling.com) or [www.bayareachristingcounseling.org](http://www.bayareachristingcounseling.org)

## WHO I AM

# 1.

### YOUR MOST OFTEN SAID GENERAL ADVICE TO PATIENTS

Everyone can benefit from meeting with a therapeutic professional at some point in their life. Supportive communication and having your thoughts reflected back to you in a meaningful way will enhance your personal journey.



### ABOUT DR. McKEE

Rebecca Mitch McKee, PhD, LCPC, CFC, BC-TMH is currently the President and Executive Director of Anne Arundel Counseling, Inc., and Bay Area Christian Counseling, LLC. Both agencies are dedicated to providing comprehensive clinical and wellness services to adults, adolescents and children through individual, family and group counseling. Furthermore, Dr. McKee is a clinical and forensic practitioner dedicated to comprehensive outpatient assessment and treatment, private family and civil mediations, as well as court specific evaluations, custody evaluations, Collaborative Law coaching and expert/fact witness testimony respectively.

Dr. Mitch McKee is the Past President of the Maryland Counseling Association, the state branch of the American Counseling Association, Past President of the Counselors Association of Anne Arundel County and a previous Board Member of the Anne Arundel County Collaborative Professionals, Inc. In addition, she has been recognized as a Who's Who Honoree for several years running, has received National Leadership Awards, awarded Honorary Chairman status for the Business Advisory Council and been a member of the Governor's Council, C-Safe Team. Dr. Mitch McKee has published many articles, newsletters and journal submissions and is an active high-energy consultant providing key note addresses and presentations/workshops to various businesses, offices and firms throughout the state of Maryland. She has also been featured on the Anne Arundel County Educational Access Television Channel for her professional accomplishments.

For more information, please visit:

[www.annearundelcounseling.com](http://www.annearundelcounseling.com)

[www.bayareachristiancounseling.org](http://www.bayareachristiancounseling.org)



### CONNECT

#### Anne Arundel Counseling

410-768-5988

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Columbia - Glen Burnie

Kent Island

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#### Bay Area Christian Counseling

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Annapolis

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[www.bayareachristiancounseling.org](http://www.bayareachristiancounseling.org)

**TeleHealth services available**



Drs. Joydeep Som, Jaime Olenec, Michael Pardo

# Annapolis Ear, Nose, Throat, Allergy and Plastic Surgery

**D**rs. Pardo, Som, and Olenec are part of group of skilled and dedicated physicians serving the greater Annapolis region and beyond for over 35 years. Dr. Pardo and Som are part of the 8 member ENT Physician group providing expertise in pediatric and adult medical/surgical ENT care including Nasal and Sinus Disease, Hearing and Balance disorders, Snoring and Sleep Disorders, Throat and Voice Disorders, Comprehensive Head and Neck cancer care including special interest in Thyroid and Parathyroid Surgery. Allergy and Asthma evaluation and treatment is headed by Dr. Olenec, board certified in Asthma, Allergy, and Immunology. The collective mission is to serve the community by delivering compassionate, comprehensive, and high quality, patient-focused ENT and Allergy care.

## WHO WE ARE

### 1. WHAT HAS ALLOWED YOUR PRACTICE TO STAND OUT OVER THE YEARS?

First and foremost is the collaboration we provide in treating our patients. Having a group of 11 talented physicians under one roof allows us to provide that level of care. A patient presenting with a complex sinus problem can see Dr. Pardo or Dr. Som and as part of the treatment plan can be sent down the hallway to see Dr. Olenec for an expert allergy evaluation. Management of coexisting asthma or eczema with novel Biologics such as Dupixent can be provided. This allows us to give the full spectrum of medical care prior to any consideration of surgery which of course is needed in some patients.

Similarly, a patient who presents for Head and Neck Cancer surgery can have their reconstruction provided by Dr. Ambro or Dr. Chappell (also voted Top Docs 2021 in Plastic Surgery). Of course, we also closely collaborate with our physician partners in the community with a notable example being our relationships with the Endocrinology specialists to provide standout Thyroid and Parathyroid surgery.

Collaboration is then coupled with the skill and expertise of our physicians providing cutting edge care in new state of the art facilities. Whether a patient undergoing sinus surgery requires balloon sinuplasty, image guided surgery, or drug eluting implants or a patient undergoing thyroid surgery needs nerve monitoring, all of these can be provided by our doctors.

But our true success comes from effective communication with our patients. We pride ourselves in listening to our patients, involving our patients in the decision making process by fully educating them in regards to their medical conditions, and preparing them for the medical and surgical therapies we provide.



### CONNECT

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Gregory Heacock, MD  
Michael Pardo, MD\*  
Joydeep Som, MD\*  
Matthew Hilburn, MD  
Annalisa Overstreet, MD  
Peter King, MD  
Andrew Johnson, MD  
Kevin Shaigany, MD  
Jaime Olenec, MD\*



MICHAEL EPSTEIN, M.D.



CHARLES KING, M.D.



BARRY CUKOR, M.D.



VISHNUPRIYA KRISHNA, M.D.



KEVIN WOLOV, M.D.



ERIC LAVERY, M.D.



BRITTANY DICKERT, CRNP



ROBIN KORIN, CRNP



LAVERNE WATTS, CRNP



# Digestive Disorders Associates

**D**igestive Disorders Associates (DDA) specializes in the diagnosis and treatment of adults and children with GI diseases and disorders. Our team of gastroenterologists has expertise in all types of digestive conditions, including acid reflux disease, Crohn's and ulcerative colitis, IBS, swallowing disorders and hepatitis. Patients of DDA can choose to be seen in Annapolis, Chester, or Gambrills, Maryland.

As a smaller practice with three locations, our doctors are able to offer a more personalized, caring approach to their patients. During your initial consultation, your physician will listen patiently to your concerns. He or she will carefully review your GI symptoms and medical history. Finally, he or she will take time to carefully explain your initial diagnosis to help you understand the course of treatment that is recommended.

Sometimes your gastroenterologist will suggest additional testing (eg. colonoscopy, EGD, pillcam or motility testing) to confirm your GI diagnosis, and most often these can be scheduled in MDTEC, our private surgery center conveniently located in the Annapolis office.

The Annapolis office is also the location of our onsite infusion center. For GI disorders and diseases such as Crohn's and ulcerative colitis or anemia, therapeutic infusions like Remicade, Entyvio and Injectafer are often recommended. DDA is the only gastroenterology practice in the area that offers an onsite infusion center for your comfort and privacy.

The physicians and staff of DDA work hard to provide our patients with the highest quality prevention and treatment of GI disease in a caring, compassionate manner. We are dedicated to providing each patient with superior medical treatment in a comfortable, safe atmosphere. Each patient's care is managed by our impressive team of nationally recognized providers who are all leaders in the field of gastroenterology.

## WHO WE ARE

### 1. WHAT ARE YOU MOST EXCITED ABOUT IN THE FUTURE OF YOUR FIELD?

We are standing on the cusp of a new era of medical practice called precision medicine. We are working to bring these new tools to our practice and the future is looking bright. Instead of one drug or one treatment fits all; treatments will be individualized in order to optimize treatment. This will be based on an individual's genetic content or molecular and cellular analysis. We will determine if you are at higher risk for certain cancers that we might screen for and prevent such as pancreatic and colon and ovarian. Medicine will shift from reaction to prevention and we will be able to improve disease detection and predict susceptibility to disease. We will be able to customize disease-prevention strategies and prescribe more effective drugs. We will avoid prescribing drugs with predictable negative side effects and eliminate the trial and error that we live with now.

### 2. WHAT IS IT ABOUT DIGESTIVE DISORDERS THAT HAS KEPT YOU SO INTRIGUED ALL THESE YEARS?

We never stop learning. I always feel like I have just begun to learn about a condition or a medical technique and something comes along that is newer and more advanced therapy and we are able to integrate that into the practice and help more people. We participate in medical research which allows us to offer the latest and best treatment and learn about new medical compounds.



## CONNECT

Annapolis | Chester | Gambrills  
410-224-4887  
www.dda.net



# West Annapolis Family Dentistry

**ISHITA RAHMAN, DMD**  
**MARIA COLUCCIELLO, DDS**

**W**est Annapolis Family Dentistry has been serving the greater Annapolis community for over four decades. We don't just provide prevention and care; we build relations for life. Our patients are our family, we have shared many life events over the years.

We strive to provide our patients a worry-free experience -- both clinically and financially. Our

doctors are trained in providing care for patients with dental phobia. During each visit, we comprehensively discuss our patients' medical history. We provide conscious oral sedation for a calm experience.

In addition to restorative dentistry, we provide advanced services such as same-day crowns, immediate implant placement after extraction to reduce recovery time, neuromuscular approach to smile design, full-mouth reconstruction, treatment for sleep apnea and temporomandibular joint (TMJ) disorder, and airway-focused expansion orthodontics.

## WHO WE ARE

- 1. WHAT'S YOUR STORY?**  
 This was the first question Dr. Colucciello asked when I met her on a cold, rainy November evening in 2019. I was looking for a dental practice of my own, but ended up finding a home and an extended family. Between the practice, two young kids, two cats, and my newly-adopted puppy, life is busy but blissful.  
 - Dr. Ishita Rahman
- 2. WHAT IS YOUR TOP OBSERVATION DURING THE PANDEMIC?**  
 The mouth is the mirror of the body. We observed a high number of patients suffering from conditions such as broken teeth, vertical root fracture, and severe grinding. These are signs of high stress, as it would be expected during the pandemic. I request my patients to seek support and try to not stress as much, because this too shall pass. - Dr. Ishita Rahman



## **CONNECT**

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# Q&A

## QUESTIONS AND ANSWERS WITH THE AREA'S TOP MEDICAL PROFESSIONALS



**Q:** What is a “Mommy Makeover”?

**A:** Many moms are finding that diet and exercise just aren't enough to counteract the effects pregnancy has had on their body. Breastfeeding can dramatically change the volume and shape of the breast while the stretching of the skin in the tummy area can leave loose sagging skin that cannot

be tightened through sit ups and crunches. A “Mommy Makeover” is a combination of surgical procedures designed to regain their pre-pregnancy body. Procedures that can be performed together include:

- Breast lift with or without the insertion of an implant – not necessarily to increase size – but to correct volume and placement of the breast prior to pregnancy.
- Tummy Tuck to correct loose, sagging skin.
- Liposuction for stubborn fat pockets not affected by diet and exercise.

**DR. CHRISTOPHER SPITTLER, M.D.**  
Plastic Surgery Specialists



**Q:** How has the pandemic affected your patients and what problems are you seeing arise from the changes in lifestyle over the past year and a half?

**A:** Many patients have begun working from home over the past year and a half. We are regularly seeing pains and pathologies directly related to our patients not wearing shoes

inside their houses on their hard floors. The lack of support, protection and cushioning on the feet can lead to injury, but what we are seeing the most are increased cases of plantar fasciitis, metatarsalgia, toe fractures and neuromas. We have convinced patients to buy a supportive athletic shoe to wear in the house to help current problems and prevent future ones.

**DR. MCKEE,** Podiatry Group of Annapolis



**Q:** How has the office adapted and what are you doing to ensure your staff and patients are safe?

**A:** Philbin & Reinheimer Orthodontics understand these are unprecedented times. We are doing

everything we can to ensure your smile doesn't fade while we push through this together. Our offices have been air fogged and there are new safety and sterilization protocols in place for patients and staff. To adapt to these extraordinary times, we've initiated Virtual Consultations!

**DR. ORA REINHEIMER,** Philbin & Reinheimer Orthodontics



**Q:** Do women suffer from low libido?

**A:** Yes! Hypoactive sexual desire disorder (HSDD) is the most common female sexual health complaint affecting as many as 1 in 10 women. It is a chronic decrease in sexual desire which

causes personal distress and relationship strain. This can be caused by underlying medical conditions, medications, hormonal changes, stress, or other sexual problems. There are several treatment strategies including medication. There are two FDA approved medications for HSDD in premenopausal women, an on-demand injectable medication and a daily oral medication. Testosterone is often used for treatment in postmenopausal women.

**DR. KARI BAILEY,** AA Urology



**Q:** I want to restore volume loss to my breasts but also think I might need a lift, and those scars worry me. What should I do?

**A:** Women often express this concern during a consultation leading up to the examination, only to be

pleasantly surprised that their "droop" is not as bad as they thought and that they just "need" augmentation with saline or silicone breast implants, which can be placed using small inconspicuous scars. In advance of your consultation look online at some before and after photos making sure the "before" looks like you and the "after" is your goal look. When you look I think you might agree that lifted breasts with scars look better than droopy looking breasts without.

**JAMES E. CHAPPELL, MD, FACS**

Annapolis Plastic Surgery



**Q:** What can dental implants do for me?

**A:** Dental implants have become a proven and durable solution for missing teeth. Implants can serve as support for a single tooth, help stabilize many teeth in

the form of removable dentures, or even provide fixed solutions for all teeth that are not removable by the patient. With today's technology, this can often be completed in the same day that the teeth are removed, which helps to insure the individual's quality of life.

**SCOTT FINLAY, DDS, Annapolis Smiles**



**Q:** I'm interested in getting lip filler but I've never had injections before. Where should I start?

**A:** Lip filler is one of my favorite procedures because patients see immediate results! As with any cosmetic treatment, it's important to start with a consultation. During an O'Donnell Vein and Laser

consultation, we'll discuss the results you're looking to achieve, talk about expectations regarding the procedure and any potential discomfort or downtime, and if you're ready to move forward, we'll design your treatment plan. We'll ensure you're well informed about how to take care of your lips both before and after the procedure and that you're completely comfortable with your decision. We pride ourselves on the quality of our customer care just as much as we do our results!

**ALI WEISS, AESTHETIC NP, O'Donnell Vein & Laser**



**Q:** Should it matter who does my dental implant?

**A:** Yes, it's especially critical if it's a front tooth, you show a lot of gum in your smile, or it's congenitally missing. Careful planning by an experienced, cosmetically trained

dentist is required to achieve a realistic, natural result. Sometimes soft tissue grafting, bone grafting, or even orthodontics is required. Make sure your dentist works with a master ceramicist, perhaps certified by the American Academy of Cosmetic Dentists.

**DR. MEREDITH ESPOSITO, Chesapeake Dental Arts**



**Q:** What Does it Mean to be a "Trauma-Informed" Therapy and Business Practice?

**A:** The words "Trauma-Informed" is an approach to therapy and business grounded in 6-Guiding Principles. They are *Trustworthiness and Transparency, Peer-Support, Collaboration and Mutuality, Empowerment and Choice, and Cultural, Historical and Gender Issues.*

At Anchored Hope Therapy, we are intentional about every decision we make to support both our clients and our team of therapists. This includes promoting work-life balance and self-care for our team. We believe you cannot pour from an empty cup. In addition, it is about creating a therapy space that is inclusive and feels safe and a therapy culture that is authentic and supportive for our clients. We strive to partner with our clients in their journey to promote growth and recognize resilience. We are aware that mental health therapy has historically felt unsafe for many, including marginalized populations, and we aim to provide services that intersect with social justice efforts and are grounded in the above trauma-informed care principles.

**CHELSEA M. HAVERLY, LCSW-C & CHRISTINE COYLE, LCSW-C**  
Anchored Hope Therapy



**Q:** How do cataracts form?

**A:** A cataract occurs when there is a buildup of proteins in the lens, creating protein clumps. These clumps, or deposits, prevent light from passing clearly

through the lens, thus disrupting normal vision. A patient with a cataract cannot see images clearly. Instead, images appear cloudy or blurry, especially at night. Cataracts can begin to affect the patient's ability to perform simple, everyday tasks like reading and driving. Cataract surgery is the recommended treatment in these cases and has a 98% success rate.

**DR. SAMUEL BOLES, Anne Arundel Eye Center**



**Q:** I think I have a bunion, should I have surgery now?

**A:** Surgery should always be a last step treatment approach when addressing the majority of foot and ankle pathologies. It is also possible for patients to have bunions without any pain. Typically bunions cause patient's pain

because the deformity causes your forefoot to be wide. Certain shoes, such as tapered toed boots, some clogs, flats and high heels can cause rubbing and discomfort during walking and can sometimes even progress the deformity further. Trying more healthy shoe gear with a wider toe box (or forefoot area of the shoe) can keep you comfortable as well as using silicone bunion sleeves to prevent rubbing in your more "dressy" shoes. It is not possible to conservatively reverse the deformity, but if conservative treatments fail and your quality of life is suffering due to the discomfort, surgery is a reasonable treatment plan.

**DR. WEAVER,** Podiatry Group of Annapolis



**Q:** Can you share an industry secret?

**A:** Practice makes perfect. The best injectors are constantly improving their techniques with experience and refining their skills both in and

out of the office. Did we mention that ProMD Health does 5 times the national average of cosmetic injections per provider?

**DR. AMY FLEMING, PA-C,** ProMD Health



**Q:** How has your industry changed over the years?

**A:** People are spending more time on their phones and tech devices. Not only does this harmful blue light accelerate aging, but the rise of video calls has made

our patients seek us out to look their best on-screen without the need for the perfect lighting. The growing acceptance of aesthetic treatments has empowered both men and women to consider our services as an investment in themselves to Look and Feel better for longer.

**DR. GEORGE GAVRILA,** ProMD Health



**Q:** Plastic teeth aligners are much less expensive by mail order. Why would I go to an orthodontist to have my teeth straightened?

**A:** Mail-order orthodontic companies make it sound easy – take a selfie, receive your aligners – and then..... straight teeth! However, aligners are meant to move teeth within the confines of each patient's specific anatomy: muscles, bones,

lips, and cheeks. A computer doesn't know 1) where your bones and muscles are, 2) if the underlying foundation is healthy, 3) how your lips/cheeks are influencing your tooth positioning. A computer is programmed only to make the teeth look straight, regardless of the patient's anatomy. Without an Orthodontist's in-person evaluation and supervision, movement of teeth done incorrectly can lead to irreversible damage to your teeth, gums, and underlying bone, and to changes in your bite, which will contribute to jaw-joint dysfunction. Remember there's so much more to creating a healthy, beautiful smile than moving only the visible part of your teeth.

**MAIREAD M. O'REILLY, DDS, MS**  
Dr. Mairead M. O'Reilly Orthodontics



**Q:** What are Dental Implants?

**A:** When you are missing teeth, you may feel uncomfortable eating, speaking or worst of all SMILING. Dental implants offer a permanent solution to these problems. Dental implants are titanium replacements for missing

teeth that act as a strong foundation to support new crowns, bridges or anchor slipping dentures. The implant procedure is painless and involves placing the implant under the gums and into the jawbone just like the roots of your own natural teeth. Recovery time is usually no more than 24 hours and total treatment time from the day of your implant placement to the time of attaching the new teeth range from 2 months to as little as 1 day. Dental implants are the next best thing to your own teeth... IT'S TIME TO SMILE AGAIN!

**NEIL SULLIVAN, DMD,** Oral Surgery Specialists



**Q:** My hair is thinning and falling out and I would like to know what are my options to maintain or even restore my hair?

**A:** Hair maintenance/restoration has really progressed over the last 5 years. We are fortunate to be able to offer patients

both non-surgical and surgical treatments. Platelet rich plasma (PRP) injections alone can help restore thinning hair. These growth-factor-rich PRP treatments are often supplemented with topical and oral medications. We also offer state-of-the-art NeoGraft follicular unit extraction (FUE) technique to repopulate areas of baldness and thinning hair. This in office technique leaves no visible scarring and has a 98% success rate.

**BRYAN T., AMBRO, MD, MS**  
Annapolis Plastic Surgery



**Q:** Some direct-to-consumer orthodontic companies make treatment sound so easy and after so many months – straight teeth! What else should I be concerned about?

**A:** Orthodontics is more than just the movement of the part of teeth you can see. X-rays of your teeth and jaw are crucial so the doctor

can see what the naked eye can't. A clinical exam of your jaw alignment, and the relationship of your teeth to your skeletal structure is imperative. What if there were an issue during treatment? Who would you contact that would care about your health and end-result?

Remember! Orthodontics isn't a product – it's a professional, medical *service*. When your care is supervised by an orthodontist, you are assured that your orthodontist spent 2-3 more years studying beyond dental school.

**DR. STEPHEN LABBE, DDS**, Labbe Family Orthodontics



**Q:** I want my eyes done but I still want to look like myself. What is your secret?

**A:** Laser eyelid surgery allows me to carefully remove or reposition just the right amount of skin and/or fat to achieve a natural, youthful result. I then use the laser to reduce

the wrinkles and improve the texture of the skin. This subtle approach rejuvenates your eyes, without changing their shape. This earned us the Best Oculoplastic Surgeon vote.

**DR. ELBA M. PACHECO**

Adoro Medical Spa @ Center for Eye & Laser Surgery



**Q:** What are some of the recent trends in plastic surgery?

**A:** There has been a lot of interest recently in non-surgical facial optimization – meaning using injectables to make subtle enhancements in jawline, cheekbones, chin, lips, and eyebrows to maximize beauty. This is

the true goal of plastic surgery – to look like the best version of yourself. Combined with skin care, well done injectables are the best way to maintain a youthful look without appearing “done.”

**CLAIRE S. DUGGAL, MD**, Sandel Duggal Center for Plastic Surgery



**Q:** What is Pain Management?

**A:** Why do I hurt? That is the question I answer for my patients. Pain is defined as an emotional and physical response to injury. I have always looked for the source of one's pain before treating it. Once the source is determined, treatment is easier. Unfortunately, when we think of pain treatment, many

assume we are just prescribing pills. However, pills usually will not fix the problem. Most patients will receive therapy to help support their joints and spine, therapeutic injections to help alleviate inflammation and pain, or radiofrequency lesioning. Lastly some might require pharmacological management. So, when I think of pain management, I must find the source. Once that is found I will begin to improve your quality of life.

**DR. BRIAN KAHAN, DO**, The Kahan Center for Pain Management



**Q:** What options besides surgery are there for my arthritis or musculoskeletal injuries?

**A:** For many musculoskeletal conditions, several options exist instead of steroid injections and anti-inflammatory medications to treat pain and restore function. Your body has the ability to repair itself! Sometimes, you just need a

little help from a Sports Medicine physician to harness your healing abilities and precisely direct them to the injured area.

An evidence-based example of restorative treatments is platelet rich plasma (PRP). PRP is created by drawing your blood and concentrating it in a special centrifuge. We then inject your own platelets into your damaged tissue using precise ultrasound guidance. This procedure optimizes your body's own ability to heal without surgery and is performed in conjunction with physical therapy.

**JAMES H. LYNCH, MD**, Sports Medicine, ROSM Annapolis



**Q:** I'd love to get rid of the excess skin in my neck. Is there a way to do this with minimal downtime?

**A:** Facelift or necklift surgery is different than it was in the past. We now have techniques that are less invasive with downtimes

of about a week. Droopy skin in the neck simply has to be lifted into its' natural position and the excess removed with minimal incisions hidden around the ears. Virtually no scars are visible and the results are very natural. Unfortunately, despite the marketing you may see on the internet, there is no way to remove this extra skin without surgery. But thankfully, it's now a very simple procedure to undergo.

**DR. HENRY D. SANDEL IV**, Sandel Duggal Center for Plastic Surgery



**Q:** What does “rapid recovery” surgery mean?

**A:** We use this phrase to refer to our protocol of enhanced recovery after surgery – less narcotics, less or no drains used, and a faster return to work, social life, and exercise. With our combination of pre and post-operative medications patients have less discomfort and less downtime.

**CLAIRE S. DUGGAL, MD**, Sandel Duggal Center for Plastic Surgery



**Q:** How has Covid-19 changed your practice?

**A:** Aside from the numerous additional safety measures and protocols, I think the biggest change for me was the realization that I needed to simplify things. I made the decision to sell my Odenton office and concentrate on growing and devoting my full attention to About Smiles Dentistry in Annapolis. This has turned out to be a very positive change for me as I can spend more time with my patients, we have the capacity to add new patients and I have a much better work/life balance. I don't love wearing all of the additional PPE but I do what is necessary to keep myself, my family and my patients SAFE!

**DR. APRIL CALTON**, About Smiles Dentistry



**Q:** What do you wish more patients knew about stem cell therapy?

**A:** Stem Cell Therapy, particularly in musculoskeletal conditions and injuries, can repair or even replace damaged tissue, such as tendons, bone or

cartilage. Stem cell therapy is a safe, non-invasive option for sports injuries, osteoarthritis and many other conditions.

**DR. ZVEZDOMIR ZAMFIROV**, All Star Pain Management



**Q:** What are the further treatment options for chronic sinusitis if a patient does not get better with conventional medical therapy?

**A:** Well certainly it is our hope that all patients would improve with medical therapy alone, but unfortunately that is not the reality. If medical and

allergy trials under our supervision have failed, surgery is often a necessary step. These are essentially drainage procedures meant to enlarge the natural openings of the sinuses into the nasal cavity. In this way, the mucus has a way to get out. Our practice provides the most up to date surgical methods including balloon sinuplasty, image guided navigation, placement of drug eluting implants which for most patients are provided for in our new state of the art surgical center.

**JOYDEEP SOM**, Annapolis Ear, Nose, Throat, Allergy and Plastic Surgery



**Q:** Are there other options, besides oral medications, for treating my erectile dysfunction?

**A:** Absolutely! Oral medications are a common first step for

treating E.D., but there are several options for men who either don't respond to pills or are interested in alternative treatments. Some of these include lifestyle modifications, penile injections, testosterone replacement therapy, pump devices, sound wave therapy, and even penile implant surgery. Not every treatment is right for every patient. At AAUrology, we like to individualize the treatment plan for our patients.

**DR. CHRISTOPHER GRAZIANO**, AA Urology



**Q:** What causes pain on the ball of the foot, that burns, causes shooting pain or creates a feeling of a bunched up sock at the base of the toes?

**A:** A Morton's neuroma. It is often described as a sharp, intense pain at the ball of the foot and may be worse with activity. In addition, it can be worse for

women when wearing heels. It can be mistaken for a fracture or a soft tissue tear. Proper diagnosis is critical. Treatment can be as simple as a change in shoe gear or adding insoles. Other treatments are cortisone injections or surgical excision, if needed.

**LYLE T. MODLIN, D.P.M., F.A.C.F.A.S.**  
Annapolis Foot & Ankle



**Q:** Can the BBL Laser Help Correct My Brown Spots?

**A:** Many patients come to us with concerns about their brown spots and pigmentation making their skin look less radiant. At Skin Wellness MD, we offer our patients the best in laser technology to treat sun damage, age spots, and more. Our Sciton

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**KELLY SUTTER, RN, CANS, Skin Wellness MD**



**Q:** Can counseling/therapy help me?

**A:** Counseling is a meaningful therapeutic process available for children, adolescents and adults. This process helps individuals, families or groups of people achieve personal growth or receive treatment for a mental health disorder. As the counseling process takes

place, people often gain knowledge of themselves and others, increased awareness, independence and effectiveness in the pursuit of achieving personal goals. Counseling can provide you with the tools necessary to improve your overall quality of life. Your personal well-being is essential to achieving a balanced, healthy lifestyle. Start your supportive journey today.

**REBECCA MITCH MCKEE, PHD, LCPC, CFC, BC-TMH**

Anne Arundel Counseling, Inc.  
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**Q:** I heard about something on TV called "teeth-in-a-day", can you tell me more?

**A:** It is a single-visit procedure in which multiple diseased teeth are removed, implants placed, and you are fitted with a temporary version of your teeth – all made possible by our state-of-the-art in-office CAT scan technology. Once your implants have time to heal, you'll visit our office

for a final restoration and follow-up adjustment. The benefit over a typical multi-visit approach is that the patient spends no time without teeth – retaining facial shape, chewing function, and clear speech. Unlike traditional dentures, the result is natural looking, fully functional and non-removable. This type of "dental makeover" can be a life-changing experience for patients who have put off larger dental restorations for years. Call us today to schedule a consultation and learn about financing options.

**DR. MEREDITH ESPOSITO, Chesapeake Dental Arts**



**Q:** What are porcelain veneers?

**A:** Veneers are thin wafers of porcelain, about the thickness of a fingernail, that are bonded on top of your natural teeth. With recent advancements in material, they can be extremely thin, requiring

little or no preparation of the tooth surface in ideal situations. With proper planning and design, veneers can be as durable as any restoration placed in the mouth and can be a conservative and beautiful option to upgrade your smile.

**SCOTT FINLAY, DDS, Annapolis Smiles**



**Q:** What are stem cells and platelet rich plasma (PRP)?

**A:** Stem cells and PRP are components found in your bodies blood that have pluripotent capabilities to stimulate the natural healing processes in your body. These cells are vital for tissue regeneration and repair. Whether you are obtaining stem cells from adipose tissue

or bone marrow or platelet rich plasma (PRP) from your vein the basic concept is to accumulate a heavy concentration of growth factors and relocate them to an area such as your knee joint, back or shoulder to regenerate tissue. Platelet rich plasma (PRP) is FDA approved for utilization in humans. Call today to Heal thyself with PRP or visit our website at [www.chesapeakeregenerativemedicine.com](http://www.chesapeakeregenerativemedicine.com) for price information.

**DR. BRIAN KAHAN, DO, The Kahan Center for Pain Management**



**Q:** At what age should I start getting mammograms and what if I have a family history of breast cancer?

**A:** At CMI, we agree and align with the American College of Radiology recommendation of starting mammograms at the age of 40 with an annual screening thereafter. We are

able to provide same day/next day results the vast majority of the time. If you have a family history of breast cancer, knowing you have a family history and wanting to be proactive is the first step. We are able to accommodate patients before the age of 40 and understand every patient is different. Additionally, other modalities such as MRI could play a role in assisting with advanced family history. We can discuss options and next steps during your appointment.

**DR. ALISON WILLIAMS**  
Chesapeake Medical Imaging



**Q: Is Colon Cancer preventable?**

**A:** Colon cancer can only be prevented by getting a regular colonoscopy. No other test both diagnoses and treats precancerous lesions called polyps in the colon.

Depending on risk factors colonoscopy should be done once every 10 years until

age 80 and more often if there are any risk factors in the family. It should be done after 80 if there are risk factors depending on the health of the patient. Colonoscopy should begin at age 45 as we are seeing more and more younger patients with cancer. Sadly, we see frequent colon cancers in those that did not get the test done. Stool tests that come in a box are not able to remove polyps or prevent cancer and their predictability is not that great.

**MICHAEL EPSTEIN, M.D.**  
Digestive Disorders Associates



**Q: What happens after a tooth is extracted?**

**A:** After the extraction of a permanent tooth, bone and gingival tissue (gums) start to fill the extraction site. However, the body also starts to "melt away" the bone in a vertical and horizontal dimension. If

implant tooth replacement is desired, a site preservation bone graft is usually required to prepare the surgical site, especially if bone loss occurred prior to the extraction. This recreates ideal bony contours, and makes dental implant success more predictable. The bone graft is usually performed at the time of extraction with no additional discomfort.

**ZIAD BATROUNI, DDS**  
Maryland Oral Surgery Associates



**Q: Who is a candidate for sedation dentistry?**

**A:** Sedation dentistry is a great option for patients who have anxiety or fear about going to the dentist. Dental sedation can also be helpful for patients with issues such as a sensitive gag reflex, fear of needles or difficulty getting numb.

Just about any procedure can be performed with sedation – even a dental cleaning. There are several sedation options including inhalation sedation (laughing gas), oral medications and IV sedation. Sedation dentistry makes it possible to have multiple procedures done in one visit – meaning fewer visits to the dentist!

**KIAN DJAWDAN, DMD**  
Djawdan Center for Implant & Restorative Dentistry



**Q: What are the treatment options for GYN Cancers?**

**A:** The standard of care for most gynecologic cancers is surgery. On occasions, it may need to be followed by chemotherapy or radiation. Early stage cervical cancer is treated with an open hysterectomy. Uterine cancers are usually treated with a laparoscopic/robotic

hysterectomy. Ovarian cancers are managed with an open cytoreductive surgery. For selected cases Heated Chemotherapy (HIPEC) could be considered. The most important thing is to seek care by specialized centers like Mercy Medical Center. Data has shown that specialized centers provide better outcomes. The Gynecologic Oncology Center at Mercy is one of the leading teams in the region for gynecologic care.

**TERESA P. DIAZ-MONTES, M.D., MPH, FACOG**  
Medical Director, The Neil B. Rosenhein, M.D., Institute for Gynecologic Care at Annapolis



**Q: What is the best way to treat Melasma?**

**A:** Melasma is often both frustrating and difficult to treat. I personally have suffered from it, so I understand the challenges it presents. Through years of experience, I have come to find that one of the best solutions

to improving Melasma is the Reve Enlighten Depigmentation System that we offer at O'Donnell Vein and Laser. I am one of the only Licensed Estheticians in the state of MD experienced with this specific treatment. Skincare is my passion, and I will provide you with the absolute best treatment plan and homecare regimen to improve your Melasma but ultimately consistency and dedication to the plan laid out for you will be what makes the real difference.

**LAURA RUPPEL, L.E., O'Donnell Vein & Laser**



**Q: What is Deep Teeth Whitening?**

**A:** It is a long-lasting tooth whitening solution.

You can achieve the whitest, longest-lasting results with our deep whitening system. This powerful whitening formula is surprisingly gentle and has a neutral pH that is unlikely to

cause tooth sensitivity and discomfort during whitening. Deep whitening treatment will deliver outstanding results on the deepest, most resistant teeth stains that used to be considered untreatable, such as tetracycline staining, fluorosis, and other very dark stains. Brighter teeth will take years off your appearance.

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WHAT'S UP? MEDIA

# LEADING LAWYERS

**CALLING ALL LAWYERS: NOMINATIONS ARE OPEN**

Nomination surveys for the 2022 Class of Leading Lawyers have officially opened to all legal professionals practicing law in Anne Arundel County and Maryland's Eastern Shore. Lawyers (and judges) are encouraged to nominate their legal peers for this distinguished honor that recognizes the best lawyers in the region. This is your opportunity to voice your opinion as to which lawyers should be acknowledged as leaders in their various areas of specialty. We thank you in advance for participating in this valuable service. **Results will be published in our May 2022 issues. Surveys will close on Nov. 30th, 2021.**

[whatsupmag.com/2022lawyerssurvey](http://whatsupmag.com/2022lawyerssurvey)



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# 2021 ANNAPOLIS CITY ELECTIONS PREVIEW

THE NEXT MAYOR AND CITY COUNCIL HAVE A LONG LINE OF PREDECESSORS TO DRAW  
INSPIRATION FROM, IN LEADING ANNAPOLIS TOWARD FUTURE PROSPERITY

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Dating back to the first mayor in 1708 (**Amos Garrett**), the **137** mayors of Annapolis include members of well-known families in American history such as Brice, Carroll, Chase, Harwood, and Pinkney. While the position is extremely visible today, it has been rare for the city's leader to govern for eight consecutive years. One early exception not long after Garrett was **Vachel Denton**; his 22 years in the colonial era, including an 18-year stretch from 1727–1745, make him the longest-serving mayor; **Allen Quynn**, whose multiple non-consecutive terms between 1773 and 1802 encompassed 11 total years—but never eight straight—is second.

Until 1973, the job was part-time, which meant the mayor served in many other political capacities prior to, during, and after leaving office. Garrett, for

example, was in the Maryland General Assembly from 1712–1722 (except for 1716–1719). **Jeremiah Townley Chase**—Samuel Chase's second cousin—actually pulled triple duty; according to the Maryland State Archives, after he left the House of Delegates in 1779, he was both mayor (1783–1784) and a state representative in the unicameral Congress under the Articles of Confederation that met in Annapolis. Alongside Thomas Jefferson and James Monroe, Chase participated in accepting the resignation of General George Washington as Commander-in-Chief of the United States Continental Army and ratifying the Treaty of Paris with Great Britain, formally ending the Revolutionary War. Both Garrett and Chase were buried at St. Anne's Cemetery, not far from where Congress met or where City Hall sits today.

From then until **John Apostol** was elected full-time in 1973, only **Dennis Claude** (1828–1837 and 1853–1855), **James Strange** (1909–1919), **William McCready** (1941–1949), **Arthur Ellington** (1952–1961, including time as Acting Mayor), and **Roger "Pip" Moyer** (1965–1973) were mayor for an eight-year period. Since 1973, just **Alfred Hopkins** (1989–1997) and Pip's former wife, **Ellen Moyer** (2001–2009) have completed two four-year terms (Apostol was re-elected in 1977 but didn't stay in office until the end). Because they work closely with the City Council, Anne Arundel County leaders, the state government, and local officials across the nation, the title "Mayor of Annapolis" symbolizes a personal dedication to improving every aspect of civic life, and with it, an enormous burden of responsibility.

Ahead of the primary election on September 21 and the general election on November 2, the latest mayoral incumbent bidding to earn a second four-year term is Democrat **Gavin Buckley**, a South African native who grew up in Australia and is now pulling quadruple duty himself as mayor and the owner of the Tsunami, Lemongrass, and Metropolitan Kitchen and Lounge restaurants in the downtown area. His first four years have been notable for an emphasis on renovating, developing, and modernizing the historic district from West Street to Main Street as well as frequent political battles over zoning, regulations, historic preservation, increased property taxes, and new gun laws in the wake of the 2018 Capital newspaper murders. This is a crucial time for Annapolis, as the next mayor will continue to oversee the city's recovery from the Covid-19 pandemic and the continued redevelopment of the historic City Dock.

Buckley has run a vigorous campaign championing his response to the coronavirus, financial assistance programs for low-income residents, fully funded city employee pensions, enhanced community engagement—especially with the Black, Latinx, Asian, and LGBT communities—and a commitment to environmental protection. The steps Buckley has taken to address climate change include creating the new position of “Deputy City Manager for Resilience and Sustainability” and adding Annapolis as a litigant to a lawsuit suing the fossil fuel industry—names like Chevron, ConocoPhillips, Exxon-Mobil, and Shell—for damages related to the adverse impact that carbon energy consumption-fueled climate change has had on the municipality's 17-mile waterfront, where over the last half-century, rising sea levels have caused “the greatest increase in annual average nuisance flooding events of any city in the coun-

try,” according to Inside Climate News. For the better part of the campaign he was unopposed until Annapolis Republican Committee Chair **Steven Strawn** threw his hat into the ring in late July. Born in Washington, D.C. Strawn spent time growing up in Prince George's County, where he worked on a horse farm. As an adult, his experience is in sales and sports, including coaching baseball. After moving to Annapolis in 2006, he began working at the Bay Theater Company and eventually got involved in politics.

The campaigns for the eight **City Council** seats are a little more competitive, with some intriguing rematches, even though in **Ward 1**, first-term Democrat **Elly Tierney**, like the mayor, is also running unopposed in both elections. In **Ward 2**, however, following the retirement of Fred Paone, Democrat **Karma O'Neill**, owner of an event planning company, and Republican **Scott Gibson**, an executive at Melwood, will vie for the seat.

In **Ward 3**, first-term Democrat **Rhonda Pindell-Charles** will be challenged in the primary by **Keanu Smith-Brown**, the former president of the District 30 Democratic Club (no Republican has filed a candidacy). In **Ward 4**, two-term Democrat **Sheila Finlayson** will face longtime community activist **Toni Strong Pratt** in a repeat of their 2017 primary battle (no Republican has filed a candidacy).

In **Ward 5**, the Republican challenger to first-term (by appointment) Democrat **Brooks Schandelmeier** is Seattle-born **Monica Fenton Manthey**. In **Ward 6**, first-term Democrat **DaJuan Gay** (who won a 2019 special election as write-in candidate after Alderwoman Shaneka Henson was appointed to a District 30A seat in the Maryland House of Delegates following the passing of Speaker Michael Busch) will once again confront a primary challenge from **George Gallagher** (no Republican has filed a candidacy).

In **Ward 7**, first-term Democrat **Rob Savidge** is running unopposed (no Republican has filed a candidacy). Finally, in **Ward 8**, **Kati George** of the Annapolis Audit Committee has announced her intention to challenge the four-term incumbent, Democrat **Ross Arnett**, in the primary. The winner will face the Republican challenger, Back Creek Books owner **Rockford Toews**.

Implementing a full pandemic recovery plan, successful stimulating the local economy, continuing a long overdue improvement in race relations, and prioritizing badly needed infrastructure projects before calamity strikes—Annapolis shares many of the pressing issues now facing cities and towns all over the country. How the next mayor and city council respond to these kinds of challenges will go a long way toward determining how much of an increase in the overall quality of life residents will notice not only in the coming months, but for many years ahead.



*Mark Croatti teaches courses on American Government and Public Policy at the United States Naval Academy and the University of Maryland and has covered state and local politics since 2004.*



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At the Westin Hotel complex at Westgate Circle in Annapolis, the recently painted Carr's Beach murals highlight important figures and the site where Black Annapolitans relaxed, had fun, and enjoyed performances by famous Black artists throughout a large part of the 1900s.

# Capital Canvas

By Ines Pinto Alicea | Photography by Stephen Buchanan and courtesy Comacell Brown

Large-scale artistic murals on city buildings and historic endeavors showcase Annapolis' and the State's diverse past, and embolden a more equitable vision for the future

For much of the 55 years that Colonial Annapolis has been designated a historic landmark, the city was not known for highlighting the historical contributions of persons of color through its art or historical buildings except for the city's role as a slave trading hub.

In recent years, across the country, the removal of art or the placement of new art has become a vehicle to fill in gaps in the history that has traditionally been told and to enlighten and educate the public about the contributions of people of color. Murals have become a popular storytelling mode that have boosted the growing acceptance of the nation's rich, cultural diversity, building bridges between culture, art, and history.

"The murals are a form of art where the artist has direct contact with the community," suggests Roberta Pardo, founder of Urban Walls Brazil which imported street artists from around the world to lead the painting of some of the city's initial murals and to teach workshops for children since 2014. "Everyone can watch the process. It is beautifying the city and it is important to educate people about different cultures and diversity."

Annapolis is emblematic of the movement to tell more stories about the accomplishments, roles, lives, and contributions of persons of color in the state. While

government officials have been a part of the effort, it is local artists taking the lead and transforming the city's historical landscape through multiple colorful murals both in the Historic District and in the city.

"Annapolis is making a really big push with spreading unity and everyone getting on the same page, and doing that, takes respecting your history," says Comacell Brown, an Annapolis artist who has painted some murals of historically-significant events and Black leaders around the city. Brown is also a member of the Art in Public Places Commission that, through a majority vote, decides which public mural proposals and artistic projects will be allowed to move forward in Annapolis.

In Annapolis, the strides toward more historical inclusivity are developing on two fronts; one governmental and one led by artists. The artists like Pardo, Brown, and others—eager to dedicate more art to historical persons of color—have painted more than 40 murals since 2014 on many building facades and other spaces, many with a nod to the importance of the Black community to Annapolis.

"It's definitely a thoughtful approach to represent the history of the Black community," says John J. Tower, Annapolis' assistant chief of historic preservation. "It's long overdue. The administration [of Annapolis Mayor Gavin Buckley] considers it a priority."



***“Annapolis is making a really big push with spreading unity and everyone getting on the same page, and doing that, takes respecting your history”***



Comacell Brown (inset below) painted “The Walking Man” on the side of Pinky’s Liquor Store on West Street. The mural captures Carlester Smith, who was well known to clean and pick up trash as he walked through Annapolis.

### Enriching History

On the government front, city officials are restoring buildings important to the city’s Black community. Tower says the city is restoring the Universal Lodge #14, an African-American Masonic Lodge located at 64 Clay Street, and the Maynard-Burgess House at 163 Duke of Gloucester Street. The two buildings expand on the history of the Black community in Annapolis. The Maynard-Burgess house was owned by two successive African American families from 1847 to 1990, starting with John Maynard, a free Black man in Maryland.

“We recognize the state’s art collection (in government buildings) has real gaps in who it represents and that it is white male focused,” says Elaine Rice Bachmann, the deputy State archivist and Secretary of the State House Trust which oversees its works of art. She adds that her office has not only been working on including more art honoring the accomplishments and biographies of people of color not known to the public, but also commissioning artworks by diverse artists.

Also, state legislators commissioned bronze statues for the Maryland House of Delegates in February 2020 of abolitionist Frederick Douglass and Harriett Tubman, a slave in Maryland who led other slaves to freedom as a “conductor” of the Underground Railroad. Lawmakers also hung a portrait of former Maryland state senator Verda Welcome, making hers the first portrait of a Black person to be displayed in the state Senate. Residents didn’t just push for more memorials of persons of color to address errors of historical omission, they also sought to remove statues commemorating divisive figures like that of Roger B. Taney, the fifth Chief Justice of the Supreme Court. Taney was the author of the 1857 Dred Scott decision, which denied citizenship to African Americans and upheld slavery.

“People come into public buildings and they wonder how they fit in and where’s their story,” says Susan Seifried, vice president of public relations and communications at Visit Annapolis & Anne Arundel County. “We have a responsibility to tell a fuller picture. We want to tell a fuller and complete history of the destination.”

### Painting Our Stories

While the steps toward historical inclusivity at the government level are welcome, it is the murals, created organically and largely from a grassroots effort, that seem to be generating excitement. The murals have become an indelible part of Annapolis’ landscape, telling the stories of the historic Star

Theatre (on Northwest Street) and of Carr's Beach (designed by Brown and found at the Westin Hotel complex), two important sites where Black Annapolitans throughout a large part of the 1900s were allowed to relax, have fun, and enjoy performances by famous Black artists, or highlighting the roles of important Black leaders like the late Supreme Court Justice Thurgood Marshall (painted by Future History Now, founded by artists Jeff Huntington and Julia Gibb) and the late U.S. Rep John Lewis (D-Ga.), a passionate civil rights advocate.

One student who helped paint the Carr's Beach mural, Imran Okedeyi, told *Chesapeake Bay Magazine* in an interview. "Anybody can drive by and look at the art. I know I do that. It makes me feel good." The Carr's Beach mural is a vibrant, colorful mural highlighting some of the key people, like performer James Brown, patrolman George Phelps Jr., and the showgirls who helped make Carr's Beach a success. It also features images of the Chesapeake Bay Bridge, a Ferris wheel, and water tower which once could be found at Carr's Beach, and a long expanse of beach with swimmers frolicking in the water.

Annapolis also made national news when a mural (also co-designed by Brown) covering a basketball court in Chambers Park was painted of the late Breonna Taylor, a 26-year-old African American woman fatally shot in her Louisville, Kentucky, apartment by police. Her death was one of several killings by police that led to many civil rights protests throughout the U.S. Her family commissioned the mural and visited Annapolis for its dedication ceremony.

Additional murals can be found in the Historic District and all over the city and they are drawing international interest and tourism to the state capital, which has more intact 18<sup>th</sup> Century buildings than any other city in the country, says Seifried.

"We've got really talented local artists," Seifried says, adding that she loves the muralists' nods to "regular people who made a difference" in Annapolis like Carlester Smith (a beloved Annapolitan who could be seen daily walking down West Street and whose mural designed by Brown can be found at Pinky's West Street Liquors.) "Obviously, the artists feel there is a story to be told and they are using artwork to tell it. How wonderful it is that we can reap the benefits of their efforts."

Brown, who graduated with a graphics design degree from the Art Institute of Atlanta, says he has evolved as an artist, initially contributing some work on area murals and later taking the lead on the murals of Carlester Smith and of Carr's Beach. He called Smith a "ray of light that shines bright in the heart of many Annapolitans of all races." His mural, titled "The Walking Man" captures Smith's image in a colorful mural highlighting Annapolis'

landscape next to him. Smith is holding a trash bag as he was known to clean and pick up trash as he walked through Annapolis.

"(Smith) always gave the sense of being happy and he helped keep up Annapolis by cleaning around many of the city's businesses for free," Brown says. "I've developed a passion to paint the world and see up close and personal the positive impact art has on people. I want to spread the love around."

Brown credits "Mural Mayor," Annapolis Mayor Gavin Buckley, a huge proponent of the murals, "for his vision of a brighter and colorful future" for Annapolis and Maryland Hall for programming that pushed for more diversity in the arts in the community.

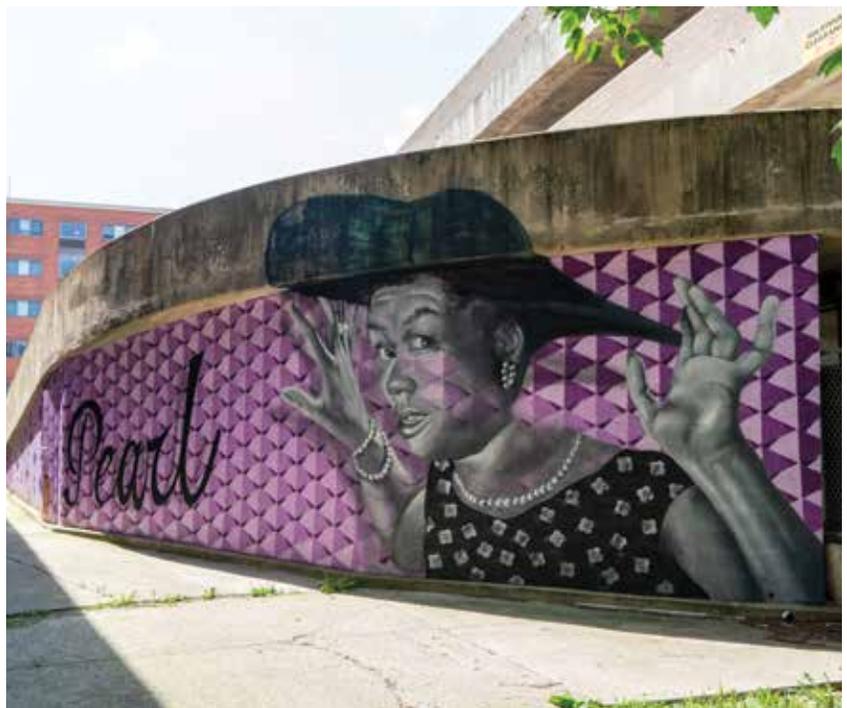
Before becoming mayor, Buckley, as owner of Tsunami restaurant, fought and won a court case against the city's Historic Preservation Commission over the mural, "Agony and Ecstasy Live Together in Perfect Harmony" also painted by Huntington.

"One of the things I most enjoy about public art is that it is not held in private collections behind closed doors," Buckley says. "It is out in the world for everyone to enjoy."

## Consent to Create

Since 2001, artists have turned to the Art in Public Places Commission (AIPPC) for permission to produce art on city property or for monetary funding. AIPPC has a digital map of the city's murals and the link can be found at: [annapolis.gov/DocumentCenter/View/10423/Murals](http://annapolis.gov/DocumentCenter/View/10423/Murals).

*"Pearl Bailey," painted by Future History Now and the Stanton Community Center is located at Whitmore Garage, between Washington and Calvert streets. Singer and actress Pearl Bailey, known to frequent Annapolis stages in the historically black Fourth Ward.*





▲  
 Supreme Court Justices Thurgood Marshall and Ruth Bader Ginsburg were painted by Future History Now and is dedicated to "Equal Justice Under the Law." The mural is located on South Street, just off Church Circle.

"AIPPC recognizes art as an economic asset to the city of Annapolis," says Genevieve Torri, AIPPC's chair, adding that government policies promoting art and culture draw economic development to a city, increase jobs and tax revenues, and boost tourism. "Arts and culture are consistent sources of economic growth during both good and difficult times. It is our mission to enhance the public art environment of the city and to encourage national recognition of Annapolis as one of the nation's top cities for the arts."

If artists want approval for a mural in the Historic District they must win approval from the eight-member Historic Preservation Commission, says Tower, who, as a city employee, assists the commission in its work. The commission releases a newspaper notice about their public hearings so the public can weigh in on art proposals.

"(Murals) are a feature changing entity," Tower says. "When it goes on a building, it changes the way the building is perceived."

Tower says a 150-year-old building that has never been painted would not be a good candidate for a mural because it would change the materials or walls to painted ones where paint wasn't there before.

***"It is our mission to enhance the public art environment of the city and to encourage national recognition of Annapolis as one of the nation's top cities for the arts."***

"It's better to choose a canvas that is not historically significant and that has been painted before," Tower explains. "The commission is looking at how the mural painting alters the building, how it works into the historic district, and that it doesn't change the streetscape."

Tower says the commission doesn't evaluate as much on the content of the murals because "that is treated as a First Amendment Right."

But, Tower and Rice Bachmann are huge supporters of the artists, particularly when the projects engage and become educational for the children of Annapolis.

"It's an enrichment of the historic district to express the nation's and local history and involve children," Tower says. "(The artists) are passionate about the murals and committed to involving children, not just artistically, but also from an instructional standpoint. That's quite significant. It's a win for everyone."

Rice Bachmann, the state's archivist, called the murals a "welcome addition to the historic landscape of the city," adding that "statues are not the only way to honor a person." She says the growth in the numbers of murals honoring Black history "reflect a greater awareness of the systemic racism in our country."

Pardo, who was a one-woman show in securing funds to bring artists from around the world to the city's public high schools and to paint some of Annapolis' early murals, says some critics denigrate the murals, calling them graffiti, but graffiti is usually not done legally and often just tags or writes over the others' works of art. Street art is now an acknowledged art form that transforms urban spaces worldwide, she says.

"Murals help kids to respect art," says Pardo, who served for six years on the Arts Council of Anne Arundel County. "The messages on the murals often give voices to the voiceless."

## Monuments Project

In recent years, protestors took down several monuments commemorating racism and slavery or government officials, pressured by constituents, ordered them removed in what seemed like a national reckoning over the toxic aspects of U.S. history. In 2020, the Andrew W. Mellon Foundation, one of the largest supporters of the arts and humanities, launched its \$250 million Monuments Project, an effort to teach history in public that is accurate, inclusive, and inspiring and transform commemorative spaces so they celebrate the country's diverse history through the funding of new monuments and removing or recontextualizing of existing ones.

“Our commemorative landscape is wildly lopsided when it comes to which stories are told and which values are exalted,” says Elizabeth Alexander, President of the Mellon Foundation. “Future generations ought to inherit an inclusive commemorative landscape that elevates the visionary contributions and remarkable experiences of the many different communities that make up the United States.”

An important element of the grant is an audit of the existing landscape of monuments and memorials across the United States. The Philadelphia-based public art and research group, the Monument Lab, is conducting the audit using records from state and local agencies and other sources like the Southern Poverty Law Center to find out information such as who sponsored the monument originally and who subsidizes its upkeep. The audit will create ten new Monument Lab field offices that will re-imagine monuments across the country.

“Instead of investing too much in conflicts over demolition—which often get a lot of attention—we want to bring people together to envision the next generation of monuments in a way that feels more inclusive and hopeful,” says Paul Farber, the Monument Lab's director,

Alexander says the project had been at least five years in the making, but the need for it was sharpened when a white supremacist killed a young woman when white supremacists gathered in 2017 in Charlottesville to fight the removal of a memorial to Confederate Gen. Robert E. Lee. But while the Black Lives Matter protests of last year, which led to prominent Confederate memorials being removed across the country, helped focus public attention on the subject, the Monuments Project isn't limited to addressing debates over memorials to the Confederacy.

“This is not a Confederate monuments project; it is a monuments project,” says Alexander. “That means addressing the larger issue of what values and ideas about identity are embedded in this country's public architecture of history and memory. What is preserved, what is forgotten, and what is suppressed?”



(Above) *The Light House Bistro* mural by Sally Wern Comport is dedicated to the history of the restaurant's building, which used to house Levy's Grocery Store and Capitol Drugs, owned by the Levy family between 1952 and 1987. The Levy family appears in the warmly painted piece alongside President James Madison, Navy Adm. Marcellus Hall, artists, musicians and, of course, chefs.

(Right) “Weird and Wonderful” by Future History Now and Annapolis students at Maryland Hall for the Creative Arts features work by students from across the city, who painted animals, insects, and flowers.



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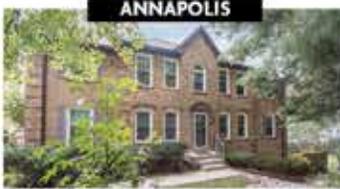
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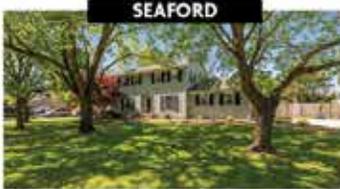
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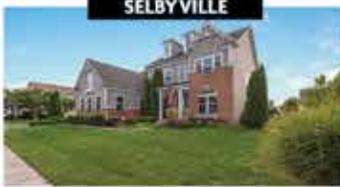


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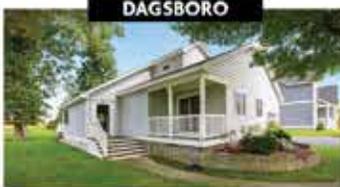
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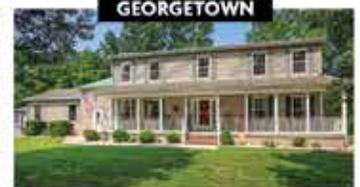
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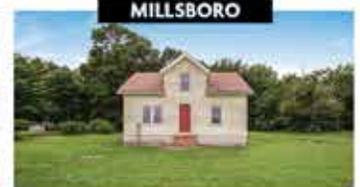
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# Re-Planting *Azaleas* in Severn Grove

BY LISA J. GOTTO

PHOTOGRAPHY BY STEPHEN BUCHANAN

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Property owner Tina fondly recalls countless summers in her childhood traveling from her Prince George's County home to a special little spot, a quaint cottage on Saltworks Creek that her great grandparents owned. It started out as just a few small rooms and a dock; a place to put a line in the water and tether a boat. There were many quick jaunts out to the Severn River from here, many sunny days on the sparkling water, and many memories made.

Like watercolors that vary in intensity from pale to striking, flashes of spring azalea blooms and summers gone by have served as inspiration for Tina, and her husband Mike, over the years until the time came for them to become the new stewards of that special cottage and the land surrounding it at the water's edge.



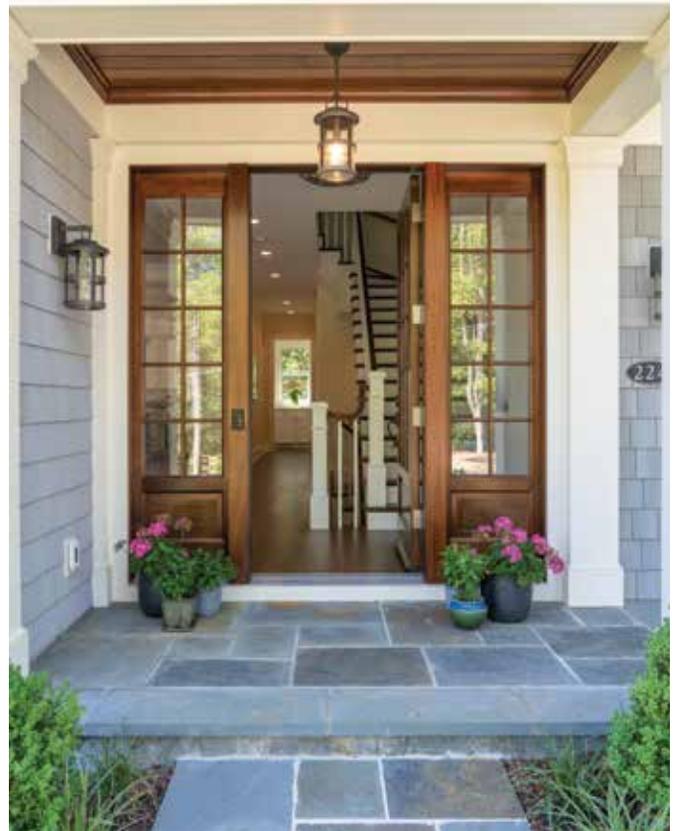
## Critical Area, Critical Decisions

“[The cottage] was my great grandfather’s, then my grandparents, and then my parents’ home that they came to over the summer,” says Tina of the community retreat that dates back to the 1930s and was primarily frequented by D.C. weekenders in those days.

This responsibility would carry with it some tough decisions, as the present-day condition of the cottage was, in their architect’s opinion, unsalvageable, due to its age and positioning on a very steep hill. The homeowners were already thinking the structure would need to come down. What would happen to Tina’s parents’ lovely azalea bushes? While the couple saw this as a practical matter, they would soon come to realize the greater complexities that building its replacement would entail.

With that in mind, the project was assigned to the firm of Purple Cherry Architects of Annapolis. Highly knowledgeable in the unique concerns and constraints of development in Maryland’s Critical Area, the project presented the design team of Cathy Purple Cherry, Alan Cook, and Carla Edmonds with a slate of particular challenges.

The new home that they would conceive would not only require meeting the needs of a homeowner’s must-have list, but it would necessitate painstaking assessment of existing and extremely complicated land management issues, including a 30-foot differential in elevation, significant property sloping, and ongoing erosion control.



As Purple Cherry tells it, one needs a thorough review of the devised site plan to truly appreciate the gravity and complexity of what it took to build this home into a sloping hillside and with the land’s existing, and perhaps future, constraints in mind.

“The site constraints are what actually created the floorplan,” says Purple Cherry, who further explained how the home would need to work from a structural standpoint if it were to be successfully integrated into the hillside.

Primarily the home’s main level needed to be large enough to support what would be required of its lower level, and of course, provide a sturdy foundation for what would be built above. Purple Cherry brought in Annapolis-based Bay Engineering for their expertise in this area, and Bayview Builders was tapped to construct the design.

To accomplish the new build, the old cottage would have to come down and a replacement bulk head and pier would need to be installed before any construction could begin on the necessary retaining walls and home. Purple Cherry recalls that the production of and the perception made by all the weighty work concerned the couple greatly.

“It was important to them. They knew they were going into a neighborhood where most of the homes were smaller in nature. They did not want to come in with any grandeur, or do anything that was offensive to anyone else,” Purple Cherry explains.

But when all was said and done and the grounds were cleared, something serendipitous happened. What needed to be taken away turned out to be a good thing, as some of the homes in their close-knit community that did not have water views before the demolition due to the cottage and some obscuring trees, now had a much clearer sightline to the water.





## Best & Brightest

While anyone on the project would attest it was, at times, a laborious process of troubleshooting, re-assessing, and addressing set-backs, the reward for the homeowners is quite clear.

The result is a 4,870-square-foot home with a clean, coastal feel, airy and bright with an abundance of natural light, and one that is perfectly positioned for quality of life on the water.

The well-conceived and executed floor plan is evident from the moment you walk in as you're immediately greeted with the sparkle of sunny water shimmers, a by-product of a lovely day and exacting placement of a series of sliding glass doors along one entire wall of the main level's open-plan living space.

"The siting of this house is deliberately oriented to that view," Purple Cherry says.

You also feel how comfortable the home is upon entry with its soothing palette of neutral colors that pull in and juxtapose the earth and water tones emanating from the outside.

With the expert advice of one of Purple Cherry's in-house interior designers, Annie Kersey, the couple chose two large, but cozy pearl-toned sofas from Vanguard Furniture's East Lake collection to set the standard for style in the main living area. The sofas are accent-

ed with spindle-shaped ottomans that provided a causal, nautical flair to the grouping, along with a sumptuous architectural cocktail table from Modern History. A fireplace with a Mother of Pearl shell mosaic tile surround centers the entry wall and is framed with built-in cabinetry and windows above them on either side.

This area is roomy and is accommodating for adults, as well as kids—the couple has three grown daughters and three grandchildren—a must-have relayed to Kersey when they discussed how the space would be used. Underneath it all, the couple chose an ivory area rug from Coventry Cord.

This area effortlessly flows to the all-white, custom open-plan kitchen and dining area along dark-stained white oak floors. Several savvy and stylish choices made this room just as convenient and functional as it is beautiful. The family, which spans multi-generations, will all find a seat at the Faulkner dining table from Vanguard Furniture, accented with the manufacturer's Bailey arm and Newton side chairs. A Visual Comfort Camille Medium Linear chandelier shines overhead.

Two particular options selected for the kitchen are also a testament to good taste and smart entertaining. A deep, three-foot wide galley sink with a variety of accessories like cutting board and strainer inserts, are efficient essentials for the homeowners. A sleek, rectangular stainless steel prep sink from Signature Hardware does double-duty as an on-counter wine cooler and is conveniently located just across from the wine fridge.



## Personal Touches

Any new home design wouldn't be complete without the homeowners calling an audible or two. For this couple, the practicality of their pantry space off the kitchen was one decision Tina needed to re-think. What was originally slated to provide utility with basic shelving, was upgraded after she read an email newsletter sent by the Purple Cherry Architect design team that was full of great ideas on how to conceive an ideal and attractive pantry space. Tina was so inspired she sketched out her own design for that space.

Now the pantry has a room of its own that is charming with a sunny window, custom cabinetry, and storage solutions including a "smart" drawer that provides charging stations for the family's electronics. When not in use, this space is cleverly concealed behind a stealth pocket door.

The star attraction of this main level living space, however, is its seamless transition to the huge outdoor covered deck that runs along nearly the entire creek-side of the home. This superb entertaining space is outfitted with disappearing screen inserts for when the weather turns buggy. The overlook to the creek and gorgeous new landscaping complete a soothing outdoor vibe.

Just this floor alone is worth the price of admission in this amazing home, but there's so much more. From its functional approach to three-level living, to its thoughtful placement of each of its four bedrooms to maximize views, to its outstanding material choices—the primary bath suite is a clinic on the auspicious use of space and how to bring the glam when it comes to creating impact with tile—this LEED Gold Certification dwelling captures the heart-felt theme of family that the couple was hoping to create in their new home all along.

And just outside, beneath that stellar covered deck, what do we spy but another homage to family taking pride of place at the water's edge? It's a row of Tina's parents' heirloom azalea bushes planted and ready for next spring's seasonal debut.



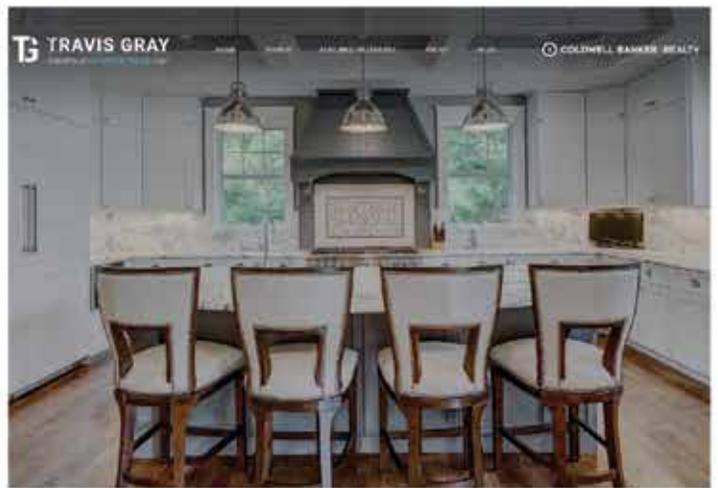
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Travis Gray was born in Annapolis and raised on the Severn River. He comes from a long line of real estate professionals and serves both sides of the Chesapeake Bay. He specializes in marketing and selling waterfront homes and fine properties in the Annapolis area.

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# Great Time for a Refresh

## 8 WAYS TO PERK UP YOUR FALL GARDEN

By Janice F. Booth

Autumn is well underway here in Maryland, and there's a special sweetness to this post-COVID pandemic fall. Kids are back in school or back in their college dorms. We're settling into our work routines, modified though they may be post-pandemic. When we return home, to our familiar haven, our house or apartment and garden, we're enjoying the benefits of all the little projects we accomplished during quarantine—those new, small appliances for the kitchen, that repainted den or office, and the dear garden—polished or even expanded from past seasons. Feels good, doesn't it, to look over your accomplishments?

Now, however, fall is upon us, and our long summer on-the-go has ended. Time to plump up those couch pillows, have the windows cleaned, and tidy up the garden for the last lovely months of the year. Here are some suggestions for perking up our tired gardens and patios, preparing them for fall parties and quiet sunset drinks or dinners on the deck.

1 Start with the obvious. If you have a gardening service, ask them to remove the dead and dying annuals from the flowerbeds and pots. Remind them not to pull out the zinnias and chrysanthemums; they're in their glory now. Dead-heading any old blooms could help these plants continue to bloom during the next month-or-so. (If you're doing these tasks yourself, no worries. They're all easy tasks; take a large basket or plastic pail into the garden and just pluck out dead blossoms and brown, withered plants.

2 While they or you are clearing out the tired plants, trim back some of those spring-blooming bushes that have grown a bit leggy over the long, summer, growing season. Once trimmed back, your forsythias, flowering quince, and lilac bushes will still have time to grow and prepare to send out new growth and welcome blooms once spring arrives.

3 Another great way to freshen the garden area is with some strategically placed new plants. In the garden

or on the patio, plant some pretty pansies and ornamental kale—with any luck, they'll bloom all winter. Snapdragons and ornamental peppers will also brighten up the garden. You needn't bother putting them in the ground. Just snuggle the plastic pots down among the foliage of other plants or drop the plants into always-appropriate clay pots. Fill several pots with nasturtium, perfect with their orange and gold blossoms and pretty, round leaves. To add a touch of drama, dig out some trailers of ivy or periwinkle with a little root ball and plant them around the outer edge of the flowerpots so they cascade over the sides.

4 Take a look at the borders of your flowerbeds and walkways. Has grass started to wheedle its way between the stepping-stones or into the flowerbeds? Pulling out the stray clumps of grass and weeds will add a crisper look to the walkway. You may want to go a bit further with the flowerbeds and ask the gardener to edge the flowerbeds again, as was done in the spring.

5 And while you're wandering along the garden paths, take a look at your fencing. Are there slats that need replacing? Would a coat of paint now help preserve the fence and improve its appearance? Is now the time to replace that chain link fence at the back of the yard with something more attractive, like pickets, bamboo, or wrought iron?

6 In preparation for the coming shorter days and longer nights, a little trick with lighting might be fun. Maybe you have some leftover rope lights from your summer parties. Or, pick up some tiny, white lights from the hardware store. Drape some over the bushes, wind one or two strands around tree trunks, or hang them around the patio. If they're LED, you can just leave them on throughout the winter, or connect them to one main, heavy-duty extension cord which you can easily unplug as you walk out to get the paper in the morning and plug in as you return home in the evening.



7 When you get the urge to do some digging, buy some bulbs—you'll find them everywhere this time of year. Maybe you want to try some exotic tulips or old-fashioned gladiolas. Get some of each, plus the old standbys, daffodils and crocuses. For the most part, just stick them in the ground anywhere the soil is not too packed down, or be creative, and plant them in clumps for lovely bursts of blooms in springtime.

8 Finally, think about the watering system you've used all summer. If you simply used a watering can and hose, think about preparing to coil and store that hose. If you setup timers and sprinklers, you'll want to plan for removing them and storing them for spring re-installation. Or, this might be

the year you call in the landscaper to discuss installing an irrigation system in the garden, a system that will use water efficiently. Now is a good time to look into the project. The advice may be to wait until spring to dig up the ground and install the drip hoses or sprinkler system. But, they may suggest installing now, while they can see the design of your garden and the water demands of various plants and trees. In any case, it's a good time to get the project on-the-books.

There will be lots of time yet for putting the garden to bed, and facing the chores of preparing for winter. But, not yet. There's still time to sit on the deck or lounge in the hammock and enjoy your outdoor spaces. Doing a few little chores to spruce up those spaces will simply enhance your pleasure in autumn's particular beauty.

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15

# Four-Square, Four-Star

By Lisa J. Gotto

Photography by Michele Sheiko, Real Patience, Inc.

ust steps from Spa Creek and a world away from an every-day residence, this gorgeous Georgian four-square style home is packed with all the best an address in Annapolis has to offer.

From the moment you step on the property, you'll notice its outstanding curb appeal created with endless and meticulous brick walks that lead to the home's charming porch. Once inside, you will see that no expense was spared to maintain this extremely well-appointed dwelling built in 1927. Fully-restored in 2013, your welcome starts with a formal entry and wide-planked dark hardwood floors, as a vintage copper candelabra lights your way from above.

Luxurious crown molding and trim work adds polish to every wall and floorboard, as you enter the home's formal living room on the right, and dining room on the left. Beautiful natural light streams in on both sides from large casement windows and oversized side window lights on the front door.



**Primary Structure Built:** 1927

**Sold For:** \$3,000,000

**Original List Price:**

\$3,150,000

**Bedrooms:** 4

**Baths:** 4 Full, 3 Half

**Living Space:** 7,500 Sq. Ft.

**Lot Size:** 0.29 acres

**Listing & Buyer's Agent:** Connie Cadwell; Coldwell Banker Residential Brokerage; 3 Church Circle, Annapolis; m. 410-693-1705; o. 410-919-1825; connie@conniecadwell.com; conniecadwell.com

The home's main level flows forward through a central hall and to the kitchen via the dining room. This room is a cook's dream with its shining granite countertops, farmhouse sink, and six-burner gas stove with pot filling feature. Custom pendant lighting over a central island and all stainless-steel appliances make this all-white kitchen as beautiful as it is functional.

The kitchen offers ease of entry to the home's spacious family room with its coffered ceilings and gas fireplace. Two sets of French doors offer entry to the deck and lower stone patio off this room, which is also outfitted with several oversized windows providing the space with abundant natural light. Generous glimpses of Spa Creek are afforded from the patio.

The homeowner's suite and luxurious bath with its huge soaking tub, marble vanity, and walk-in shower are located on the upper level along with two additional guest bedrooms and a home office.

A cozy loft space with built-in upholstered window seats, bead board wall treatment, and recessed wall-mount television on the floor above make this a precious little retreat for the movie lover or reader. This room also offers a convenient wet bar area with wine fridge.

Other perks of this outstanding home include a roof-top deck with panoramic views of Spa Creek, an impressive lower-level wine and gathering room with center island seating for four, a well-appointed in-home gym, a lower-level bedroom suite, and a two-car garage with upper level storage.





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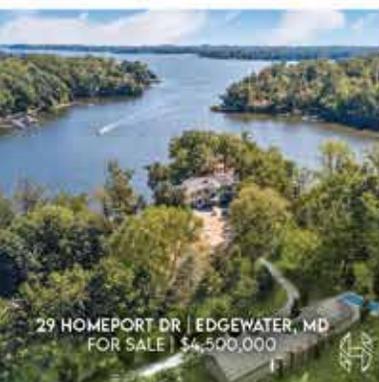
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# Live Like a King in Crownsville

By Lisa J. Gotto

Come in, sit back, and relax in this wonderfully updated, open-plan contemporary home. Surrounded by a mature, wooded landscape, this 3,000-plus-square-foot home feels like you are living in a secluded treetop retreat with its scenic walls of windows.

The main level floorplan includes an eye-catching, nine-foot cathedral ceiling with beam work, warm hardwood flooring, and a light and bright fully-equipped eat-in kitchen with island, wall oven, and cooktop. A large family room is conveniently located right off the kitchen and features a cozy, central fireplace. Just steps from the family room, the new homeowners will enjoy the convenience of their own primary bedroom suite with bath.





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Two of the home's additional bedrooms are located on the upper level where they share a bath and an additional bedroom is located on the home's partially finished lower level. This floor also features an expansive game room, fireplace, full bath, and walk-out to the patio.

The outdoor patio and in-ground pool area is an entertainer's dream with plenty of room to dine al fresco and host guests for everything from an afternoon playdate to an evening poolside cocktail hour. The pool area also offers an adjacent hot tub for chilly nights and those occasional sore muscles.

Part of the Belvoir Farms community, this property, located in a cul-de-sac, also offers a community recreation area with tennis courts, regular maintenance of its common areas, and access to the Severn River via its marina, dock, and boat slip.

Sarah Greenlee Morse of TTR Sotheby's International Realty in Annapolis said her buyers had their hearts set on finding a home with a large deck, which is a pretty specific order in such a competitive and limited market. "They are thrilled and love the exposed wood, walls of windows, and private wooded setting."





**Primary Structure Built:** 1998  
**Sold For:** \$1,050,000  
**Original List Price:** \$1,050,000  
**Bedrooms:** 4  
**Baths:** 3 Full, 1 Half  
**Living Space:** 3,223 Sq. Ft.  
**Lot Size:** 0.91 acres

**Listing Agent:**  
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 Coldwell Banker  
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# Fresh Take

## MUSHROOMS

By Dylan Roche

You've probably heard, "Eat your vegetables!" plenty of times in your life, but rarely have you heard, "Eat your fungi!" It wouldn't really be an ill-advised thing to say—mushrooms, though considered vegetables from culinary and nutritional perspectives, would be classified botanically as types of fungus. Appetizing? Maybe fungus isn't appetizing in theory, but the taste of well-prepared mushrooms is enough to turn a mycophobe (that is, someone who is afraid of mushrooms) into a mycophile (someone who loves them). Plus, they're rich in nutrients and antioxidants.

Mushrooms have a long history in the human diet, dating back millennia to ancient cultures. Not all culinary ventures with mushrooms turned out well in those early days, as some wild mushrooms are indigestible or poisonous. Thankfully, today's mushrooms that are cultivated and sold in grocery stores are safe for consumption.

Mushrooms are rich in a compound called glutamate ribonucleotides, which gives them a savory flavor that chefs describe as *umami*, a taste often found in meat, cheese, and fish, but not often found in vegetables. This makes mushrooms an ideal alternative for those who are trying to cut back on meat or salt in their diet—mushrooms can deliver a similar taste and texture without the fat, cholesterol, or sodium.



There's much more to a mushroom's nutritional panel besides being fat-free, of course. Mushrooms are rich in B vitamins like riboflavin, which you need for a healthy immune system, and niacin, which helps the body form red blood cells. Mushrooms also have potassium, an electrolyte mineral necessary for proper fluid balance in the body. Potassium can help offset the effects of high sodium in your diet, something that's important for people who are trying to watch their high blood pressure.

Furthermore, mushrooms are rich in the antioxidants ergothioneine and glutathione, both of which have been shown to help the body fight physical and mental signs of aging, including the onset of Parkinson's and Alzheimer's.

When you're browsing mushrooms at the grocery store, you'll notice they come in all shapes and sizes—and you might be wondering what the difference is. Some of the more common types are ↓

When you're selecting mushrooms, go for ones that have their caps intact without any tears, blemishes, or broken gaps. The texture of the cap should be smooth, and its color should be uniform. Bring them home and store them unwashed in the refrigerator for up to one week. To prevent them from collecting moisture and spoiling too quickly, store them in a container with plenty of ventilation, such as a brown paper bag with its opening unfolded. If you find you have more mushrooms than you know what to do with, you can always cook them and freeze them—however, freezing them raw isn't recommended, as their high water content will make them mushy when they start to defrost.

Don't be afraid to experiment with mushrooms when you're working with them in the kitchen. All it takes is a little bit of heat to soften them and bring out their flavor, and then you can use them in a variety of dishes. Here are a couple of options you'll want to try →



**BUTTON MUSHROOMS:** Sometimes called white mushrooms, these have small white domes and short stems. They're great for cooking, but they also work well raw in salads.



**PORTOBELLO MUSHROOMS:** These are distinguished by their broad, thick brown caps. If they have a stem, it's usually short, not extending far beyond the bottom of the cap. Portobello mushrooms have a rich flavor when cooked, and they work well as a substitute for meat on sandwiches or in pastas.



**CREMINI MUSHROOMS:** These are sometimes called baby bella mushrooms because they're younger versions of the Portobello. Cremini mushrooms have brown caps that are firmer and rounder than their more mature counterparts, but they cook up just as well.



**SHIITAKE MUSHROOMS:** These are easily distinguishable by their brown caps with white stems that are often long and thin. Shiitake mushrooms have the same meaty texture as Portobello and cremini mushrooms when they're cooked, though their flavor is a little earthier.



**OYSTER MUSHROOMS:** Much more delicate than other varieties of mushrooms, these have caps that are broad and shaped like a fan. They aren't ideal raw, but they have a seafood-like taste when cooked.



**PORCINI MUSHROOMS:** These have the thickest stems of any edible mushroom variety, topped off by round caps that bear a reddish-brown color. When cooked, their meaty taste has a slight nuttiness to it.



## Mushroom Risotto

### INGREDIENTS:

3 cup vegetable broth  
 1/4 cup olive oil  
 1 medium onion, chopped  
 3 garlic cloves, minced  
 1 cup Arborio rice  
 2.5 cups cremini mushrooms  
 2.5 cups porcini or shiitake mushrooms  
 1/2 cup red wine  
 2 cups fresh spinach  
 1/4 cup grated Parmesan cheese  
 1/2 teaspoons parsley  
 1/2 teaspoon thyme  
 1/2 teaspoon salt  
 1/2 teaspoon pepper

Heat the olive oil in a large skillet over medium heat. Add the onions and garlic, allowing them to soften and brown. Add rice to the skillet, followed by parsley, thyme, salt, pepper, and mushrooms. Stir gently as the mushrooms cook and release their juices. Add the red wine and stir until absorbed. Heat the vegetable broth in a saucepan over medium heat and bring to a simmer. Slowly add the warm broth to the skillet, cup by cup, allowing it to absorb as you go. Add baby spinach and allow to soften. Transfer to a serving dish and sprinkle with parmesan. Garnish with fresh parsley and serve immediately.

## Stuffed Mushrooms

### INGREDIENTS:

2 pounds cremini mushrooms  
 1/2 cup butter  
 5 cloves garlic, minced  
 1/2 cup whole-grain bread crumbs  
 1/2 cup steamed spinach  
 1 cup soft goat cheese  
 1/4 cup grated Parmesan cheese  
 1/4 cup grated Romano cheese  
 1/4 cup grated Asiago cheese  
 1/4 cup chopped parsley  
 2 tablespoons chopped thyme  
 1 tablespoon salt  
 1 tablespoon pepper

Preheat oven to 400F and line a baking sheet with parchment paper. Wash mushrooms and remove the stems. Line the mushrooms cap side down along the baking sheet. Add butter to a large skillet and set over medium heat to melt. Add garlic and allow to brown. Wrap the spinach in cheesecloth or a paper towel and squeeze excess moisture away. Add to the skillet and stir to combined with garlic butter. Add breadcrumbs and combine. Remove from the heat and allow to cool. Transfer to a large mixing bowl and add cheese, parsley, thyme, salt, and pepper. Using a small spoon, fill the de-stemmed mushroom caps with the mixture. Afterward, sprinkle with any remaining grated cheese if desired. Bake for approximately 30 minutes or until the mushrooms have softened and the cheese filling is golden and bubbly.



### HEALTH & BEAUTY HEALTH

# Don't Underestimate Good Oral Health

By Dylan Roche

**CONSIDER THIS:** Your mouth is where your digestive system and respiratory system begin. Harmful bacteria in your mouth—between your teeth, along your gums, even on your tongue—could ultimately have an ill effect on the rest of your body, according to experts with organizations like the Mayo Clinic, the Oral Health Foundation, and the American Dental Association.

When you brush and floss, it turns out you're protecting much more than just your teeth and gums. You're protecting your heart, your brain, your lungs, and (for pregnant women) your unborn child.

How so? Take gum disease as an example. The Oral Health Foundation explains that bacteria from gum disease can be absorbed into the blood stream. There, it can cause inflammation or blood clots. In the long term, this leads to cardiovascular disease or an infection known as endocarditis, which affects the lining of the heart chamber and valves. If the blood vessels become so inflamed they cannot reach the brain, this can cause a stroke. If the harmful bacteria in your mouth are drawn into your lungs instead of your bloodstream, this can lead to respiratory diseases like pneumonia. Gum disease is also linked to premature birth and low birth weight because these bacteria can heighten the body's levels of chemicals that induce labor.

*This means it's even more important to maintain the good oral hygiene that dentists recommend—it's no longer just about cavities.*

1. Brush twice a day using a toothpaste accepted by the American Dental Association (check the package for the seal of acceptance, which indicates the paste's effectiveness).
2. Use floss once a day, and opt for an antimicrobial mouth rinse for extra protection.
3. Limit the sugar in your diet.
4. Visit the dentist regularly for professional cleanings and checkups.

It's also worth noting that if you're suffering poor oral health even when you're doing everything you're supposed to, it could be a sign that there's something wrong elsewhere in the body. For example, people with diabetes are at greater risk of gum disease because diabetes reduces the body's ability to fight infection. Osteoporosis can weaken your teeth and periodontal bones, and digressing oral health is often seen in Alzheimer's patients. Pay close attention to your teeth and gums—and to the teeth and gums of any loved ones you're caring for—so you can talk with a doctor about anything that does not seem right.

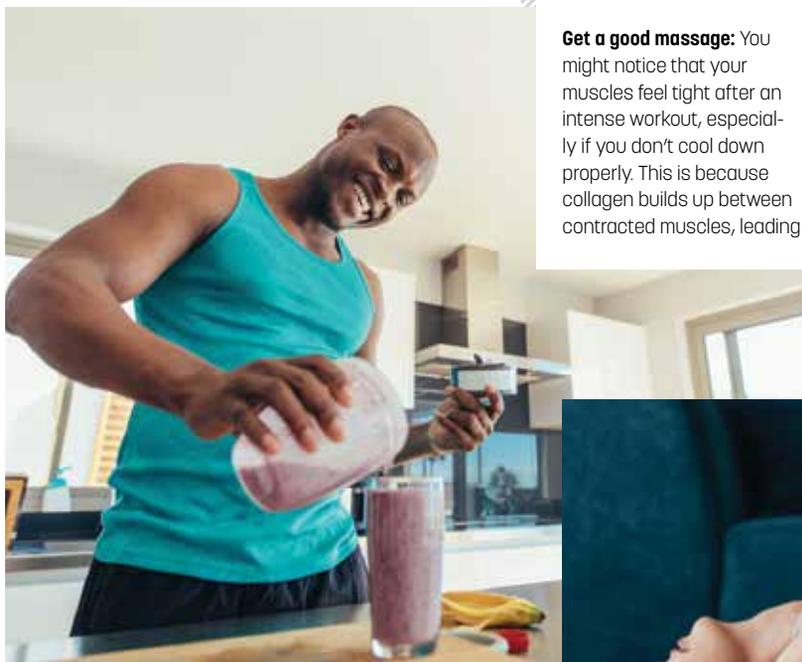
# Fitness Tips

## POST-WORKOUT RECOVERY

By Dylan Roche

Maximizing your workout isn't just about what you do in the gym. All that time and energy you put into weights, the spin bike, or even Zumba class won't do you any good if you're not smart about what you're doing afterward—specifically, rehydrating, getting a balanced post-workout snack, and making sufficient rest a priority.

The American Council on Exercise goes so far as to emphasize that the time you don't spend exercising is just as important to your fitness goals as the time you do spend exercising. That's because exercise involves stimulating the muscle tissues on your body, and when those muscles recover, they are stronger and able to handle more stimulus.



*But there are right ways and wrong ways to recover from exercise, and the last thing you want to do is let your workout go to waste. Instead, here are five ways to treat your body right:*

**Rehydrate:** You've lost a lot of fluid during your workout—even if you aren't soaked in sweat, it might be because your sweat evaporated off of you. Weigh yourself before and after exercise to give yourself a rough idea of how much water you're losing during your routine, and be sure to consume at least 16 ounces of water for every pound lost. You will also want to replenish your electrolytes—minerals that are necessary for your body's fluid balance—through your diet. Be sure to get sodium, magnesium, potassium, and calcium. You don't necessarily need to drink a sports beverage like Gatorade—getting these nutrients from food will be sufficient. Rehydrating is important because of the role water plays in the rest of your recovery. Water will help your body absorb certain nutrients and carry them to your cells, it regulates your body temperature, and it can help stabilize your heartbeat.

**Get a good massage:** You might notice that your muscles feel tight after an intense workout, especially if you don't cool down properly. This is because collagen builds up between contracted muscles, leading

to adhesions and knots that make it difficult to move the muscle without restriction. To reduce this tightness and take your muscles back to a full range of motion, you need to massage the muscle and break up those adhesions. You don't need to have a professional massage on standby—a foam roller, rolling stick, or even a compression ball can do the trick for you.

### Improve your circulation:

Healthy circulation plays two important roles in recovery—it removes metabolic waste from your cells, and it carries oxygen to your tissues to help repair them. Most healthy individuals have good circulation and don't need to do anything special to support it; however, if you want to give your circulation a boost, you can try exposing yourself to heat in a sauna or hot tub, which opens up your blood vessels. You can also wear compression clothing, which puts slight pressure on your body and boosts your circulation, according to studies published in the *British Journal of Sports Medicine* and the *Journal of Strength and Conditioning Research*.

**Eat right:** Some fitness enthusiasts try to gorge themselves on protein after a workout, thinking that this will help them build more muscle. While protein is important for

repairing damaged muscle tissue, it's not the primary source of calories that your body needs (plus your body can only use about 25 to 35 grams of protein at a time, so there's no sense in having any more than that in a single sitting). Instead, you should refuel with a 3:1 balance of calories from carbohydrates to calories from protein. So, if you have a 100-calorie snack, 75 of those calories should come from carbohydrates (approximately 18 grams of carbohydrates) and 25 calories should come from protein (approximately 6 grams of protein). The Academy of Nutrition and Dietetics recommends low-fat chocolate milk, turkey on whole-grain bread, or yogurt with berries.

### Enjoy active recovery:

Recovering from your workout doesn't mean being a couch potato. Instead, experts such as those at the National Academy of Sports Medicine encourage active recovery, both in the short term (between sets during the same workout) and long term (in the days between workouts). Light physical activity will help stimulate recovery in your body without adding unnecessary stress—so hop on the elliptical while you rest up for your second set, or try swimming some laps on your off days. Active recovery can even be an easier, less intense version of your workout of choice. If you're a runner who typically does long distances at high speeds, then a short, moderately paced jog could be an ideal active recovery exercise for you.

That's not to suggest, of course, that passive recovery doesn't have its place—it does! Make sure you're getting plenty of sleep at night, as it's during the deepest parts of your slumber that your body does the most repair on itself.

Be smart about your recovery and keep the gains going!





# 12 Life- Changing Uses for Vaseline

By Dylan Roche

Having so many cosmetic products in your medicine cabinet can get to be a lot—a lot of clutter, a lot of expense, and a lot of questionable ingredients you might not want to add to your skin or hair. But if there's one product you always want to have on hand for a variety of uses (maybe even eliminating the need for a few of the other things you use), it's petroleum jelly, better known by the trademark name of Vaseline.

This mixture of natural waxes and oils, approved by the Food & Drug Administration as a skin protectant, is an answer to many beauty woes, whether you're worried about your lips, your hair, or even your cuticles.

However you are using petroleum jelly, it's important to remember that this is a product intended for external use only. While no studies have found Vaseline to be toxic, it is not meant to be eaten or applied directly in the eyes or ears. Vaseline should also never be used as a sexual lubricant. Remember to always use commonsense and always go back to your usual cosmetics if you encounter problems with petroleum jelly.

*Here are 12 ways you might not have known you could use Vaseline:*

**1** Start with the basics—use Vaseline to soften your hands and feet. Because petroleum jelly doesn't have any moisturizing ingredients of its own (it simply locks in moisture and allows your body's natural oils to do their thing), you'll want to start with a base layer of your favorite lotion. Then slather Vaseline on as a top layer before slipping on some soft gloves or socks. Try doing this before bed if you want to wake up with ultra-soft hands and feet.

**2** Vaseline makes your eyelashes look darker and fuller than they would even if you had mascara on. Dip a clean mascara brush into a tub of Vaseline and apply it to your eyelashes. You can also apply some to your eyebrows to keep them shapely and prevent unruly hairs.

**3** Use a soft toothbrush to apply Vaseline to your fingers to soften your cuticles. You can also put Vaseline on the border of your fingernails when you paint them to prevent polish from running across your skin. Once the fingernail polish dries, wipe the Vaseline off your fingers.

**4** Petroleum jelly can make a great windburn protectant to keep you from chapping on bitterly cold winter days. Spread a thin layer on exposed cheeks, ears lobes, and lips before you go outside. During warmer months, you can use Vaseline to reduce chafing on your inner thighs or wherever you're susceptible.

**5** The next time you go to dye your hair, spread a little bit of Vaseline around your hairline to protect your skin from being stained by the dye. After you've rinsed the dye out of your hair, wipe the Vaseline away with a warm, wet washcloth.

**6** Want to ensure you smell great all day? Apply a smear of Vaseline along your pulse points (inside your wrist or along your neck) and

massage until smooth. Hit those spots with a spritz of your favorite perfume—the oils will absorb the scent and make it linger a lot longer than it would otherwise.

**7** Get your hair under control by using Vaseline as a styling product. Men can use it to style their short hair (and even tame coarse beard hairs). Even long hair can benefit from having Vaseline combed through it—the oils are good for conquering frizzy hair and sealing split ends.

**8** Put Vaseline on your cheeks to give them a subtle highlight and make your cheekbones look much more prominent. Because Vaseline is noncomedogenic, you don't need to worry about clogging your pores.

**9** Need to reduce dandruff? Massage a dab of Vaseline into your scalp and allow it to sit for five minutes. Afterward, rinse it out with a combination of shampoo and baking soda.

**10** If you nick yourself with a razor while shaving, you can use petroleum jelly as a makeshift bandage. Wipe away the blood and disinfect it with alcohol or peroxide. Then place a dime-size blot of Vaseline over the nick to stop the flow of blood.

**11** When you're sore from an intense workout or a stressful week, place a spoonful of Vaseline in a microwave-safe bowl and nuke it for a minute until it's soft and warm. Apply it to your muscles and enjoy the warming sensation that will help unstiffen them and let you relax.

**12** Petroleum jelly is great for fighting bites and stings. Store your jar in the freezer, then whip it out if you or a family member has been stung by a bee or bit by a mosquito. Smear a small amount of the chilled Vaseline across the bites and allow them to alleviate themselves.



# Candy Season is Here

SO HOW CAN WE LIMIT OUR SUGAR INTAKE?

By Dylan Roche

Sugar might taste sweet, but the reality of its health effects is a little more bitter. Although the Dietary Guidelines for Americans put out by the Department of Health and Human Services recommend you limit your added sugar to no more than 10 percent of your daily calories, adults and children throughout the United States are greatly exceeding that.

It's even worse this time of year. The National Retail Federation estimates people will spend a collective \$2.08 billion on candy ahead of Halloween—and the average person will consume more than three pounds of candy over the month of October!

Think about a fun-size portion of Halloween candy. A miniature Snickers bar contains 8 grams of added sugar—just over 1.5 teaspoons. And a mini box of Nerds or bag of Skittles has 11 grams, totaling 2.25 teaspoons.

And unfortunately, cutting back on sugar isn't as simple as abstaining from trick-or-treating. Sugar is found in many processed foods—not only the usual suspects like cookies, cake, and ice cream, but even foods like bread, cereal, yogurt, spaghetti sauce, and protein bars are packed with added sugar. And it could be taking a toll on your health.

## WHAT'S SO BAD ABOUT ADDED SUGAR?

There's a difference between added sugar and the naturally occurring sugars found in foods like fruit and dairy. Added sugars deliver calories without any added nutrients. This means that when your diet is high in sugar, it's very difficult to get all the vitamins and minerals you need for proper function without taking in an excess number of calories, which can lead to weight gain.

The Cleveland Clinic encourages people to reduce the amount of added sugar in their diet to help stave off conditions like obesity, high blood pressure, and elevated triglycerides. Studies published in *JAMA Internal Medicine* have even found that people who get a higher percentage of their daily calories from added sugar have an increased risk of death by cardiovascular disease compared with those who consume less than 10 percent of their calories from added sugar.

Having a sweet tooth means you might be less inclined to choose more nutritious options. As the Mayo Clinic points out, fruit is naturally sweet, but it's not as sweet as candy and soda. When tastebuds are accustomed to the sweetness levels of foods with added sugar, they no longer perceive fruit as sweet, and they can even have trouble tolerating non-sweet foods like vegetables.

## HOW DO I RECOGNIZE ADDED SUGAR?

Sugar isn't always listed on ingredient lists in the plainest of terms because it can come in so many different forms. What most of us would recognize as sugar—the granular white stuff sometimes more specifically described as *cane* sugar, because it's made from sugarcane—is only one type of added sugar.

Scan the ingredient list and look for items like corn syrup, dextrose, fructose, glucose, lactose, maltose, sucrose, trehalose, invert sugar, raw sugar, brown rice syrup, and barley malt syrup. Each of these is a type of added sugar. Ingredients like honey and molasses are often considered healthier because they have some nutritional value in the form of vitamins, minerals, or antioxidants—but the body breaks them down the same way it does cane sugar.

Remember that any natural sugars would likely come from fruit or dairy ingredients. If a product does not contain any fruit or dairy, or it contains a minimal amount of either, then any sugars the product has likely derive from added sweeteners.

## ARE NON-NUTRITIVE SWEETENERS A BETTER OPTION?

“Hey, no worries,” you might be thinking. “I don't need regular Coke when I can just have a Diet Coke. It doesn't have sugar or calories, so it's a healthy option, right?”

Not necessarily. While organizations like the American Heart Association and the American Diabetes Association say it's okay to have moderate amounts of non-nutritive sweeteners, such as those in diet soda, to help curb your consumption of sugar, these ingredients still aren't ideal.

Any of the non-nutritive sweeteners approved by the FDA—saccharin, acesulfame, aspartame, neotame, and sucralose—might be free of calories or very low in calories, but they still set off your sugar receptors. If you use large quantities of non-nutritive sweeteners, you'll continue to have a taste for sweetness and a reduced interest in fruits, vegetables, and whole grains.

The better option? The Mayo Clinic recommends going for two weeks with minimal amounts of sugar or non-nutritive sweeteners to give your tastebuds a reset. After this period, you'll have a much better appreciation for the taste of natural foods.

### HOW CAN I CUT BACK ON SWEET STUFF?

Eating less sugar and non-nutritive sweetener doesn't require a major overhaul of your diet. Instead, you can focus on simple, doable changes that will add up over time. Here are a few recommendations:

- Choose unsweetened or minimally sweetened breakfast cereal and add fresh fruit.
- Make your coffee at home instead of ordering a fancy drink from the shop. Dress up your java with a sprinkle of cinnamon or cocoa powder and a splash of milk.
- Cut back on the amount of sugar in your baking. Reduce the sugar a recipe calls for by 1/3 and you likely won't even notice the difference. You could also replace the sugar with equal amounts of unsweetened applesauce.
- Instead of soda, go for seltzer with a squeeze of fresh lemon or lime. Cucumber, watermelon, and mint are other great ingredients to give your drink a great taste without any excess sugar.
- Choose full-fat foods like peanut butter and salad dressing. The low-fat or fat-free counterparts often have extra sugar to compensate for the different taste and consistency. This usually means a very minimal caloric difference—plus the healthy fats in peanut butter and oil-based dressings will actually help you feel satiated and full.
- Avoid convenience snacks, even if they seem healthy. Depending on the brand, a granola bar can have just as much sugar as a candy bar! Keep snacks like nuts, fresh fruit, whole-grain crackers, and string cheese on hand instead.



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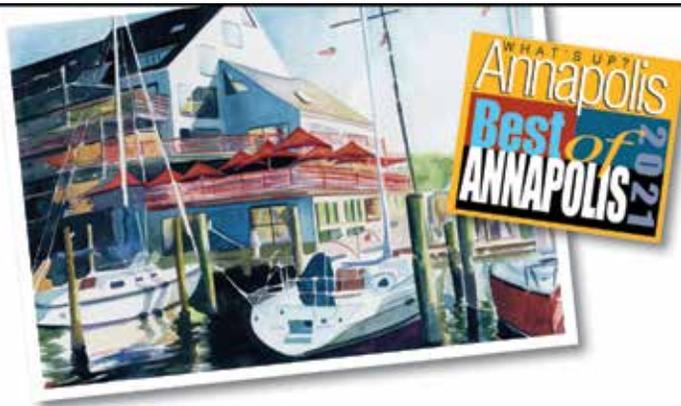
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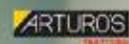
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# Dining

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# Celebration & Tradition

By Tom Worgo

Photography by Stephen Buchanan

Every day is Oktoberfest at the Old Stein Inn in Edgewater during the fall. Customers pack the restaurant indoors and in the beer garden outdoors.

“From the middle of September into November, it’s just one big party,” Old Stein Inn owner Mike Selinger says. “We get people from Washington, D.C., Baltimore, Virginia, Delaware, and obviously Annapolis. People come from hours away.”

When it comes to German food and beer, the restaurant has little local competition. The Old Stein Inn is the only German establishment in the county. A big draw during Oktoberfest and year-round is the spacious 20-year-old beer garden, which seats around 150 people.

Of course, the unique menu also pulls in the customers. The winter menu features a variety of wild game that you won’t find at many other places. Over the years, popular items have included elk meat balls, rabbit ragout, duck hash, and quail.

Selinger took the restaurant over in 1993 from his Germany-born parents, who founded it a decade earlier. Since then, it has gotten national attention. OpenTable picked the Old Stein Inn as one of the 100 Best Al Fresco Dining Restaurants in America in 2016 among 10,000 considered. The restaurant also on appeared on *The Best Of* show on the Food Network.



We recently talked to the 51-year-old Selinger about Oktoberfest, his vast beer selection, and how the pandemic has helped business.

## How big a part of Oktoberfest is your business?

It gets really crowded. About 2,500 people come through in a week. We almost doubled our business in the fall. People really like our place. There’s not many big German restaurants around like ours. That are as big as we are, and that can do an Oktoberfest with music like we do.

## What kind of food do you offer during Oktoberfest?

In the fall, we go toward a more traditional Oktoberfest menu. We call it the beer garden menu even though it’s available inside and outside. We will do pork roast, festival chicken, German Oktoberfest street food, and dinner kebabs.

## Besides the lengthy Oktoberfest, what makes your place different?

People absolutely love our beer garden. The atmosphere is great.



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# Dip Trio

Three dips, great for parties; each recipe can be scaled down by half or more depending on party size

## Smoked Trout Dip

1 Cup red onion, coarse chop  
 1 Cup radish, coarse chop  
 4.5 lbs. cream cheese, softened  
 1 Cup capers, drained  
 1/2 Cup chives, fine chop  
 1.5 lbs. smoked trout  
 1/4 Cup cherry peppers, minced  
 salt and pepper to taste

Mix all ingredients together except trout. Add trout in chunks mixing gently. Season with salt and pepper.

## Radish & Carrot Hummus

2 lbs. carrots, coarse chop  
 2 lbs. radish, coarse chop  
 2 Tbsp. marjoram  
 1.5 Tbsp. salt  
 1.5 Tbsp. pepper  
 3 garlic cloves, roasted  
 1 Cup tahini  
 1 lemon, juice zest  
 3 Tbsp. avocado oil

Toss carrots, radish, marjoram, and salt/pepper in avocado oil. Roast at 400F. Add roasted vegetables and rest of ingredients to blender and puree until desired consistency.

## Obatzda

2 lbs. cambazola  
 1.5 lbs. cream cheese, softened  
 1/4 Cup paprika  
 2 Tbsp. Onion, granulated  
 2 Cups lager or light beer  
 2 Cups parmesan, grated  
 4 Tbsp. garlic, roasted  
 1/2 Cup whole grain mustard  
 1/2 Cup hot sauce  
 salt and pepper to taste

Remove cream cheese and camembert from refrigerator and sit until room temperature. Add all ingredients but beer into mixing bowl with paddle attachment. Mix until smooth, adjusting consistency with the beer as needed. Season with salt and pepper.

Restaurant fashions and trends come and go, but sitting at a long table with family and friends and friends you are about to make never goes out of style.

### Are there many other German restaurants in the region?

There are restaurants in D.C. and Baltimore, but they don't have the beer garden like we do. We have been here for 37 years and people come in and say, "It's a tradition for our family and we come in with our friends every year for Oktoberfest." The thing people like about us is our longevity.

### Tell me about some of the other things on the menu that set you apart? Where do you source the food from?

We follow up our Oktoberfest menu with wild game in the winter. It's typically not something you see in a lot of restaurants. There is a following for this and it's pretty intense. We do wild game. It's always going to be something with venison, goose, and quail. We do quail a couple of different ways. Wild boar is another thing. They come from distributors that specialize in wild game. The food has to come from a certified distributor. A lot of it comes from the Midwest and overseas.

### Customers come for your vast beer selection, too. Tell me what you offer?

We do our traditional German beer. In the last couple of years, with the opening of the outside beer bar, we have expanded into American crafts on top of traditional German Beers. We have 10 draft beers. Nine are standard and we always rotate what they call our 10th beer between a craft beer, or a German seasonal. We will also have anywhere between 30 and 40 German bottled beers and anywhere from 20 to 30 craft beers. We probably have 70 to 80 beers. A lot of places have too many beers and they don't move them. At 70, we have quite a rotation. We are lucky to get some craft beers that we do get because they are hard to get.

### Tell me more about your beer garden that is so popular?

We put the bar in about five or six years ago. It's a great hangout place. People belly up to the bar for a couple of beers and an appetizer. We do a full dinner there, too. It's definitely been a beacon for the last year or so with folks gravitating to the outside. People were escaping the make-shift tents, whereas we had outdoors already. Our business has been doing well because of it.

### Do you have live music?

We have Sylvia, an accordion player. She strolls throughout the restaurant and beer garden. She has been doing it for more than 30 years. She is amazing. She is a one-person crew who can single-handedly get the 150-plus people in the beer garden singing, dancing, and cheering.

### How has pandemic changed business for the better?

We did a tremendous curbside business. Having the open-air beer garden was a big draw. We always did carry out, but it's nothing like it is now. For a while, it was half our business. Our carry out is 10 to 15 percent of our business now. Before, it was less than five percent.

### What is the next step in the history of the restaurant? Could your kids take it over one day?

If they did, that would be great. If they wanted to do something else, that would be great. I will cross that road in about 10 years. My three kids are young. One is 14. He started working in the kitchen. We kind of have loosely discussed it. If one or all three of my kids did this, it would be great. If they didn't, I'd be okay.

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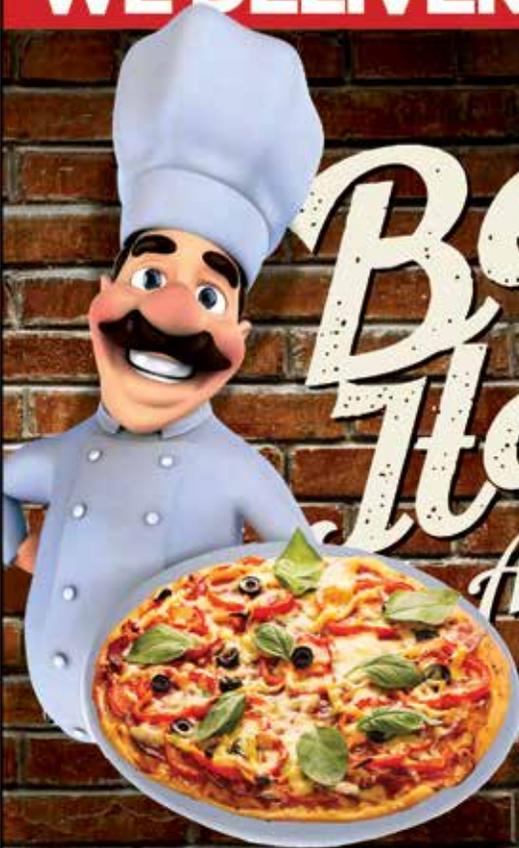
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# Savor the Chesapeake

A culinary compendium of restaurant, food, and beverage news and trends from the Chesapeake region

By Kelsey Casselbury

## Sip, Sip, Hooray!

We can say from personal experience that **Crooked Crab Brewing Co.** is *always* packed, so it's welcome news to hear that the Odenton brewery plans to expand by more than 8,000 square feet. The enlarged space, which will be nearly 15,000 square feet, plans to be open early next year, and it means that there will be room for live music and entertainment acts. Crooked Crab also plans to boost its barrel-aging process, as well as its overall production of beer.



↓ "We are currently operating at our maximum capacity," co-owner Dan Messeca told *Baltimore Business Journal* in mid-August. "The primary purpose of this expansion is to increase our production, which we expect will slowly ramp up to the range of 5,000 barrels annually." **8251 Telegraph Road, Odenton | crookedcrabbrewing.com**



↑ What about if you're on the Eastern Shore? Take advantage of **Rise Up Coffee Roasters'** new drive-through location in Easton, right across the street from the company's roastery. "In truth, our new Easton drive-thru represents our ongoing response to COVID-19," the Rise Up team shared on social media. "As an exact replica of our St. Michael's location, it gives us another convenient and safe service option for our Easton neighbors." **618 Dover Road, Easton (Roastery) | riseupcoffee.com**

→ Back to booze for a moment: Next time you're on a weekend vacay down to the beach, you might have another reason to stop by (or stay in) Berlin. In late August, the town's Planning Commission voted unanimously to approve the proposed site plan for a new distillery, **Forgotten 50**. The distillery will be headed up by Cody Miller, who is currently the distiller at Ocean City's Seacrets. He told *The (Salisbury) Daily Times* that the property would include a tasting room and, in the future, hopefully a cocktail lounge. Forgotten 50 still needs state and federal approval before it can come to fruition.





Tiffany and Brian Biven snack on fried mac 'n cheese at the Maryland Renaissance Festival.

### Good Eats: **Fall Food Favorites**

Hear ye, hear ye! The Maryland Renaissance Festival is back after taking a year off for a small obstacle known as the COVID-19 pandemic. Behind the gates, you'll find one of the main reasons to attend: the food. We're partial to classic smoked turkey leg, but there's a lot more that we've been waiting two years to chow down on, from Hot Apple Dumplings to Canterbury Pork Pockets and more.

What's your favorite fall food? Perhaps you're partial to the Apple Cider Donuts that Homestead Gardens traditionally sells during the harvest season. Maybe you're a purist who prefers all things pumpkin, starting with the basics, a Pumpkin Spice Latte at your choice of coffee shops. Do you go apple-picking every year, carefully plucking the sweetest, crispest fruit off the tree with your very own hands? (Kent Fort Farm in Stevensville has u-pick apples, as well as pumpkins, hayrides, and a petting zoo on weekends this month; call 410-643-1650 first for availability.)

*We'd love to hear what you've been indulging in this autumn. Share your faves on social media by using the hashtag **#favoritefallfoods***

### From the Bar: **Perk Up While Winding Down**

*The morning hours call for a strong cup of coffee. Once the day is done, however, you can still turn to the coffee for moral support—coffee-flavored spirits, that is. Try this one out:*



### Grant Brulot Black Manhattan

Serves 1

- 1 oz. Grand Brulot (coffee-flavored cognac)
- 1 oz. bourbon
- 1 oz. sweet vermouth
- 3 dashes orange bitters

In a mixing glass, stir all ingredients together. Strain into a chilled cocktail glass with ice or serve up. Garnish with an orange twist and two cocktail cherries.

\*Recipe and photo courtesy of Grand Brulot ([www.grandbrulot.com](http://www.grandbrulot.com))

### Have culinary news to share?

Send an email to Kelsey Casselbury at [kcasselbury@whatsupmag.com](mailto:kcasselbury@whatsupmag.com).

# Dining Guide

## Advertisers Listed in Red

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

📞 Reservations

🌿 Full bar

👨‍👩‍👧 Family Friendly

🌊 Water View

☀️ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2021 Winner

## Downtown Annapolis

### 1771 Grill and Taproom

26 Market Space, Annapolis; 410-280-8686; 1771grillandtaproom.com; \$\$ 📞

### Always Ice Cream Company

116 Annapolis Street, Annapolis; 443-775-5297; Homemade Ice Cream. \$ 🍷 🐾 🌿

### Annapolis Ice Cream Company

196 Main Street, Annapolis; 443-714-8674; annapoliscecream.com; Homemade Ice Cream \$ 🍷 🐾 🌿

### 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

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

### Chick & Ruth's Dely

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

### City Dock Café

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

### Dock Street Bar & Grill

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

### Dry 85

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

### Federal House Bar & Grille

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

### Flamant

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

### Fox's Den

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

### Galway Bay Irish Restaurant & Pub

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

### Harry Browne's

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

### 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 \$\$ 🌿 🍷

### Pusher's Caribbean Grille

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

### Red Red Wine Bar

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

### Reynolds Tavern

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

### Sakura Café

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

### Sofi's Crepes

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

### Vida Taco Bar

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

## Upper Annapolis

### 49 West, Coffeebar, Winebar & Gallery

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

### Azure

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

### Carpaccio Tuscan Kitchen & Wine Bar

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

### El Toro Bravo

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

### Fado Irish Pub

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

### Lemongrass

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

### Level Small Plates Lounge

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

### Light House Bistro

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

### Luna Blu

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

### Metropolitan Kitchen & Lounge

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

### Miss Shirley's Café

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

### Rams Head Tavern

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

### Sailor Oyster Bar

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



DINING GUIDE

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**Red, Hot & Blue**

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

**Riverbay Roadhouse**

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

**Royal Karma**

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

**Sakura Japanese Steak & Seafood House**

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

**Sam's on the Waterfront**

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

**Sandy Pony Donuts**

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

**Seafood Palace Buffet**

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

**Severn Inn**

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

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**Sin Fronteras**

2129 Forest Drive, Annapolis, 410-266-0013, [Sinfronterascfe.com](#); Mexican; lunch, dinner, Saturday and Sunday breakfast \$\$

**Smashing Grapes Kitchen and Wine Bar**

177 Jennifer Road, Annapolis, 410-266-7474 [Smashinggrapes.com](#); Mediterranean and California Coastal cuisines, lunch and dinner \$\$,

**Soul**

509 S. Cherry Grove Avenue, Annapolis, 410-267-6191; [Soulannapolis.com](#); Southern-inspired small plates; lunch, dinner, Saturday & Sunday brunch \$\$

**Stoney River Legendary Steaks**

2190 Annapolis Mall, Annapolis, 410-224-8312; [Stoneyriver.com](#); Steakhouse; lunch, dinner \$\$

**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 \$\$

**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; [Annapolis-smokehouse.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; [Sammypizzakitchen.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; [Broadneckgrill.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; [Thecrabshackmd.com](#)

**Deale Umai Sushi House**

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

**Dockside Restaurant & Sports Bar**

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

**Edgewater Restaurant**

148 Mayo Road, Edgewater; 410-956-3202; [Edgewaterrestaurant.com](#); American, seafood; lunch, dinner, Sunday brunch \$\$

**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 \$\$

**Mike's Bar & Crab House**

3030 Riva Road, Riva; 410-956-2784; [Mikescrabhouse.com](#); Seafood; lunch, dinner, late-night \$\$

**Nova Sushi Bar and Asian Fusion**

3257 Solomons Island Road, Edgewater; 410-956-5326; [Novasushi.com](#); Sushi, lunch, dinner \$-\$

**Old Stein Inn**

1143 Central Avenue, Edgewater; 410-798-6807; [Oldstein-inn.com](#); German; dinner \$\$

**Petie Greens Bar and Grill**

6103 Drum Point Road, Deale; 410-867-1488; [Petiegreens.com](#) \$\$

**Pirate's Cove**

4817 Riverside Drive, Galesville; 410-867-2300; [Piratescovemd.com](#); Seafood; breakfast, lunch, dinner, Sunday brunch \$\$

**Pier Oyster Bar**

48 South River Road, Edgewater; 443-837-6057; [Coconutjoesusa.com](#); Caribbean; lunch, dinner, late-night \$\$

**Rod N Reel Restaurant**

4165 Mears Avenue, Chesapeake Beach; 410-257-2735; [Chesapeakebeachresortspa.com](#); Seafood; breakfast, lunch, dinner \$\$

**Saigon Palace**

10 Mayo Road, Edgewater; 410-956-0505; [Vietnamese](#); lunch, dinner \$

**Señor's Chiles**

105 Mayo Rd, Edgewater, 410-216-2687; [senorschile.com](#), Mexican, lunch, dinner, \$\$

**Skipper's Pier**

**Restaurant & Dock Bar**  
6158 Drum Point Road, Deale; 410-867-7110; Skipper'spier.com; Seafood; dinner \$\$ 🍷 \*

**South County Café**

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

**Stan & Joe's Saloon South**

173 Mitchells Chance Road, Edgewater; 443-837-6126; Stanandjoes-saloon.com; American; lunch, dinner, late-night \$ 🍷 🍺 🎸 🐾 🍷

**S & J Riverside**

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

**Yellowfin Steak & Fish House**

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

**Arnold / Severna Park / Pasadena & Beyond**

**Adam's Ribs**

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

**Ashling Kitchen & Bar**

1286 Route 3 South Ste. 3, Crofton; 443-332-6100; Ashlingco.com; American; 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 Gambrills Road, Gambrills; 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; Donnelly's-dockside.com.com; Seafood; lunch, dinner \$\$ 🍷 🍺 🎸 🍷

**Founders Tavern & Grille**

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

**Gina's Cafe**

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

**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 Oloughlin'spub.com; American; lunch, dinner, late-night \$\$ 🍺 🍷

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

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

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**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, Sinfronterascfe.com, Mexican; lunch, dinner, Saturday and Sunday breakfast \$\$ 🍺 \*

**Twains Tavern**

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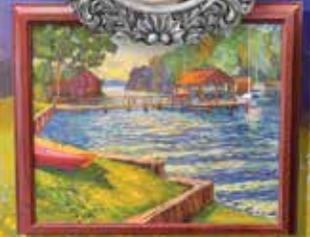
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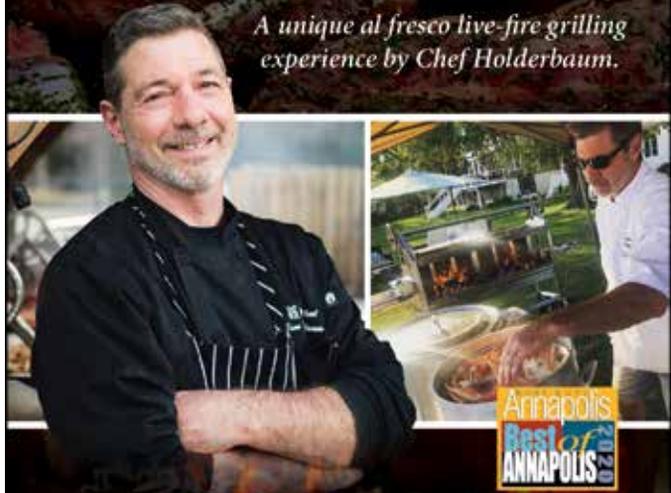
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# Where's Wilma?

## FIND WILMA AND WIN!

Just as the winds blow strong come October, so too does our faithful flying mascot Wilma. She's catching the winds and zipping from western shore to eastern this month, touching down at her favorite restaurants, shops, and events—enjoying the fall weather before it turns for the season. 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](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to Jerry Pruchniewski** of Annapolis, who won a \$50 gift certificate to a local restaurant or service.

**Mail entries to:** Where's Wilma? Annapolis, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at [whatsupmag.com/promotions](http://whatsupmag.com/promotions)



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Entries must be received by October 31, 2021. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis.

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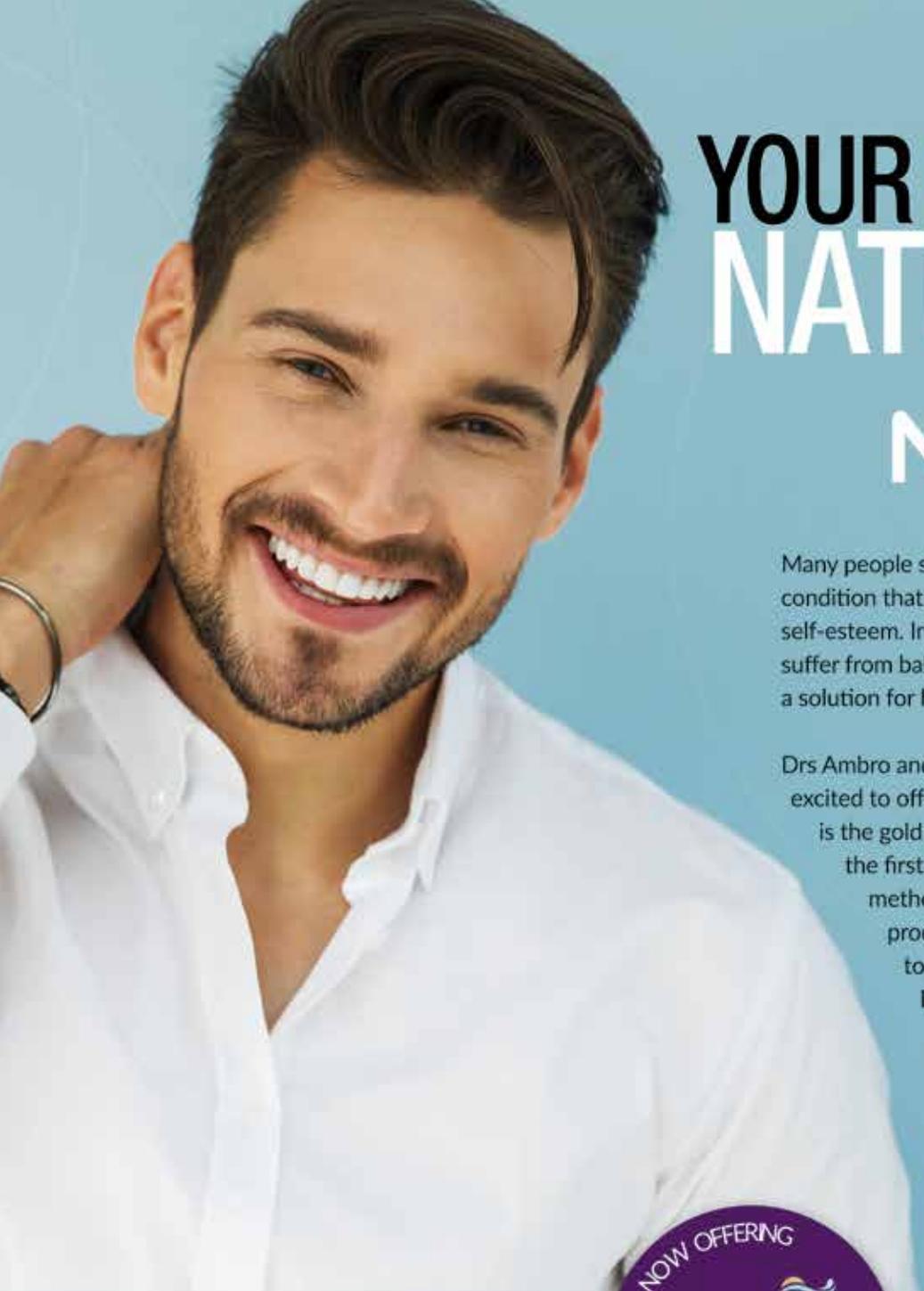
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