

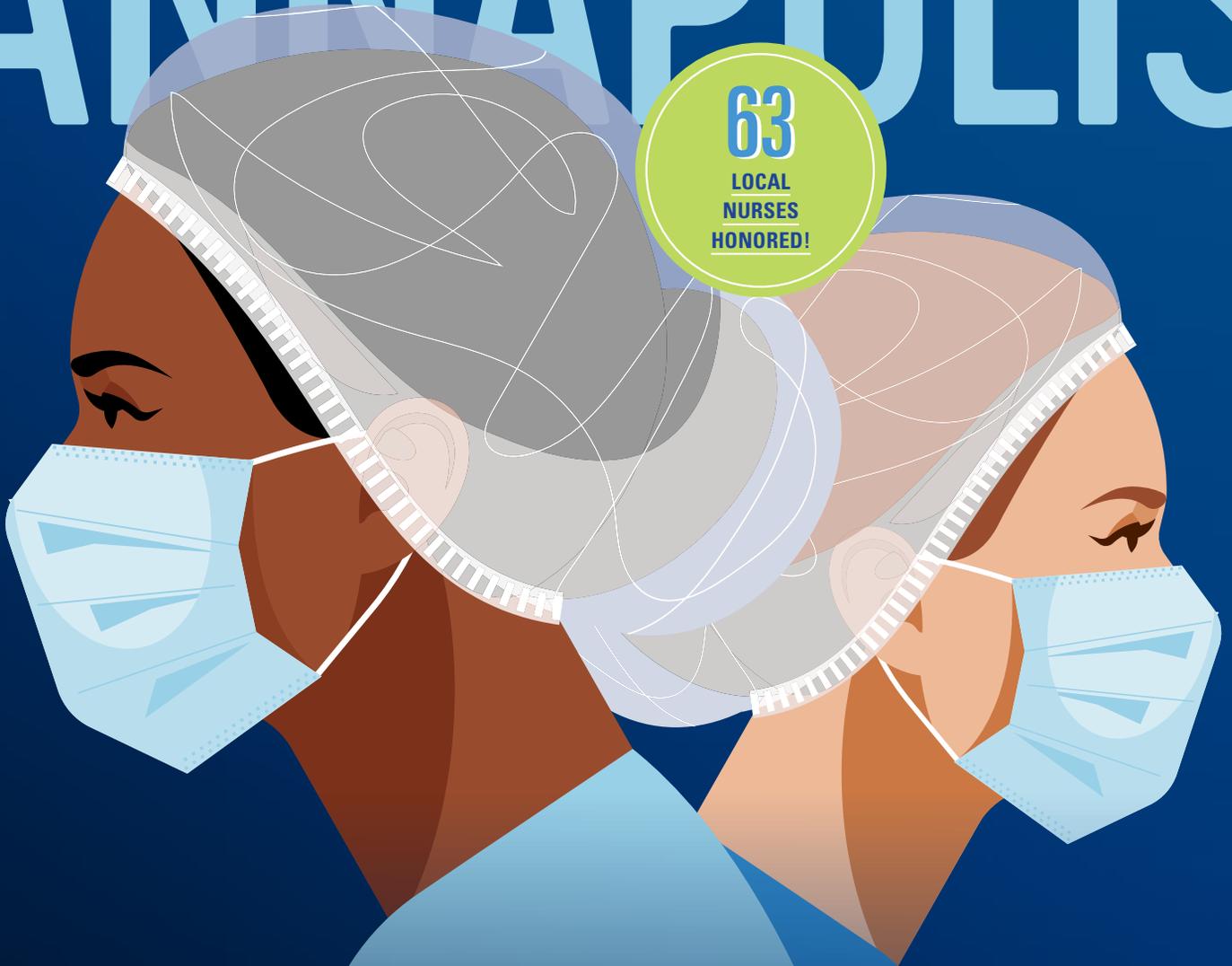
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WHAT'S UP? MEDIA NOVEMBER 2021



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

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.

We are also a full-service medical aesthetics center offering the latest in laser skin rejuvenation, laser hair removal, and cosmetic injectables. With our focus on both functional and cosmetic vein treatments, as well as our medical spa services, we are committed to giving our clients beautiful, healthy skin.

It's Laser Season! Are you frustrated with the current appearance of your skin? Wrinkles, sun spots, and minor blemishes can add up over time. Luckily, Sciton's new HALO laser resurfacing treatment is here to turn back the clock on age-related skin damage! HALO can treat all skin types, on face and body. Popular off-face treatments include: neck, chest, arms, hands, and legs. Added benefits include:

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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.

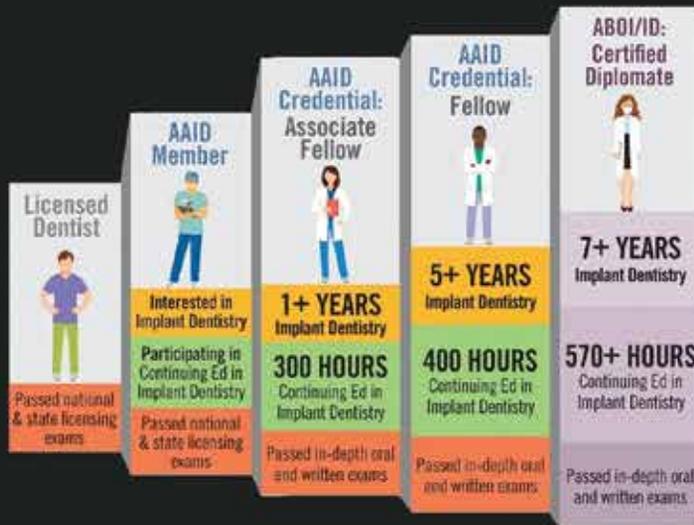


Eden Flynn, BSN, RN performing a Sciton Forever Young BBL laser treatment.

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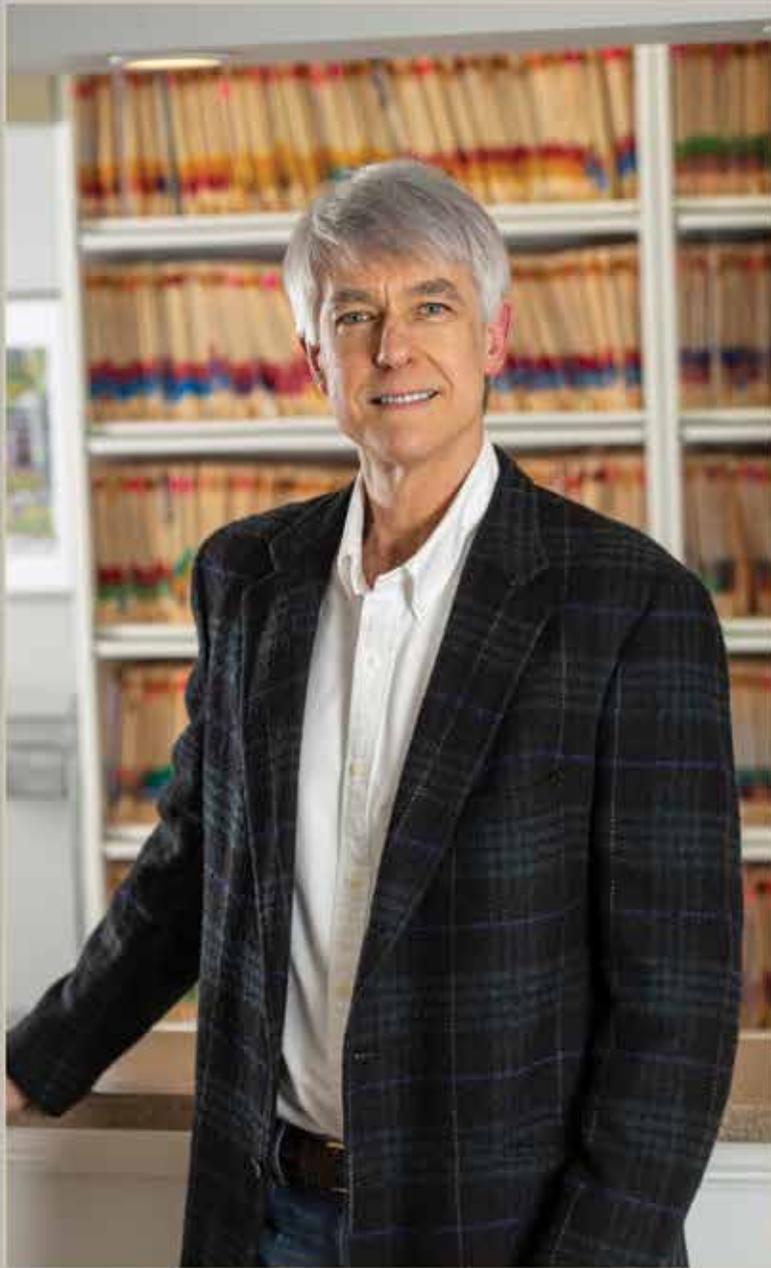


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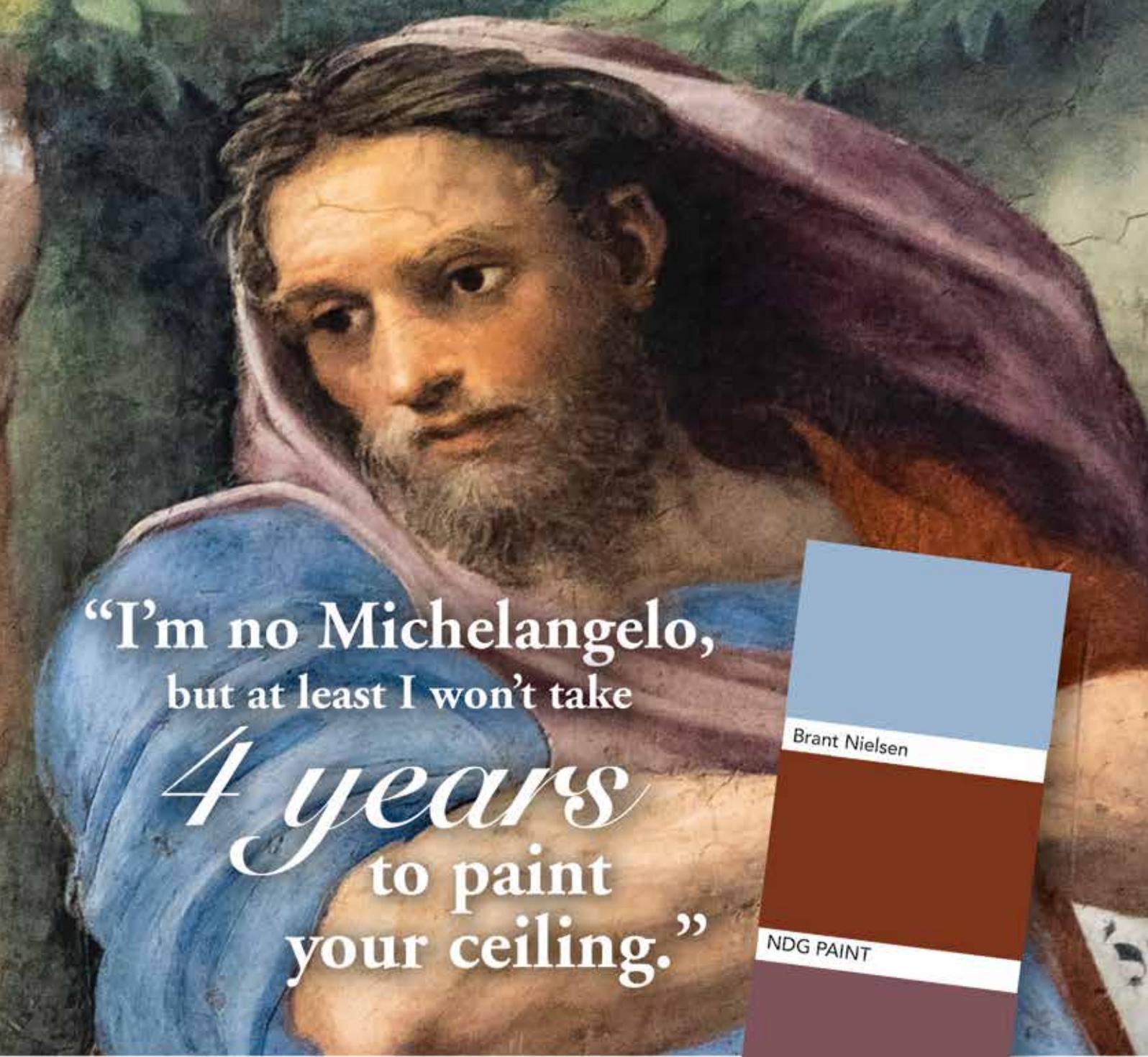
Ann treats patients at both of our locations! You can visit her in Huntingtown (9 Oxford Way, Huntingtown, MD, 20639) every Tuesday-Thursday, 9 am-5 pm, and in Annapolis every Monday, 9 am-5 pm.



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”

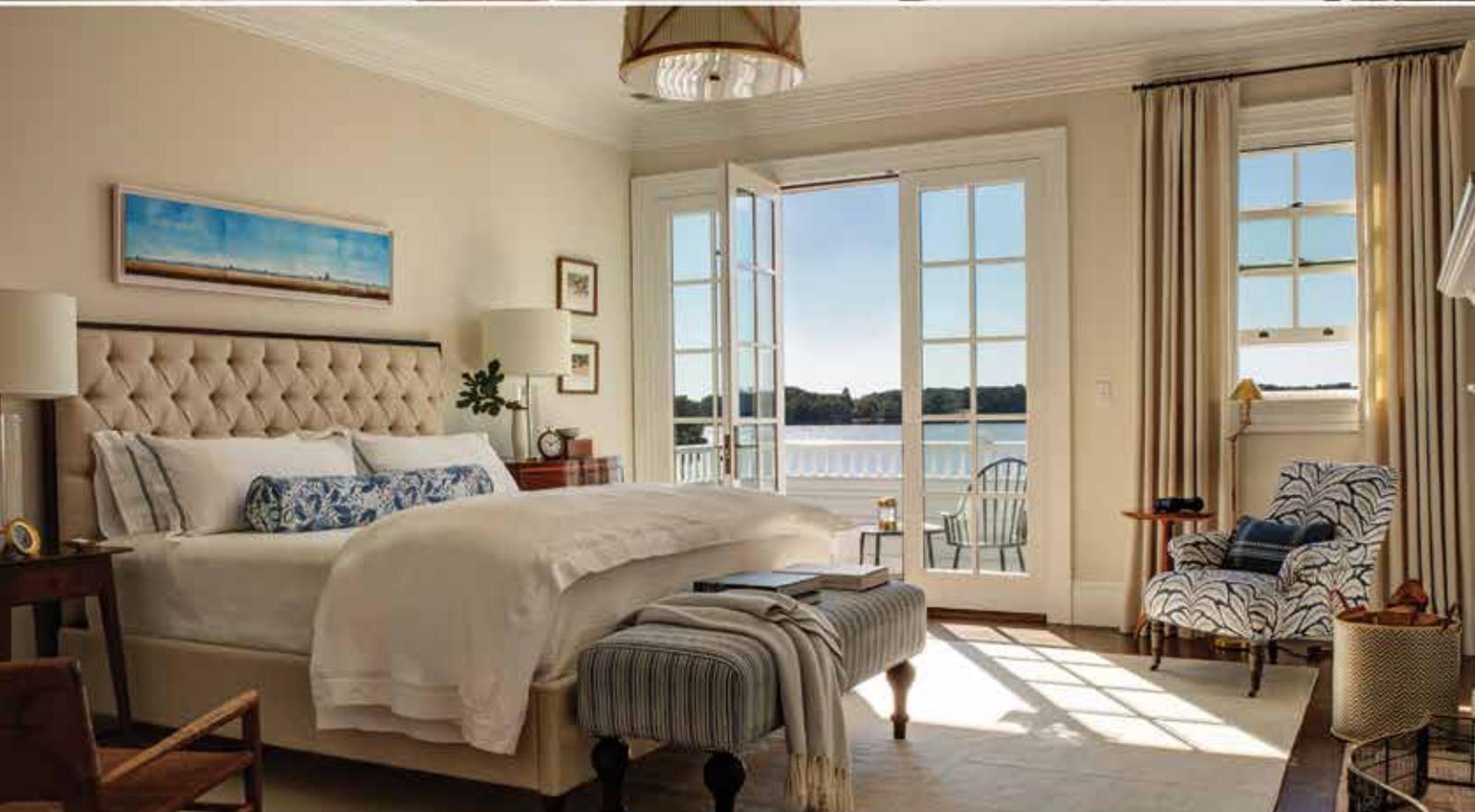


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On the Cover: Celebrating our 2021 Excellence in Nursing Honorees. Design by August Schwartz. Contact *What's Up?* Annapolis online at whatsupmag.com. Please recycle this magazine.

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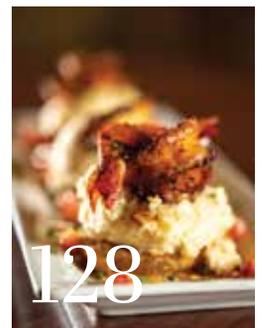
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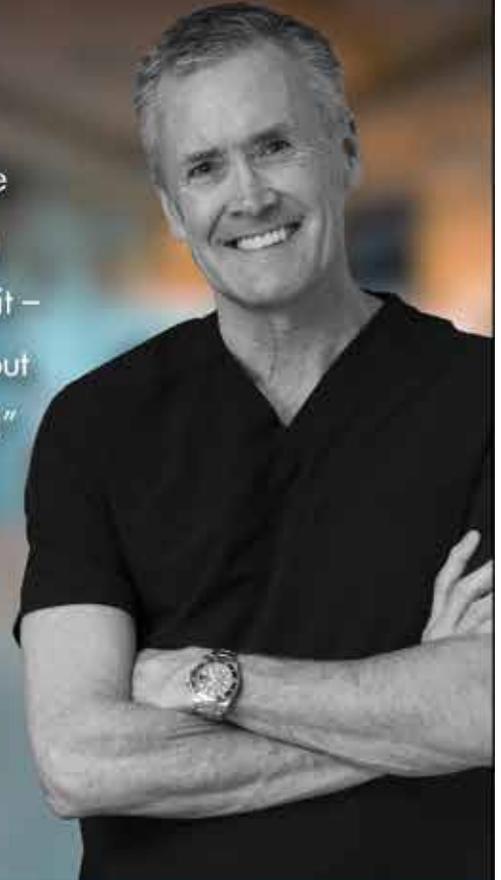
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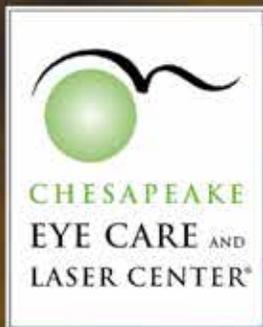
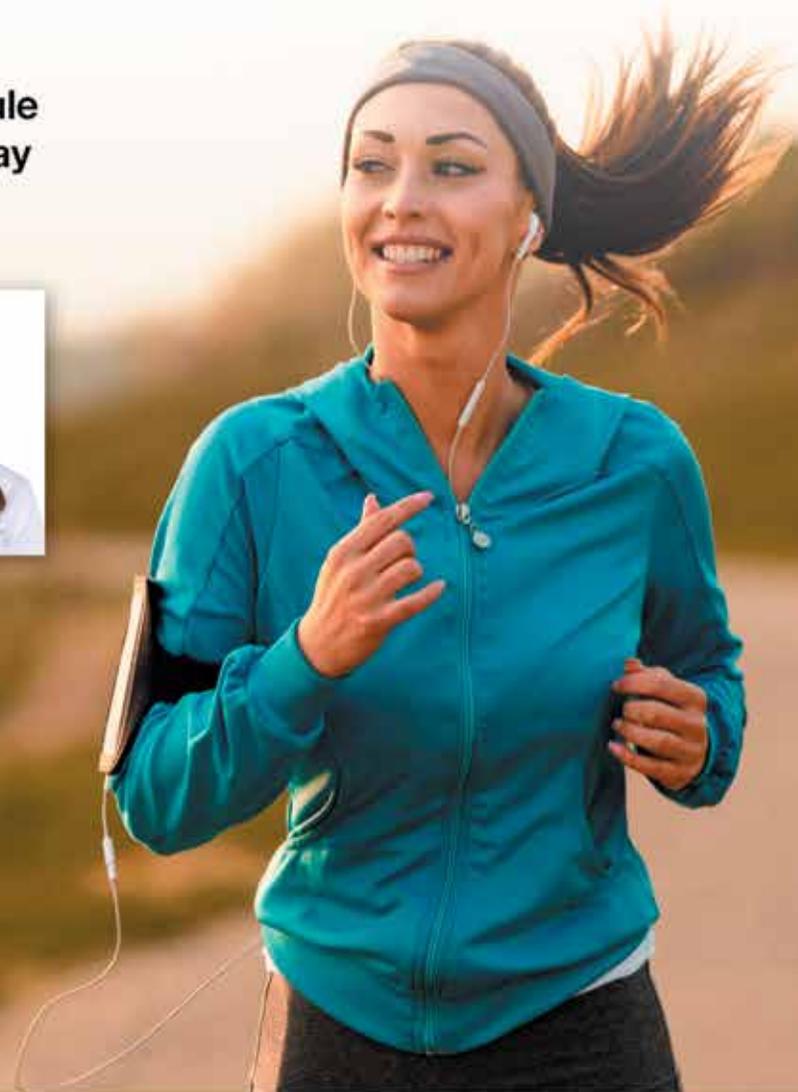
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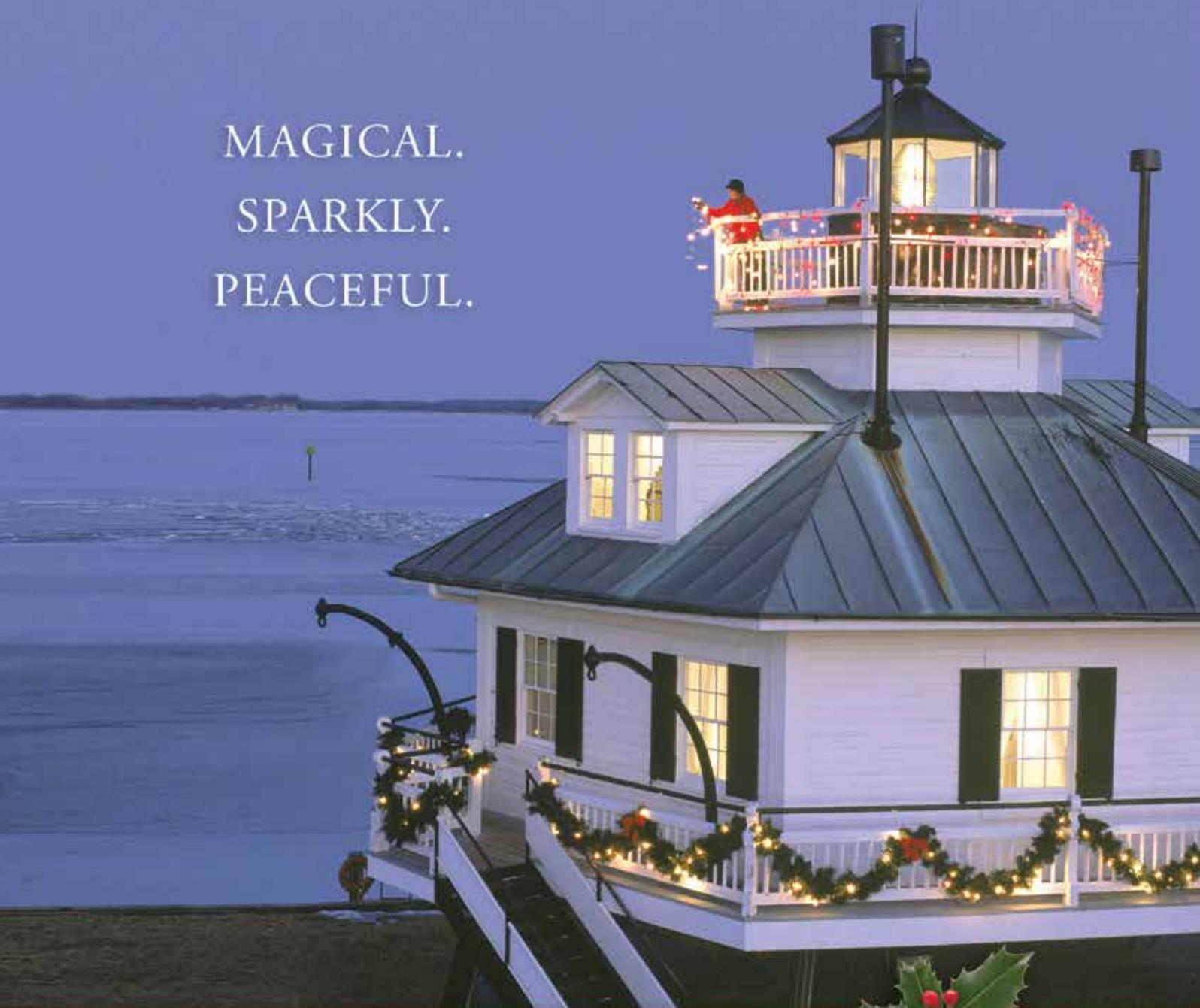
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NOVEMBER 14
HERMAN'S HERMITS
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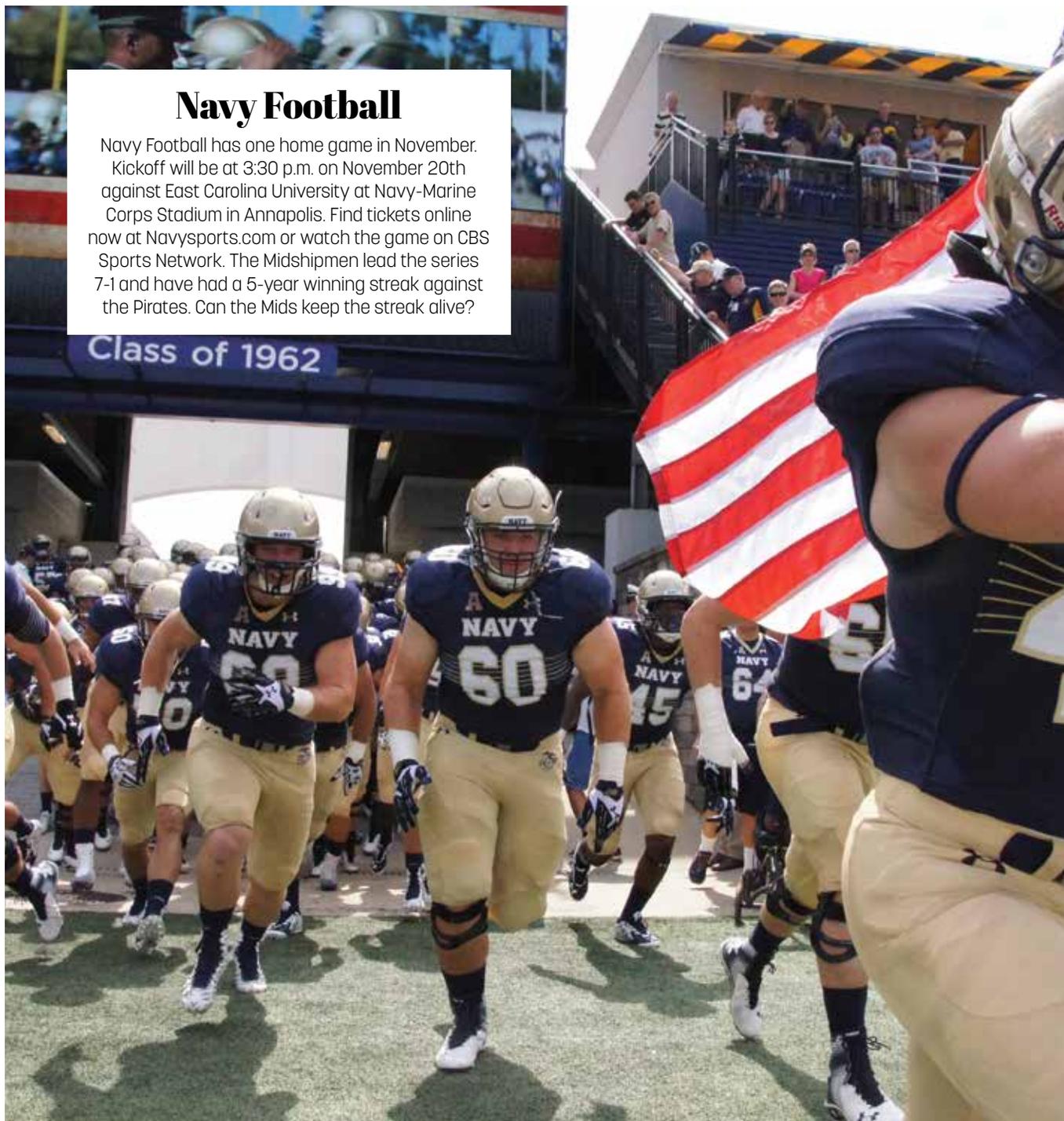


Out on the **TownE**

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Navy Football

Navy Football has one home game in November. Kickoff will be at 3:30 p.m. on November 20th against East Carolina University at Navy-Marine Corps Stadium in Annapolis. Find tickets online now at Navysports.com or watch the game on CBS Sports Network. The Midshipmen lead the series 7-1 and have had a 5-year winning streak against the Pirates. Can the Mids keep the streak alive?





↑ CASABLANCA GALA 2021

The CASAblanca Gala is back this year on November 6th from 6 to 11 p.m. at the Westin Annapolis Hotel. This year, the theme is “Hope Changes Everything.” Enjoy an evening of drinks, dinner, dancing, live and silent auctions, and so many more activities. Visit Aacasa.org for more information.



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Visit Kinder Farm Park in Millersville on November 6th at 8 a.m. for the 2nd Annual Maryland Therapeutic Riding Pony Trot. The race will be held in person this year but there will also be a virtual option for those who are not local. A fun course will be set up on the farm for riders to enjoy through the week at the regularly scheduled lesson time. All of the proceeds from the Pony Trot will benefit Maryland Therapeutic Riding. Visit Horsesthatheal.org for more details.



FISH FOR A CURE

Fish for a Cure is back and celebrating 15 years. On November 6th, compete for the biggest fish and make waves in cancer care for patients and their families. Bring your catch to South Annapolis Yacht Center between 4 and 7 p.m. for the in-person weigh-in and after-party. For more information, visit Fishforacure.org.

2021 Chesapeake Watershed Forum

On November 1st through 5th, The Alliance for the Chesapeake Bay will be hosting their 16th Annual Chesapeake Bay Watershed Forum. The event will feature in-person networking November 1-3 and virtually conferencing November 3-5. This is a watershed-wide event reaching over 400 restoration and protection practitioners to inspire and empower local action towards clean water. For more information, visit Allianceforthebay.org.

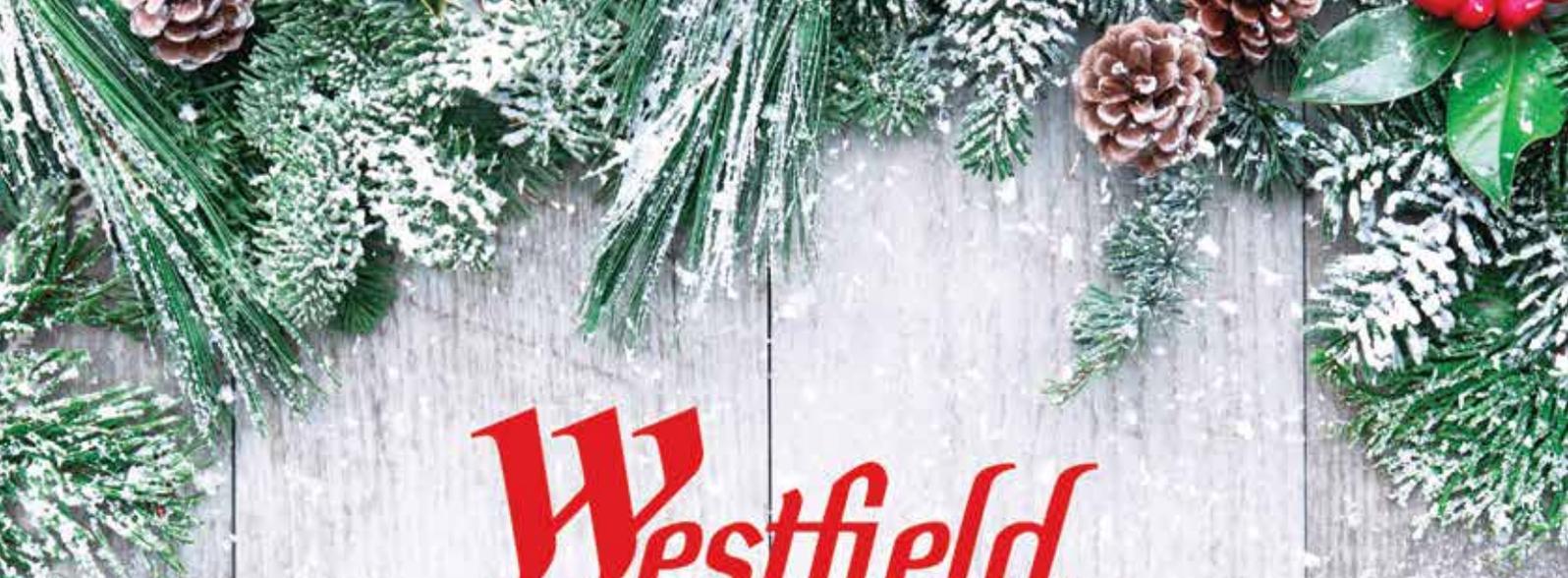
The Chesterton Gala

Chesterton Academy invites you to their Gala, an elegant evening of dinner, drinks, and music. Join for fellowship, hear about their mission, support the students, and enjoy a night of merriment. The event will take place November 6th from 6:30 to 11:30 p.m. at The Columbus Club of Annapolis. Seating is limited so get your tickets ahead of time by visiting chestertonacademyofannapolis.org.

CINDERELLA

Experience the most classic “Happily Ever After” for just two nights at Maryland Hall in Annapolis. Annapolis Opera is performing Rossini’s timeless classic *Cinderella* on November 5th at 7:30 p.m. and on November 7th at 3 p.m. Find out if dreams really do come true and if love can conquer greed and cruelty. Get your tickets now at Annapolisopera.org





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↑ Stars, Stripes and Chow: Chili Edition

Home chefs throughout Maryland will put their best pots of chili forward when they come together for a chili cookoff to raise money for homeless veterans. November 6th, from 1 to 4 p.m., will be The Baltimore Station's 7th Annual Stars, Stripes, and Chow: Chili Edition at Camden Yards. There will be entertainment from Soundcheck Rock Academy's kids' bands and other food and beverages will also be included in the ticket price. Find more information at E.givesmart.com/events/nmy.

THE TALENT MACHINE COMPANY GALA

The Talent Machine Company, an exceptional children's theater in Annapolis, is holding its first ever Gala on November 20th at the Annapolis Waterfront Hotel from 7 to 11 p.m. This event will be celebrating the 30th anniversary of the Company's Holiday Show and will raise funds to help offset the impact that COVID had on the nonprofit. Find more information at Talentmachine.com/gala.

EARLY CHRISTMAS FLEA MARKET AND CRAFT FAIR

After such a great selection of Christmas crafts and attic finds at their event in the Fall, The Ann Arrundell County Historical Society will be having another Early Christmas Flea Market and Craft Fair at the Benson-Hammond House Museum in Linthicum on November 6th from 8 a.m. to 3 p.m. For more information, or to sell, visit Aachs.org.



Photograph by Keith Allison

WASHINGTON CAPITALS

Hockey season is back and that means the Capitals are ready to hit the ice again at Capital One Arena in Washington, D.C. The Caps have five home games in November. They play the Philadelphia Flyers at 7 p.m. on November 6th, the Buffalo Sabres at 7 p.m. on November 8th, the Pittsburgh Penguins at 7 p.m. on November 14th, the Montreal Canadiens at 7 p.m. on November 24th, and the Florida Panthers at 5 p.m. on November 26th. Visit Nhl.com/capitals to get tickets now.

Small Business Saturday

November 27th is Small Business Saturday in Downtown Annapolis. Over 90 retail stores and 80 restaurants in the Downtown Annapolis area will be kicking off the holiday season. At this point, holiday decorations will also have started to go up in the town and the area will feel magical as you stroll the many shopping streets. This day is devoted to supporting your local independent retailers and restaurants. Find more information and plan your shopping spree at Downtownannapolispartnership.org.

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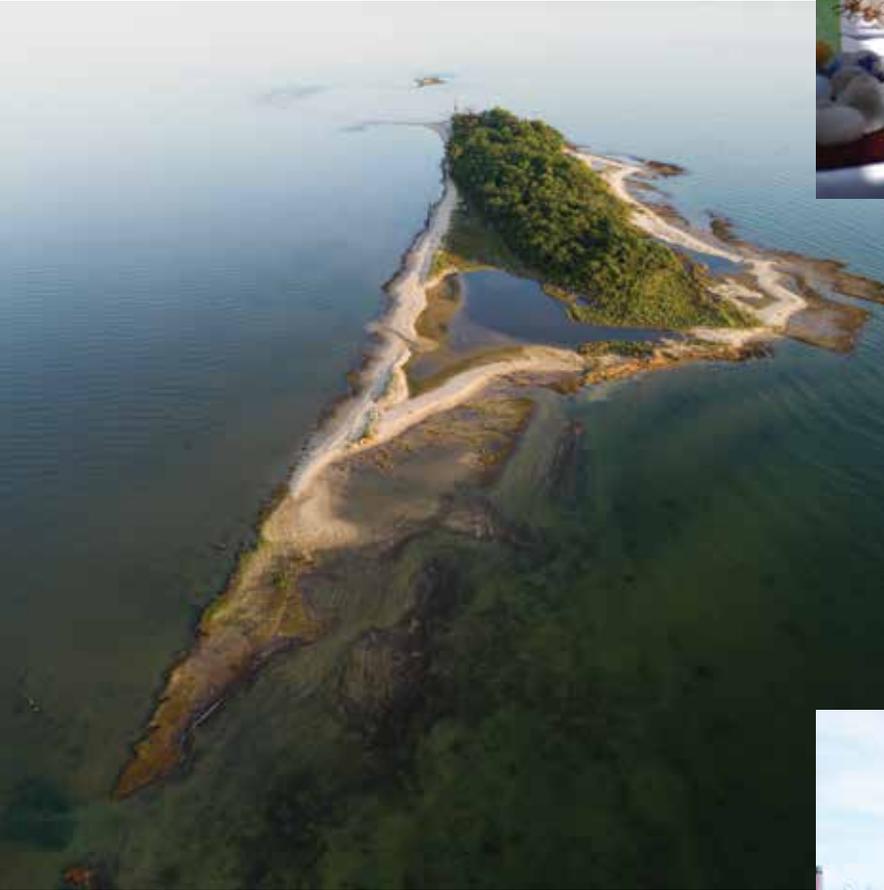
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Across the Bridge



Photograph by Jay Fleming

↑ Island Life Exhibition

Since his first trips to several of the Chesapeake Bay's islands in 2009, Jay Fleming has seen remarkable changes to their landscapes and communities. Cemeteries are washing into the water, acres of marshland are disappearing, and the populations are in decline. Fleming felt a sense of urgency to document the islands' iconic working waterfronts, as the very forces that sustain them also threaten to take them away. This month, Trippe Gallery in Easton will host a special exhibition of this work. There will be a book signing on November 13th from 10 a.m. to 3 p.m. For more information, call 410-310-8727.

WILD & SCENIC FILM FESTIVAL

ShoreRivers is excited to host this year's 12th Annual Wild & Scenic Film Festival at Avalon Theatre in Easton. Last year was completely virtual but this year will have a hybrid model. The event will take place on November 19th from 5 to 7 p.m. More information will be coming to Shorerivers.org as the event gets closer.



EASTERN SHORE SEA GLASS & COASTAL ARTS FESTIVAL

Visit Talbot County for the Eastern Shore Sea Glass and Coastal Arts Festival held at the Chesapeake Bay Maritime Museum in St. Michaels. The festival will be held November 20th through 21st. Visit all vendors and add the most perfect pieces to your collection. Visit Seaglass-festival.com for more information.



Photograph by Michael Roe

↑ Waterfowl Festival

The 50th Anniversary of the Waterfowl Festival is here! On November 12th through 14th, more than 15,000 visitors are expected to honor Eastern Shore outdoors and waterfowl traditions in Easton. Indulge in local wines, beers, and Eastern Shore delicacies at the Tasting Pavilion, and enjoy the best entertainment Delmarva has to offer. Find more information at Waterfowlfestival.org.



FESTIVAL OF TREES

The 36th annual Festival of Trees will be held over Thanksgiving weekend (November 27–30) to raise funds for Friends of Hospice and benefit Talbot Hospice. One hundred trees will be on display in the Gold Room of Easton's Tidewater Inn with the theme "A Winter Wonderland." The Festival includes a fun outside event for families on Saturday, November 27th, "Carols by Candlelight," from 5 to 7 p.m. Find more details at Festival-of-trees.org.



↑ Beef, Bonfires, & Cigars

Haven Ministries is hosting Beef, Bonfires & Cigars live and in-person to raise funds for Haven Ministries' programs including shelter, clothing, food, and resources. The event will be hosted on November 5th at Historic Kent Manor Inn in Stevensville. Visit Haven-ministries.org to order special VIP tickets or tickets to general admission. The doors will open at 5 p.m. for VIPs and will open at 6 p.m. for general admission tickets.

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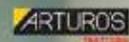
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CRAB Cup

What a difference a year makes when it comes to The CRAB Cup (voted Best Nonprofit Party by *What's Up? Annapolis* readers in 2020), held on August 21st. Over 500 people at the post-race party had a lot left over in the gas tank and sails after a tough day on the water fighting the current. The event kicked off with the high-energy performers, The Naptown Brass Band, marching onto the Eastport Yacht Club back deck. They were immediately followed by Misspent Youth. CRAB's importance to the community was recognized by guest elected officials: Maryland Comptroller Peter Franchot, Anne Arundel County Executive Stuart Pittman, Senator Sarah Elfreth, Mayor Gavin Buckley, and Aldermen Ross Arnett and Djuan Gay. Kudos were offered by Title Sponsor Engel & Volkers Rick Foster for CRAB's 30-years of service to all Marylanders with disabilities. There also was a great deal of buzz and promises for the new Adaptive Boating Center to be opened in 2022. The Skippers Challenge, live auction, silent auction, and raffle served to add to record proceeds for this year's successful event.

Photography courtesy CRAB



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— Glen Buchanan



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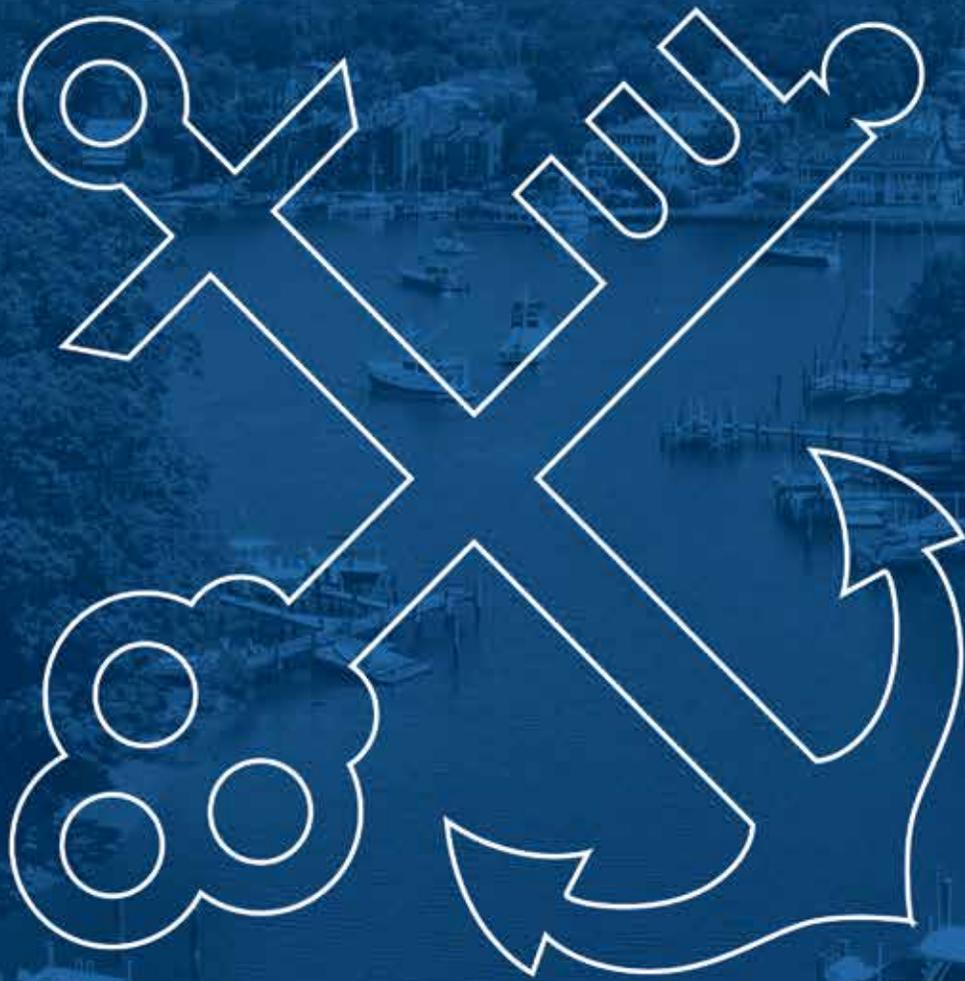
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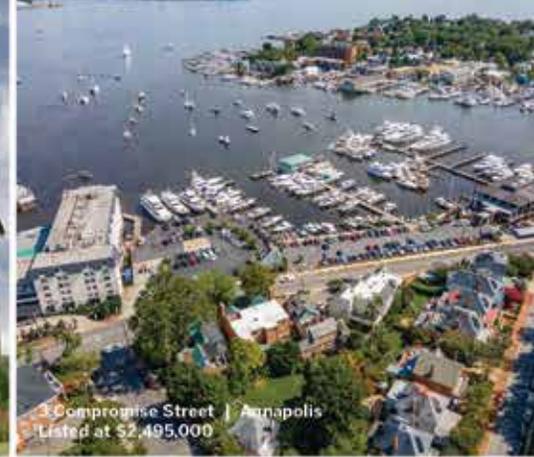
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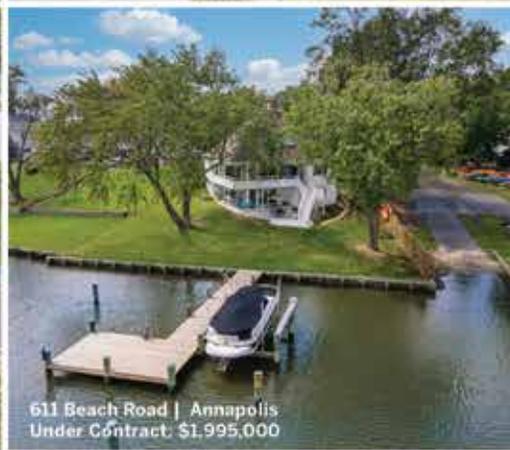
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Central Maryland Chamber Classic Golf Tournament

The Central Maryland Chamber Classic Golf Tournament, sponsored by Tide Creek Financial Group, was held on June 15th at Turf Valley Resort in Ellicott City. Over 100 golfers and volunteers enjoyed friendly competition, networking, and fun. The day started with breakfast, while staff and volunteers introduced guests, offered raffle tickets, and featured a whiskey pull. The morning festivities were followed by a shotgun start. After 18 holes, golfers returned to the Turf Valley ballroom for an awards banquet, delicious food and beverages, and more networking. Next year's event is tentatively scheduled for Tuesday, June 21, 2022.

Photography by Nina K Photography/courtesy Central Maryland Chamber

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TOWNE SALUTE

Dian “CJ” Corneliusen- James

METAvisor

By Tom Worgo

When Dian “CJ” Corneliusen-James first was first diagnosed with Stage 2 breast cancer in 2004, she was overwhelmed with all the support she received. It started right before her operation at Anne Arundel Medical Center.

A volunteer came into her room with a bag of gifts. The hospital assigned her a mentor for the entire year as she went through follow-up treatments. “It was really a fantastic program,” says Corneliusen-James, who spent 24 years in the U.S. Air Force as



ONE THING THAT WAS INSPIRING IS THAT SHE SHARED THIS WITH EVERYBODY WHO LISTENED AND ENCOURAGED ADVOCACY AND PEOPLE TO VOLUNTEER. AND TO THIS DAY, (THE PROGRAM) IS STILL IN PLACE.”

an intelligence officer with several long postings overseas and retired as a lieutenant colonel.

Fast forward to 2006 when her cancer returned. This time, the Annapolis resident had a totally different experience. At that point, she was back in the same hospital, with Stage 4 metastatic breast cancer. “I was laying on the gurney waiting to have a lobe of my lung taken out,” she says. “They told me I had about two to three years to live.”

The difference this go-round was that there were no gifts, support, or mentors. The hospital didn’t have a volunteer support program for Stage 4 breast cancer patients similar to the one for Stage 2. “No one came into my room to offer me help or to be a mentor,” Corneliusen-James recalls. “There was nothing there.”

Luckily, the 70-year-old beat the odds, has remained cancer-free, and gone on to lead a normal life. Shortly after her second surgery she found out through research that no metastatic Stage 4 breast cancer support system existed anywhere in the country.

“I thought that was outrageous and very unfair,” she says. “The world turns out for you when you have this early-stage diagnosis. But when you are told you are going to die, there is no one there for you.”

Corneliusen-James soon set out to change that. She started by asking hospital officials to put her in touch with other metastatic patients, which they did.

“They connected me with three patients (in December 2006), and within two months all three

were dead,” Corneliusen-James says. “It was not a good start.”

In September 2007, after undergoing formal training as a breast cancer volunteer, she made things official by launching her own regional program, Survivors Offering Support (SOS). “In just six months I had 24 members and it showed how great the need was,” Corneliusen-James says

She didn’t stop there. Two years later, with the help of three support group members and close friends, Corneliusen-James started a national nonprofit peer-to-peer support group called METAvisor. Unfortunately, all three other members succumbed to metastatic breast cancer over the next five years.

“She was definitely on a mission to improve the quality of life for people living with metastatic breast cancer,” METAvisor Executive Director Sonya Negley says. “She also wanted to improve the amount of research for metastatic breast cancer.

“One thing that was inspiring is that she shared this with everybody who listened and encouraged advocacy and people to volunteer. And to this day, (the program) is still in place.”

The main focus has been fundraising. What Corneliusen-James found out stunned her.

“In January of 2007, I heard a media report that the National Cancer Institute was putting less than half of one percent of their five-billion-dollar budget into all four stage cancers combined,” Corneliusen-James recalls. “That really threw me. That’s

when I decided we have got to find some way to raise money ourselves because they are not doing it.”

She and her colleagues at METAvivor have accomplished that mission. Since 2009, the organization has raised more than \$18 million through fundraisers and donations. That money has gone into 185 research grants.

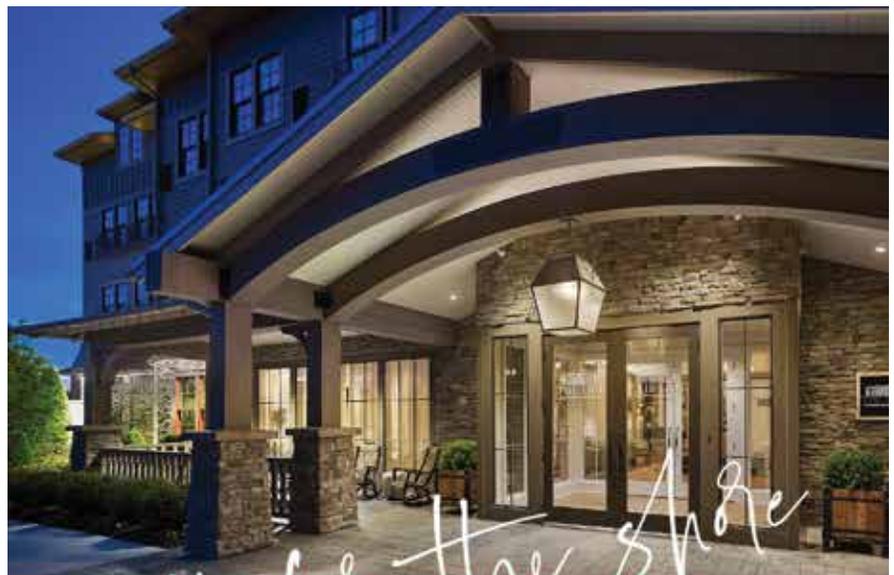
After co-founding METAvivor, Corneliussen-James, who holds a B.A. in German literature from the University of California, Santa Cruz, and a master’s degree in international management from the Middlebury Institute of International Studies in California, served as president of the national chapter for six years, until 2015.

In 2011, she joined the Global Alliance for Metastatic Breast Cancer, and later she spoke at three international conferences in Portugal.

“The success of the organization has been astounding,” says Kelly Lange, who served on METAvivor’s national board of directors for a decade. “And a lot was due to her vision. Her message definitely resonated.”

Lange offers a dramatic example. “I will always remember going to a conference in Philadelphia and people had our logo tattooed on their bodies because of our organization and everything it meant to them.”

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



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INDIAN CREEK SCHOOL RENOVATES CAMPUS ↓

Indian Creek School recently completed the renovation to its 114-acre, former Upper School Campus on Anne Chambers Way, in Crownsville. School opened this year on Wednesday, September 1, with the entire ICS community, from Pre-K through grade 12, together on one campus. The new school building features a state-of-the-art Academic Resource Center, a new Lower School Library, two new playgrounds, and expanded cafeteria, and patios for the community to gather, as well as updated classrooms and the newly dedicated Bruce E. Crossman Middle School wing. Last October, the School added Eagle Dome, a 27,000-square foot indoor athletics space to Eagles Athletics Complex. For more information, visit indiancreekschool.org.



↑ Liff, Walsh & Simmons Welcomes New Partner

Liff, Walsh & Simmons is pleased to welcome Melissa Menkel McGuire as a partner, establishing the firm's Employment Law Practice Group. Menkel McGuire brings more than 25 years of experience providing advice and counsel to employers on all aspects of the employment relationship. "The foundation of our organization is our people. We grow our team strategically to ensure new hires align with our core values and our commitment to excellence. Melissa is a natural fit - intelligent, hard-working and understands our vision. The addition of her employment law experience is a game changer for Liff, Walsh & Simmons. We are thrilled to welcome her to the team," says Jay Walsh, founding and managing partner of the firm.

Evolutions Turns Twenty

Evolutions health club in Annapolis turns 20 this November. Founded with the intention of creating an enjoyable place for people to thrive, work, and flourish, Evolutions has solidified itself as one of the premier and longest standing health clubs in town. Now a part of Coppermine, Evolutions' DNA remains unique. It is focused on the whole person, paying equal attention to the mind, body, and spirit. "That same thread that has woven Evolutions' first 20 years, will continue to be the guiding light for our next 20...and beyond," the company states. For more information, visit evolutionsannapolis.com.





U.S. Dermatology Partners Adds Physician

U.S. Dermatology Partners (formerly Annapolis Dermatology Center) recently welcomed Certified Physician Assistant Rachel Kokal to the team. A native of Richmond, VA, Kokal received her Masters in Physician Assistant Studies from James Madison University. Kokal has practiced dermatology since 2014. She chose the specialty because of her family's history with melanoma. She is passionate about educating her patients on sun safety and the importance of getting annual skin exams. "I love partnering with my patients, seeing the improvement in their conditions over time, and the confidence that comes with those changes.", Kokal says.



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The Pup Camp Expands Operations

The Pup Camp now has two locations, in Gambrills and Severna Park. The Severna Park location opened in February 2021. "Our goal is to open multiple locations across Anne Arundel County," states ownership. "There are new exciting changes as of 2021. The Gambrills location recently changed their name from Dog Thrive to The Pup Camp, which is a family-owned doggy daycare, boarding, and dog washing facility owned by Matthew, Mark and Nick Stewart. Both facilities were built from the ground up to provide the best experience a dog can have while also giving back to their community. For more information, visit thepupcamp.com.



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



NEW CAKE POP KITS LAUNCHED

On October 1, Lisa's Cakepops cut the ribbon at its Severna Park location for the product launch of an exclusive line of cake pop decorating kits in six different themes. In addition to the holiday cake pop decorating kits, the new themes include mermaid, unicorn, galaxy, monster, princess, and birthday. For more information, visit lisas-cakepops.com.

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TOWNE ATHLETE

Bryce Purnell

Archbishop Spalding Football, Wrestling

By Tom Worgo

You don't often hear this from standout two-sport jocks: that they're a better student than athlete.

But that's especially true when it comes from a senior like Bryce Purnell, who has been aggressively recruited by a bunch of Division I college football programs.

The Archbishop Spalding student carries a weighted 4.6 grade-point average and started taking advanced placement classes in ninth grade. "Obviously, I am happy about being a better student than athlete," Pur-

“ HIS BEST QUALITY IS HIS RELENTLESS EFFORT AND WILL. HE IS EXTREMELY TALENTED FOR HIS SIZE. HE'S GOT GREAT STRENGTH AND HE RUNS VERY WELL. AND HE REALLY FINISHES PLAYS WELL.”

nell says. "But it's expected, too. I am not trying to sound cocky about it, but I have worked really hard in school through the years to reach this point."

It's not surprising that Purnell, an Edgewater resident, has been pursued by Dartmouth College, Yale University, and the University of Pennsylvania. He's strongly considering those Ivy League schools and brimming with pride that they are interested in him.

"It's definitely exciting and it would be a great opportunity and experience," Purnell explains. "It would set me up well for the rest of my life." Purnell knows what he wants to do for a career: to be an attorney.

"I want to be in a career where I can help people and still make money," he says. "I am just really interested in law. I took AP government my sophomore year. All that law stuff really interests me."

His coaches say the 17-year-old is a student athlete with a great makeup. Purnell talks about helping the underprivileged through community service. He volunteered at Edgewater's Joy Reigns Lutheran Church thrift shop two days a week last year during the summer and he also has spent his Christmas Eve delivering gifts to homeless shelters.

"He is as high a character person as we have in our football program," Spalding Football Coach Kyle Schmitt says. "And in our school, I think frankly he really cares about people and has a lot of empathy."

Schmitt says Purnell has so much potential. The 6-foot-2, 240-pound Purnell didn't develop as much as he wanted to during his junior season, which the pandemic limited to two games. So, he went to eight college football camps last summer to help develop his skills and learn about sophisticated schemes. Colleges such as Villanova, William and Mary, Lafayette, and Fordham.

"I didn't have a lot of tape from junior year, so they wanted to see what I could do," says Purnell, who also wrestles for his school. "They wanted me to work out, and I did really well in the workouts. They helped me improve. The experiences gave me things I can add to my game like different pass-rush moves and defensive line stances."

Purnell excels at stopping the run and rushing the passer. He's a two-year starter at defensive end on the varsity squad after playing both offensive tackle and defensive line on the jayvee as a freshman.

"I think any college in the country would love to have him," Schmitt says. "His best quality is his relentless effort and will. He is extremely talented for his size. He's got great strength and he runs very well. And he really finishes plays well."

Schmitt values Purnell's leadership skills as much as his football talent. He is a role model for the Cavaliers' underclassmen. "He is the type of guy the young guys can follow," he says. The Spalding coach talks about Purnell's academic achievement as much as his performance on the field. Schmitt has never coached a player with as high a grade-point average as Purnell.

"I told him jokingly, 'Can we take a little bit of your grade-point average and pass it along to a few other guys?' They may need a little more of a bump."

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

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TOWNE INTERVIEW

Eric Ayala

Maryland Terrapins
Star Basketball Guard

By Tom Worgo

Photography courtesy University of Maryland

University of Maryland guard Eric Ayala had a decision to make. He could return for his senior year or remain in the 2021 NBA draft and, thus, begin life as a professional. Surprise—Ayala decided the NBA could wait.

“Coming back for an extra year will help me develop,” Ayala explains. “I feel I will be ready to make that jump next year.”

Maryland Coach Mark Turgeon is glad Ayala returned. Two of Ayala’s teammates for three seasons are gone. Second leading scorer Aaron Wiggins left for the NBA and standout Darryl Morsell transferred to Marquette.



ONE OF THE BIGGEST THINGS I LEARNED IS TO TAKE CARE OF MY BODY BEFORE AND AFTER I PLAY. THE WAY I RECOVER FROM WORKOUTS IS SOMETHING THAT HELPED ME OUT A LOT. IT WAS AN EXCITING EXPERIENCE GOING THROUGH THAT PROCESS. IT GIVES YOU A LOT OF CONFIDENCE.

The arrival of Rhode Island transfer Fatts Russell, an excellent point guard, could help the 6-foot-5, 200-pound Ayala raise his profile. Ayala could be in line for First-Team All-Big Ten honors or even All-American consideration. There’s no doubt he is a player on the rise.

“He led us in scoring last year, but he is going to have to do it again,” Turgeon says. “And I think he will. Fatts will take a lot of pressure off Eric and he can just concentrate on scoring.”

Ayala averaged 15.1 points, 4.3 rebounds, and 2.2 assists per game last year and was named a 2021 Honorable Mention All-Big Ten selection. Of course, the expectation is for him to boost those numbers.

What’s Up? Media recently talked to the 22-year-old Ayala about his role as a leader, what he learned going

through the NBA draft process, and the lofty expectations for the Terps.

Since you are the only returning senior, do you feel you have to take on more of a leadership role?

Leadership kind of comes natural for me. I watched a lot of guys that came before me at Maryland closely. I just try to be the best leader that I can be. I have to make great decisions. Being a veteran on the team, I have been through everything. The guys respond to me, and I have a good relationship with them.

Why did you decide to declare for the NBA Draft?

It was a great opportunity for me to get some feedback from the NBA guys. I am glad I took that journey and I learned a lot. I felt I had built a great resume to at least to get a look from the NBA people. I look forward to taking





that next step this year to solidify my name even more.

What did you learn through that process?

One of the biggest things I learned is to take care of my body before and after I play. The way I recover from workouts is something that helped me out a lot. It was an exciting experience going through that process. It gives you a lot of confidence.

Why did you decide to come back?

The main reason was I wanted to be part of a winning program. Playing on a bigger stage is the most important thing. I think we can be a top-10 team in the country and play in those big NCAA Tournament games. Everybody would be watching us, and I am really looking forward to winning a lot of games this year.

You shared point guard duties with Hakim Hart last season. Since you are not going to be handling the ball as much with the addition of Russell, are you expecting to score more?

Absolutely. My first two years playing with Anthony Cowan, too, were interesting. He was more of a scorer and I didn't have to score a lot. When Hakim played point guard last year, it allowed me to score more. Playing the point guard spot comes naturally for me, but I will be able to focus more on scoring this year with Fatts running the point. There's no doubt about that.

How close are you with your teammates? Do you hang out together a lot?

That's my family. We have been locked in basketball all summer. We have been able to work out together and bond. That's so important because we didn't have

that summer time last year because of the pandemic. We have a lot of new guys and I feel my job as a leader is to make that transition easier for everybody. I want to lead by example: play hard, lead hard.

How would you describe your relationship with Mark Turgeon? Has he helped you develop as a player?

He is great guy and I have an outstanding relationship with him. He is definitely our leader. We follow him and he gives us great direction. He always looks out for us and I try to be around him as much as I can. He always gets the best out of us and works with us to make sure we get better.

What do you want to do after your basketball playing days are over?

As I have gone along on the basketball journey in my career, I have met a lot of

different people and you come across a lot of different potential opportunities. It's great having those relationships. I do want to stay close to basketball since it is a real passion of mine. There are a lot of different avenues to stay in the game. I could go into sports broadcasting or coaching.

How good can Maryland be? The team added six transfers, including three that were listed among the top 100 by one website.

I think we can be a top-10 team in the country if you ask me. I think we have the pieces to be outstanding. Coach Turgeon has done a great job this offseason of building a team. The new guys are fitting right in. We lost two great players in Darryl and Aaron, but we still have some really great pieces that will help us do some big things this year. I am looking for a big year.



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We are very grateful and incredibly proud of all of our nurses for their unfaltering commitment to our patients and their families, especially during the pandemic.

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Our community needs our nurses now more than ever, and we are fortunate to call them colleagues, friends and family.





WHAT'S UP? MEDIA'S 2021

EXCELLENCE IN N NRSING



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Welcome to this year's Excellence in Nursing honors, celebrating exemplary nurses practicing in the Greater Chesapeake Bay Region!

We called upon local nurses practicing in Anne Arundel, Prince George's, Queen Anne's, Kent, Talbot, and Dorchester counties to nominate and, therefore, honor the most commendable of their peers in the field, in more than 15 areas of specialty. In partnering with the Nurse Practitioner Association of Maryland, Inc. to promote the surveying, the response was phenomenal. We thank the many, and very busy, nurses for their valuable time and consideration.

This project is truly *professionals nominating professionals*. This was not open to the public. *Only licensed nurses and medical professionals contributed to this survey*. And although the nominating process is kept confidential, we did ask each contributor's "reason for nomination" of their peer(s). And it is those responses that are truly endearing and encapsulate what teamwork, leadership, camaraderie, and family mean to this profession. You'll read their remarks in the listings.

Without further ado, here are the Excellence in Nursing 2021 honorees. →

Advanced Practice

Masters prepared nurse in an advanced practice setting; clinical nurse specialist, certified nurse midwife, nurse practitioner, nurse psychotherapist, CRNA

Shenise Dubose Bay Village Assisted Living & Memory Care

Colleagues said: “Knowledgeable and strong work ethic in an ever-changing landscape during and after Covid-19.”

Lindsay Ward Holy Cross Hospital (previously Chesapeake Pediatrics)

Colleagues said: “Lindsay is President Elect of the Chesapeake Chapter of NAPNAP, the local chapter of the National Association of Pediatric Nurse Practitioners (NAPNAP), and volunteers with the Nurse Practitioner Association of Maryland (NPAM) as a District Director, planning educational activities for members in A.A. County and is an active member of the Legislative Committee. Additionally, she shares her clinical expertise as a clinical preceptor and a teaching assistant. She selflessly shares her experience with the next generation of Pediatric Nurse Practitioners and as a member of the Junior League of Annapolis, and exemplifies what is best in nursing.”

Kathleen Herberger Department of Defense Joint Base Andrews

Colleagues said: “Kathleen is a Family Nurse Practitioner who is a retired Army Captain. Kathleen believes that nurse practitioners should not have barriers to practice and has spent her free time providing her talents to the Nurse Practitioner Association of Maryland on the Executive Leadership as President Elect, President, and now as Past-President. Kathleen also served at the national level representing the State of Maryland to the American Association of Nurse Practitioners (AANP).”

Catherine Gvozden Gvozden Pediatrics

Colleagues said: “Cathy is an excellent nurse practitioner. She is outstanding at relationship building and is dedicated to the practice of nursing.”

Rachel Sherman Hospice of the Chesapeake

Colleagues said: “Rachel is the epitome of a team player and community advocate. She has spent countless hours education the community regarding Covid as well as caring for patients at the end of life.”

Barbara Nalley Luminis Health Anne Arundel Medical Center

Colleagues said: “Barbara is nurse practitioner in a women health clinic as well as a pain clinic. She also works as a registered nurse first assistant at Luminis. She is skilled, knowledgeable, and very dedicated to providing optimal care for all of her patients.”

Christine Smith Luminis Health Primary Care (formerly Annapolis Primary Care)

Colleagues said: “Christie works hard for her patients. She often takes on new patients with complex medical history. She will fully manage them, offering referrals, noticing trends in their health and changing their medications to suit their needs. She precepts student nurse practitioners through the pandemic, noting it is the most important time to learn.”

Alexandra Weiss O'Donnell Vein and Laser

Robert Wagner Plastic Surgery Specialists

Colleagues said: “Incredibly calm, competent, and skillful CRNA.”

Caroline Ruhl ProMD Health

Colleagues said: “Caroline has recently expanded her knowledge and skillset in the aesthetic field by mastering advance techniques to better serve her patients with safe, flawless results with minimal downtime.”

Virginia Santos Riva Road Surgery Center

Colleagues said: “Virginia ‘Gigi’ is not only incredibly capable and knowledgeable about all things nursing, her skill set goes beyond leadership, delegation, and actual ability to perform any hands on task needed in ambulatory patient care. In addition to these, she has compassion and kindness for everyone she comes in contact with. The success of our center is largely due to Gigi’s hard work and dedication!”

Bernadette Wood Rose Hill Family Physi- cians

Colleagues said: “Bernadette is a nurse practitioner who loves what she does and provides a great service to the people of Cambridge. She is caring, competent, and very knowledgeable.”

Paula Greer UM Baltimore Washington Medical Center

Colleagues said: “Paula is a seasoned CNM. She is a strong patient advocate. Paula developed the CNM practice at UMBWMC. An excellent teacher, she advocated for and, from the ground up, developed the Centering for Pregnancy program. Due to her hard work, the Centering for Pregnancy at UMBWMC is one of the best in the country.”

S. Dale Jafari UM Shore Regional Health

Colleagues said: “In addition to her role as a women’s health NP at Shore Regional Medical, Dale has served Nurse Practitioner Association of Maryland in various leadership roles, including President, and is currently the PAC Co-Chair. Dale has demonstrated excellent leadership skills and integrity during her tenure in leadership positions with NPAM and she is adept at handling difficult situations. She is honest and trustworthy, and highly respected by NPAM.”

D. Gail Shorter UM Shore Regional Health

Colleagues said: “Provides holistic care to patients dealing with acute and chronic pain from a variety of issues including musculoskeletal, neurological, and oncology.”

Ambulatory Nursing

Clinic, office, and other ambulatory care settings, employee health, occupational health, industrial health, infection control

Kelly Battista ProMD Health

Colleagues said: “Kelly has changed the lives of patients by improving their skin health and giving them a clear glowing complexion and the confidence that goes along with it.”

Virginia Santos Riva Road Surgery Center

Linda Wilt UM Shore Regional Health

Colleagues said: “Provides comprehensive care to patients dealing with acute and chronic pain. Is an excellent patient educator.”

Congratulations!

Virginia Santos has been nominated by her peers as an exemplary nurse practicing in the Greater Chesapeake Bay Region. She was nominated in two categories:

Advanced Practice & Ambulatory Nursing

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Nancy Farrell

UM Shore Regional Health

Colleagues said: “Nancy worked as a perioperative nurse before transferring to the pre-admission testing department. Nancy cares about her patients as she interviews them prior to their surgical procedure. She builds relations and easily gains their trust. Nancy is a great advocate for her patients who are preparing to have surgery.”

Lauren Princiotta

UM Shore Regional Health

Colleagues said: “Lauren is a phenomenal nurse and goes above and beyond for her patients. Not only has she been on the frontline during the pandemic doing Covid testing, she also works countless hours doing Covid vaccinations throughout our community.”

Case/Quality Management, Managed Care Informatics

Community or hospital case manager, quality management, risk management, infection prevention, patient safety, utilization management, and informatics

Consuella Bowen

UM Shore Regional Health

Colleagues said: “Provides exemplary case management services to patients served by Shore Medical Center Chestertown each and every day! She works tirelessly on behalf of the patients to get them the services and resources they need following a hospitalization.”

Heather Joyce-Byers

UM Shore Regional Health

Colleagues said: “Heather is a huge help to our team when we’re faced with critical challenges and tough decisions. All through Covid, she has been our right hand, guiding us through the proper procedures and ensuring that we’re considering all of the unintended consequences.”

Julie Bryan

UM Shore Regional Health

Colleagues said: “Over the past year as an infection prevention nurse, Julie has helped make the Mid-Shore safer for all residents. She has stayed on top of the latest information on Covid-19 and communicated this information to her colleagues at Shore Health. She has competently fielded phone calls night and day from physicians and nurses, all doing their best to care for patients with Covid and keeping those without safe.”

Alyssa Chadwick

UM Shore Regional Health

Colleagues said: “Alyssa is a kind and caring person, and this is carried over into her nursing practice. Her job is to ensure that patients recently discharged from the hospital have the correct medications, follow-up medical appointments, are receiving the correct treatments, are aware of symptoms to report to their providers, know how to care for themselves, etc. Her patience is endless, and she is known for her kind, gentle approach. Alyssa has the respect and admiration of her patients, coworkers, medical staff, and others.”

Clinical Education

Nurse educators responsible for overseeing or administering ongoing clinical education and resources

Janet Selway

Catholic University of America

Colleagues said: “Janet is a resident of Millersville and is the Director of the Adult-Gerontology Nurse Practitioner (AGNP) Program at The Catholic University of America, Washington, D.C. She is one of the founding NPs for the Nurse Practitioner Association of MD, and has served in various leadership roles, including President. Janet is an excellent educator, preceptor, and role-model for her students as they prepare for the role of an APRN.”

Eden Flynn

O’Donnell Vein and Laser

Alicia Blake-Hall

Connect RN

Colleagues said: “I have had the pleasure of working with Ms. Blake-Hall over the past few years. As a clinical diabetes nurse educator, she far surpasses the skills of so many of her peers, partially because she chooses to associate herself with skillful mentors and because she drives herself to achieve excellence.”

Susan Lynch

TidalHealth at Peninsula Regional

Colleagues said: “Susan coordinates perioperative orientation and education at TidalHealth. She facilitates the Perioperative 101 Didactic RN Orientation Program, while juggling educational experiences for students from multiples schools and programs such as the nursing programs, surgical technician programs, physical therapy, EMTs, state police, and respiratory therapy programs. Susan ensures that all staff are oriented and that their competences are completed.”

Christy Marciniak

UM Shore Regional Health

Colleagues said: “Christy makes clinical education fun and easily comprehended for the nursing team members.”

Taffie Wilson

UM Shore Regional Health

Colleagues said: “Taffie is in charge of all American Heart Association programs: BLS/CPR, ACLS, and PALS. She is organized and thorough in program administration and an excellent educator.”

Critical Care

Adult ICU/CCU, cath lab, oncology, special procedures

Tracey Watters

UM Shore Regional Health

Colleagues said: “Tracey is the perfect blend of clinical expertise and compassion for her patients. She is a strong advocate for critically ill patients and their families.”

Pam Pardun

UM Shore Regional Health

Colleagues said: “Pam has been honing her knowledge and skills in Critical Care for some time. She is an excellent leader, clinician, and educator.”

Alicia Fuchs

UM Shore Regional Health

Colleagues said: “Alicia Fuchs was our ICU/Tele Manager here at SRH. She hit the ground running when Covid hit. She was an amazing advocate for her team and ensured that they were continuously kept up to date on the policy and PPE changes. She was a calming presence during a very stressful time!”

Emergency

Emergency department, flight, ambulance, pre-hospital, telephone triage

Amanda Hammond

Luminis Health Anne Arundel Medical Center

Colleagues said: “Amanda is a Clinical Nurse Supervisor for AAMC’s Emergency Department. She is a trusted, well-respected charge nurse. All of her peers know that the shift will be calm and collaborative when she’s in charge. She is supportive and ensures that her team and patients receive the best care possible.”

Debbie Spence

Luminis Health Anne Arundel Medical Center

Emily McWilliams

TidalHealth at Peninsula Regional

Colleagues said: “Emily began her nursing career in the emergency room as Covid-19 became a pandemic. She joined the nursing team and learned much during the uncertainty of the pandemic. She has grown as a RN and can easily and competently care for any patient coming through the emergency room doors. Emily is an asset to the TidalHealth team.”

Beverly Greaves

UM Shore Regional Health

Colleagues said: "Beverly is a natural leader. She provides exemplary care for her patients and fellow team members."

Debbie Timms

UM Shore Regional Health

Colleagues said: "Debbie is the glue that holds this ED together. She stays calm and level-headed no matter the circumstances."

William Shertenlieb

UM Shore Regional Health

Colleagues said: "Bill is an excellent and compassionate nurse. He cares for all levels of critical patients in the ICU and Step Down Units. He works with patients and their families who are ventilated and are at their most vulnerable period. Bill is on top of his game and always finds the time to comfort a patient or their family."

Leslie Collier

UM Shore Regional Health

Colleagues said: "Leslie is a skilled ED charge nurse who is always willing to mentor new staff members and handles challenges with professional calmness. Leslie is a Forensic Nurse Examiner for both adults and pediatric patients. She also works regularly with the local Child Advocacy Center working with children of suspected child abuse. Leslie is a well-respected member of the Shore Regional Health ED Team and deserves this recognition."

Emerging Nurse Leader

Inclusive of charge nurses, assistant nurse managers, supervisors; first-line nurse leaders are those professionals who are responsible for overseeing first-level nursing services

Rebecca Lewis

UM Shore Regional Health

Colleagues said: "Rebecca stands firm in her commitment to excellence at Shore Medical Center Chestertown."

Employee Health

Related to coordination and management of health screening, performance, advocacy, and resources for system employees

Pat Steele

UM Shore Regional Health

Colleagues said: "Pat is always willing to help and answer questions. Pat is instrumental in administering and coordinating flu shots, Covid shots, and doing fit testing for the system. She is also on top of employee injuries. Pat is always pleasant no matter how busy she is. Pat is an asset."

Home Health/ Hospice

Staff nurse in home health care settings, hospice, in-patient hospice

Jennifer Roberts

Hospice of the Chesapeake

Colleagues said: "Jennifer is one of the best hospice nurses I have had the pleasure of working with. Her ability to connect with and provide compassionate care to patients and families with terminal illness is amazing."

Virginia G.

Response Senior Care

Colleagues said: "Virginia has been an RN for over 20 years and has been with Response Senior Care for 3 years. She is extremely kind and patient with our home care clients. Virginia comes with plenty of experience and knowledge."

Long-Term Care/ Rehabilitation

Nursing home, gerontology, services for disabilities, rehabilitative services, subacute/transitional unit

Alicia Blake-Hall

Connect RN

Maternal-Child/ Women's Health

Obstetrics, gynecology, women's health, nursery, pediatrics, NICU, PICU, Peds ER, early childhood/ early intervention services

Kristen Durand

Luminis Health Maternal and Fetal Medicine

Colleagues said: "Outstanding rapport with patients. Goes above and beyond to provide care and ensure that her patients are receiving the best possible outcome. Reaches out to payers to resolve billing and procedure challenges for her patients."

Barbara Nalley

Luminis Health Anne Arundel Medical Center

Catherine Gvozden

Gvozden Pediatrics

Courtney Walsworth

UM Shore Regional Health

Colleagues said: "Courtney is new as a labor and delivery nurse, but she uses her experience as a child life specialist to care for newborns and mothers. She is attentive to her patients and makes sure they are comfortable. If she doesn't know the answer to a patient's question, she asks the appropriate people to find the answer."

Medical/Surgical

Acute or chronic medical and surgical nursing specialties

Kayla Toulson

UM Shore Regional Health

Colleagues said: "Kayla displays extraordinary compassion, clinical skill, and leadership. She is beloved by her patients and team members and gives 100 percent at all times."

Leigh Tomey

UM Shore Regional Health

Colleagues said: "Leigh is an excellent nurse. She is loved by her staff and patients. She is the go-to expert."

Jennifer Collins

UM Shore Regional Health

Colleagues said: "Jennifer has been on the frontline of the pandemic since day one. She has worked on the Covid unit at Easton since the very beginning. Not only did she do that, but she also was a preceptor, educator, and mentor to our novice nurses. She is always willing to lend a helping hand, no matter how difficult her own patient load can be."

Nurse Executive Leadership

Inclusive of Chief Nursing Officers (CNOs) Chief Executive Officers (CEOs), Deans, executive vice presidents of nursing, or equivalent, these professionals are responsible for leadership at the executive table; designing strategic, operational delivery systems and directing patient care services/education throughout an organization

Jenny Bowie

UM Shore Regional Health

Colleagues said: "Jenny has served as the Medical Branch for our Incident Command Structure since the beginning of Covid. She has remained transparent and open with all members of the team. She ensures consistent communication with all members of the team."

Nursing Leadership

Inclusive of clinical nurse managers, coordinators, directors; these middle management nurse leaders are often responsible for overseeing several units, departments, or service lines within an organization

Sandy Prochaska

UM Shore Regional Health

Colleagues said: “Sandy is a strong nurse manager not only for our inpatient units, but the ER. She is always available to help out, listen, and advocate for her staff.”

Jessica Alvarez

UM Shore Regional Health

Colleagues said: “Jessica is the Director of Critical Care and Acute Care here at SRH. She led the development of the Covid unit here at SRH. She ensured the staff were safe and had the required PPE. She also ensured that all policies and procedures were communicated clearly. She has been creative with staffing and consistently makes sure that her teams are cared for. She is a wonderful leader!”

Brandi Covey

UM Shore Regional Health

Colleagues said: “Brandi has been an operating room nurse for over 10 years and became manager of the Ambulatory Surgery Center last year. She uses her experience as a staff nurse to become a manager that is understanding of the concerns of her staff nurses. Brandi is well liked by the staff, physicians, and patients because she has a friendly personality but knows how to get down to business. She is a great manager and her staff believes in her leadership.”

Perioperative

Perioperative, recovery room, day surgery, operating room

Patricia Donoho

Laughlin Plastic Surgery

Colleagues said: “Nurse with over 40 years of operating room experience who puts patients and doctors at ease. She has seen and done it all. Is the choice of her fellow nurses to be in the operating room for their friends and family.”

Kathleen Smith

Luminis Health Anne Arundel Medical Center

Colleagues said: “Kathy is a cardiac vascular certified RN working in outpatient/inpatient procedural care setting. While Kathy only gets to see patients for brief periods of time, she excels in developing a rapport and providing patient education during what is often scary time during for patients and families.”

Oscar Ramos

Luminis Health Anne Arundel Medical Center

Colleagues said: “Oscar ‘Ozzie’ serves on the general operating room team but is often pulled out of his service. When complex cases are on the schedule, Ozzie is frequently the operating room nurse in those cases. He remains calm under pressure and is not phased by situations that may cause someone fight or flight response to engage.”

Michelle Stacey

TidalHealth at Peninsula Regional

Colleagues said: “Michelle works as a charge nurse in the operating room at TidalHealth. Over the past year there have been many changes due to Covid-19. Michelle was a leader in implementing safety practices in her department.”

Alisa Bloodsworth

TidalHealth at Peninsula Regional

Colleagues said: “Alisa is one of three Administrative Charge Nurses in the Operating Room. She has great communication skills. Alisa is able to effectively coordinate the surgical schedule to handle emergencies and the elective schedule. Alisa has a vast knowledge of perioperative nursing and can be found in the ORs helping set up or even scrubbing or circulating a case when needed. Alisa is a great asset.”

Melanie Iacona

UM Shore Regional Health

Emily Uyttewaal

UM Shore Regional Health

Colleagues said: “Emily recently won nurse of the year for the perioperative unit, which shows how great of a nurse she is. She is very knowledgeable and always is willing to help train new nurses at the surgery center. Emily is compassionate with her patients and helps to calm their nerves before surgery by listening to their concerns. She also has excellent assessment skills and brings abnormal assessment findings to the surgeon or anesthesiologist and communicates any concerns to the operative nurse.”

**Public Health/
Community/
School**

Public health, school, forensic, transplant coordinator, telehealth, parish, and corrections/prison nursing

Kate Price

Dorchester County Health Department

Colleagues said: “Kate has been an asset to the residents of Dorchester County. She implemented and ran the Covid vaccination clinic in our county. It started off being at the health department, which many folks had to wait in line outside of the department in cold weather. She was able to transition the vaccination clinic to our local Hyatt Regency, where the facilities were easily accessible. She ensured that the clinic was competently staffed with paid and volunteer staff. Kate coordinated the moving pieces to make this a successful vaccination clinic.”

Rita Kulley

Kent County Health Department

Colleagues said: “Rita has served well past normal retirement age to maintain quality care in this rural area. She has gone above and beyond in meeting the needs of the community during this pandemic.”

Mary Lou Christian

Queen Anne’s County Health Department

Karen Denny

UM Shore Regional Health

Colleagues said: “Karen is the Forensic Nurse Coordinator for SRH. She leads a team that covers all five of our counties. She works tirelessly to ensure that the victims of sexual assault receive the most up to date, evidenced based, quality care that they deserve. She is an emotional rock for these victims and a strong leader for the team.”



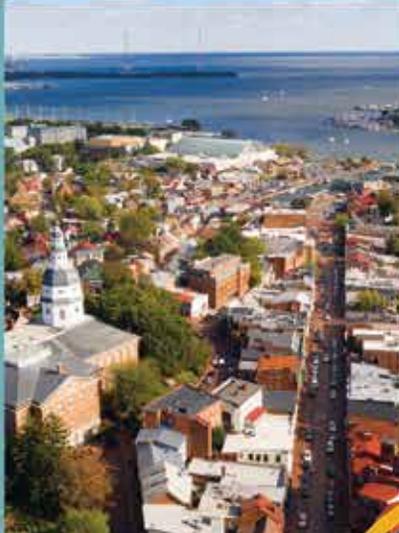
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COUNTY**



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ANNAPOLIS

AN AMERICAN STORY

This month, Historic Annapolis will invite visitors to preview *Annapolis: An American Story*, in its museum at 99 Main Street in the Annapolis Historic District!

This new permanent exhibition highlights dramatic Annapolis events that helped shape American history and shares inspiring stories of people that museum visitors will never forget.

With three floors of compelling exhibits and artifacts, visitors will experience the diverse history of Annapolis and its distinct contributions to our nation's extraordinary narrative.

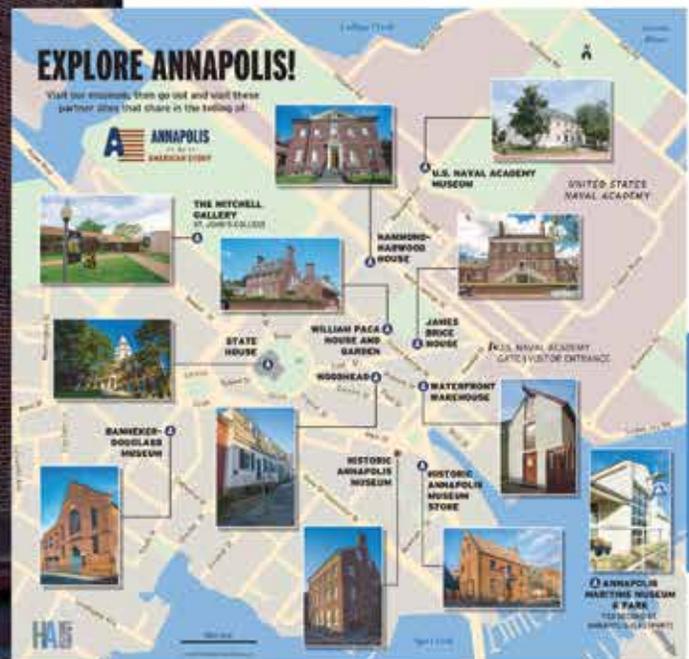
Home to revolutionaries, visionaries, and champions in the quest for liberty and justice, the story of Annapolis reflects the ongoing struggles and triumphs of the American people in their continued pursuit of the nation's founding ideals and principles.

"Historic Annapolis is excited to share the unique and compelling story of our historic city with all of Annapolis' residents and visitors," said Robert Clark, President and CEO of Historic Annapolis. "We are especially excited to be joined in the telling of *Annapolis: An American Story* as a city-wide experience with our 11 partner sites." In addition to the Historic Annapolis Museum, *Annapolis: An American Story* partner sites include Annapolis Maritime Museum & Park, Maryland State House, Banneker-Douglass Museum, Hammond-Hardwood House, U.S. Naval Academy Museum, Mitchell Gallery at St. John's College, William Paca House and Garden, James Brice House, Hogshead, and the Historic Waterfront Warehouse.

"This exhibition is a genuine city-wide partnership effort and an amazing initiative to work together to share our city's history and its important connections to our nation's founding and its ongoing story," said Mary-Angela Hardwick, Vice President of Education and Interpretation for Historic Annapolis and the project leader and senior content developer for this new exhibition.

At the Historic Annapolis Museum, visitors will discover more than four centuries of Annapolis history, from pre-Colonial times, to the Civil War, through Jim Crow segregation, onward to the Civil Rights Movement to the present day. They will be encouraged to go out to learn more at all the other local museum and government partner sites, each located just a short walk or water taxi ride from the museum.

Visit annapolis.org to learn about the new museum.



Through generous loans from the collections of partner sites as well as local residents sharing their family histories, museum visitors will view exceptional objects and photographs in striking displays.

Kotzin Soda Bottle

In the early 1900s, Annapolis expanded as a community of longtime residents, both Black and white, and newly arrived immigrants. Once new arrivals got settled, many established businesses in town, including restaurants, boarding houses, barber and shoe repair shops, and small grocery stores. This bottle from Samuel Kotzin's Bottling Works on King George Street is representative of the many immigrant families who chose to settle in Annapolis.



Red Cross Volunteer Uniform

From the Revolutionary War, through two World Wars, to the present, members of the Annapolis community have dutifully served the United States of America. During WWII, Sally Bond Welch, whose uniform is on exhibit, volunteered with the American Red Cross at the Naval Hospital at the U.S. Naval Academy.



Medical Bag of Dr. Faye Allen and Stethoscope of Dr. Aris T. Allen

Medical physicians, Dr. Aris T. Allen and his wife, Dr. Faye Watson Allen, moved to Annapolis and devoted much of their lives to providing medical care to the Black community at the Parole Health Center and in their joint private medical practice. She was the first female African American doctor in the county. He became a strong community leader who was twice elected to the Maryland House of Delegates.



U.S. Naval Academy Pennant

While Annapolis has a long history before the U.S. Naval Academy's establishment in 1845, many people today connect the school to the city. Academics, sports, or even television and movies, the Academy has had starring roles in all!

Annapolis: An American Story is city-wide partnership of sites that share in the telling of the history of Annapolis and its diverse community. The experience begins within the new exhibition at the Historic Annapolis Museum at 99 Main Street.

With three floors of compelling exhibits and artifacts, visitors will experience the diverse history of Annapolis and its distinct contributions to our nation's extraordinary narrative.

HA
HISTORIC
ANNAPOLIS

As promised, the Fall-Winter Philanthropy Calendar is back. In-person events are back and our local non-profits need us more than ever. I am sure you have noticed when going to restaurants and shopping in stores, but everyone is short staffed. That means it must be even harder to find volunteers for our non-profits. Do your part by supporting a cause of your choosing at one, or more, of these events. As always, be sure to keep checking the event's website for the most up to date information on the event.

NOV

2

Chesapeake Watershed Forum Happy Hour at Bardo Brewing, Washington, D.C. Benefits Alliance for the Chesapeake Bay

5

Beef, Bonfires and Cigars, Kent Island Resort, Stevensville. Benefits Haven-Ministries in giving hope to someone in need. Haven-ministries.org

Celebration of Philanthropy Awards Luncheon at the BWI Airport Marriott, Linthicum. Community Foundation of Anne Arundel County. Cfaac.org.

Betterman's Annual Golf Tournament at The Preserve at Eisenhower Golf Course, Crownsville. Benefits Community Betterment. Communitybetterment.org

6

Fish for a Cure Tournament, Annapolis. All proceeds support the Cancer Survivorship Programs within the Geaton and JoAnn De-Cesaris Cancer Institute at Luminis Health Anne Arundel Medical Center. Fishforacure.org

CASAblanca, The Westin Annapolis Hotel. Benefits Anne Arundel County CASA (Court Appointed Special Advocates), Inc. Aacasa.org.

2nd Annual Pony Trot at Kinder Farm Park, Millersville. Benefits Maryland Therapeutic Riding. Horsethatheal.org

Chesterton Gala at the Knights of Columbus Club of Annapolis, Annapolis. Benefits Chesterton Academy of Annapolis. Chestertonacademyofannapolis.org

9

Celebration of Charity Luncheon at Chesapeake Bay Beach Club, Stevensville. Benefits Chesapeake Charities. Chesapeakecharities.org



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HM2 Buck for Hope Foundation aims to raise awareness surrounding the rising amount of sexual assault and suicide cases that occur throughout all branches of the military.

By donating to the HM2 Buck for Hope Foundation, you can become a part of the evolving narrative surrounding sexual assault in our military.

Together, we can work to increase public awareness surrounding military sexual trauma while continuing our mission of seeking justice for the many victims of sexual assault and their families.

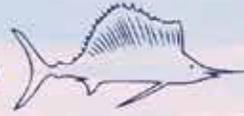


Donations can be made to the
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NCF 50 - HM2 Buck for Hope Foundation
c/o CTAC, Plaza South Two, 7261 Eagle Road, Suite
202, Cleveland, Ohio 44130

HM2 Buck for Hope Foundation seeks to make others aware of the sexual assault in all branches of the military. We are working tirelessly to find justice for the many victims of sexual assault has affected and their families. We are a Private Operating Foundation and awaiting our formal approval by the IRS as a 501(c)(3).

**Bountiful
by the
Bay**

Thank You



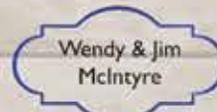
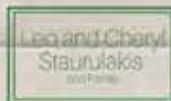
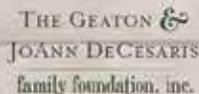
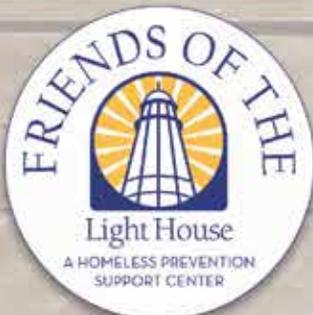
The Semans Family



AA Urology, Ann & Mark Schweitzer, Delta Bingo & Gaming, Heller Electric

Luminus Health AAMC, Nancy & Lon Slepicka, Peter Evans-Merrill Lynch, Sullivan Surgery & Spa

Amanda C. Bee, Annapolis Oyster Art, Annapolis Pillow Company, Ava Mosby, Ax House Annapolis, Baltimore Ravens
 Besse & Nate Rose, Blue Crab Cupcakes, Capital SUP, Cathy Smith, Christopher Russell, Chesapeake Bay Beach Club
 Eastport Yacht Club, Fran Ruchman, Georgeann Berkinshaw, Hobo Bags, Jack Prouty, Jane G. Birch
 Jennifer Casey Photography, Joe DeMeo, Julie A. Todaro, Kyle Flynn-Personal Trainer, Kosmo Nail Bar
 Last Hurrah Charter Fishing, Lisa & Todd Nichols, Mango + Main, Melissa & Joe Scanlon
 Megan Evans Photography, Miranda Darden-Willems, O'Donnell Vein and Laser, Paint Nail Bar
 Patton Smiles, Parlour Beauty Boutique, PropTalk, Prue Hoppin, PSS Medispa, Rebecca Ann Byrd
 Sam & MaryAnn Davies, Stacy Hennessey, Systems by Susie, Tara Potter, Terri Hussman
 The Big Quiz Thing-Allison Prouty, Washington Capitals, Washington Mystics, Washington Wizards



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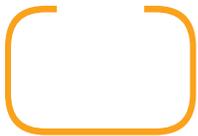


12

Waterfowl Festival, Easton. Benefits wildlife and habitat conservation, education and research. Continues through November 14th. Waterfowlfestival.org.

27

Festival of Trees, at the Tidewater Inn, Easton. Benefits Talbot Hospice. Continues through November 30th. Festival-of-trees.org.



5

Annapolis Chocolate Binge Festival, West Street, Annapolis. Benefits the Inner West Street Association and Annapolis Arts District. Annapolischocolatefestival.com.

10

Christmas in St. Michaels at venues throughout St. Michaels. Benefits local nonprofit organizations. Continues through December 12th. Christmasinst-michaels.org.

11

Care & Share Santa Swim at Hyatt Regency Chesapeake Bay Resort. Benefits the Care & Share fund to raise money for the needy and other worthy projects in Dorchester County. Dorchesterchamber.org

12

The Nutcracker Tea 2021 presented by What's Up? Media at The Graduate (formerly Loews Annapolis Hotel), Annapolis. Two seatings available, 10 a.m. and 3 p.m. Benefits donor's choice. Whatsuptix.com.

NOVEMBER

Wild & Scenic Film Festival presented by Alliance for the Chesapeake Bay, venues to be determined, Annapolis. Benefits the Alliance's education and environmental programs. Alliance-for-the-bay.org.



26

GiGi's Playhouse Annual Gala. Benefits GiGi's Playhouse Down Syndrome Achievement Centers. Gigisplayhouse.org

DECEMBER

31

Annapolis Film Festival at venues throughout Annapolis. Benefits AFF's mission to "encourage and grant the development of all aspects of the creative arts in and around Annapolis through the cinema experience." Continues through Sunday, April 3rd. Annapolisfilm-festival.com.

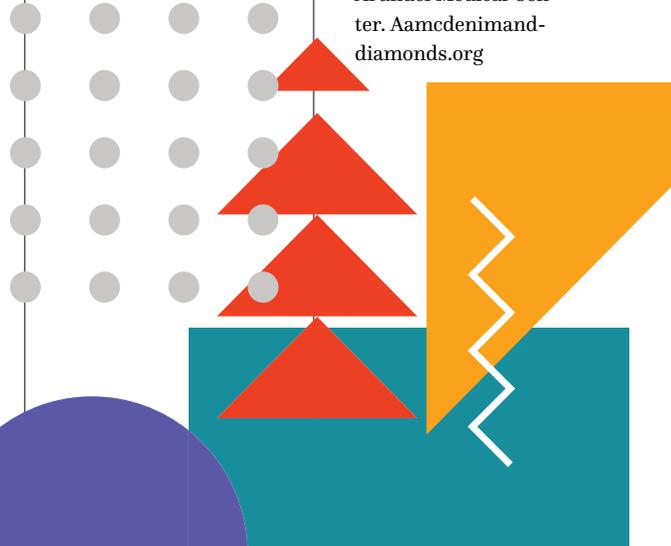
DECEMBER

24

5th Annual BRUNCH-4STAGE4 at the Golf Club at South River, Edgewater. Benefits Leslie's Week. Lesliesweek.org

30

Luminis Health Anne Arundel Medical Center Foundation's Denim & Diamonds at Luminis Health Anne Arundel Medical Center. Aamcdenimand-diamonds.org



OFFICE SPACE FOR RENT

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LAUNCHING THE FUTURE

STUDENTS > COMMUNITY > TOGETHER

The Campaign for AACC

Thank you to the members of our community who supported the campaign and invested in the future of our students and our College.

Anne Arundel Community College has been *Launching the Future* for students for 60 years. These last four years will stand out in our history as a significant accomplishment as the College embarked on its first-ever comprehensive fundraising campaign. We are grateful for the extraordinary demonstration of the power of philanthropy, generosity and commitment from members of our community.

Launching the Future. The Campaign for AACC. **Nearly \$10 million raised** to support the community's future leaders, doers, and thinkers:

- **Powerful workforce programs** with the construction of the Clauson Center for Innovation and Skilled Trades – the College's first-ever building to be funded solely through philanthropy. Located on the Arnold campus, the Clauson Center will open to students in January 2022.
- **Increased access to education** with 46 new scholarships created so more people can pursue their dreams of attending college. AACC awards more than \$1 million each year in private scholarships.
- **Enhanced student services** with funds raised for program support so students have the resources they need to be successful.

When our students succeed, the entire community benefits.



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Arnold, MD 21012
410.777.1309
launchingthefuture.org

BY DYLAN ROCHE

Sleighing

YOUR SHOPPING LIST



Get creative with your gifting this year

Holiday shopping gets frustrating and can easily leave you feeling a little more like a Scrooge than a Santa. Hey, it's not your fault—it seems as if everyone you know already has everything they want, and you're stuck browsing store shelves for hours with no idea what you can get to make their season special.

If this situation sounds familiar, then it's time to get creative. Trends in shopping and gifting have changed in recent years. So have trends in retail. And when you know what to do, making your way through all the stores in the months of November and December can actually be the source of joy that it's supposed to be. After all, you're getting presents for people because you want to celebrate, right?

Here's what you should keep in mind...

Putting Together Your List of People to Shop For

The most efficient way of taking the stress off yourself from the very beginning is to make a thorough list of not only the people you need to shop for but also the places you want to patronize. Consider how the lists will intersect. Whom will you shop for at the electronics store, the bookstore, or the toy store? Making these lists will help you avoid multiple trips and aimless wandering.

Do you have to get a gift for everyone in your life? Not by any means—even if you're getting gifts for other people in that social circle. Investopedia explains that current trends don't require you to buy a gift for every co-worker or everyone in your book club, as long as you're discrete and exchange gifts with the people you *are* shopping for when nobody else is around.

Martha Stewart also recommends having what she refers to as "universal tokens" on hand for those moments when you need a gift for someone but haven't shopped for them. Artisan preserves and scented candles will appeal to a wide variety of people, so you'll never have to greet anyone empty-handed.

Getting Creative with Your Gift Options

You might have heard that people are becoming more conscious consumers, but they're also becoming more conscious recipients. They aren't as excited about *what* you're buying for them as they are about *where* you're buying it. Receiving a gift that supports a locally owned business or a creative entrepreneur, particularly if the brand aligns with the recipient's values, means a lot.

Consider shopping local. You might have heard the statistics from numerous studies that when you shop at a locally owned business, more money stays in your community than if you shop at a big-box chain. Plus, locally owned businesses are better able to reflect the culture and tend to the needs of the customer base they serve. If you're shopping for somebody from out of town, consider a unique gift from a small business to be your way of giving a small piece of your community's culture.

It's also great to look into a company's responsible practices, per the advice of Forbes, which notes that younger generations are especially conscious of this when they're selecting products. As recipients, they will be excited that you've bought them something from a company that prioritizes environmental sustainability, fair-wage jobs, or diversity and inclusivity. Look into buying artisan products from entrepreneurs that donate to charity or businesses run by BIPOC or LGBTQ+ leadership.

Use Social Media as Inspiration

Don't be afraid to stalk a loved one on Facebook or Instagram if you need ideas. Look for what influencers they follow and pay attention to what hobbies they have been enjoying lately. You might notice that they took up yoga or woodworking during quarantine and it's now their biggest passion. Or you might notice they've started dressing in a coastal style or even an academic style. If you visit a boutique shop where you can get a salesperson's undivided attention, don't be afraid to share a few photos and see what suggestions you can get for your recipient.

Easy Options Don't Have to Be Fallbacks

Did you know that you can purchase monthly subscriptions to all kinds of products these days? Your recipient will get something new delivered right to them in the mail. Subscription options exist for goods like stationery, coffee, books, wine, candles, and so much more. Think of it as a gift that keeps on giving and helps your recipient explore new versions of a luxury they love.

You can also feel confident giving generic accessories as long as they are made from high-quality materials or fit in with your recipient's aesthetic. Premium blankets, gloves, hats, scarves, bar sets, or bookends will always be a pleasant surprise.

Finally, don't forget that experiences are always a welcome gift, especially after nearly two years of being cooped up inside. Tickets to a concert or a membership to a cooking class will mean a little more during the 2021 holiday season than they did in years past.

Avoid These Holiday Shopping Blunders

Finally, there are some well-intentioned moves you might make when you're trying to be creative that just end up leaving your recipient feeling disappointed or even a little bit offended. It's best to avoid clothing unless you're 100 percent positive about the person's style and size. You should also err on the side of caution and never give any gift that suggests a need for self-improvement, such as exercise equipment, financial guides, or cleaning tools.

Finally, no matter how excited you are about a gift, ask about the company's return policy and request a gift receipt if possible. Many businesses are flexible in the weeks following the holiday season, so you can have the confidence of knowing that even if your gift isn't perfect, your recipient can return it for something that's more in line with their interests.



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HOLIDAY

GIFT GUIDE

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UNIQUE TREASURES

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Assorted Scent Gold Travel Tin Candles, \$10/ tin: The perfect gift this holiday season! These minimalistic 4oz gold travel-friendly tins are perfect for cozying any room with your favorite scent and a warm glow of light to set the mood.

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GET FIT KIT

This holiday season, give your loved ones a Get Fit Kit from Annapolis Athletic Club or Edgewater Fitness! The Kit includes a one-month membership, TWO personal training sessions, and an H2O bottle. Redeem by January 2, 2022. Choose one of our two convenient locations:

\$89 - Annapolis Athletic Club

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410-990-1095

\$59 - Edgewater Fitness

5 Mayo Road
Edgewater, MD 21037
410-956-9392

HOLIDAY PILLOWS

Annapolis Pillow Company is introducing new designs and bringing back favorites for the 2021 holiday! Featured here on 18" square pillows are the all-new Pair of Skis tied together with a wreath and the classic Rowboat with Tree on linen herringbone. These APC originals retail for \$90-\$130.

Available at www.annapolispillowco.com, and Local by Design, both downtown and Mall locations.

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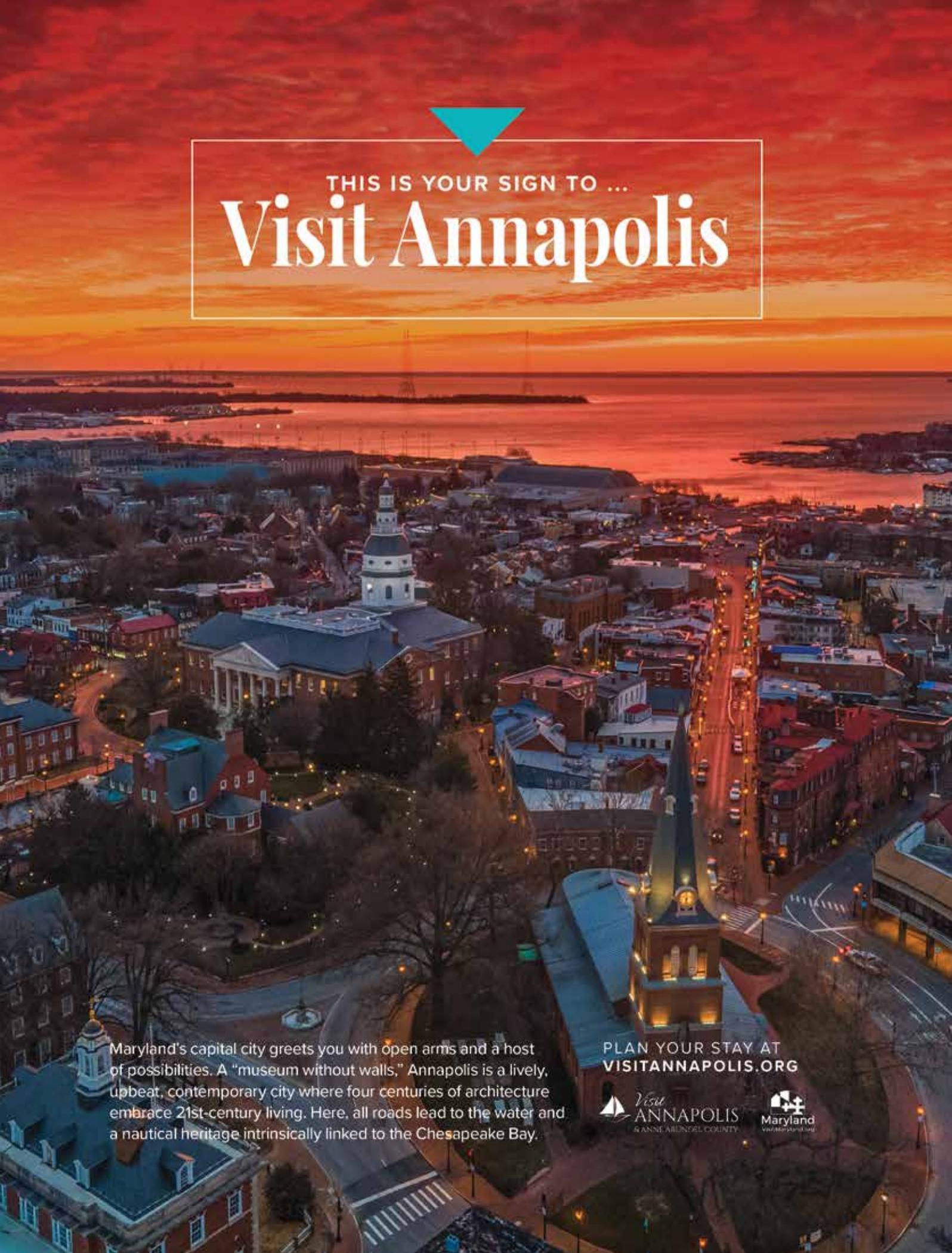
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An aerial photograph of Annapolis, Maryland, taken at sunset. The sky is a vibrant mix of orange, red, and yellow. The city's historic architecture, including the prominent white dome of the Maryland State House, is visible. The city is situated on the edge of the Chesapeake Bay, with numerous sailboats and boats visible in the water. A teal triangle points downwards from the top center of the image towards the text box.

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A black and white silhouette of a soldier in full combat gear, including a helmet and a rifle slung over their shoulder. The soldier is standing on a grassy field, looking towards the right. The background is a cloudy sky.

INSIDE THE **SHIELD** AND THE **STORM**

In honor of Veterans Day 2021, we look back 30 years at the shortest and, arguably, most successful war in U.S. history. The operations unintentionally spawned immediate satellite coverage of the bombing of Baghdad, Iraq, and the international Coalition's ensuing ground attack—and thus changed the course of war reporting forever *By Frederick Schultzz*



For Operations Desert Shield and Desert Storm, the code names for what also became known as “The (First) Gulf War,” combat and support troops from 35 nations bolstered the U.S. joint force, comprising the largest military alliance since World War II. And thanks mostly to harrowing commentary and live camera transmission of Baghdad under nighttime attack, it was also the dawn of what we now know as “the 24-hour news cycle.”

While the international Coalition in 1990–91 ultimately liberated Kuwait from Iraqi dictator Saddam Hussein, instant reports, punctuated by live feeds from the Cable News Network (CNN) in its office on the 9th floor of the Al-Rasheed Hotel in the Iraqi capital city were putting the network on the media map. At the time billing itself as “the only global 24-hour satellite news network,” CNN acknowledges to this day that its first broadcast under fire was “a watershed event.”

Those old enough to remember that night heard the nervous and hushed voices of CNN correspondents Bernard Shaw, John Holliman, and Peter Arnett reporting in what’s now known as “real time” on what they were seeing—the early-morning bombing campaign against the Iraqi capital on January 17, 1991. And we were seeing it, too.

Back in Annapolis, just more than a year after I joined the periodicals editorial staff of the U.S. Naval Institute—a publisher begun in 1873 as an open forum for military discussion and headquartered in the top floors of the U.S. Naval Academy’s Preble Hall—I was still learning the ropes of current military

operations and affairs. Suddenly, I found myself in the thick of reporting on an unprecedented naval buildup in the Persian Gulf (Operation Desert Shield) and the anticipation that the United States was about to go to war—in a very big way.

It had been 17 years since U.S. forces were ordered by President Richard Nixon to withdraw from what some journalists and politicians had termed a “quagmire,” the long slog in Southeast Asia known as the Vietnam War. This time, the lion’s share of the officers in charge of the operation were veterans of that bloody, costly, and controversial conflict. And they had a score to settle, not only with Saddam Hussein and his Revolutionary Guard, but the nagging memory of a war some regarded as a mishandled affair from the start, both politically and militarily. And they weren’t about to let it happen again.

Lt. Gen. Walter F. Boomer, commanding general, 1st Marine Expeditionary Force, walks beside President George H. W. Bush following the president’s arrival at the 1st Marine Division Combat Operations Center (COC). The president and his wife were paying Thanksgiving Day visits to U.S. troops in Saudi Arabia for Operation Desert Shield. Courtesy of the U.S. Naval Institute.

In the Nerve Center with the Proceedings Editors

Retired Marine Corps Lieutenant Colonel Brendan “Mac” Greeley, an A-4 attack aircraft pilot in Vietnam who went on to be a staff writer at *Aviation Week & Space Technology*, started on the Naval Institute’s periodicals staff just before I did. And he knew as well as anyone the added value of having Vietnam veterans essentially running this show. “We were fortunate in that either Managing Editor [and retired Marine Corps Colonel] John Miller or I had served on active duty with many of the commanders and knew them personally. And Editor-in-Chief Fred Rainbow, of course, also knew most of them.”

To say we were fortunate was an understatement, because none of the traditional news outlets had access to the top brass like these veterans had. I was a pretty good editor with a decade of professional experience, but Fred, John, and Mac expertly orchestrated the coverage and decided on candidates for interviews. “Invariably,” Mac recalled for this story, “they [the Desert Storm commanders] were very forthcoming regarding what worked and what difficulties they had to overcome.”

One example, Mac recalls, was a fellow aviator, Lieutenant General Royal Moore, who “pointed out that the F/A-18D (aircraft), with its forward-looking infrared (FLIR) capability, proved more survivable over the night-time battlefield than the similarly equipped OV-10Ds. The OV-10s, however, were invaluable for radio-relay duties.” That, as it turned out, was a crucial distinction.

Other contacts Mac had made with on-scene commanders were:

○ Rear Admiral John Baptiste “Bat” LaPlante’s Navy task force and Brigadier General Harry Jenkins’ Marines operating from the upper Persian Gulf, which flew air strikes and served as a constant threat to Iraqi forces.

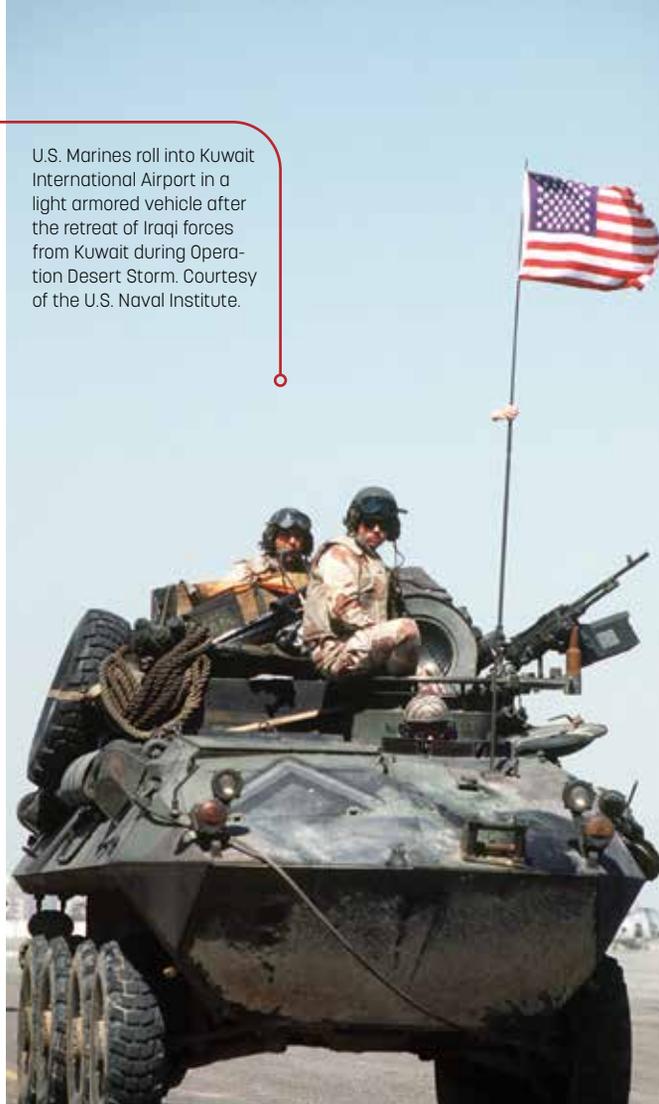
○ Major General Mike Myatt praised the recently acquired Light Armored Vehicles (LAVs) for the mobility they gave Marine infantrymen. The inability of Marines to keep up with fast-moving Army units during European exercises in the mid-1970s had forced the Marine Corps to face the issue head-on.

○ Recommendations by a board shared by Marine Major General Fred Haynes led to the adoption of the

wheeled LAV. Coordination between Marine Corps aviation and ground units, “with some hiccups,” Mac notes, was one of the over-all keys to success.

○ “Often, the commanders had trained together at 29 Palms, California,” Mac recalls. “General Walter Boomer, overall Marine commander in the Desert Storm operation, had taken his battalion as a lieutenant colonel through a Combined Arms Exercise (CAX) there when I was the air officer. Each night, he would leave his battalion command post, visit the supporting squadron based at the expeditionary airfield, brief them on the next day’s operations, and address their concerns...”

U.S. Marines roll into Kuwait International Airport in a light armored vehicle after the retreat of Iraqi forces from Kuwait during Operation Desert Storm. Courtesy of the U.S. Naval Institute.



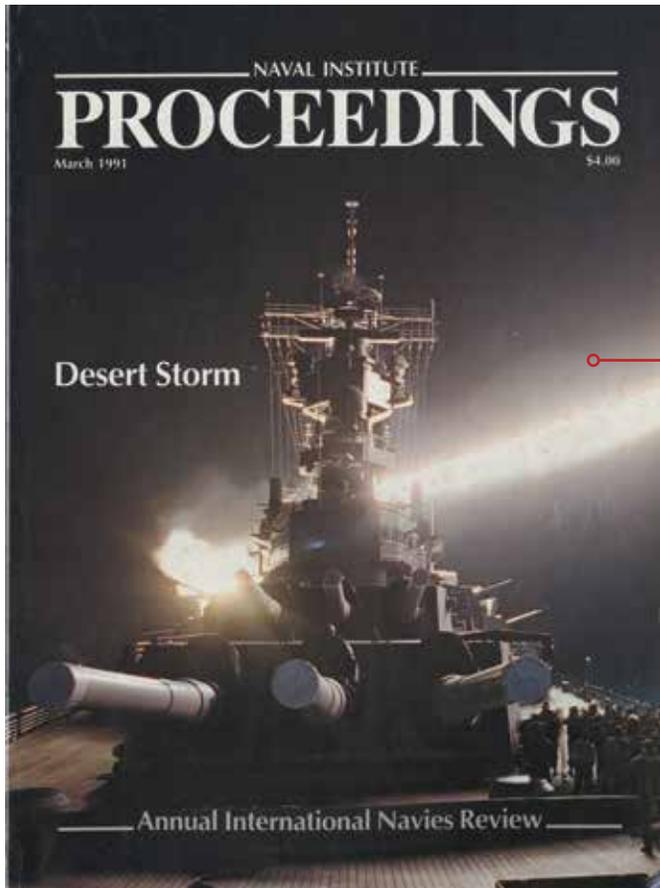
The Coverage Begins

The earliest issue of the Naval Institute’s monthly *Proceedings* to cover Operation Desert Storm was March 1991, which came off the presses in late February. And we immediately had been in “all hands on deck” mode, calling on columnist Dr. Norman Friedman to start on the Naval Institute Press book, *Desert Victory: The War for Kuwait*, which was billed as “the first comprehensive assessment of the war in the Persian Gulf” to be published and has stood the test of time with its expert analyses. Of its 424 pages, 183 of them are devoted to endnotes and appendices Dr. Friedman included to support his narrative.

One piece of the *Proceedings* war coverage was my interview with retired Vice Admiral William P. Lawrence, a former Naval Academy superintendent who had been a prisoner of war at the notorious “Hanoi Hilton” after being shot down over North Vietnam. He had been a prisoner for nearly six years (most in solitary confinement) before being released and returned home.

After hearing (and seeing) that shot-down and captured U.S. aviators, including Navy Lieutenant Jeffrey Zaun, whose battered face had appeared on the cover of the February 4, 1991 issue of *Newsweek*, were being used by the Iraqis for propaganda purposes, Editor-in-Chief Fred Rainbow agreed with me that our readers would be interested in the thoughts of a former POW.

“You can’t buy that kind of teamwork,” Mac affirms.



The March 1991 cover of *Proceedings* shows the *USS Wisconsin* launching Tomahawk missiles during the opening assault on Iraq. The battleship has since been decommissioned and is part of Nauticus in downtown Norfolk. The photo was originally taken by John McCutcheon for the *San Diego Union Tribune*. Courtesy of the U.S. Naval Institute.

General Boomer's War (and Ben Bradlee's Version)

When this story was coming together, we went straight to retired Marine Corps General Walter Boomer, whose home phone number in South Carolina I had kept in my old-time paper Rolodex.

Aside from the operational plans he spearheaded with his Marines, Boomer had decided that press coverage of the Gulf War would benefit from first-hand, embedded reporting. Why? At the time, that strategy was seen as either a brilliant move or a huge mistake. "After Vietnam," he pointed out, "the military in general was wrongly maligned, which prevented any kind of respect from emerging." So, he decided to go straight to the press covering the war to help right that wrong. At first, he said, "I had no idea how much it was being watched at home. I talked to my wife on the phone, and she told me 'everybody is watching it on TV.'"

At that point, he went to great lengths to accommodate the reporting. "We had a better understanding of the media and invited them to embed themselves with Marines. We had a more lenient policy in Desert Shield and Desert Storm, and the Marine Corps had more respect for reporters."

In an interview with reporter Molly Moore's former boss at the *Washington Post* in the December 1995 issue of *Naval History* magazine, I had asked the late Ben Bradlee what he thought about Boomer's accommodation of his reporter four years before in Desert Storm. In his best Boston accent, Bradlee replied, "Boo-mah! God knows what she did to Boo-mah! She assigned herself. She went with his Marine group, and they were out of touch with the world for two or three days. The general said, 'I can't get hurt by this, because she can't file anything.' And they became buddies."

General Boomer has a more detailed and thus different account of how Ms. Moore's ride with him transpired. "When the attack on Kuwait was imminent, we contacted the five major TV networks and the major U.S. newspapers," Boomer recalled for this story. "Even though she still felt stuck in the rear, Molly Moore from the *Washington Post* was the only reporter who responded affirmatively to join me personally as the commanding officer."

Admiral Lawrence didn't address the newsweekly's photo specifically, but he did comment on the Iraqi government's ploy in general: "Wars today have a stronger propaganda element than any in history...When you're fighting a totalitarian nation such as Iraq, which does not conform to the traditional rules of warfare, you know its leaders are going to use every device at their disposal to advance their cause, particularly from a propaganda perspective."

When asked about seeing the images of U.S. POWs on television, Admiral Lawrence lamented: "It brought back painful memories of my own POW experience in Vietnam. Somehow, I had hoped that the Iraqis were a bit more sophisticated and advanced, perhaps, than the North Vietnamese. But I realize that they aren't, that they're fundamentally the same."

As for the prisoners themselves, Lawrence said, "I think most people in the world know that their public statements were obtained under coercion. So it shouldn't reflect adversely on the men being held...It's important that POWs resist giving military information and making propaganda statements...By resisting, a POW establishes a credibility with his captors that he's not an easy mark, and they'll be less prone to come back again to exploit him for something else. They want to keep POWs alive and reasonably healthy because of their hostage value."

When asked what advice he would offer to a prisoner of war, Lawrence made three points: "Take your survival, evasion, resistance, and escape training seriously...Number two would be to do your absolute best to maintain physical fitness and good health...The third thing, of course, is to have faith in yourself, your fellow POWs, your country, and your family."



Retired Vice Admiral William P. Lawrence, a former Naval Academy superintendent who had been a prisoner of war (six years) at the notorious "Hanoi Hilton" after being shot down over North Vietnam, offered his thoughts about U.S. soldiers captured during Desert Storm. "Have faith in yourself, your fellow POWs, your country, and your family." Courtesy of the U.S. Naval Institute.

“the goal should be to accomplish the mission—and come home.”

When we attacked, I took a small command post into Kuwait following right on the heels of the 2nd Marine Division; therefore, she had a very personal and close-up look at the battle as it unfolded. She is a great lady, and she wrote a great book, *Woman at War*...Some of my fellow officers from other services did not trust the media and did not even want them there. But I had great faith in the troops, and I thought the American people needed to know what the hell their Marines were doing.”

General Boomer, as a Vietnam veteran, closed our interview by stressing that the most important lesson he learned in Operation Desert Storm, which no one seemed to have learned in Southeast Asia, he said, was that “the goal should be to accomplish the mission—and come home.”

An Army Tank Commander’s Take

For this commemoration, we also went to a 1989 graduate of the U.S. Military Academy at West Point, Scott McKechnie, who was a history-major-turned-tank-platoon-leader. “All graduates at that time received a bachelor of science degree, and I was only one or two classes from being a mechanical engineer,” he told us. He was in the lead battalion of the First Armored Division, one of the first tanks into Iraq for his sector of the front that was part of the VII Corps sweep into Kuwait during Operation Desert Storm.

We wanted to know how West Point prepared him for a war so soon after graduation. “West Point is mainly a leadership school that trains you to be an Army lieutenant,” he said. “The Army,

I think, documents three major battles in Desert Storm. I was involved in the battle of Medina Ridge as a tank commander and tank platoon leader. We shot up a number of Iraqi tanks and vehicles in the battle, which in hindsight was quite scary.”

When the air war started, McKechnie’s unit was in the port of Jubail, which was protected by Patriot missiles, so the thoroughly reported SCUD missile attacks were not an issue, he said, despite several air-raid warnings. “We were frankly pretty exposed, had a SCUD hit the port area,” he recalls. “It could have done extensive damage.” He also was involved with capturing prisoners, but, he says, most of them “looked terrible—not dressed well, fatigued, and scared.”

When the war was winding down, McKechnie said, “We were told of the pending cease-fire the night before the end of hostilities, that the war was over at 0800 the next morning. The 1st Armored Division had a massive artillery bombardment sent in on suspected Iraqi positions before then. We were still on edge, though, as we suspected that some Iraqis may not have gotten the word on the armistice.”

Today, 30 years later, he still regrets that “we hadn’t finished the job with Desert Storm in 1991. I was not surprised to see us back in there in 2003. I think we had so many forces in the first Gulf War that, had we gone to Baghdad then, any subsequent insurgency would have been crushed instantly. We had probably three times the troops as were used in the 2003 invasion, which allowed for an insurgency.”



USAF aircraft of the 4th Fighter Wing fly over Kuwaiti oil fires, set by the retreating Iraqi army during Operation Desert Storm in 1991. Photo by US Air Force.

A Veteran's Gulf War Take-Aways

Rounding out veteran McKechnie's Desert Storm reminiscences, he detailed seven "take-aways" from his experiences in Kuwait and Iraq those three decades ago:

1. It would be crazy for any foes to take on the U.S. military in a straight conventional war, especially in the open desert. All of our weapon systems excel in that terrain and environment. The enemy was outgunned in every sense of the word. **2.** That was probably one of the few wars in which the United States was, in retrospect, totally ready for. We had just rebuilt the U.S. military to confront the Soviets in Europe. Saddam Hussein picked one of the worst times to start a conflict with us. **3.** It was very much a miracle that we did not suffer

a larger number of casualties. The entire 1st Armored division lost one killed in action during the war. We lost more troops in training accidents, which is a testament to how well-trained and well-led the troops were.

4. U.S. troops were and still are the best-equipped and best-trained in the world. In fact, one of the major problems we had with our allies was their lack of capabilities in logistics, vehicles, weapon systems. As such, this slowed us down and put some of our own troops at risk. I would say that this was even more the case for

the second invasion in 2003.

5. The U.S. Army in wartime is totally different in peacetime. In wartime, troops are highly motivated to get done whatever we ask of them. Units were at full strength, the sense of purpose was high, and resources were plentiful. This is simply not the case in the peacetime Army, and it's one of the reasons I left the service. **6.** For decisive or unconditional victory, you need troops to seize and hold the ground. **7.** In retrospect, the number of forces used in this operation was much more than what was needed.

Postscript

In closing, virtually anyone can assume the title "veteran" after certain amounts of longevity amassed in a profession or a pastime. But the title simply of "veteran" is reserved for those who've served this country in the profession of arms. The phrase "Freedom Is Not Free" became a mantra, and U.S. citizens would do well to be reminded of it. Just a simple "Thank you for your service" to veterans you encounter this November 11th means a great deal.



General Norman H. Schwarzkopf, commander-in-chief, U.S. Central Command, speaks to soldiers inside a hangar while visiting a base camp during Operation Desert Shield. Photo by US Dept. of Defense.

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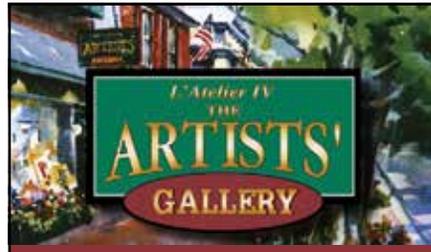


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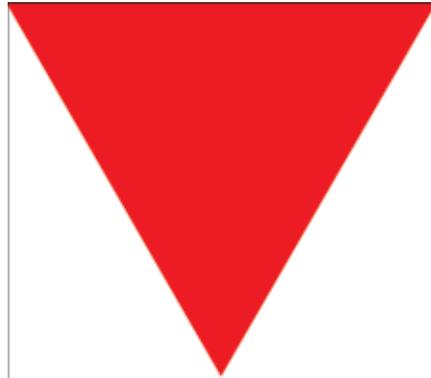


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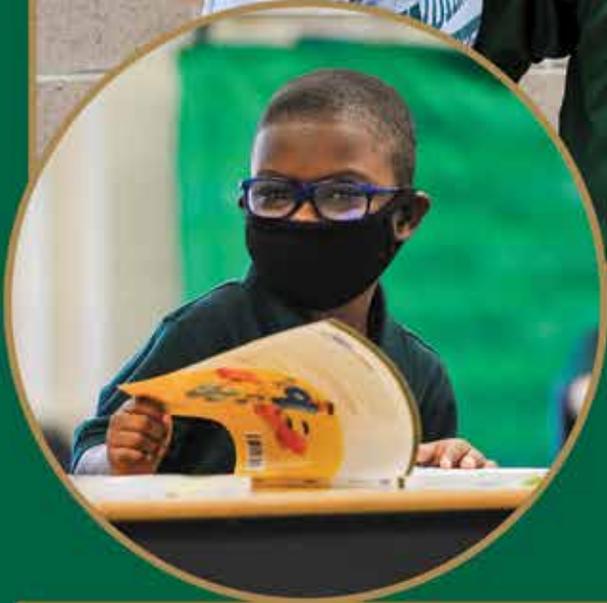
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**MEET ANNE ARUNDEL COUNTY'S FIRE CHIEF, TRISHA WOLFORD,
AND STEP INSIDE HER HOME...AN ICONIC FIREHOUSE**

Spend time with Trisha Wolford in her downtown Annapolis home and you almost hear the men. They're playing pinochle in the front room. You see them sitting 'round the worn, wooden table doing crossword puzzles or reading—waiting for “the call.”

Wolford is Anne Arundel County's Fire Chief and the first female to occupy the post. Her home is the second-floor condo inside what was once the Water Witch Hook and Ladder Station, one of Annapolis's oldest and most iconic firehouses.

How the Fire Chief came to occupy the firehouse—and how it frames her life today—reveals as much about her personality and professionalism as it does about the prized site itself.

Becoming Chief

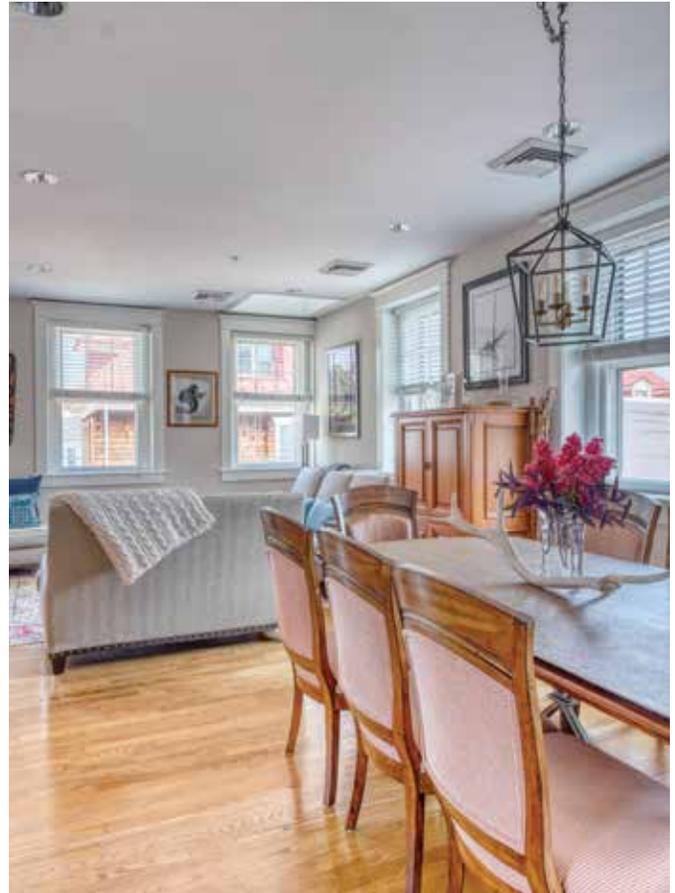
Wolford never intended to be a firefighter, let alone live in an historic home. Born and raised in Rockford, Illinois, she was two when her parents divorced. Her father was a police officer. Her uncle and cousin were firefighters, so a firehouse was familiar territory. “I remember trying on my cousin's turnout gear and it was massive,” she recalls.

Describing herself as very “hands-on,” she was an athlete in high school, a volleyball player, and very physical. It never occurred to her that women could not be firefighters.

After earning her Bachelor's Degree in Fine Arts from Shepherd University in Shepherdstown, West Virginia, in 2000, Wolford worked briefly in graphic design for a restaurant chain. “I was home, sick for a week. When I returned, it felt like my life was having no impact.”

That was the turning point.

After applying to fire departments in the region, she joined Anne Arundel County's in 2006. She spent five years as a firefighter and paramedic before she was selected to train at the Police



Academy—fewer than 10 percent are—and was sworn in as a law enforcement officer in 2012. Assigned to the Fire and Explosives Investigation Unit, she was promoted to Lieutenant in 2014.

Then her career took another turn.

“I wanted to be better, to do more,” she says. “I felt somewhat trapped inside a big system where it would take me years to advance. The only way was to take control of my career or allow the department to.”

Working on a Master's Degree in organizational leadership and management, she carefully discerned what the fire department needed. The areas of strategic planning, arbitration, and union negotiating required more attention. To learn more about them she'd have to go elsewhere.

In December 2015, Wolford accepted a position as Deputy Fire Chief and Fire Marshal in Bozeman, Montana. The department was 133 years old with 50 personnel, but had never had a female.

“People don't realize that the City Fire Marshal is one of the most powerful people in the City.”

Trim and fit at 5'9” and 130-plus pounds, Wolford found herself having to take on Bozeman's developers. “Lots of old ranch money,” she notes. “I wore very high heels. Anything I could to make myself look bigger, taller, and stronger.”

In 2018 she moved to Spokane, Washington, to become the “number 2” as the department’s Assistant Fire Chief. A year later she learned through social media that the top post in Anne Arundel County was open. On January 28, 2019, exactly three years after she’d left, County Executive Steuart Pittman hired her. He recalls, “she was highly recommended by firefighters who knew her during her time in Anne Arundel, and her resume since then was stellar. But it was the interview that sealed the deal. She told us exactly where our department needed improvement, and how she could deliver.”

Wolford became the 12th Chief in the 54-year history of the department. She stepped into the role of running one of the largest fire departments in the country with a \$130 million budget and nearly 1,000 career firefighters, 450 operational volunteers, and 900 administrative volunteers.

She’d landed the job. Now she and husband Tim Tharp needed a place to live.

Finding Water Witch

For the first year the couple rented a condo at Annapolis Town Center, but Wolford wanted to live in Annapolis’ Historic District in “something unique, historic.” In customary style, just as she’d done to prep for her chief’s role, she began a methodical search in Eastport and downtown neighborhoods for just the right fit.

“GETTING THE JOB WAS A DREAM COME TRUE.

AND NOW LIVING HERE...IT’S PERFECT.”

Then she found it. A girlfriend showed her the listing. The ad read “Come preview this beautiful 2nd floor condo...Fantastic opportunity to reside in the Water Witch Hook and Ladder #1 firehouse!...Steps from the City Dock and Main Gate of the Naval Academy.” Wolford told the realtor, “If the buyers want to rent it, I’m in.”

In a meant-to-be moment, new owners John and Linda Greene of Edgewater loved the idea of renting their newly-purchased historic firehouse to none other than a fire chief. John recalls seeing the property in a Pepsi commercial, perhaps during the 1984 Olympics, and “fell in love with it then.” He never imagined they would one day own such an historic site. The Greens purchased the condo in June 2020 and two months later Wolford and her husband moved in.

At first, Tharp, who retired as a battalion chief with the Prince George’s County Fire Department 13 years ago and now works with the Maryland Health Department overseeing vaccination sites, feared the place would be too small. But not only did it have surprisingly sufficient storage, Wolford soon realized she loved researching and discovering everything about her home.



“I love taking care of this place,” she beams. “Getting the job was a dream come true. And now living here...it’s perfect.”

Recalling its Roots

According to *Buckets to Pumpers*, a history of firefighting in the City of Annapolis, by Ed Bosanko published in 1993, the first building on the Water Witch site was the Hay Scales building. When the “Water Witch Hook and Ladder Company” was organized in 1885, its leaders had nowhere to hold their meetings. Charlie Cadle, photographer and historian for the Annapolis Fire Department for the past 66 years, doesn’t know how they did it, but the city somehow moved the Hay Scales building from near City Dock to the lower East Street location. Soon after, the City Council determined the city needed a hand-drawn hook and ladder wagon. A horse-drawn wagon would come later.

Cadle says several buildings and renovations followed until 1913 when the City of Annapolis erected the “Water Witch Hook and Ladder Station #1.” Records with the Maryland Historic Trust describe the building that stands today:

“Designed in an Italianate-style of architecture, the main building is a two-story brick structure with corner towers rising about the roofline and a large arched opening for the fire trucks on center of the façade. In 1926, the building was enlarged by a sympathetically designed one-story addition with a larger arched opening, built to abut the east elevation of the main building.”

Another lower, one-story addition was built after 1954 and abuts the west side wall of the 1926 addition.

The building was occupied by the Water Witch Fire Company until 1986. At that time then Annapolis Fire Chief Charles H. Steele proposed consolidating Water Witch with two other downtown stations into a modern, centralized station on Taylor Avenue. The next year, the property was sold to the Chesapeake Bay Foundation which renovated it for office space. In 2002, it was sold again and converted into two residential condominium units.

Remembering the “Community Firehouse”

Annapolis Fire Chief Doug Remaley appreciates how unique it is to have the county fire chief occupying such a famous city site. But he can’t help feel nostalgic reflecting on the downtown firehouse of decades ago.

According to Remaley, who was pulled out of retirement after serving 32 years and made chief in 2019, Water Witch was headquarters for the city fire department until 1973. He explains “when you faced the building the far right was the chief’s office, the middle held a second ladder truck, and the far left held a ladder truck.

“It was one of those community firehouses that were really *in* the community. You could open the windows and talk to your neighbors.”

Danny Clark, a member of the city’s Independent Fire Company, recalls there were always at least two men on duty. The bunkroom could hold as many as five men. Pipes rattled and made lots of noise. The iconic fire pole was in the back of the house so the “tillerman could slide down right into the back of the truck” that took up most of the first-floor bay. The original bay had hooks in the ceiling, “big iron bolts that held the harnesses” so “you could just drop ‘em right onto the horses.”

Captain Robert Rawls, who served in the Annapolis Fire Department from 1964 to April 1, 1998, loves reminiscing about his time there. According to Rawls, the spiral stairs were located where the elevator is today. A pool table once stood in the living room. The guys typically played cards, one whittled with a small carving knife, and what did Rawls do? “Mostly I agitated everyone, just ‘cause it was fun!”

In those days the all-male crew wore light gray shirts and pants. When they activated the siren that later replaced the bell in the



tower to alert the volunteers, Rawls remembers “you hoped and prayed that somebody would show up.”

His favorite memory is how intrinsic to the neighborhood they were.

“We became part of the neighborhood. Parents would come home from work and ask where their kids were. We always knew where every kid was. We were like an information center. We just kept track of people.”

Making Water Witch “Home”

Fortunately for Wolford, many of the materials and architectural features of the earlier building remain.

At the end of a long day, she pulls her car into what was once the bay for the ladder truck. Access to the second-floor residence is via an exterior, fire escape stairwell, or by internal stairs off the garage. An elevator has proven useful to lift heavy packages and groceries from the garage bay.

The interior living space is open and sunny with high ceilings and the bell towers that lend a modern, skylight feature. Wolford’s background as an artist is reflected everywhere. Large, colorful, and dramatic posters and paintings brighten walls throughout the open kitchen-living area, hallway, master bedroom, office, and back guestroom.

There is the telltale evidence of living as a downtown resident. Wolford and Tharp are midshipmen sponsors. One corner of the back room reveals a neat pile of casual Navy clothing. A Murphy bed is cleverly tucked into the wall and helps expand the condo’s 2,000 square feet of space. An avid runner, logging four to five miles, five days a week, Wolford also enjoys yoga here.

Fire memorabilia blends with pieces that carry additional meaning for her. In her office hangs the leather apron her father wore when he fashioned furniture and other pieces as a hobby.

"I'VE BEEN A FIREFIGHTER, AN EMT, AND A PARAMEDIC. I'VE DONE WHAT THIS BUILDING IS ALL ABOUT. I CAN BE IN THIS HOUSE AND JUST FEEL VERY LUCKY THAT I GOT TIME IN THE FIREHOUSE."



The entire place is spotless. It could stand up to any inspection. "I'm a very good cleaner," she notes.

But it's the feel of the home that is most memorable, and Wolford accentuates that. Standing in the living room, visitors can look up into what was once the bell tower. The bell is one of three from former downtown firehouses that is now located outside the Taylor Avenue Fire House. In the back room where mids sleep on weekends was once the kitchen. In that same area at the rear of the condo is the former "hose tower" where pulleys pulled up the hoses after a fire, after they were washed and cleaned downstairs. Then, they hung there to dry. Wolford exercises on the same garage bay floor that held the ladder trucks.

"It all happened here," she says. "The bell goes off, and they hop into the rig below and go. That flow of life of a 24-hour shift...it was all here."

Younger than the average chief, Wolford feels connected to what her firefighters do every day, and she wants to stay that way. "My job is to get the newest members of the department to do well, and to care for them until they retire. The only way I can do that is to stay connected to the bottom, to stay grounded."

Apparently, her boss believes she is doing just that. Says Pittman, "She's a superstar. She is an incredibly effective advocate for the

needs of her agency, works brilliantly with other department leaders, and steps up to serve in ways that nobody else had considered."

Looking to the Future

That drive to make an impact which propelled her into firefighting continues to inspire her. She expresses great pride in her colleagues and admires how proud they are to be firefighters. About to complete her second master's degree, this time an MBA, she envisions a greater ability one day to make changes to improve more lives. Whether that's in her current role, or expanding to a state or national platform, Wolford remains open to possibilities. She doesn't rule out the possibility of political office.

Nor does she rule out the possibility of one day owning a piece of history, like Water Witch. She isn't hesitant to say that living in the house has a direct link to how she approaches her work.

"I've been a firefighter, an EMT, and a paramedic. I've done what this building is all about. I can be in this house and just feel very lucky that I got time *in* the firehouse."

In words that best summarize her philosophy and reflect the hauntingly spiritual surroundings of her home, she says, "I love taking care of this house and preserving it and adding to it. I never imagined how connected I'd feel. It constantly reminds me: I never want to lose touch with 'the floor.'"

Photo by Cody



Sharon Sigona + Christopher Ferro

Sharon and Chris happily announce their engagement with plans to wed in Wilmington, Delaware in May of 2022. Sharon is a graduate of Fordham University and holds a Master's Degree in Clinical Nursing Leadership. She is a Registered Nurse working as a Director of Oncology and a Clinical Educator. Chris graduated from Frostburg State University and works as a Signal Test Engineer. They have 2 dogs and 1 cat, and 3 years and counting of happiness and love. So they both decided, "If you live to be a hundred, I want to live to be a hundred minus one so I never have to live without you."

Katie Ann Lidard + Matthew James Kole



Annapolis native Katie and her fiancé Matthew got engaged during the pandemic shortly after their move to Houston, Texas. They met almost 4 years ago at University of Maryland Medical Center. Matthew was a Neurosurgery resident, and Katie a Nurse Practitioner student at the time. Matthew is in his final year of Fellowship down in Houston. Their wedding will be in September on the Eastern Shore of Maryland.

Photo by Maggie Carmack



Natalie Mercer + Wayne McCain

During the Pandemic love still does exist. The engaged couple looks forward to their new journey together in Love, Peace and Happiness!! #WeMcCainOne Photo by Bill Whaley

Rhett Meneely + Alan Hartman

Our families and friends were hoping for an engagement, instead we got Maui'd! Alan, Parker and I are ecstatic to announce that we became a family on July 13 on Ironwoods Beach in Maui, HI. Photo by Kathryn Haldiman



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Heather Solomon + Kevin Bock



The night of the full harvest moon, Kevin Bock attended a Hot Yoga class led by his girlfriend Heather Solomon at Soul Society Studio. She was in for a big surprise. After teaching the class, everyone remained seated- they were in on the secret. With a face full of sweat and a heart full of love, Kevin proposed to Heather and the whole room lit up with joy.

Photo by Emily Shepherd



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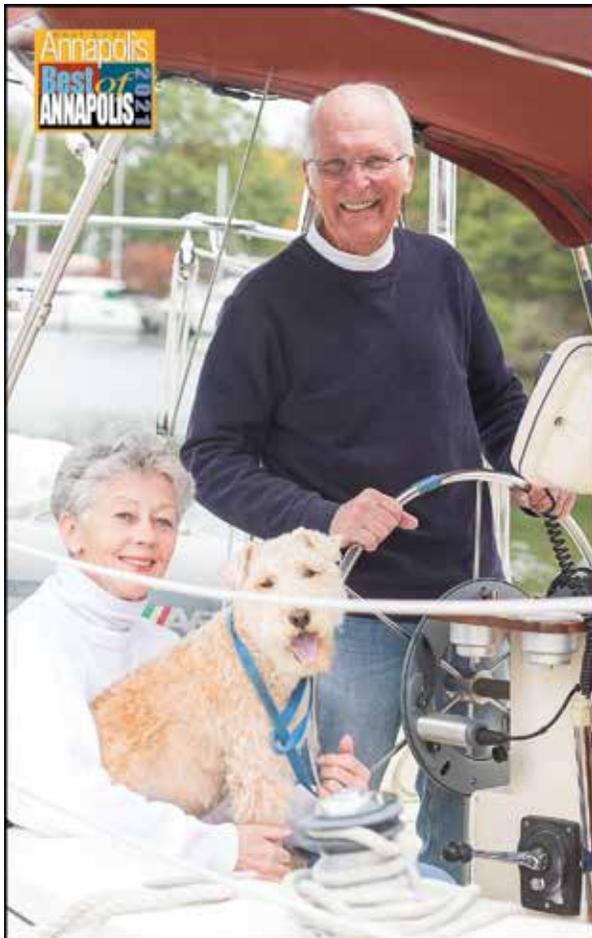


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Patty enjoys walking the couple's dog, Briny, in Quiet Waters Park, just across the street from BayWoods, in addition to pursuing community activities as a volunteer with Hospice of the Chesapeake. "This is an active lifestyle filled with adventures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

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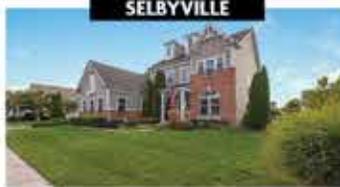


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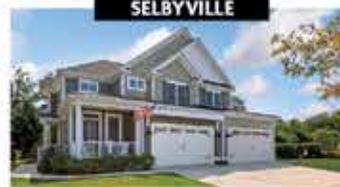
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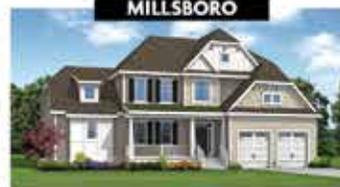
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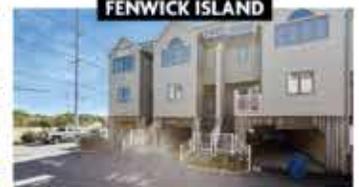
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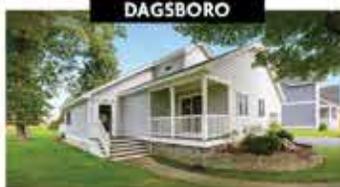


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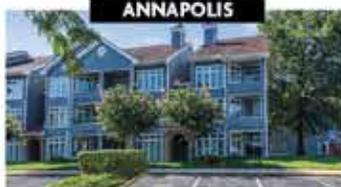
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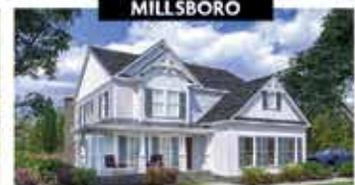
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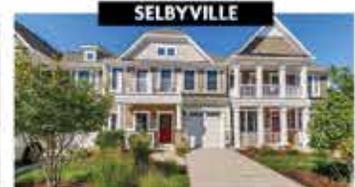
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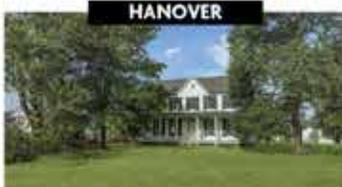
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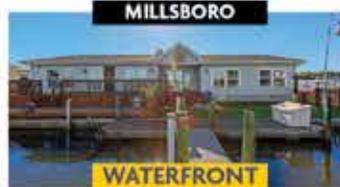
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Interior Inspiration

THE 3 TIERS OF SOUND INVESTMENT FURNISHING

By Lisa J. Gotto

How did you feel that last time you walked into your open-plan living space or family room?

Inspired? Comforted? Happy? A successfully furnished room is one you enjoy entering time and time again by creating a convivial vibe and a sense of appreciation that endures.

The key component lies in not how many furnishings you have in the room, but rather the quality of certain pieces in the room. In many respects, outfitting a home can be daunting, but approaching the endeavor as a three-tiered process, may make it easier on the psyche—and the wallet. →



Your **DINING TABLE** performs a dual role in the home, that of the ultimate multitasker and that of a central feature, so it must be able to blend form with function. As we trend away from traditional dining rooms with their matching sets of Chippendale that we hardly ever use, we have opened our lives and home plans up to be more versatile. Sturdy, well-constructed wood tables come in many styles, from rich slabs with live edges, to sleek and trim lighter woods with great lines. Once you have chosen the proper size for your family and the space, you will appreciate this investment purchase every time you sit to dine, play a board game, or use it as an extra work-from-home space.

Tier 1: Major Components

There are four major components most closely associated with investment furnishing: sofas, dining tables, beds, and rugs. That first item on the list for many is a non-negotiable and the expectation of having to splurge on a good **SOFA** is a given when one can afford to do so. It can set the tone for the entire room and it's most likely the largest component in the largest area of your home.

That is why when it comes to making this particular investment, there are some questions you should ask yourself first: What do I need this piece to accomplish for me? This is another of those, "Think of how you actually live" scenarios. Do you wish the piece to afford versatility—a sleeper sofa, a sectional perhaps, that has options for how it works in the room? What makes the most sense when it comes to fabric? Will I be able to snuggle with my pet on this sofa? Should I consider performance fabric?

Will I be content with a neutral tone over the years? (This question is an easy yes for many homeowners, as layering your sofa with texture, swapping out pillows seasonally, and adding a colorful throw atop the cushions, instantly gives it a different look.)

Do you wish this to be the statement piece in the room? If so, then a rich, deep-colored fabric may be your thing.

One abiding expert piece of advice is to forego a busy pattern or any look that could become dated. The point being, whatever you need or want this sofa to do in the long-term, should be considered for this investment piece.



Your **BED** is life's daily refuge, so it makes sense not to skimp on any aspect when it comes to choosing the right mattress. There are many new options when it comes to where and how to buy a mattress. For more inspiration, check back to our July issue interior column for a thorough primer.

A common mistake made when shopping for a bed is undervaluing the bed frame or what supports it from beneath. While platform beds are becoming increasingly popular, there are

many other types of frames to consider, including the canopy style, the sleigh bed frame, and the storage bed frame, each with its own pros and cons when it comes to support and comfort level, as well as the mobility this large piece of furniture has once it is placed. So do your research!

Whether they be **AREA RUGS OR WALL-TO-WALL CARPETING**, the investment you walk across every day, needs to be top of mind when it comes to investment furnishings. And while it may be tempting to try and save money

by purchasing a lower-quality, blended synthetic rug, interiors experts agree that cheap rugs that don't last are never a good idea. A quality rug that you love will serve its purpose in your home for many years and will save you the hassle of having to replace it too soon.

Another mistake commonly made when choosing area rugs is buying an ill-fitting rug that is too small for the space. This, experts say, can make or break the look of your entire room, so never economize by buying the wrong size.



Tier 2: Lighting

While some must-lists in this area of interior design may not consider lighting a “furnishing,” in the heavy sense, it is important not to undervalue how your room is lit. Harsh, distracting, or underwhelming elements of lighting can affect the quality of its well-furnished appearance.

Every room of your home should have a well-designed lighting scheme that includes multiple sources of light in the form of table lamps, floor lamps, task and/or recessed lighting, and a statement-making central feature such as a chandelier or over-the-kitchen island grouping. Steering clear of quirky, flashy, or style-of-the-moment pieces will keep your home beautifully illuminated for years to come.

Tier 3: Layering

There are two ways to enhance your home from a layering approach that can be considered investments in its overall tone and style: **WINDOW COVERINGS AND THE ADDITION OF FINE ART** to your walls.

While every home needs basic shades, blinds, or panels to provide a sufficient amount of privacy, custom drapery and window treatments such as hardwood plantation shutters or upholstered valances add the next level of sophistication to a home. Again, the rule of thumb here is think of classic fabrics and patterns that are trend-resistant, and you will be enjoying the aesthetic they add to your home for many years.

Always, always, always resist layering the home with too many tchotchkes and put that money toward building a collection of works over time that not only enhance your home, but your life.

While choosing art can be a highly subjective endeavor, start with your home's style as an indicator as to the type of art, be it sculpture, painting, and/or photography, you should choose. What you choose should complement, not overwhelm or be distracting within the space.

Always think local, as well, for some of your art choices. In our area especially, there are many wonderful artists and craftspeople who make one-of-kind and perennial works that truly capture the feeling—or convivial, inspirational vibe of living here—you'll be happy to experience every time you enter your home.



Sofa image courtesy of lumens.com; Dining Table image courtesy of remodelista.com; Bed image courtesy of potterybarn.com; Lighting image courtesy of lumens.com; Art image courtesy of Nancyhammond.com.



Sharing Your Garden's Bounty

GIFTS THAT KEEP ON GIVING

By Janice F. Booth

"The place to improve the world is first in one's own heart and head and hands, and then work outward from there."

—ROBERT PERSIG, AMERICAN AUTHOR

Perhaps you still have a dog-eared copy of this intriguing book, *Zen and the Art of Motorcycle Maintenance*, laying around somewhere. But I digress. Persig's wise advice seems to apply not only to the world's great and terrible challenges, but to our own lives, and even to our own gardens. I suggest we might improve our tiny patch of this world, this earth, by sharing our garden's beauty and bounty with others, particularly with the season of giving fast approaching.

With autumn rolling toward winter, you might be thinking, "My tomatoes are finished; I've admired my last mum. What does she want me to share from my garden now?" Well, don't

be dismayed. I propose we look over our gardens, newly tidied and bedded down for the approaching winter, as a source of thoughtful and personal gifts. Which plants and shrubs might we share now with friends and neighbors? For example, those irises, now sporting a crew-cut where slender leaves once swayed, might be lifted gently from the ground so their plump, sweet smelling *Orris roots* are exposed. (Did you know these roots are dried and used in the production of perfume and mouthwash? I didn't.) But again, I digress. With a clean, sharp garden knife, you can cut through the fat root, dividing it into several plants, each with a leaf-stub or two. (You'll be treated to the delicate, violet fragrance as you divide the root.) Replant your own iris in your garden. Then, in simple, clean, clay pots or colorfully decorated containers, settle the new plants in planting-soil. Be sure to thoroughly water these new plants and set them in a sunny spot out of the way of frost. In a few weeks you'll see the new plants begin to stir. Each of

these little dears can be given as a gift to neighbor or friend. You might design a small card that names the plant and how to care for it, include a tiny picture of a blooming iris.

This process is **asexual propagation**, the parent plant is divided to produce new plants. In addition to dividing root balls, asexual propagation may involve cuttings from plant stems or even leaves. Last spring you may have cut branches of forsythia or pussy willow, immersed the branches in a vase of water, and been delighted when a delicate tracery of roots emerged from the cuttings. Well, you can do that now too. Take a sharp pair of shears into the garden and snip some dormant forsythia branches—those lovely, arching specimens. Set the branches in a vase or jar of water, and when roots appear, plant them as a cluster in a deep, narrow pot, watering lavishly at first. In the case of forsythia, willow, and similar shrubs, the note that accompanies the gift might advise the recipient to plant the young bush in the ground when spring arrives.





Succulents make pretty, shallow-dish gift arrangements, and they are easy to propagate from leaves. Think about aloe (such medicinal value for cuts and burns) and jade. They would complement one another in a miniature potted-garden. Again, using a sharp knife, make a clean cut of a healthy leaf or stem. Set the new plant aside without water or soil; trust me, roots will begin to appear. Once the roots emerge, arrange the aloe, jade, and cactus in a shallow dish, and place the plant-nursery in a sunny window. Do not overwater these fledglings. If you have chicks-and-hens in your rock garden, you can dig up the larger specimens and carefully divide their roots. Soon you'll have 5 or 6 little chicks to share; arrange them with the aloe and jade. You might add some tiny pebbles among the plants for the rock-garden effect. Be sure to

replant your mother hen so she can produce more chicks in your spring garden.

The alternative form of propagation is **sexual propagation** using seeds and spores. (I confess I have a poor track record when it comes to growing plants from seeds. I suspect I'm too impatient.) You can order seed packets for some quick-growing annuals or vegetables, then set the seeds to sprout. Think about marigolds or coleus seeds—or put them together. Their colors would be lovely in contrast. A castor bean vine might make a pretty gift too, and I'm told they're almost fool-proof to grow from seed. Salad greens make a thoughtful gift for chefs and families.

Growing lettuce, sprouts, parsley, broccoli, and kale from seeds is easy, and their colors and leafy heads are attractive on a winter

counter or windowsill. A cheery gift that might include a recipe for a new salad dressing, or even a jar of homemade dressing to accompany the greens.

Here are a few helpful hints for your gift-giving project, ways to make the plant-growing process easier:

- If you're starting with seeds, soak them in a bowl of lukewarm water. They'll expand to twice their original size. When they do, plant them in damp soil.
- Dip cuttings in *willow water*; it can be purchased in a nursery or garden store. The willow is a fast-growing shrub because it contains 4 natural hormones that stimulate growth. Giving your new cuttings a bit of willow water provides them with those same growth hormones in

tiny quantities. (You can even produce your own willow water if you have willows in your garden. The process involves boiling and refrigeration. Check out the recipe at gardentherapy.ca)

- Set a clear, plastic bag over your new plants in their pots. Keep them bagged until the plants really begin to flourish. The bag will retain moisture and warmth.
- Before cutting roots or branches for propagation, thoroughly clean the garden knife or shears with rubbing alcohol to remove any bacteria that might infect the fragile plants.

Start now preparing thoughtful gifts from your hands and your garden. Involve the young people in your household; they can make gifts for their teachers, relatives, coaches, and, in some cases, even friends.



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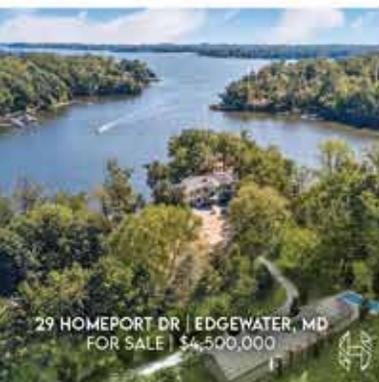
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Sun-Drenched on South River

By Lisa J. Gotto

Palatial, pristine, and right on the river at Poplar Point, this 9,000-square foot home offers a blend of modern and classic architecture, and a plethora of unobstructed views of the South River and the Chesapeake Bay.

The custom-designed Mediterranean-style estate built in 1994 has been recently updated to provide a state-of-the-art smart home technology system, a geo-thermal heating and cooling system, an outdoor sport court, and indoor home gym.

This home's open-plan main level is outfitted with luxurious Brazilian Cherry hardwood floors, exquisite crown molding, and an expansive two-story living room. Nature provides the abundance of southern exposure that pours in through the home's groupings of large, energy-efficient windows.





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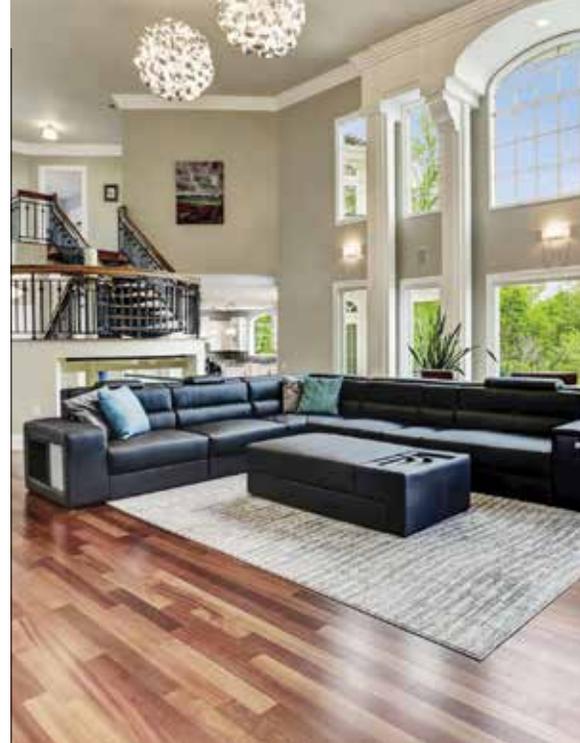
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An exceptional chef's kitchen offers a six-burner stove and double oven by Wolf, a warming drawer, a Sub-Zero refrigerator, gorgeous granite counter-tops, and a spacious pantry. All-white cabinetry highlighted with sleek black hardware, a center island with room for breakfast seating, and a separate eat-in/breakfast room area all afford stellar water views. This area flows into a large formal dining area for ease of entertaining. A full-size home office is also accessible on this floor.

Upstairs, the home features a spacious primary bedroom suite with a separate seating area, private balcony, huge walk-in closet with built-ins, and *en suite* bathroom with soaking tub. An additional large bedroom suite is offered on this floor.

The residence's two additional full bedrooms are located on its lower level which is a high point of the home with its wrap-around bar that seats six, billiard room, card table area, and expansive walk-out to the in-ground waterfront pool and patio area. This all overlooks two acres of land and 200 feet of water frontage. Boating enthusiasts will enjoy the property's 12 feet of mean low water, a 450-foot private pier, five boat lifts, and its slip that can accommodate a 65-foot yacht. Everything needed to live the quintessential waterfront lifestyle—and more!



Primary Structure Built: 1994
Sold For: \$4,250,000
Original List Price:
 \$3,997,000
Bedrooms: 4
Baths: 4 Full, 1 Half
Living Space: 9,261 Sq. Ft.
Lot Size: 1.93 acres

Listing Agent: Brad Kappel; TTR Sotheby's International Realty; 209 Main St., Annapolis; m. 410-279-9476; o. 410-280-5600; brad.kappel@sothebysrealty.com; brad-kappel.com
Buyer's Agent: Joanie Hynes; Remax Advantage Realty; 1393 Progress Way, Eldersburg; m. 443-375-0002; o. 410-549-3500; joanie@joaniehynes.com; remax.com

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The Ultimate Bay Views

By Lisa J. Gotto

A forever dream or vacation home awaits the new owners of this nearly 3,000-square-foot, ranch-style residence. Many upgrades and modern updates have already been done to the home which offers one of the most majestic vistas of the Chesapeake Bay via the South River in all of greater Annapolis.

“It was a joy to market this beautifully renovated and maintained home,” says Listing Agent Reid Buckley. “Sitting on a double-wide lot meant panoramic views all the way to the Bay and the seller had invested in a 300-foot heavy duty pier. It was the perfect combination of stunning view, super pier, and great house!”

Everything about the interior design of this home has been engineered to take full advantage of its stellar location. The home’s entire back wall has been thoughtfully outfitted with either floor-to-ceiling windows or glass sliders to provide a spacious great room with a sublime visual connection to the waterfront. Skylights placed strategically above allow even more natural light into the space.

This area, which is accented with light hardwood floors, is large enough to split into two separate roomy seating areas. Another highlight of this space is its unique dual-front stone fireplace feature, with one insert facing the waterfront and another facing the formal dining

area. The L-shaped, walk-through-style kitchen is easily accessible through two separate entries, one from the central entrance hall and one from the great room. With its sleek finishes, all stainless-steel appliances, including a six-burner gas range, and roomy breakfast seating area with its view to the water, this room is certain to be as practical as it is beautiful.

A huge den with its own floor-to-ceiling views off the great room provides home



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Buckley; Mr. Wa-
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Long & Foster
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Buyer's Agent:
Nuala; Long
& Foster Real
Estate; m.
410-404-0568;
o. 410-260-
2800; nuala@
longandfoster.
com; longand-
foster.com

Primary Structure Built: 1964
Sold For: \$2,000,000
Original List Price: \$1,995,000
Bedrooms: 3
Baths: 2
Living Space: 2,898 Sq. Ft.
Lot Size: .40 acres

office space for several workstations, printing equipment, and file storage.

A generous primary suite offers an *en suite* bath with dual sinks and glorious views to the water from its own private deck. There are two additional light and bright bedrooms that share a soothing spa-like bath and a large lower level that accommodates the home's laundry facilities, storage space, and possible square footage for future living space.

Outside, the residence is surrounded with immaculate landscaping and a deck that spans the entire length of the home. Its true claim to fame lies ahead with its 310-foot, multi-slip pier; perfect for the family that loves carefree days of boating and fishing on the Bay.

And for added recreation, this home's community amenities include an inground swimming pool, playground, and sandy beach with designated swimming area.

"I am thrilled for my clients; this is the perfect home for them," says Buyer's Agent, Nuala O'Leary of Long & Foster Real Estate. "The view from this house is exceptionally beautiful. It embodies the Hillsmere Shores slogan, 'Where the South River meets the Bay.'"

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Fresh Take

GRAPES

By Dylan Roche

As the weather turns colder, it's not unusual to crave foods that are heavier, warmer, and more comforting. But you'll likely still be in the occasional mood for something light and crisp—and you'd be surprised how well grapes lend themselves to your next fall meal.

The enduring popularity of grapes stretches far back into history. They're actually one of the earliest cultivated foods from ancient civilizations, according to the California-based Center for Urban Education and Sustainable Agriculture. Grapes originated in the Middle East as far back as 5000 BCE. The Judeo-Christian Bible contains numerous references to grapes, and the Egyptian tombs bear depictions of grapes in the hieroglyphics on their walls. The Greek used grapes for making wine, one of the primary beverages of their ancient culture.

Grapes eventually made their way to the Americas, where the land that would eventually become California proved to be an especially good climate for their cultivation. Today, the United States continues to be among one of the world's foremost growers of grapes, along with Italy, France, Spain, Mexico, and Chile.

Among grapes that are grown, there are three types. According to the Food and Agriculture Organization of the United Nations, only 27 percent of grapes are grown for the purpose of eating—these are referred to as table grapes. A significant 71 percent of grapes are grown for wine, while only 2 percent are grown to be dried out and made into raisins. Grapes come in a



Grape Focaccia

INGREDIENTS:

3/4 cup warm water
2 tablespoons warm milk
3 teaspoon sugar
1 teaspoon honey
1 1/2 teaspoons active dry yeast
1 3/4 cup whole-grain flour
2 teaspoon coarse sea salt
1/2 cup olive oil
2 cups purple grapes, seeded and cut in half
1 teaspoon fresh rosemary
1/4 cup crumbled goat cheese
1/4 cup raw sugar

Whisk together the water, milk, yeast, and sugar. Allow it to foam for approximately 10 minutes, then add flour. Separate 1 teaspoon of sea salt and 2 tablespoons of olive oil and add to the mixture. As the mixture forms a thick dough, transfer to a floured surface and knead for approximately 10 minutes. Oil a large bowl and place the dough inside. Cover with a towel and allow to rise for approximately 2 hours. The dough should double in size. Divide the dough in two and set each mound on baking sheet spread with parchment paper. Cover again with a towel and allow to sit for 30 minutes. Coat your hands with a bit of oil and stretch each mound of dough into a 10-inch circle. Cover with a towel and set aside to continue rising for 1 hour. Preheat oven to 450F. In a small bowl, combine honey and remaining olive oil and whisk together. Brush the surface of each circle, then sprinkle with grapes, goat cheese crumbles, rosemary, and remaining sea salt. Bake for 15 minutes until golden brown, and allow to cool completely before serving. eat buns with pesto.

variety of colors, including red, purple, and green. If you're a fan of raisins and you've always wondered about their distinct brown color, it's worth knowing this comes from the natural caramelization process that happens as the grapes are dried. Golden raisins achieve their greenish-yellow color thanks to the use of sulphur dioxide, but this ingredient could pose problems for asthmatics—if you fall into this category, it's best to stick with traditional brown raisins.

Grapes are a source of vitamins C, K, E, and potassium, as well as dietary fiber. However, the standout nutritional benefit of grapes is their high level of compounds known as flavonoids, which protect your body from the damage it sustains on a regular basis—flavonoids help your body fight the aging process, stave off cancer, boost immunity, and repair cardiovascular damage. The most prominent flavonoid in grapes is resveratrol, and it's found most prominently in red or purple grapes. (And yes, these flavonoids are also found in wine, though it's still important to drink in moderation.)

When you're selecting grapes from the store, look for bunches that are bright in color and have no (or very few) shriveled grapes. If you wash them before putting them in the fridge, take care to dry them out well before putting them away, as moisture will make them decompose faster. If they're kept nicely dry, grapes will stay good for about one week in the fridge.

Of course, you can also opt to freeze grapes for longer storage, but do not try to thaw them out after they're frozen. Instead, pop them as a cold, refreshing treat similar to bite-size pieces of fruity sorbet.

Grapes make an easy and nutritious snack, and they're a colorful addition to any cheeseboard or charcuterie platter during your holiday entertaining. But you can also incorporate grapes into a variety of recipes, whether it's something fancy for a party or something ordinary for everyday nourishment. Here are a few ideas:



Curried Chicken Salad

INGREDIENTS:

3 cups cooked chicken, chopped into small pieces
3/4 cup plain Greek yogurt

2 tablespoons curry powder
2 tablespoons maple syrup
1/2 cup roasted cashews
2 stalks celery, diced into small pieces
1 cup grapes, seeded and chopped
4 scallions, sliced
1 teaspoon coarse sea salt

Combine yogurt, curry powder, maple syrup, and salt in a large bowl. Add chicken, cashews, grapes, and scallions to the dressing. Toss well, adding some freshly ground black or red pepper if the salad needs a little kick.

The Smart Way to Soothe a Hangover

By Dylan Roche

Holiday revelry is fun. The hangover the next day though? Not so much. Unfortunately, if your carousing in the weeks between Thanksgiving and New Year's leaves you feeling under the weather, there's no fool-proof way to cure it quickly and completely. But that doesn't mean you can't take certain steps to make yourself feel (and function) a little bit better.

According to the National Institute on Alcohol Abuse and Alcoholism, a hangover isn't as much a condition as much as it is a set of symptoms—fatigue, headaches and muscle aches, nausea, sweating, thirstiness, and general overall weakness. While all the causes of these symptoms trace back to heavy alcohol consumption, there are several reasons drinking makes you feel this way—so your hangover could be different depending on how you're processing the alcohol.

Dehydration: Because alcohol suppresses the hormone vasopressin, which tells your kidneys to retain fluid, you'll be urinating a lot more when you're drunk than you do when you're sober. The dehydration you then suffer can cause things like headaches and muscle weakness.

Poor Sleep: You might fall asleep easily after you've been drinking, but your quality of sleep will not be very good. That's because alcohol prevents your body from achieving a deep state of slumber. This insufficient sleep is a major reason you feel so fatigued the next day.

Gastrointestinal Upset: Alcohol irritates the lining of your stomach, which is what causes the nausea and stomach pains you experience as part of a hangover.



You've probably heard plenty of advice from people about ways you can "cure" a hangover, but little of this advice is scientifically supported. The only way to actually cure a hangover is to just wait for time to pass. But if you're looking to minimize your symptoms, here are some smart ways you can take care of yourself:



Eat something nutritious. Don't go for greasy foods, despite what you might have heard. High-fat meals are digested more slowly, which will put even more work on your irritated stomach. Instead, seek out something nutritious. Alcohol will lower your blood sugar levels, leaving your body operating without its primary source of energy. Get some carbohydrates in you, as well as some vitamins and minerals. If you're having trouble stomaching anything, try a nutrient-rich smoothie made from fruit, yogurt, banana, and nut butter. This will give you the nutrition you need, but without putting added strain on your digestive system, as liquid empties from your stomach much more quickly than solids do.



Rehydrate. Your body lost a lot of fluid from urination—you need to replace that. Furthermore, drinking plenty of water will help your liver and kidneys flush toxins from your body. Don't forget that fluid loss also means loss of electrolytes like sodium and potassium. Add a pinch of salt or a splash of lemon juice to your water to recoup them.



Avoid medicine. While a painkiller might seem like a good idea for your splitting headache, you likely still have alcohol in your system, so combining that with acetaminophen will be toxic to your liver. Aspirin and ibuprofen can bother your already sensitive stomach. Don't be deceived by any products on the market that claim to cure hangovers—last year, the FDA sent warning letters to companies that were selling unapproved products with these baseless claims.



Get as much sleep as you can. Even though your sleep isn't of the best quality after a night of drinking, allowing yourself to rest for as long as possible will help with the fatigue. If you don't have to be anywhere in the morning, give yourself the chance to lie back down and get some extra rest. If that's not an option, a moderate amount of caffeine from coffee or tea will help stimulate you.



Gluten-Free Diets

ARE THEY RIGHT FOR EVERYONE?

By Dylan Roche

Bread has always been a dietary staple across cultures, but for some people, this source of sustenance can actually be a cause of pain and illness. That's because celiac disease, an autoimmune disease that affects about 2 million Americans, renders a person unable to digest the protein known as gluten found in wheat kernels. Gluten-free options have gained prominence thanks to increasing understanding of this condition—in fact, November is Gluten-Free Diet Awareness Month. But while it's important to understand why individuals with celiac need to cut this out of their diet, it's worth noting that gluten-free diets aren't necessarily beneficial for people who don't have this condition.

A LOOK AT LIFE WITH CELIAC DISEASE

For people with celiac disease, gluten prompts inflammation in the small intestines that can damage the gastrointestinal tract. This inflammation leads to uncomfortable symptoms like bloating, constipation, and diarrhea; in the long term, it can cause malnutrition because the body isn't able to absorb nutrients properly from food.

This is why people who are diagnosed with celiac are told to transition to a gluten-free diet. Eventually, the small intestines heal from the damage that this inflammation has caused and the body will start to absorb nutrients again. However, it's important that celiac patients abstain from gluten completely—having gluten at even one meal can trigger digestive problems all over again.

GLUTEN-FREE AS AN ILL-INFORMED TREND

For people with celiac disease, a gluten-free diet helps them maintain optimal health. They may even find that they are now empowered to make other healthy choices—for example, if fatigue from malnutrition was preventing them from exercise, they may be more active and able to shed excess weight they've struggled with.

Maybe this explains why so many people equate gluten-free diets with weight loss and other benefits. Going gluten-free has seen steady popularity as a health trend since the late 2000s, accord-

ing to the Harvard School of Public Health, which points to endorsements from celebrities and other people who claim avoiding gluten helps them lose weight or have more energy. In fact, a 2013 study by the global market research company Mintel found that 65 percent of Americans think gluten-free foods are healthier than their traditional counterparts. The study also noted that 27 percent of people have undertaken a gluten-free diet to lose weight.

The problem? That's not necessarily a healthy choice...

CAN GLUTEN-FREE BE HEALTHY?

Yes, you can cut gluten from your diet in a healthy way if you need to. Many healthy foods are naturally free from any gluten—fruit, vegetables, poultry, meat, fish, eggs, legumes, nuts, and even whole grains like quinoa and rice are (pardon the pun) on the table. The only foods a person avoiding gluten cannot eat are wheat, barley, and rye.

It makes sense that even people who don't have celiac disease might lose weight or feel better when they cut out gluten. After all, they're giving up many processed foods like cookies, cake, doughnuts, pizza, sugary cereals, and white bread. The Mayo Clinic states that a gluten-free diet can be a healthy one as long as people are replacing wheat products with nutritious foods and not filling up on foods like red meat and full-fat dairy (or replacing regular cookies with gluten-free cookies).

It does take some careful consideration. The average American diet is deficient in fiber, of which whole wheat is a prominent source. Additionally, wheat foods are fortified with many vitamins and minerals. Even people who have no choice but to adopt a gluten-free diet as part of a celiac diagnosis might find themselves struggling to get as much fiber, calcium, iron, and B vitamins as they need. This is why the National In-

stitutes on Health discourages a gluten-free diet for anyone who doesn't have a celiac diagnosis.

IF YOU DON'T HAVE CELIAC DISEASE...

Nobody is saying you can't eat a diet that excludes wheat. Go for it! Some people even adhere to Wheat-Free Wednesdays, giving up wheat one day a week as a way of encouraging new dietary options and trying staple foods they wouldn't otherwise. If you're always eating pasta, you might miss out on the fact that you really love quinoa!

But remember that many processed gluten-free products aren't necessarily healthier than their normal versions. Gluten-free treats are still treats. When you compare nutrition labels, you might even notice that gluten-free versions of your favorite processed foods are actually higher in sugar, fat, and total calories, not to mention lower in fiber and protein. This explains why some Harvard studies have found that gluten-free diets cause weight gain and increase the risk of chronic diseases like heart disease and cancer.

THE LEAST YOU SHOULD CONSIDER

A gluten-free lifestyle is often expensive, inconvenient, and stressful for those who don't have a choice—and this is why it's important to raise awareness of it and create more options for gluten-free consumers. But if you aren't required to cut gluten as part of a celiac diagnosis by your doctor, jumping on the trend might be more trouble than it's worth—don't expect to cut wheat from your diet and see all your health problems automatically go away. Building a healthy diet is always a lot more complex than simply cutting out one food.



HEALTH & BEAUTY HEALTH

Can Botox Treat My Migraine?

By Dylan Roche

When you think about Botox injections, the first use that comes to mind might be to reduce the appearance of wrinkles. So, you might be surprised to learn that Botox has approval from the Food and Drug Administration for a variety of uses, including muscle spasms, eye muscle conditions, overactive bladder, and even excessive sweating. It's even a life-changer for people who suffer from chronic migraine.

Yes, the same treatment that smooths out one patient's face can help control another patient's debilitating migraine symptoms. That's because Botox uses a form of the toxin botulinum to temporarily paralyze muscle activity. In the case of cosmetic Botox, this paralysis is what prevents your skin from wrinkling. For the treatment of migraine, the injections go into the muscle nerves and prevent the pain receptors from sending signals to the brain.

The American Migraine Foundation emphasizes that Botox isn't the kind of treatment patients should consider for occasional headaches—this option is for people who have chronic migraine, defined as 15 or more headaches a month. Only about 3 percent of the U.S. population has migraine to this degree, but the condition can disrupt quality of life and prevent patients from doing everyday tasks.

While the procedure itself is relatively simple, usually taking no longer than 20 minutes and requiring no more than a simple injection with a small needle, it's something that must be done approximately every three months and may need to be done in conjunction with other headache treatment methods. This is because your muscle nerves eventually grow new pain receptor fibers, resulting in the return of migraine headaches if Botox is not readministered. Injections can't be given more often than three months or else your body can develop strong antibodies to the botulinum and become immune—which would mean the treatment wouldn't work in the future.

Botox has only mild risk of side effects, most prominently in the form of swelling or bruising where the injection was administered. In rare cases, the botulinum could affect surrounding tissue and cause issues like drooping eyelids, vision problems, or trouble speaking or swallowing.

Patients interested in undertaking Botox injections to treat their chronic migraine should consult with a headache specialist or a neurologist who can consider their specific situation. To find one near you, consult the American Migraine Foundation's doctor database at americanmigrainefoundation.org/find-a-doctor.

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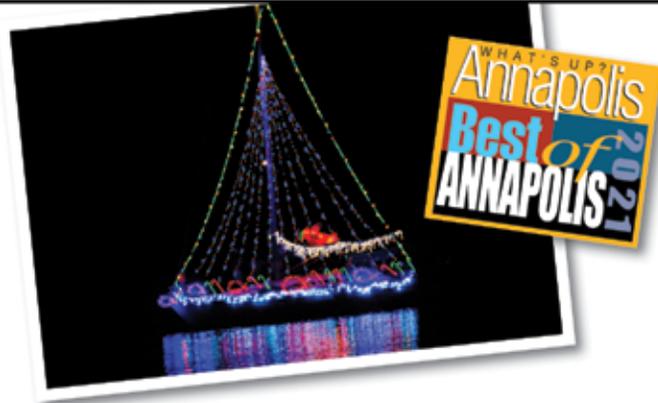


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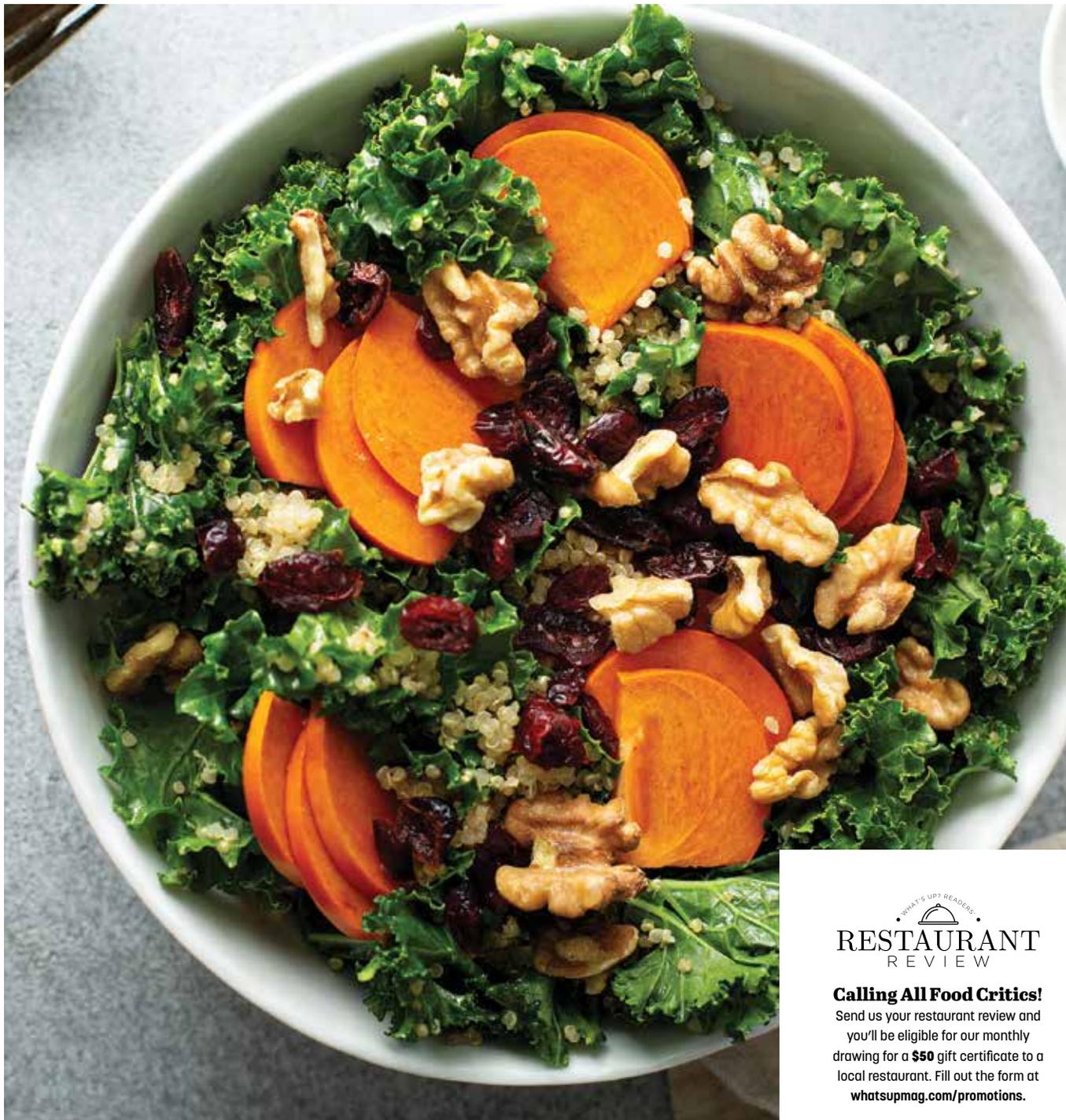
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Awaken Your Tastebuds

By James Houck
 Photography by Stephen Buchanan

A Baltimore staple since longtime restaurateur Eddie Dopkin opened the original location in the Roland Park burb in 2005, Miss Shirley's Café established its reputation in short order as an endearing original featuring crafty recipes, southern- and locally-influenced fare, casual yet refined dining, and as *the* go-to restaurant for stick-to-your-ribs breakfast. Paying homage to namesake Shirley who was known for "her sassy charm and sheer joy of preparing dishes for catered celebrations in the community," makes for a pretty cool backstory as well. Within a decade, second, third, and fourth locations popped up. And it's the Annapolis eatery where our dining adventure takes flight.

For this early-fall outing, I brought the appetites of the immediate family, ensuring a full range of menu items would be sampled...and finished. And on a Sunday with sunshine, mild temps, a gentle breeze—that is, very good weather—we anticipated that, yes, we wouldn't be the only ones out and about in Downtown Annapolis or congregating at Miss Shirley's for a mid-morning meal. So it was upon arrival...a crowd gathered outside the main entrance enlisting themselves with the hostess for seating indoors or out (there's a small batch of tables on the sidewalk). Our wait time, about one hour. Fair enough. We preemptively walked off a few calories along West Street and Murray Hill before returning and claiming our booth inside.

Busy, busy, busy can only begin to describe the buzz inside Miss Shirley's on a Sunday morning. Servers were dashing to and fro the back kitchen with sizzling plates and temptations—smatterings of

eggs, hash, meats, waffles, pancakes, libations, sweet treats, and savory nibbles. All of it conjuring that heavenly, nostalgic diner aroma you can almost taste. And we were about to taste it all... but first, another bit of a wait, giving us more than enough time to comb the menu. When our server finally arrived to take our orders, the pace quickened as drinks, appetizers, refills, main plates, and more refills packed our table faster than we could finish. Not a bad thing; just proof that when you order the farm, this farm delivers!



To wet our whistles, we played tame and stuck with the usual suspects: coffee and juices. I will say the coffee—roasted by Chesapeake Bay Roasting Company—not only tastes great as a balanced breakfast blend with a hint of French darkness, but each sip supports organic, local, and fair trade, and environmental sustainability. But if you're in the mood for something that hits a little harder, Miss Shirley's offers a fleet of morning cocktails—with names such as Kentucky Strawberry Lemonade, Apple Cider Mimosa, Spicy Shirley, and many more—that'll surely awaken your tastebuds and put a glint in your eye.



To get our taste testing party started, we chose Breakfast Fried Deviled Eggs and Everything But the Bagel Cream Cheese Biscuits. Yes, that's a mouthful to say. It's also a darn good mouthful with each bite. Take your pick. Both were stupendous flavor combos. The eggs were halved and fried, then topped with the house egg mix, tiny crumbles of turkey sausage, cheddar cheese shavings, a touch of green onion, tablespoons of Chesapeake chicken sausage gravy, and dusted with the ever-iconic Old Bay seasoning. They're like giant morsels of umami deliciousness with both unique and familiar flavors, and a variety of textures, all intermingling in some cosmic breakfast dance.

And the biscuits...a highlight for anyone who loves an everything-style bagel. These were buttery biscuits amplified with the classic everything seasoning—poppy and sesame seeds, garlic, onion, and salt—topping each, with small gobs of cream cheese baked within. Each pull apart of a biscuit revealed a moist and flaky interior. They immediately satiated our tastebuds.

Picking a main plate for breakfast at Miss Shirley's is sort of like shooting fish in a barrel—you can't miss here. You simply can't. The house specialties might as well be a hall of fame: Chicken 'N Cheddar Green Onion Waffles, Get Your Grits On (shrimp and grits),

Coconut Cream Stuffed French Toast, and the list goes on. I chose the Gravy Train Southern Skillet because, apparently, I wanted to try everything on one plate. My wife chose the "sandwich of the month," the Smoky Baja Breakfast Burrito. And the kids each went for the Half Dollar Pancake Kids Box, featuring their choice of pancakes (chocolate chip, of course), fruit, scrambled eggs, and yogurt.

The kids are easily pleased, so large, compartmentalized boxes filled to the brim with the mentionables above had them giddy and I concur on how tasty and fresh everything within was—pancakes with chocolate morsels of sweetness. Yes! Chunks of fresh pineapple. Yes! Pillowy scrambled eggs. Yes! Dad always sneaks a few bites of his own. It's Dad Law.

Sitting in front of me, on the other hand, was a mountain of Miss Shirley's all-stars within a deep-dish skillet—still sizzling and hot to the touch. Make no mistake—the Gravy Train Southern Skillet is a lot of food—a smorgasbord in and of itself. Large helpings of both creamy stone-ground grits and collard greens create the foundation in the skillet upon which fried buttermilk chicken tenders, one of those house-made everything biscuits, and sliced ham is built—all smothered with the

house sausage gravy, cheddar cheese, a sunny-side-up egg, and dusted with Cajun spice. I just dove in, seemingly getting a bit of everything with each forkful. All of it perfectly delicious together. It's the epitome of stick-to-the-ribs. Just roll me out of the place when done.

My wife was smarter than I (her eyes were *not* bigger than her stomach), thus ordering the breakfast burrito. Still large, but manageable as a hand-held filled with scrambled egg, potato/onion hash browns, chorizo sausage, spinach, and cheddar. The sides of Pico de Gallo and sour cream contributed the "Baja" flair. A pleasing dish that didn't skimp on any ingredients.

And that was that—by meal's end, we were totally infused with all-things breakfast. Full of scrumptious food; full of smiles. A stringer server solely devoted to presenting the bill, capturing quick payment, and sending you along your merry way, visited our booth, thus signaling the end of this outing. Overall, I felt the atmosphere had great energy, the food had just enough culinary prowess to surprise us, and the price points were fair. And though our initial wait time felt longer than our actual meal, the anticipation added to the experience.

Icing on the Cake

By Tom Worgo

Photography by Stephen Buchanan

Rhonda Rogers had never heard of Nothing Bundt Cakes. Then in 2019, she visited a friend, Rachel Paris, in Texas who took her to a local bakery. That's when she discovered what Bundt cakes really were.

"She always had something special for us to eat when we visited," Rogers says. This time it was red velvet bundtinis cake.

"It was a combination of the cake and the frosting that did it for me," Rogers recalls. "I was like 'Oh my gosh.' I just fell in love with the cakes."

It just happened Rogers and her husband Glenn had relocated from Saudi Arabia after living there for eight years and were looking for a business opportunity. They found it with the national franchise, Nothing Bundt Cakes. The Rogers opened their store in the Annapolis Towne Centre in November and it's been a big hit.

"We have doubled what we thought we would see (in sales)," says Glenn, who is a pilot for United Airlines and works part-time in the store. A Bundt cake is baked in a Bundt pan, which gives it a distinctive doughnut shape.

Nothing Bundt Cakes offers eight- and ten-inch cakes, double-tiered, bite-sized bundtinis, and palm-sized bundlets. Currently, the Rogers store is one of five in Maryland.

The Rogers' son, John, age 30, manages the store and focuses primarily on supervising the kitchen. Rhonda says her employees—including two full-time bakers and 25-part timers—set the store apart and she considers them to be a key ingredient to its success.



NOTHING BUNDT CAKES

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"I call them my symphony," says Rhonda, who is a Harvard grad and taught college in Saudi Arabia. They just flow, work well together, and really communicate."

We talked to the couple about their new business.

Why Annapolis for a store?

We didn't know where we were going to settle when we came back from overseas. Annapolis was an area where the brand had an opportunity. My husband is familiar with the Naval Academy because his father and uncle graduated from there. My in-laws live in Alexandria and my husband is based out of National and Dulles airports. So, this was the nearest territory that was available. Before we went overseas, we were avid sailors and scuba divers. So, coming to this area and being surrounded by water was fantastic. I fell in love with Annapolis. The stars kind of aligned.

Why did you want to own a Nothing Bundt Cakes?

We wanted to purchase a franchise for our family. It was something where we could be in it together and when we walk away or move away, we would leave something for our kids. It wasn't our dream of being a franchise owner. It was a family-driven decision—a legacy they could build on and carry on if they wanted to. That was very important to us.

Did your friends from Texas inspire you to go into business?

Yes, they did. Rachel and her husband had been master franchise owners for many years and for example, they owned all the Buffalo Wild Wings from Texas to Hawaii. We turned to them and asked for guidance about the concepts of running a business. They love the brand and concept. If it weren't for them, I don't know that we would



have purchased a franchise. But they told us, “You should own a business and try a franchise for like five years.”

What is your best-selling item?

The bundlets are becoming more popular. A dozen can come in a standard package, which comes in our top four flavors, or they can buy a customized assortment. Our number one flavor is lemon. My favorite is red velvet. You can get a dozen in lemon. The frosting is true to the term icing on the cake. The lemon bundlets are just delicious. They have such a lemon flavor to them. They are incredibly popular. Customers taste it and they fall in love with it. We hear it all the time.

What’s another customer favorite?

Our decorated cakes. We have different designs for different occasions. They are just so popular. We go year-round with several birthday designs. Those are at the top. When it’s an occasion like Mother’s Day or Easter, the demand is through the roof. Chocolate, Chocolate Chip is very popular. It’s such

a rich chocolate flavor. The texture of the cake is moist, light, and fluffy. The combination of that rich delicious chocolate flavor, high-quality chocolate chips, and the signature butter cheese crème frosting makes it special. It smells and tastes so great.

Glenn, how has business been so far?

It has been amazing. We had projections based on meetings with a lot of owners in Maryland and Virginia. Business has really taken off. Every week, the sales come out for the different stores in Maryland and we have been in the number one slot for several weeks.

Do you have plans for more stores?

I would like to open a second store within a year. That’s an idea we have expressed to the company and we are looking for a location. The idea of having more than one is appealing and hopefully, we can do it in a territory adjacent to Annapolis. The company likes you to operate your first for a year to get it running smoothly and stable before you move on to opening the next one.

With the pandemic going on, did that give you second thoughts about opening?

It did because we had initiated this prior to COVID and when it hit we were at the point of no return. So, we were concerned about what it would look like and if we would be allowed to open. The brand through COVID has done really well. They did 20 percent better than the previous year. People still want to celebrate and get treats.

With three family members working there, what is it like? Who is the boss?

Rhonda is the boss. With family, it is both fun and challenging. It gives a great

deal of flexibility. The three of us have been able to adjust our times and schedules. Obviously, there are challenges that maybe you wouldn’t have with other, unrelated people. It has worked out really well for the most part.

What do you and Rhonda do in the store?

I do finance, logistics, and I order all the materials. We will fill in the different positions as necessary if it’s really busy. All of us went through training with the company in Dallas. We are qualified and trained to work the different positions. Rhonda deals with day-to-day operations and interacting with the employees.



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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

Parting Is Such Sweet Sorrow

There's no doubt that the past 18 months have been devastating for the restaurant industry, and now we're devastated about the recent closures of some beloved Annapolis eateries, including:

Fado, which had its last on October 30th. "We are immensely proud of our time here and want to recognize the people who have honored us by being part of our team, many of whom have been with us for many years," said its owners in a social media announcement. "...To all the business plans, weddings, families, short lived 'romances,' wakes, schemes, and celebrations that started inside our four walls." Reportedly, a seafood restaurant, SeaSalt, will open in the Park Place location in the spring.

Sam's on the Waterfront, which closed on September 26th.

The Mexican Cafe, which closed at the end of September. We will truly miss their phenomenal margaritas.

Every New Beginning Comes from Some Other Beginning's End

We're trying to remain optimistic here in the light of these closures, so we'll wipe away the tears because **RAR Brewing** announced at the end of September that they'll be opening a hybrid taproom and restaurant in Mexican Cafe's former location in West Annapolis. Although details are sparse right now, we do know that RAR already makes some fantastic beer in its Cambridge, Md., brewery. RAR also recently opened a second space, called *The Laboratory* immediately next door to its original taproom, and trust us when we say that it looks really cool.

There's a new establishment, **Pour Dog House**, up in Millersville that opened in mid-September. They serve up hot dogs and sausages, along with wings, salads, and more, plus a huge selection of beers. The restaurant also advertises a charitable initiative where every time someone orders Pour Dog House's "Dog Beer"—brewed especially for pups—they donate up to 75 cents to the local SPCA. It probably goes without saying that dogs are welcome. Woof! **Pour Dog House | 722 Generals Highway, Millersville | pourdoghous.com**



On the Table: Sweet Tidings

Turkey, stuffing, mashed potatoes, green beans...is your stomach rumbling yet? Of course, November is all about Thanksgiving dinner, at least when it comes to gastronomy. After 2020 celebrations, which were most likely more intimate, it's time to really break out the good China plates for a feast. (Unless you're fatigued from never-ending Zoom meetings, in which case, get your dinner catered. We won't judge.)

Google Trends data shows that Marylanders most-often search for sweet potatoes around Thanksgiving, though in 2020, the No. 2 search query nationwide was "Thanksgiving margarita"—to which we say, "yaaasssss." (Quick recipe: 1 ounce apple cider, 1 teaspoon brown sugar, 1.5 ounces gold tequila, 1 ounce orange liqueur, plus salt for the glass and cinnamon sticks for garnish.)

Let's go back to those sweet potatoes, though. A marshmallow-topped casserole might be traditional, but maybe it's time for a change. As long as no one in the family will revolt, a roasted sweet potato salad provides a much more balanced set of flavors (read: not bursting with sugar). Go ahead and dice those sweet potatoes, then roast them in some olive oil. Combine the 'taters with chopped, toasted pecans or walnuts, dried cranberries, crumbled feta, and chopped parsley. Toss it all together with a Dijon mustard-based vinaigrette. It might just be a new family favorite!

From the Bar: **Winter Whites**

There's this old yarn that red wine is for winter and white wine is for summer, but why? Sure, rich, full-bodied vinos such as cabernets or syrahs can make you feel warm and cozy, but pale varietals deserve cold-weather love, too.

It's all about picking the right varietal for the time of year. Creamy white wines can be just as rich as red wine and often pair just as well—or even better—with traditional winter dishes. You want to find a bottle that is high in alcohol and/or acidity

and has plenty of flavor. Once selected, you *don't* want to serve it chilled like you might in warmer months. (Well, actually, you should never serve any wine chilled to 40°F or below; you'll lose all the flavor.) Instead, you want it to be between 45 and 55°F, particularly Chardonnay, which should be at the higher end of that range.

So, what should you be looking for? The obvious contender is Chardonnay, especially one that's creamy and oaky. Other options include Chenin Blanc (it's light-bodied, but high in acidity), an aged Sauternes, or a bold, creamy Viognier.

Of course, we're all about buying local, so try out one of these white wines from area wineries:*

GREAT FROGS | GREATFROGS.COM—Vintner's White. A blend of Chardonnay, Viognier, Marsanne, Sauvignon Blanc, and Traminette. "Lively aromas and flavors of lemon zest and bread toast with a supple, soft, dryish full body and a smooth, complex finish with well-integrated tannins." **Viognier.** "Stone fruit and perfumed floral aroma. Flavors of apricot, sweet peaches, and honeysuckle. Round smooth finish."

THANKSGIVING FARM WINERY | THANKSGIVING-FARM.COM—Franc Blanc. "Unique white wine made from the White Juice of Cabernet Franc."

THE VINEYARDS AT DODON | DODONVINEYARDS.COM—Chardonnay. "Exhibits green apple and cinnamon, and offers an elegant palate enhanced by notes of citrus and a lingering mineral finish."

LOVE POINT VINEYARDS AND WINERY | LOVEPOINT-VINEYARDS.COM—Chardonnay. "This aromatic and flavor filled wine was fermented in steel and aged in new Hungarian medium and medium plus (+) toasted oak barrels for four months."

**These bottles were available as of press time, but call in advance to ensure they're still around.*



Have culinary news to share?

Send an email to Kelsey Casselbury at kcasselbury@whatsupmag.com.

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116 Annapolis Street, Annapolis; 443-775-5297; Homemade Ice Cream. \$ 🍷 🐾 🍷

Annapolis Ice Cream Company

196 Main Street, Annapolis; 443-714-8674; annapolisiscream.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 1

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

Chick & Ruth's Delly

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

City Dock Café

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

Dock Street Bar & Grill

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

Dry 85

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

Federal House Bar & Grille

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

Flamant

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

Fox's Den

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

Galway Bay Irish Restaurant & Pub

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

Harry Browne's

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

Iron Rooster

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

Joss Café & Sushi

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

Latitude 38

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

Mason's Famous Lobster Rolls

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

McGarvey's Saloon & Oyster Bar

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

Middleton Tavern

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

Mission BBQ

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

O'Brien's Oyster Bar & Restaurant

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

Osteria 177

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

Preserve

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

Pusser's Caribbean Grille

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

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; Carpac-ciotuscankitchen.com; Italian; lunch, dinner, Sunday brunch \$\$\$ 📞 🍷 🍷 🍷 🍷 🍷

El Toro Bravo

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

Lemongrass

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

Level Small

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

Light House Bistro

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

Luna Blu

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

Metropolitan Kitchen & Lounge

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

Miss Shirley's Café

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

LEVEL SMALL PLATES LOUNGE

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Rams Head Tavern

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

Sailor Oyster Bar

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

Stan & Joe's Saloon

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

Tsunami

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

Greater Annapolis

Basmati

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

Bean Rush Café

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

Blue Rooster Café

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

The Brass Tap

2002 Annapolis Mall Road, Annapolis; 833-901-2337; Brasstapbeerbar.com; American; lunch, dinner \$ Y 🍷 🍺 🍻

Broadneck Grill & Cantina

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

Bruster's Real Ice Cream

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

Buffalo Wild Wings

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

Cantler's Riverside Inn

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

The Canton Restaurant

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

Cooper's Hawk

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

Chevys Fresh Mex

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

Chris' Charcoal Pit

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

Double T Diner

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

Eggcellence

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

Evelyn's

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

Giolitti Delicatessen

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

Gordon Biersch

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

Grapes Wine Bar

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

Herald Harbor Hideaway

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

Heroes Pub

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

InGrano Bakery

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

Italian Market & Restaurant

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

Jalapeños

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

Julep Southern Kitchen & Bar

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

La Sierra

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

LebTav

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

Lemongrass Too

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

Lures

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

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DINING GUIDE

Ledo Pizza

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

Maggiano's Little Italy

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

The Melting Pot

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

Mi Lindo Cancún Grill

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

Mission BBQ

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

Nothing Bundt Cakes

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

Paul's Homewood Café

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

Pasticcio Fresh Italian Kitchen

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

Ports of Call

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

Rams Head Roadhouse

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

Red, Hot & Blue

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

Riverbay Roadhouse

1374 Cape St Claire Road, Annapolis; 410-757-2919; Riverbayroadhouse.com; Steak, seafood; breakfast, lunch, dinner \$\$ 📞 🍷 🍺 🍷

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DINING GUIDE

THE MELTING POT

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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 \$\$ ☎ 🍷 🍴

Sandy Pony Donuts

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

Seafood Palace Buffet

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

Severn Inn

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

Sin Fronteras

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

Smashing Grapes Kitchen and Wine Bar

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

Soul

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

Stoney River Legendary Steaks

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

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; Adams-grilleannapolis.com; Barbecue; lunch, dinner \$\$ 🍷 🍴

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Annapolis Smokehouse & Tavern

107 Hillsmere Drive, Annapolis; 410-571-5073; Annapolisismokehouse.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; Adamsgrileannapolis.com; Barbecue; lunch, dinner \$\$ 🍷 🍴

All American Steakhouse

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

Bayside Inn

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

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 barbeque; lunch, dinner \$ 🍷 🍴 🍷 * 🎵 🍷

The Crab Shack

3111 Solomons Islands Road; Edgewater 21037; 443 837 6279; Thecrabshackmd.com

Deale Umami 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; Harvestthymetavern.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; Coconutjuesus.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, sensorschile.com, Mexican, lunch, dinner, \$\$, 🍷 🍴 🍷

Skipper's Pier Restaurant & Dock Bar

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

South County Café

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

Stan & Joe's Saloon South

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

S & J Riverside

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

Yellowfin Steak & Fish House

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

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1286 Route 3 South Ste. 3, Crofton; 443-332-6100; Ashlingco.com; American; dinner \$\$
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1460 Ritchie Highway, Arnold; 410-757-3373; Bellaitaliaarnold.com; Italian; lunch, dinner
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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 \$\$
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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
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The Crab Shack
1260 Crain Hwy Crofton 21114; 443 302 2680

Donnelly's Dockside
1050 Deep Creek Avenue, Arnold; 410-757-4045; Donnellys-dockside.com; Seafood; lunch, dinner
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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/ginascafemikes; 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 Oloughlinspub.com; American; lunch, dinner, late-night \$\$ 🍴 🍷 🍺 🍻

Pherm Brewing Company
1041 MD Route 3; Gambrills; 443-302-2535; phermbrewing.com; Food trucks on Weekends

The Point Crab House & Grill
700 Mill Creek Road, Arnold; 410-544-5448; Thepointerabhouse.com; Casual contemporary American Seafood restaurant; brunch, lunch, dinner \$\$ 🍴 🍷 🍺

Rico's Tacos and Tequila Bar
1266 Bay Dale Drive, Arnold; 410-571-3466; Ricostacos.co; Mexican; lunch, dinner, weekend brunch \$ 🍷 🍴

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

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

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

Sin Fronteras
7700 Ritchie Highway, Glen Burnie, 410-424-2022, Sinfronterascfe.com, Mexican; lunch, dinner, Saturday and Sunday breakfast \$\$ 🍴 *

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

Vida Taco Bar
541 Baltimore Annapolis Blvd, Severna Park; 410-544-2300; Vidatacobar.com; Tex-Mex; lunch, dinner
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403 Talbot Street, St. Michaels; 410-745-9111; Bistrostmichaels.com; Euro-American; brunch, dinner \$\$ 🍷 🍴

Hemingway's Restaurant
357 Pier 1 Road, Stevensville; 410-604-0999; Hemingwaysbaybridge.com; Seafood; lunch, dinner
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The Island Hideaway
14556 Solomons Island Road S, Solomons; 410-449-6382; Theislandhideaways-olomons.com; American; lunch, dinner
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Knoxie's Table
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Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to **Mark Coover** of Annapolis, who won a \$50 gift certificate to a local business.

Mail entries to: Where's Wilma? Annapolis, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions



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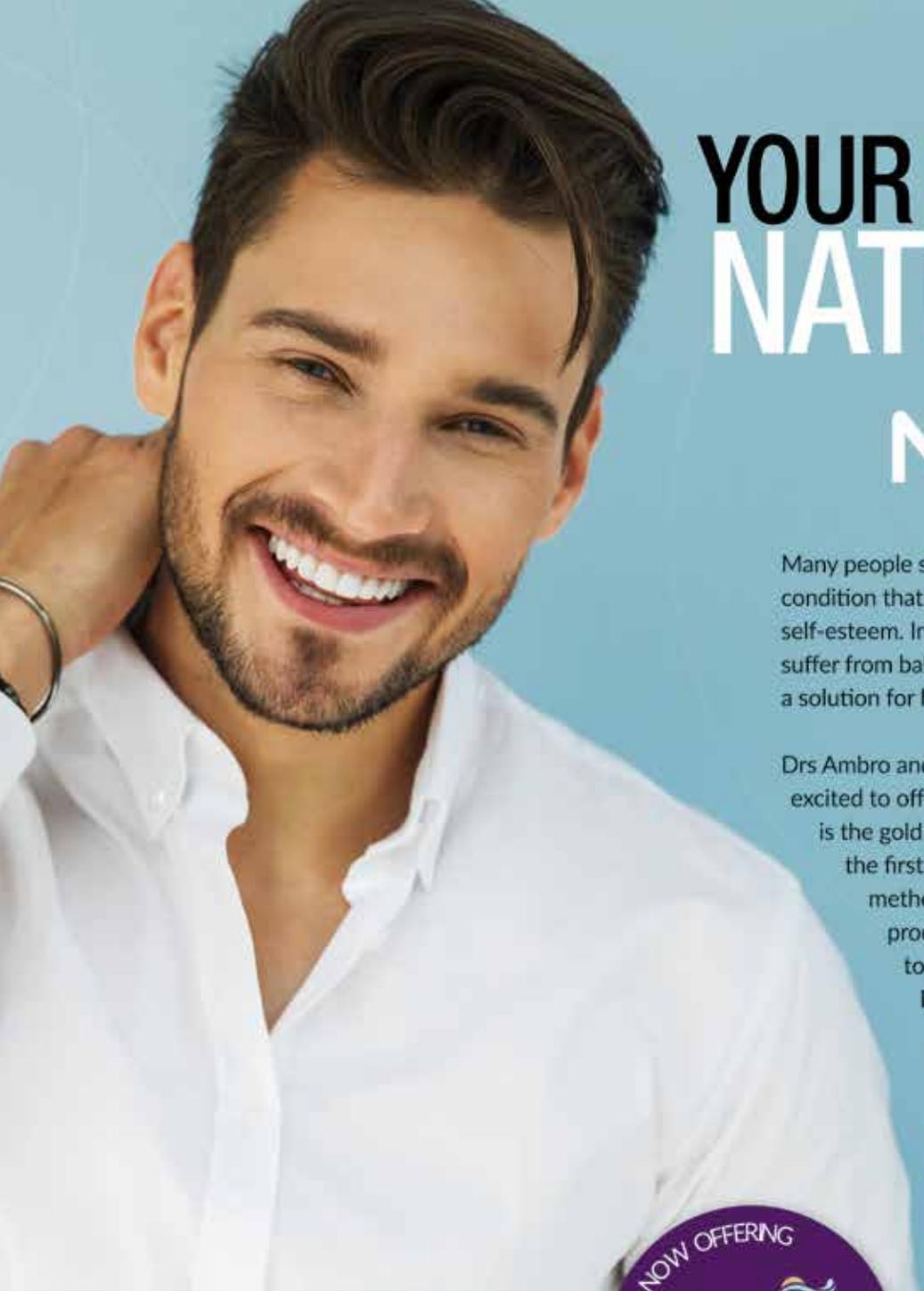
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