

**The Facts**  
Understanding  
Critical Race Theory

**Size Them Up!**  
Private Schools  
by the Numbers

**Wit Tricks**  
Keep Your  
Mind Sharp

Plus: 2022's Best  
Home Trends,  
Food Fads, and  
Star Athletes!

**Money Matters**  
Financial Advice  
for the Year Ahead

WHAT'S UP?

# annapolis

WHAT'S UP? MEDIA • ANNEAPOLIS • EASTERN SHORE • MIDDLE AND WEST COASTS  
**HOME GROWN LOCALLY OWNED**

THE  
**EDUCATION**  
ISSUE



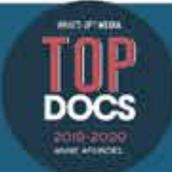
WHAT'S UP? MEDIA JANUARY 2022

\$4.95

01 >



0 74851 08748 0



## Happy Holidays from the O'Donnell Team

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:

- More comfortable than traditional fractional resurfacing
- Minimal downtime and fast healing; patients back in makeup within 24 hours
- Noticeable improvements within the first week

Give O'Donnell Vein and Laser a call today to learn how to receive a **FREE BBL** laser skin treatment and **33% off** our most popular HALO laser skin treatment. Plus, many other perks, such as **10% off** all our skincare products - and more!

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



Laura Ruppel, L.E. is widely known as one of the top Microblading specialists in Maryland.



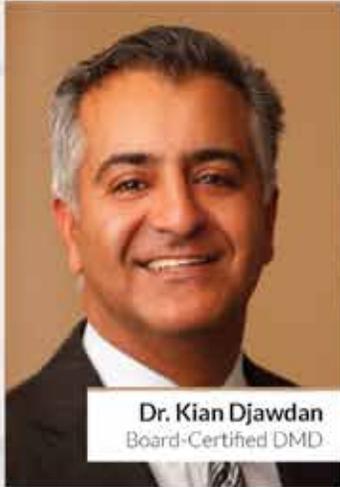
Eden Flynn, BSN, RN performing a Sciton Forever Young BBL laser treatment.

Easton 499 Idlewild Ave, Easton, MD 21601  
Annapolis 166 Defense Hwy, Suite 101, Annapolis, MD 21401  
www.odonnellveinandlaser.com | 410.224.3390



# WE SOLVE COMPLEX DENTAL PROBLEMS

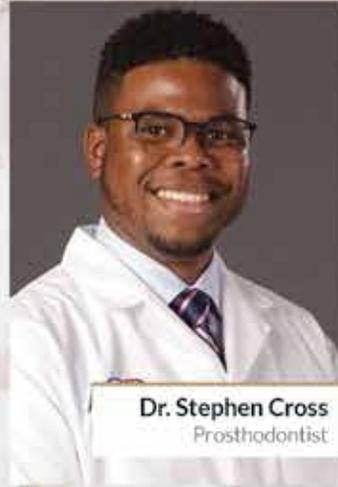
We have created a unique dental center that focuses on helping adult patients with complex dental problems. If you are considering dental implants and/or restorative dentistry, it is important you choose an expert; a dentist with the advanced training to utilize state-of-the-art techniques and procedures for treating complex dental conditions and restoring optimum function and esthetics predictably and efficiently.



Dr. Kian Djawdan  
Board-Certified DMD



Dr. Kian Djawdan is Board Certified by the American Board of Implantology/Implant Dentistry and considered an Expert in implant dentistry. Dr. Djawdan is specially trained and licensed to administer IV sedation for any surgical or restorative dental procedure.



Dr. Stephen Cross  
Prosthodontist



American Board  
of Prosthodontics

Dr. Stephen Cross is a Prosthodontist and considered a specialist. His specialty training makes him uniquely positioned to diagnose, create treatment plans and execute treatment of patients with highly complex prosthetic and implant needs.

## REQUEST YOUR JUDGEMENT FREE CONSULTATION

by calling **410-266-7645** or online at [www.smileannapolis.com](http://www.smileannapolis.com)

### OUR THREE UNIQUES

-  **In-Office Dental Lab**  
State of the art 3D Design  
CAD/CAM and printing
-  **Dental Implants**  
Extractions, immediate placement  
implants and restoring dental implants
-  **Sedation Dentistry**  
For any dental procedure

### Djawdan Center for Implant and Restorative Dentistry

Restoring Hope & Confidence

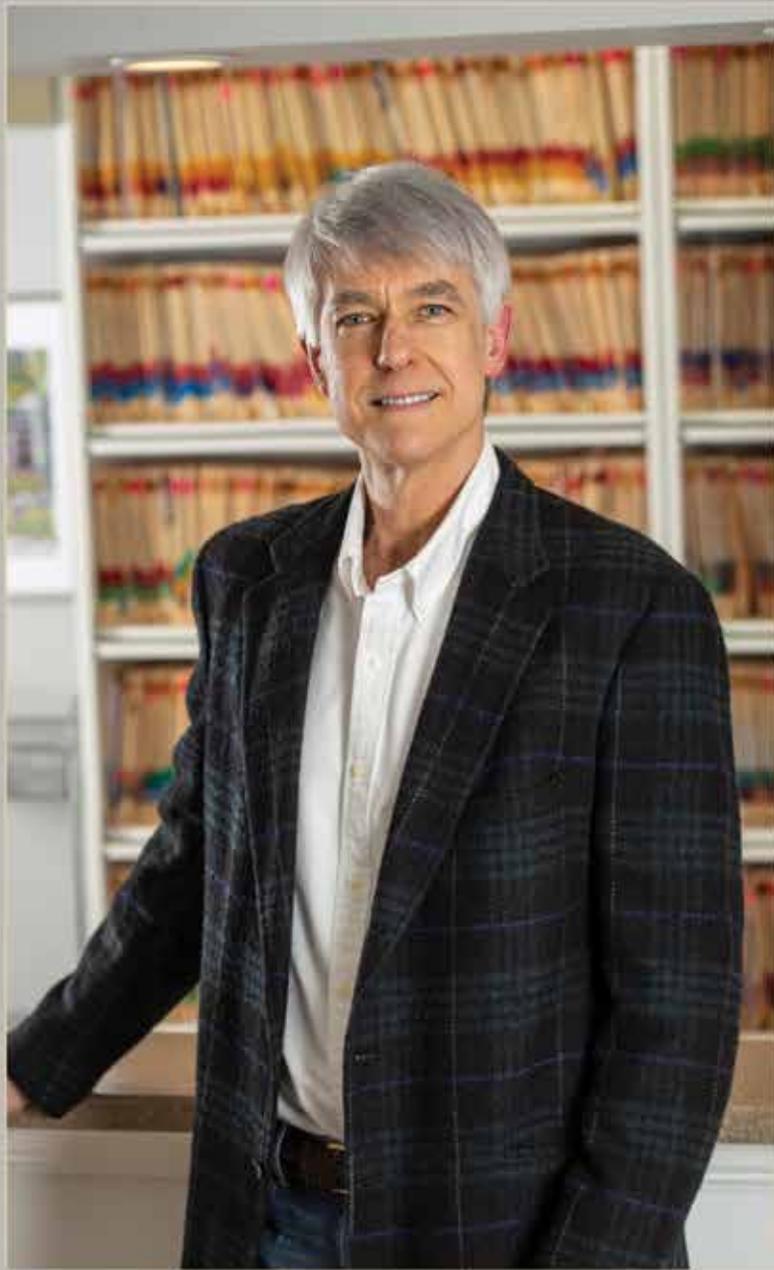
133 Defense Hwy, Suit e 210  
Annapolis, Maryland 21401

**410.266.7645**

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



# Henrik L. Anderson, DDS



**Broadneck Medical Center  
269 Peninsula Farm Road  
Suites B & C  
Arnold, MD 21012  
410-923-6866  
[www.henriklandersondds.net](http://www.henriklandersondds.net)**

Dr. Anderson offers conservative, personalized, comprehensive and preventative patient care in a warm, relaxed and friendly environment. Known for his calm, gentle chairside manner, he and his highly trained and dedicated team will ensure you a positive dental experience. He offers treatment plan options that fit your individual needs.

Dr. Anderson's office is located just outside Annapolis. The newly expanded and renovated office is equipped for all facets of dentistry including cosmetic, endodontic, implant and all phases of restorative.

Dr. Anderson is an omega class graduate from Georgetown University School of Dentistry, having earned a degree in Biochemistry from NYU. The office is celebrating over 25 years as a family-owned and operated business and is here to stay! We are always welcoming new patients and all major plans are accepted. His passion is to provide his patients with optimal oral health.

Alternating Saturday Hours  
8:00 a.m. - 2:00 p.m.



REPUTATION • EXPERIENCE • TRUSTED RESULTS

# Sandel Duggal

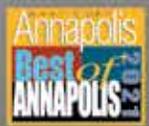
PLASTIC SURGERY AND MEDSPA



THANK YOU  
FOR VOTING US



BEST COSMETIC SURGERY (FACIAL)



BEST RECONSTRUCTION  
BEST PLASTIC SURGERY  
RECONSTRUCTION



BEST COSMETIC SURGERY  
2009 - 2020

**Claire S. Duggal, MD**  
Plastic & Reconstructive Surgeon  
Board Certified Plastic Surgeon

**Henry D. Sandel IV, MD, FACS**  
Facial Plastic Surgeon  
Double Board Certified • Fellowship Trained

104 RIDGELY AVENUE • ANNAPOLIS, MD 21401 • 410.266.7120 • sandelduggal.com

# DAVID ORSO

OF COMPASS  
REAL ESTATE

## Real Estate the Right Way



The David Orso  
Team of Compass  
Real Estate

8 Evergreen Rd  
Severna Park, MD

1 Park Place, Suite 12.  
Annapolis MD

O: 443.372.7171  
C: 443.691.0838  
david@davidorso.com



Exclusive Annapolis Agent:



THE  
PRIVATE CLIENT  
NETWORK

The Premier Connection  
to 40 Luxury Real Estate  
Markets

### #1 Agent in Anne Arundel County

2013	2017
2014	2018
2015	2019
2016	2020

Compass is a licensed real estate brokerage that abides by Equal Housing Opportunity laws. Information is compiled from sources deemed reliable but is not guaranteed. Compass is licensed as Compass Real Estate in DC and as Compass in Virginia and Maryland. 24 Annapolis St. Annapolis, MD 20814 | 410.2801646





# YOUR HAIRLINE REDEFINED

## NeoGraft®

Many people struggle with hair loss, a distressing condition that can significantly impact a person's self-esteem. In fact, over 80 million men and women suffer from baldness or thinning hair. Fortunately, there is a solution for hair loss.

Drs Ambro and Chappell at Annapolis Plastic Surgery are excited to offer NeoGraft® hair restoration. NeoGraft® is the gold standard in hair transplant procedures and the first automated follicular unit extraction (FUE) method. This minimally invasive hair transplant procedure uses state-of-the-art technology to give patients a natural-looking result with little downtime and no visible linear scars.

If you're looking to regain a thick and natural-looking hairline, NeoGraft® is perfect for you. For more information, please visit our website or call to schedule a consultation at Annapolis Plastic Surgery.

Annapolis Plastic Surgery is excited to introduce Qwo, the first and only FDA-approved treatment that eliminates cellulite and produces noticeable, lasting results in just three weeks! Call our office today to schedule a consultation.



*annapolis*   
**PLASTIC SURGERY**



**DR. JAMES CHAPPELL**  
Board Certified in Plastic Surgery by the American Board of Plastic Surgery

**DR. BRYAN T. AMBRO**  
Board Certified, Facial Plastic Surgeon



*Laser Skin Rejuvenation • Face/Neck Lift  
Breast Augmentation • Tummy Tucks • Liposuction • CoolSculpting*

Schedule an appointment today.  
**(410) 777-5321**

2002 Medical Parkway, Suite 215, Annapolis, MD  
[www.annapolisplasticsurgery.com](http://www.annapolisplasticsurgery.com)



# #1 Waterfront Team Since 1994

\$1+ BILLION in WATERFRONT SALES



Weems Creek Waterfront in Wardour  
SOLD for \$5,300,000



Whitehall Creek Waterfront Estate  
SOLD for \$5,275,000



Harness Creek Waterfront in Wimbledon Farms  
Offered at \$5,995,000



South River Waterfront in South River Landing  
SOLD for \$3,750,000

Meet with a Waterfront Specialist: 410-266-6880

WaterfrontHomes.org IG: MrWaterfrontTeam

Reid Buckley —  
Licensed Realtor  
Charlie Buckley —  
Associate Broker  
Steven Arcó and  
Ashley Starwick —  
Licensed Realtors



CHARLIE BUCKLEY'S

*Mr. Waterfront® Team*

of LONG & FOSTER | CHRISTIE'S  
REAL ESTATE INTERNATIONAL REAL ESTATE

320 Sixth Street, Annapolis MD 21403  
BOM: 410.260.2800



# Oral Surgery Specialists

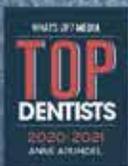
SKILLED | BOARD CERTIFIED | PROGRESSIVE | ARTISTIC

*Trained Minds...Caring Hands*



**Drs. Kurt Jones, Neil Sullivan, Chris Chambers, Cliff Walzer, Borek Hlousek,**  
are all Board Certified Oral and Maxillofacial Surgeons that specialize in:

Dental Implant Surgery • Dental Implant Placement for Same Day Teeth • Wisdom Teeth Removal  
Orthognathic Surgery (Corrective Jaw Surgery) • General Anesthesia • Oral Pathology



Annapolis  
Pasadena



Kent Island  
Waugh Chapel



Please call or visit our website at [www.annapolisOSS.com](http://www.annapolisOSS.com) | 410-268-7790

# Skin Wellness *md*

## Get your Glow at Skin Wellness MD

Our laser procedures will help you look and feel radiant



**BBL**<sup>™</sup>  
BroadBand Light

- BroadBand Light (BBL)<sup>™</sup> is the world's most powerful IPL (Intense Pulsed Light) device on the market.
- BBL treats multiple skin conditions including age spots (liver spots), sun damage, redness, broken facial vessels, wrinkles, dull skin, rosacea, acne, and more with no downtime!
- BBL stimulates cells to regenerate, and typically within the first treatment, you will start to see smoother, more even, and vibrant skin.



**halo**<sup>™</sup>  
HYBRID FRACTIONAL LASER

- Say good-bye to the appearance of fine lines and wrinkles, sun damage, large pores, and dull skin with minimal downtime with the HALO Laser.
- Patients see initial results between days 2 and 5 after a HALO treatment, but the skin will continue to improve over time.
- HALO's unique hybrid technology triggers the skin's natural healing response leaving the appearance of your skin visibly improved and a more youthful glow restored.



### Visit us at our new location!

127 Lubrano Drive, Suite 101 Annapolis MD

Kelly Sutter, RN, CANS of Skin Wellness MD is a certified aesthetic nurse specialist and holds certification in laser physics and is also an expert in injectables including neurotoxins and dermal fillers.



Scan here to visit  
our website

410.224.2400



“We are so in love with the fact that we can actually see everything.”

JESSICA, TEXAS

**The Container Store®**

**CUSTOM CLOSETS**

**Custom Closets For Every Size, Style & Budget.**

Transform your space and save 20%\* on Elfa®, our best-selling and most affordable custom closet system. Visit us in store or schedule your Free Virtual In-Home Design consultation today at [containerstore.com/custom-closets](https://www.containerstore.com/custom-closets). Sale runs 12/22 – 2/13.

\*Purchases over \$500. Some Restrictions apply.

**Now open at Westfield Annapolis**

©2022 The Container Store Inc. Photos of Jessica Chinyelu and the closet is Rita Garcia. Lifestyle 5/1/20



Scan to read more of Jessica's story.

 [jessicachinyelu](https://www.instagram.com/jessicachinyelu)

# PURPLE CHERRY

PURPOSE IN ARCHITECTURE

2021  
*What's Up?*  
Best of Annapolis  
& Eastern Shore



— ARCHITECTURE & INTERIORS —

Annapolis, MD | Charlottesville, VA | Middleburg, VA | White Sulphur Springs, WV | [purplecherry.com](http://purplecherry.com) | 410-990-1700



## Luminis Health Plastic Surgery

*Build your confidence with the team you trust*

At Luminis Health Plastic Surgery, you can meet with experienced, board-certified providers including Dr. Derek Masden and Dr. Tripp Holton, who can help you meet your goals through a variety of surgical and non-surgical services, including:

- Reconstructive and cosmetic breast surgery, including 3D nipple tattooing
- Body contouring after weight loss
- Minimally invasive cosmetic procedures

Please visit [Luminis.Health/PlasticSurgery](https://luminis.health/plasticsurgery) or call **443-481-3400** to make an appointment.

We are conveniently located on the 6th floor of Belcher Pavilion at Luminis Health Anne Arundel Medical Center.

# January contents

**On the Cover:** Learn something new, insightful, or critical in our annual Education Issue. Cover design by August Schwartz. Contact *What's Up?* Annapolis online at [whatsupmag.com](http://whatsupmag.com).  
♻️ Please recycle this magazine.



## Features

**43 The Perfect Fit** Our 2022 Private School Guide offers comprehensive listings of the region's schools, including descriptions, tuition rates, stats, course offerings, athletics, and much more!

**66 Unpacking the Mystery of Critical Race Theory** We examine the tenets of this academic social theory and how has or hasn't it been incorporated into our education systems *By Yvette N. A. Pappoe*

**73 Your Financial Checklist for 2022** Spending, savings, investing, and tax tips for the year ahead *By Dylan Roche*

**78 Potomac, Our Nation's River** The first entry in a new article series—Our Scenic & Historic Rivers—follows the story of exploration, settlement, and natural beauty of the most important river in United States history *By Ellen Moyer*



## Home & Design

**90 Home Interior: The Inside Story** A revealing look at the year's most likely and best interior design trends, according to industry experts *By Lisa J. Gotto*

**94 Home Garden: You're Not Welcome Here** How to tame and rid your garden of invasive species *By Janice F. Booth*

**98 Statement-Making Style** An 8000-square foot contemporary home just steps from Aberdeen Creek *By Lisa J. Gotto*

**103 In Town & Tony In** Inside a completely remodeled gem in the heart of Annapolis *By Lisa J. Gotto*

## Dining

**113 Readers Review Contest** Your dining reviews can win you free dinners!

**114 Healthy & Haute Cuisine** Our dining review of the new True Food Kitchen in Annapolis *By Rita Calvert*

**116 Conveniently Delicious & Nutritious** We discuss healthy food trends with the owners of Rutabaga Juicery & Eats in Annapolis *By Tom Worgo*

**118 Savor the Chesapeake** A culinary compendium of restaurant, food, and beverage news and trends from the Chesapeake region *By Kelsey Casselbury*

**120 Readers Restaurant Guide** More than 125 regional restaurants listed



## Health & Beauty

*By Dylan Roche*

**108 Fresh Take: Root Vegetables**

**109 Think Sharp**

**110 Fitness Terms Decoded**

**111 Can mRNA Fight Cancer?**



# WHAT'S UP? annapolis

**Publisher & President**

Veronica Tovey (x1102)

**Editorial Director**

James Houck (x1104)

**Chief Operating Officer**

Ashley Lyons (x1115)

**Entertainment Editor**

Megan Katelchuck (x1129)

**Contributing Editors**

Lisa J. Gotta, Dylan Roche

**Contributing Writers**

Janice Booth, Rita Calvert,  
Kelsey Casselbury, Ellen Moyer,  
Yvette N. A. Pappoe, Tom Worgo

**Staff Photographer**

Steve Buchanan

**Contributing Photographers**

Ben Sumner, Nima Mohammadi Photography

**Art Director**

August Schwartz (x1119)

**Graphic Designers**

Matt D'Adamo (x1117), Lauren Ropel (x1123)

**Web Content Specialist**

Arden Haley

**Production Manager**

Nicholas Gullatti (x1101)

**Senior Account Executive**

Kathy Sauve (x1107)

**Account Executives**

Debbie Carta (x1110), Beth Kuhl (x1112),  
Nina Peake (x1106), Michelle Roe (x1113)

**Finance Manager**

Deneen Mercer (x1105)

**Bookkeeper**

Heather Teat (x1109)

**Administrative Assistant**

Kristen Awad (x1126)

[WHATSUPMAG.COM](http://WHATSUPMAG.COM)



What's Up? Annapolis is published by What's Up? Media  
201 Defense Highway, Suite 203, Annapolis, MD 21401  
410-266-6287. Fax: 410-224-4308. No part of this magazine  
may be reproduced in any form without express written  
consent of the publisher. Publisher disclaims any and all  
responsibility for omissions and errors. All rights reserved.  
Total printed circulation is 50,706 copies with an estimated  
readership of 164,550. ©2022 What's Up? Media  
**Home Grown, Locally Owned:** This issue of What's Up?  
Annapolis employs more than 40 local residents.



## PREMIER COSMETIC DENTISTRY

Annapolis Smiles has been consistently voted the Best  
Cosmetic and Restorative Dentist in Annapolis thanks in part  
to its tenured team of caring dental professionals, five-star  
service and commitment to exceptional care.

**FREE WHITENING KIT  
FOR NEW PATIENTS!**

*Please Call For More Information*



**ANNAPOLISSMILES.COM**  
**410-989-7132**

1460 RITCHIE HIGHWAY, SUITE 203, ARNOLD, MD



1310 St Pauls Way  
SOLD for \$5,200,000



1489 Bridgewater Way  
SOLD for \$3,000,000



2 Wells Landing  
SOLD for \$2,850,000



3960 Germantown Road  
SOLD for \$2,850,000



145 Spa Drive  
SOLD for \$2,650,000



239 Bay Front Drive  
SOLD for \$2,600,000



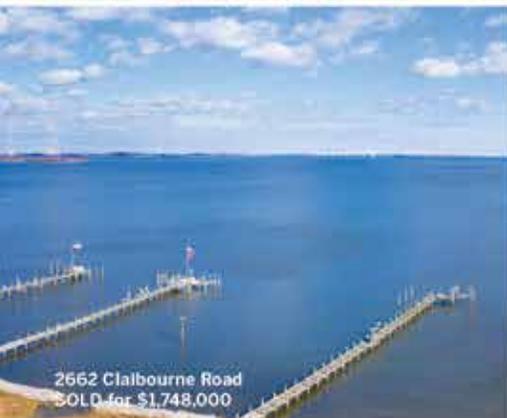
27 Southgate Avenue  
SOLD for \$2,200,000



611 Beach Drive  
SOLD for \$2,075,000



225 Wilkeson Beach Drive  
SOLD for \$1,800,000



2662 Clalbourne Road  
SOLD for \$1,748,000



327 Riverview Trail  
SOLD for \$1,550,000

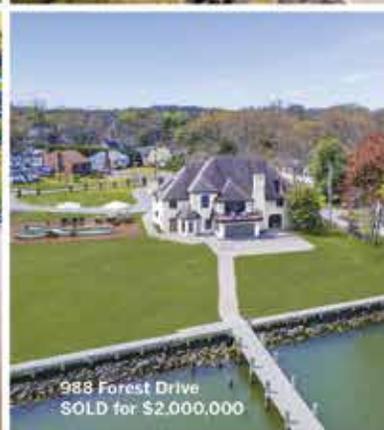
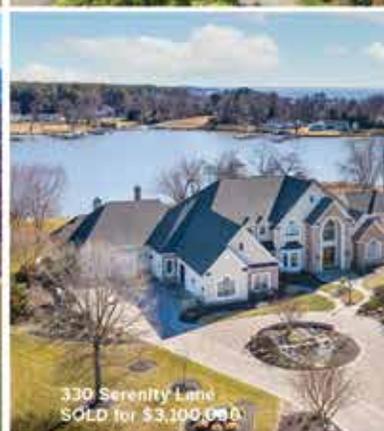
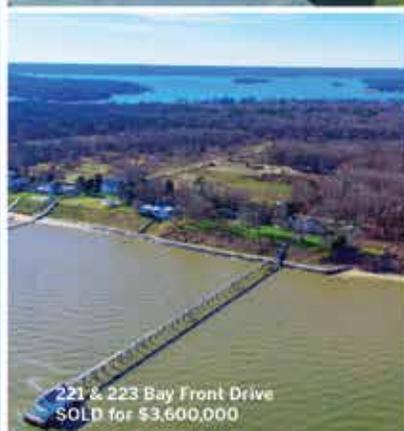
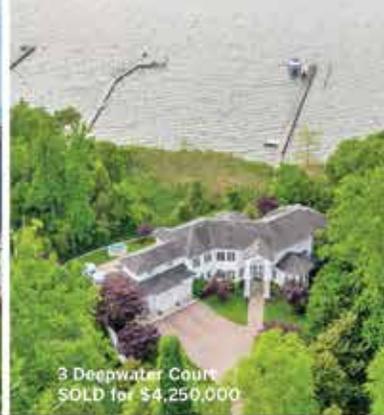


1603 Orchard Beach Road  
SOLD for \$1,400,000

# Over \$140 Million in Sales in 2021!

MAKE YOUR MOVE WITH BRAD KAPPEL

TTR | Sotheby's  
INTERNATIONAL REALTY



# Thank you Annapolis for your patronage!

m +1 410 279 9476, bkappel@ttrsir.com, BradKappel.com | Annapolis Brokerage, 209 Main Street, o +1 410 280 5600

TTR | Sotheby's  
INTERNATIONAL REALTY

Each Office Is Independently Owned And Operated. © 2021. Equal housing opportunity. All information deemed reliable but not guaranteed. Price and availability subject to change.

COMING UP IN  
**FEBRUARY 2022**  
 2022 Summer Camp Guide  
 Spring Break Family Getaways  
 Eating Disorder Awareness &  
 Success Stories  
 Annapolis: An American Story

# January contents

## In Every Issue

**16 E-Contents & Promotions** A snapshot of what's online, promotions, and exclusive content

**20 From the Editor** James shares his thoughts



**23 Out on the Towne** Special celebrations and activities to enjoy this January *By Megan Kotelchuck*

**30 Towne Social** Photographs of charity events and endeavors

**32 Towne Salute** Meet Jonathan Fosdal with Special Olympics Maryland *By Tom Worgo*

**34 Towne Spotlight** Local business and community news *By James Houck*

**36 Towne Athlete** Meet Fiona Schere of Key School *By Tom Worgo*

**38 Towne Interview** We talk basketball with Washington Wizards' Montrezl Harrell *By Tom Worgo*

**128 Where's Wilma?** Find the What's Up? Media mascot and win

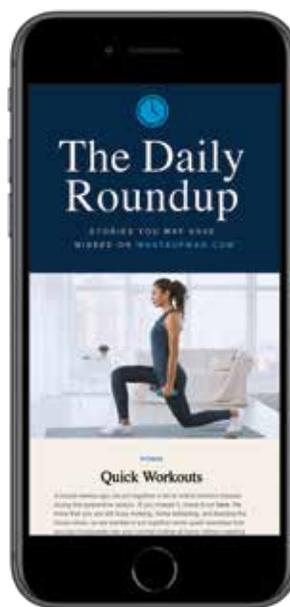
## e-contents



### Sponsored Instagram Posts

Share your Instagrammable moments and inspire our 4,000+ followers.

Through sponsored Instagram posts, you can leverage our social presence and get in front of highly desired followers. Partner with our account through a single post or tap into our Instagram stories for even more creative content and distribution opportunities. Email [mquinn@whatsupmag.com](mailto:mquinn@whatsupmag.com) for more details!



### Inbox Updates

[whatsupmag.com/subscribe](https://whatsupmag.com/subscribe)

Our daily newsletters deliver local news updates, the week's best entertainment, recipes, and much more! Be sure you're signed up.

### Connect

[@whatsupmag](https://twitter.com/whatsupmag)  
[@whatsupmags](https://www.instagram.com/whatsupmags)





Center for  
Eye & Laser Surgery

ADORO  
medical spa

ELBA M. PACHECO, M.D.



Thermage FLX has arrived  
at ADORO! The latest technology  
for skin lifting and tightening.  
Call today to learn more!

**ELBA M. PACHECO, M.D.**

BOARD CERTIFIED, FELLOWSHIP TRAINED EXPERT EYELID SURGEON, INJECTABLES ARTIST



**YOUR EYES  
ARE MORE IMPORTANT  
THAN EVER...**

Call us today to schedule your eyelid consult with  
Dr Elba M. Pacheco, the area's premiere eyelid surgeon

*Let us Open Your Eyes to the Possibilities*

ADORO  
medical spa



**Voted Best of  
Annapolis 2013 - 2021!**

WWW.MYEYELIDS.COM | 410-647-0123 | 692A RITCHIE HIGHWAY, SUITE 2B | SEVERNA PARK 21146



Kitchens, Baths, Countertops, Entertainment Centers, Wet Bars, and creative uses of cabinetry for other rooms

Great Quality • Great Price

**Cabinet Discounters®**  
www.CabinetDiscounters.com

**Annapolis**  
910-A Bestgate Road  
(ACROSS FROM ANNAPOLIS MALL)  
410-266-9195

**Columbia**  
9500 Berger Road  
(AT THE CORNER OF SNOWDEN RIVER PKWY)  
410-381-8172

Also Showrooms in Mt. Airy, Olney, Gaithersburg, Springfield and Chantilly



# KENDALL SUMMERS LAW

Knowledge, Experience, Integrity & Tenacity  
We seek to reach each of our client's goals and expectations

## *A Family Law Practice*

### FAMILY LAW

Divorce and Separation,  
Alimony, Property Division, Name Change  
Child Custody, Child Support, Visitation,  
Negotiation/Mediation, Court Litigation,  
Marital Settlement Agreements

LICENSED TO PRACTICE BEFORE ALL  
STATE COURTS IN MARYLAND AND D.C.

### ESTATE PLANNING

Wills & Trusts, Powers of Attorney,  
Living Wills, Planning/Guidance



**HARVARD  
LAW SCHOOL**

PROGRAM ON NEGOTIATION | HARVARD LAW SCHOOL



#### Main Office:

156 South Street  
Annapolis, MD 21401  
(Church Circle/by Circuit Court)

**Call our office for a  
free initial consult  
(410) 224-4677**

#### West Street Office:

1125 West Street, Ste 200  
Annapolis, MD 21401  
(Easy Parking/Elevators)

**Email: [Kendall@KendallSummersLaw.com](mailto:Kendall@KendallSummersLaw.com) | Visit us online at [KendallSummersLaw.com](http://KendallSummersLaw.com)**



# From the editor



me. They ingrained an understanding that to achieve our goals—whether they be weight-loss, strong finances, learning something new, or improving our communities—we must exercise dedication, discipline, and, yes, risk taking.

This is all to say, welcome to 2022! Are you ready to be great? We see this year being one in which we and our publications will be taking a few risks, constantly learning, and working hard to not only create a better product...but to foster community building. Over the course of the year, we'll examine some of the controversial issues affecting us (this month, see "Unpacking the Mystery of Critical Race Theory"); we'll offer insights and service pieces to help you make critical decisions (see "The Perfect Fit" and "Your Financial Checklist for 2022"); we'll have enlightening pieces about our natural surroundings and influence (see "Our Scenic & Historic Rivers: A Nature, History, and Culture Article Series"); and we'll always include the many events, entertainers, businesses, and personalities that are integral to our communities.

You'll see a lot packed into this issue. And it's my hope that it does, indeed, reflect your interests and what's important to the community—and if the content within elicits praise or concern, please reach out to me directly by email. You can find contact information for myself, and our entire staff, at: [Whatsupmag.com/meetthestaff](https://whatsupmag.com/meetthestaff). We look forward to hearing your thoughts.

*Cheers to a new year, new endeavors, and great ambitions!*

James Houck,  
Editorial Director

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

**T**wenty-four years ago, I was a freshman in college playing Division III lacrosse. And in early January, when students returned to campus from our holiday break, the student-athletes would jump right back into training and preparations for the spring seasons ahead. For me, that meant two-a-day practices, seven days a week. Mornings we'd wake at 6:30 a.m., meet at the track by 7 a.m. (you better not be late), and start every sunrise with a three-mile jog into town followed by another hour of sprint work back at the track. Afternoons were dedicated to field work, sticks in hand. Coach gave each player our practice attire; shirts, shorts, and such. And the shirts we received featured an inspirational quote of sorts that if nothing else, we'd see repeatedly as we jogged in-step and in-line, day in and day out. Those quotes were intended to inspire us, and I think in some way they did their job.

Today, in the depths of my dresser, at the very bottom of a stack of ragged t-shirts that I've held onto way too long (and now serve as my yard work attire), lies *the* shirt from spring semester 1998. It bears the quote:

"Don't be afraid to give up the good for the great."

Perhaps I'm reminded of this because as the calendar turns to a new year, my waistline tells me that it's time to whip myself back into shape—the holiday break is over bud. And those two-a-days—especially the frigid January mornings running to complete exhaustion—are memories that, in some twist of masochism, actually inspire

# Are you ready to enjoy life without glasses and contacts?

# LASIK. SMILE. PRK.

Now is the perfect time to invest in yourself and your vision! A laser vision correction procedure like LASIK, SMILE (*the latest in vision correction!*) or PRK, at Chesapeake Eye Care and Laser Center can reduce or eliminate your dependency on glasses or contact lenses with minimal discomfort and quick visual recovery. Dr. Olivia Dryjski, Dr. Maria Scott and our highly trained technical staff are dedicated to providing our patients with the most advanced medical and surgical eye care available. These life changing procedures take just a few minutes and are performed in our world-class facilities in Annapolis.

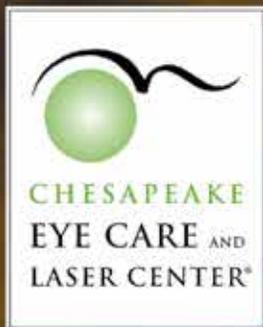
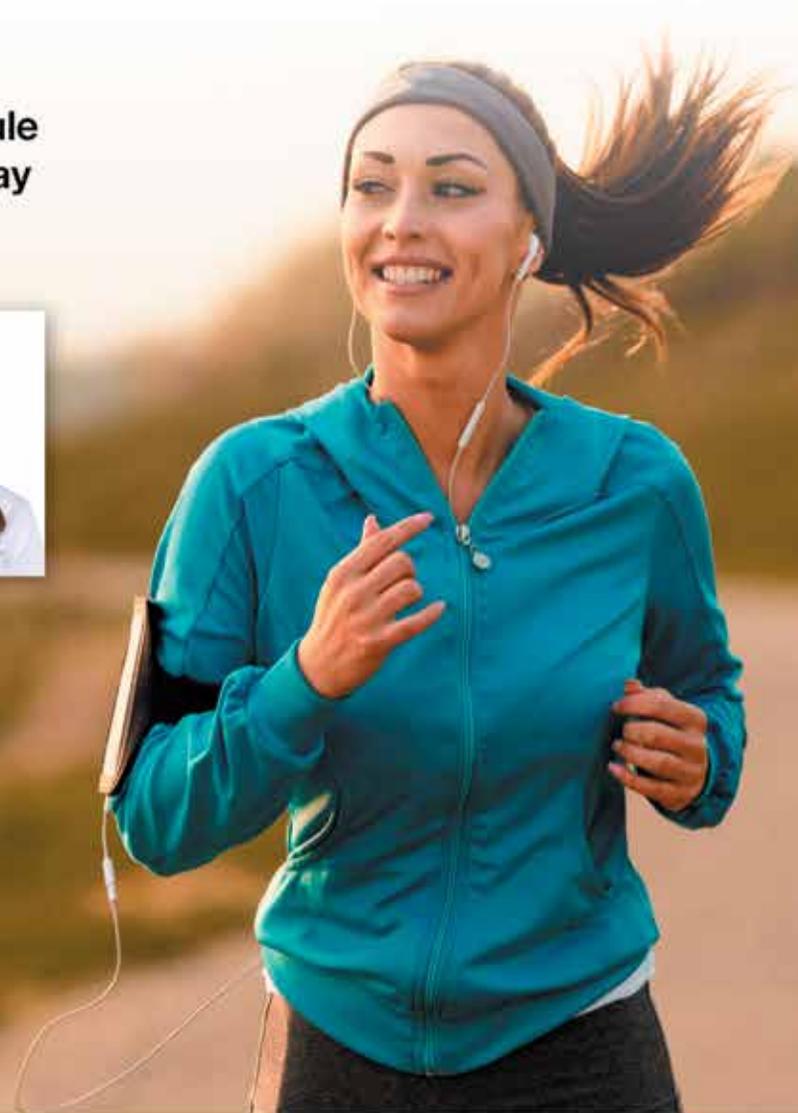
The best way to know if you  
are a candidate is to schedule  
your **FREE** consultation today  
by calling **877-DR4-2020**.



Olivia Dryjski, MD



Maria Scott, MD



# RAMS HEAD *On Stage*

JANUARY HIGHLIGHTS

BE THE FIRST TO FIND OUT ABOUT NEW CONCERTS BY SUBSCRIBING TO OUR EMAIL LIST! VISIT RAMSHEADONSTAGE.COM

📧 RAMSHEADONSTAGE 📷 RAMSHEADONSTAGE 📺 RAMSHEADONSTAGE



JANUARY 6  
**TERRAPIN**  
THE GRATEFUL DEAD EXPERIENCE



JANUARY 7  
**COLIN QUINN**  
THE LAST BEST HOPE TOUR



JANUARY 8  
**EAGLEMANIA**  
A TRIBUTE TO THE EAGLES



JANUARY 11  
**JOCELYN & CHRIS**  
SIBLING BLUES-ROCK ARTISTS



JANUARY 12  
**SATISFACTION**  
THE ROLLING STONES SHOW



JANUARY 13  
**HEIDI NEWFIELD**  
FORMERLY OF TRICK PONY



JANUARY 14  
**VOICES OF MOTOWN**



JANUARY 15  
**N.E.W. ATHENS**  
PERFORMING THE MUSIC OF R.E.M.



JANUARY 16  
**BILLY GILLMAN**  
W. JD EICHER



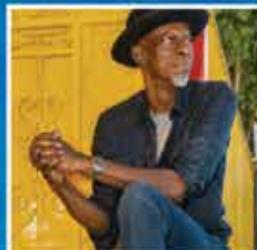
JANUARY 19  
**ALBERT LEE**  
BLUES GUITAR WIZARD



JANUARY 20  
**KICK**  
THE INXS EXPERIENCE



JANUARY 21  
**DIRTY GRASS PLAYERS**  
W. JAKOB'S FERRY STRAGGLERS



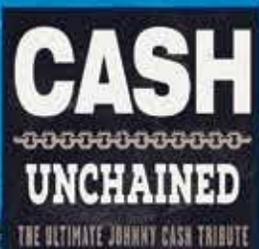
JANUARY 22  
**KEB' MO'**  
W. THE BROTHER BROTHERS



JANUARY 25  
**YARN**  
AMERICANA ROOTS BAND



JANUARY 26  
**PETER YARROW**  
OF PETER, PAUL & MARY



JANUARY 27  
**THE JOHNNY CASH EXPERIENCE**



JANUARY 28  
**MAJOR MIT**  
MUSIC MAN'S A DIFFERENT BREED



JANUARY 29  
**BLUE MIRACLE**  
JAMBAND/JAZZ/ROCK



JANUARY 30  
**JEFF RICHARDS**  
COMEDIAN



JANUARY 31  
**MIKE DAWES & YASMIN WILLIAMS**

RAMSHEADONSTAGE.COM • 33 WEST STREET | ANNAPOLIS, MD • 410.268.4545

RAMS HEAD  
PRESENTS

# FOUR TOPS

FOR TICKETS VISIT RAMSHEADPRESENTS.COM



APRIL 13 AT  
MARYLAND HALL



# *Out on the* **TownE**

23 EVENT PICKS | 30 SOCIAL | 32 SALUTE  
34 SPOTLIGHT | 36 ATHLETE | 38 INTERVIEW



## **2022 Super Plunge**

The Polar Bear Plunge benefitting Special Olympics Maryland is coming back this February and to kick the festivities off, the Super Plunge begins at 9 a.m. on January 28th at Sandy Point State Park in Annapolis (and virtually). During the duration of this event, participants will take the plunge into the Chesapeake Bay once per hour for 24 straight hours. Can you brave 24 chilly dips in 24 hours? Complete event details at [Plungemd.com](http://Plungemd.com).



## LONDONTOWNE SYMPHONY ORCHESTRA: A SALUTE TO OUR VETERANS

The Londontowne Symphony Orchestra, directed by Music Director/Conductor Dr. Anna Binneweg, will perform a patriotic concert to honor members of our Armed Forces. LSO is made up of professional, military, amateur, and student musicians who create high quality classical and light classical music. This performance will take place on January 15th at 7:30 p.m. at Maryland Hall for the Creative Arts in Annapolis. Find more information at Marylandhall.org.



## ↑ What's Up? Media Bridal Expo

Get everything checked off your wedding to-do list at our one-stop shop from 1 to 4 p.m. on January 23rd at Soaring Timbers in Annapolis. From cake tastings to beauty makeovers, we will have plenty of options for you to plan your perfect wedding and brides will also receive a complimentary swag bag! Sample delicious desserts while visiting with wedding pros, get inspired at the fashion show, have fun in the photo booth, and enjoy live demos and exclusive wedding savings. Find more information and tickets at Whatsupmag.com.



**SPCA**  
1815 BAY RIDGE AVE  
410-268-4388  
AACSPCA.ORG



Highly recommended by Annapolis Animal Hospital, VCA and Muddy Creek Veterinarians



WELCOME TO  
ALTERNATIVE PET CARE MD  
**EXPERIENCE  
the  
DIFFERENCE**

**Provider • Groomer • Trainer**

Vet trained, First Aid Certified, Licensed, Bonded & Insured

410.349.7828  
sandy@alternativepetcaremd.com  
alternativepetcaremd.com

Service areas include Edgewater and Annapolis, MD, Available 24 x 7

**We Bring  
Veterinary Medicine  
to Your Door**



**MOBILE  
PET VET**  
410-544-8300

*Less Stress  
for You and Your Pet*

**Lisa C. Beagan, DVM, CVA**  
Robin Hennick, Technician, Office Manager





410.544.8300 • www.mobilepetvet.com



## Annapolis Opera: La bohème

They say love is all you need, but what if love is all you have? Annapolis Opera will be at Maryland Hall on January 27th at 7:30 p.m. and January 29th at 3 p.m. to answer that exact question in *La bohème*. Puccini's beloved opera will let you witness the spark of love that brings light to darkness, when four struggling artists share an unexpected good fortune in Paris. When Rodolfo is left behind from the celebration, his life is changed by meeting a seamstress seeking candlelight and instead receives love at first sight. Buy tickets at [Marylandhall.org](http://Marylandhall.org).

### WILD & SCENIC FILM FESTIVAL

The Alliance for the Chesapeake Bay's 4th Annual Wild & Scenic Film Festival will be taking place on January 13th virtually. By hosting this event the last three years, the Alliance has brought together communities in Maryland, Pennsylvania, Virginia, and Washington, D.C. These film selections inform, inspire, and ignite solutions and possibilities to restore the earth and human communities while creating a positive future for the next generation. Find more information at [Allianceforthebay.org](http://Allianceforthebay.org).



## Dermatology Specialists

a division of ENTAA Care, a member of Johns Hopkins Regional Physicians

Specializing in the Diagnosis and Treatment of All Types of Skin Conditions

- Skin Cancer Screening
- Rosacea
- Psoriasis
- Skin Cancer Treatments
- Eczema (atopic dermatitis)
- Warts/molluscum
- Acne
- Contact Dermatitis
- Anti-aging Treatments

Appointments today! **New Year - New You!**

Schedule your cosmetic procedures (e.g., Botox, Restylane)

Heather Pacheco, MD, FAAD & Alex Crosswhite, PA

443-883-8563

231 Najoles Rd. Ste 460 • Millersville, MD



## CHESAPEAKE Dental Arts

FAMILY | COSMETICS | IMPLANTS



OFFERING COMPREHENSIVE GENERAL  
AND COSMETIC DENTAL CARE  
FOR THE ENTIRE FAMILY.



Dr. Meredith Esposito DMD

410-757-6200 • [ChesDentalArts.com](http://ChesDentalArts.com) • 1509 Ritchie Highway, Arnold, MD 21012

# TRANSFORM YOUR KITCHEN AND CABINET PAINTING WITH



## Why get your cabinets painted:

- A new coat of paint can transform the look of your kitchen and home overall
- Painting cabinets a new color can make your space look larger and more inviting
  - The cost of replacing your cabinets has skyrocketed and supply chains can cause other issues
- Painting cabinets has been proven to increase the value of your home



## Dancing with the Stars LIVE 2022

Your favorite professional dancers are coming to MGM National Harbor on January 8th from 8 to 11 p.m. with the Dancing with the Stars - LIVE Tour 2022! The dancers from the iconic television series will include Brandon Armstrong, Alan Bersten, Artem Chigvintsev, Sasha Farber, Daniella Karagach, Pasha Pashkov, Gleb Savchenko, Emma Slater, Britt Stewart, and more. Fans will see them dance the Cha Cha, Foxtrot, Salsa, Tango, and everything in between. Order tickets now on Ticketmaster.com.

## MOVIES ON THE POTOMAC

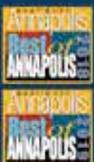
January 2nd is the last Movie on the Potomac for the winter. The movie will start at 2 p.m. on the Plaza's Big Screen at the National Harbor.

Pack chairs, snacks, and blankets to see *It's a Wonderful Life* on the big screen. For more information, visit [Nationalharbor.com/events](http://Nationalharbor.com/events).

CALL US TODAY! (410) 974-6768

2561 Housley Rd. | Annapolis, MD 21401

[www.annapolispainting.com/painting-cabinets](http://www.annapolispainting.com/painting-cabinets)





## ↑ Winter Bead & Jewelry Show

At the Howard County Fairgrounds in West Friendship, the Baltimore Bead Society is hosting the 2022 Winter Bead & Jewelry Show. The show will take place January 15th and 16th and will feature a wide variety of vendors and become the place for beading artists to gather. Engage in classes and spend the day with other creative artists as well as shopping your favorite beads at a discounted show price. Find more information at [Baltimorebead.org](http://Baltimorebead.org).



## MONSTER JAM ↓

Monster Jam comes roaring back to Royal Farms Arena in Baltimore this January. Tickets are available for at [Royalfarmsarena.com](http://Royalfarmsarena.com) for shows on January 7th at 7 p.m., January 8th at 1 p.m. and 7 p.m., and on January 9th at 1 p.m. Monster jam is one of the most action-packed motorsports experiences for families in the world, featuring monster truck racing, crushing cars, vehicles flying through the air, freestyling, and wheelie competitions.



## Opera...from a Sistah's Point of View

The Coalition for African Americans in Performing Arts (CAAPA) presents Opera... from a Sistah's Point of View on January 22nd at 4 p.m. at the Center for Performing Arts at Prince George's Community College in Largo. Angela Brown, a trailblazer on a mission to bring opera to everyone, will be putting on this solo show to dispel the common myths of opera and break down stereo types from her own sassy perspective. Find tickets at [Pgcc.edu](http://Pgcc.edu).



## 34TH ANNUAL DR. MARTIN LUTHER KING, JR. AWARDS DINNER

On January 14th, The Martin Luther King Jr. Committee of Maryland is hosting the 34th Annual Dr. Martin Luther King, Jr. Awards Dinner. The dinner will begin at 6 p.m. at The Westin Baltimore Washington Airport in Linthicum Heights. The Awards Dinner will be the largest celebration of the birthday of Dr. Martin Luther King, Jr. in Anne Arundel County. Find more information at [Mlkjrmd.org](http://Mlkjrmd.org).

# Across the Bridge



*“The most welcoming and personable group of dental professionals.”*

“Dr. Katy Ehmann and her staff are the most welcoming and personable group of dental professionals I have ever experienced. They truly care about your dental health and make a dental cleaning a pleasant experience. I always look forward to going to the office.”

*~Dr. Ehmann patient testimonial*

## New Patients Welcome



**Katy Ehmann, DDS**

600 Ridgely Avenue, Suite 217  
Annapolis, MD 21401  
410.224.1105

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



## KEB' MO'

Keb' Mo' performs at Avalon Theatre in Easton on January 23rd at 7 p.m. with a “Beautiful Music” meet and greet experience. Right after his Grammy-winning release “Oklahoma,” Mo' will perform with special guests, The Brother Brothers. Mo' has consistently made music reflecting his own passions and interests for over a quarter century and is a five-time Grammy Award-winner. Buy tickets at [Tickets.avalontheatre.com](http://Tickets.avalontheatre.com).

## CBMM's Winter Lecture Series

As a part of Chesapeake Bay Maritime Museum's Winter Lecture Series, virtually join Founder and CEO of Route One Apparel Ali Von Paris. Von Paris started Route One Apparel in her dorm room at University of Maryland in 2010 and has built a brand that reflects regional identity through iconic, trendy design. Ali will share her journey as an entrepreneur who was inspired by her local community. This Winter Lecture Series event will be held January 26th at 5 p.m. Register for the session at [Cbmm.org](http://Cbmm.org).



## ↑ 25TH ANNUAL LONE STAR CHAMPIONSHIP RODEO

Cheerwine presents the 25th Annual Lone Star Championship Rodeo on January 21st and 22nd at Wicomico Civic Center in Salisbury.

The weekend event will feature bareback bronc riding, saddle bronc riding, calf roping, steer wrestling, cowgirls breakaway roping, team roping, cowgirls barrel racing, and brahma bull riding. The weekend will also include special attractions including Greek Ellick, Jr. The Rodeo Clown, fancy trick roper and gunslinger Lindsey Wentworth, and a best dressed cowboy and cowgirl contest. Get your tickets at [Wicomicociviccenter.org](http://Wicomicociviccenter.org).

## Cambridge Art Walk

Stroll through the art galleries of downtown Cambridge on January 8th from 5 to 8:30 p.m. The art walk will feature a range of artwork, refreshments, and a free reception open to all. The galleries will feature art created by local, regional, national, and international artists. Be sure to visit Dorchester Center for the Arts, Main Street Gallery, and Downtown Frame of Mine before visiting restaurants and independently owned shops and museums in town. Go to [Visit-dorchester.org](http://Visit-dorchester.org) for more information.



BEHAVIOR | GAP

## SCARBOROUGH CAPITAL MANAGEMENT

SCMadvice.com  
410-573-5700  
info@scmadvice.com  
1906 Towne Centre Blvd - Suite 260  
Annapolis, MD 21401

### WEALTH MANAGEMENT

Securities through Independent Financial Group, LLC (IFG), a registered broker-dealer. Member FINRA/SIPC. Advisory services offered through Scarborough Capital Management, a registered investment advisor. IFG and Scarborough Capital Management are unaffiliated entities.



**TOWNE SOCIAL**

---

## Laughlin Family Foundation Golf Tournament

On September 15th, the Laughlin Family Foundation hosted its first ever charity golf tournament and raised over \$90,000 at the all-day event held at Crofton Country Club. Proceeds from the tournament help fund initiatives to advance care, research, and education for rare cancers. Over 110 golfers joined Craig Laughlin, his NBC Sports Washington colleagues Joe Beninati, Alan May, and Al Koken, Caps radio announcer John Walton, Washington Wizards radio announcer Dave Johnson, and Caps alum Paul Mulvey. Current Washington Capitals Garnet Hathaway and Nick Dowd also came to show their support.

Photography courtesy by Ben Sumner, Capitals Outsider, and courtesy Laughlin Family Foundation



# FREE STAGING

For Every Listing!



Before Staging:



After Free Staging!



"I cannot say enough great things about Scott! Selling your home is stressful, but he did everything to ensure the process was smooth and as easy as possible. He is kind, responsive, intelligent and honest. Everything you'd want in a realtor! I'd recommend Scott to anyone looking to buy or sell their home."

— Amanda Holsclaw

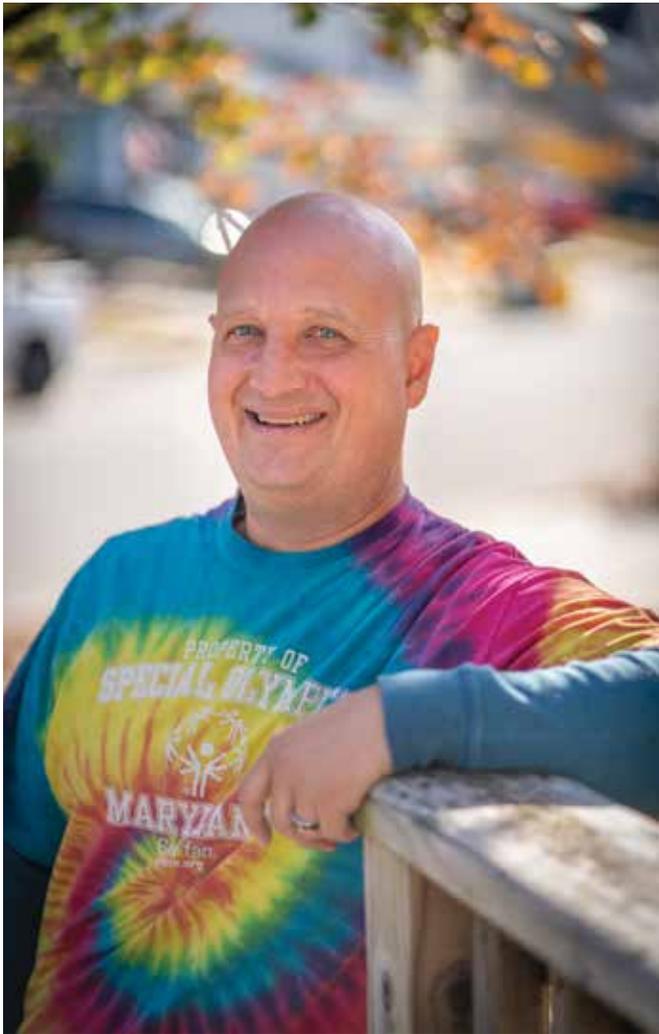
Personal ★ Professional ★ Pressure Free

USNA '00

410-900-7668  
ScottSchuetter.com  
scott@scottschuetter.com



CENTURY 21  
New Millennium  
(O) 410-266-9005



**TOWNE SALUTE**

# Jonathan Fosdal

## Special Olympics Maryland

By Tom Worgo

In September 2021, when Jonathan Fosdal was volunteering at a Special Olympics Maryland golf event in Queenstown, he broke down in tears. It happened as he watched a young athlete with Down Syndrome compete.

“It just hit me,” Fosdal recalls. “I got really, really emotional. I had to step back and take a few deep breaths.”

The connection he made was both beautiful and very painful. It reminded him why he’s been such a devoted volunteer to Special Olympics Maryland over the past decade. Eleven years ago, his youngest daughter, Leah, who also had Down Syndrome, passed away at 10 months old.



**HELPING THE ATHLETES IS MEANINGFUL TO ME IN SO MANY WAYS. IT HELPS ME DEAL WITH THE PAIN. IT GIVES ME A PURPOSE KNOWING THAT I AM HAVING A POSITIVE IMPACT ON OTHER PEOPLE’S LIVES.”**

“She was turning out to be an amazing little girl, full of giggles and just fun to be around,” Fosdal says. “Even before she passed away, I was envisioning getting her involved in various sports and how great it would be to spend that time with her and watch her grow. I still hold onto the memories of what Special Olympics would have meant to her.”

The 46-year-old Fosdal, seems to volunteer for nearly every sporting event that Special Olympics Maryland organizes. He thoroughly enjoys spending time with the athletes, and he says it also does him a world of good.

“Being around these athletes is therapeutic,” the Pasadena resident explains. “It helps me feel connected to my daughter even though she is gone. It helps me remember her and keep her memory alive. Helping the athletes is meaningful to me in so many ways. It helps me deal with the pain. It gives me a purpose knowing that I am having a positive impact on other people’s lives.”

Special Olympics Maryland officials certainly appreciate the time and dedication he’s given to the organization. Fosdal will do whatever is asked. “Jonathan is what we look for in a volunteer,” says Special Olympics Maryland Director of Volunteers Sam Boyd. “He brings a lot of positive energy. If Jonathan is at an event, I know it’s going to happen. He is very excited to talk to other volunteers and athletes.”

Special Olympics Maryland Director of Media Kira Northrop says Fosdal’s dedication is above and beyond. He’s participated in the Polar Bear Plunge and skiing events in Western Maryland. “He will travel all over the state for competitions or events,” she says. “It’s not only a chance to support his daughter, but to

support all the athletes.”

Special Olympics Maryland holds a kayaking event at Washington College in Chestertown. He has attended it five times and it’s his favorite event since he himself is an avid kayaker. The organization relies on his kayaking expertise in a hands-on way, since safety is paramount.

“We are out there to provide a safety net in case someone tips over and starts freaking out,” Fosdal says. “I have been able to be there a couple of times when that’s happened. It’s one thing to be there and be helping out, but when you can have an effect and an impact on that athlete, it’s something else entirely.”

Fosdal also has an affinity for Special Olympics Maryland’s annual Polar Bear Plunge (this year’s Plungefest takes place February 3rd–5th at Sandy Point State Park). He’s worked as a volunteer and has taken the plunge about a dozen times. He enjoys handling any number of tasks.

“I have sold tickets for the drinks,” he says. “I’ve spearheaded the management of the beach access for when they are doing the plunges. I just end up wherever they put me.”

It was only a couple of months after his daughter’s death, late in 2019, that he took his first plunge. “He brings the memory of his daughter to every event, whether he steps onto a field or is on the water,” Boyd says. “He lives life through that.”

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



ANNAPOLIS OPERA

They say that love is all you *need*,  
but what if love is all you *have*?

# La BOHÈME

January 27 | 7:30 PM

January 29 | 3 PM

[annapolisopera.org](http://annapolisopera.org)

Cinderella is a co-production of the Annapolis Opera, Opera Birmingham, & Tri-Cities Opera

COVINGTON ALSINA  
At the intersection of Women & Wealth

M&T Bank

MSAC  
Maryland State Arts Council



## Reach your peak

THE ALL-NEW  
SUBARU OUTBACK  
WILDERNESS



Pushing the trail capability even further, the 2022 Subaru Outback Wilderness™ is engineered with increased ground clearance and is powered by the 260 hp direct-injection Subaru Boxer™ engine.

Designed to help you elevate your adventure.



149 Old Solomon's Island Road  
443-837-1400 • [AnnapolisSubaru.com](http://AnnapolisSubaru.com)



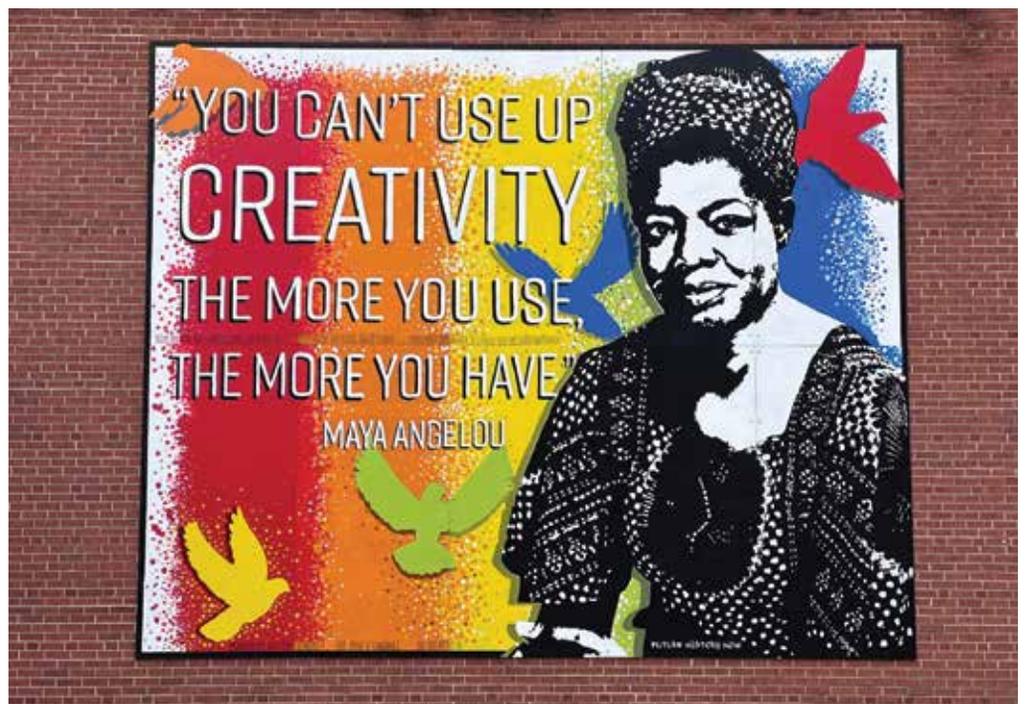


## ↑ Recent Ribbon Cuttings!

Congratulations to this fleet of local businesses, who've recently cut the ribbon on new locations. They include: ValueDry's new office location in Odenton ([valuedrywaterproofing.com](http://valuedrywaterproofing.com)); Chesapeake Urology's new Annapolis office ([chesapeakeurology.com](http://chesapeakeurology.com)); Peepers Family Eyecare's renovation and expansion of their Gambrills location ([peeperseye.com](http://peeperseye.com)); and Liff, Walsh & Simmons' new Eagle Title location in Severna Park ([eagletitlellc.com](http://eagletitlellc.com)).

## NEW MURAL UNVEILED

Chesapeake Arts Center (CAC) recently unveiled its first large-scale mural on the exterior wall of the Center's Studio 194 theater. The mural was designed by the artist Oliver James with assistance by an all-female roster of artists from Future History Now. Brooklyn Park Middle School students from CAC's after school Teen Club helped paint the mural. The striking piece of artwork depicts noted author and civil rights activist Maya Angelou and the quote "You can't use up creativity. The more you use, the more you have." Visit [chesapeakearts.org](http://chesapeakearts.org) for more information.





## Hockey Partnership Benefits Youth

The Maryland Black Bears ice hockey organization ([marylandblackbears.com](http://marylandblackbears.com)) has partnered with the Ryan Brooks Harrison Foundation ([rbhfoundation.org](http://rbhfoundation.org)), a charity organization whose mission is to provide live sporting event tickets to area youth and to support youth participation in athletics. The two organizations are thrilled to be working with the Baltimore Jr. Banners to distribute tickets to their players for these games. The Baltimore Jr. Banners and Baltimore Banners are the ice hockey teams managed by The Tender Bridge, based out of the Mimi Di Pietro Skating Center in Patterson Park, East Baltimore. The Tender Bridge ensures all Banners and Jr. Banners programming is free for players, including the costs of equipment, travel, and ice time. The majority of the Banners players are from the Ellwood Park neighborhood of Baltimore City.

## ANONYMOUS DONATION FOR HOPE FOR ALL ↓

Hope For All, an Anne Arundel County nonprofit serving those in need with furniture, housewares, and clothing, was the recipient of a \$56,000 anonymous donation of a delivery truck, which was recently wrapped in the organization's graphics and logo. Congratulations. [Hopeforall.us](http://Hopeforall.us).



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



## Chesapeake Financial Planning & TAX SERVICES

The advisors at **Chesapeake Financial Planning** offer a broad range of services to meet your wealth management needs. Our team offers comprehensive financial planning designed to identify gaps and risks in your current strategy that could prevent you from reaching your objectives.

*The services we offer include but are not limited to:*

- Family Wealth Management and Strategies
- Personalized Recommendations
- Asset Allocation & Protection
- Wealth Management & Retirement Planning
- Income Planning
- Divorce Planning
- Estate Planning
- IRA's & 401(k) Rollovers
- Tax Planning
- Stocks, Bonds, Annuities
- Insurance, Disability, Life, Long Term Care



### Chesapeake Financial Planning

71 Old Mill Bottom Rd. N, Ste. 201  
Annapolis, MD 21409  
Phone: 410.974.0410 Fax: 410.974.0614  
[www.chesapeake-financial.com](http://www.chesapeake-financial.com)

Location also in Boca Raton, FL

Securities offered through Registered Representatives of Cambridge Investment Research, Inc., a broker dealer, member FINRA/SIPC. Advisory services through Chesapeake Financial Planning, a Registered Investment Advisor. Chesapeake Financial Planning & Cambridge are not affiliated.

## A New Year, A New You.

Experience the difference of a unique style of holistic dentistry.

Your good health has never been more important as it is today. Your mouth is the gateway to your health. Plaque and perio disease can lead to heart disease, diabetes, and respiratory infections.

*Schedule your new patient appointment and receive 20% off*



Center for Innovative Dentistry and Facial Aesthetics



**Yasaman S. Roland, DDS, LVIF**

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



Selected one of America's Top Dentists every year since 2010



TOWNE ATHLETE

# Fiona Schere

## Key School Swimming

By Tom Worgo

**F**ew elite swimmers at the high school level can match Fiona Schere's commitment and grit. Schere, a senior at Key School, trains 17 hours a week across seven days competing for nationally-ranked North Baltimore Aquatic Club, where Michael Phelps developed into a world champion. NBAC also has produced more than 100 college swimmers in the past decade.

Schere's time spent in the pool is grueling, but the hour commute—when she is driven by her mother Divina, including two times a day, twice every week—makes for an even longer day. She leaves her



**SHE IS A GREAT SWIMMER BECAUSE SHE IS A GREAT RACER. SHE IS TENACIOUS. SHE'S GOT AN EDGE ABOUT HER WHEN SHE RACES THAT SHE REALLY WANTS TO WIN."**

Severn home at 5 a.m. for 6 a.m. Tuesday and Thursday practices, then goes to school and then goes back to NBAC for afternoon workouts. But the 17-year-old Schere, who participates on her school team, too, thrives on all the challenges of swimming and school.

"Honestly, it (the NBAC schedule) has been rough," says Schere, who competed 10 years for the Annapolis Swim Club before joining NBAC. "But I think it's definitely worth it. NBAC was the right fit for me and I was happy that I found it."

Schere has taken her swimming to a higher level by improving her times and getting mentally tougher. She specializes in the 50- and 100-yard freestyle and 100 breaststroke. Her biggest accomplishment with NBAC? Swimming a leg on the International Swimming Club Association national champion 400 freestyle relay in St. Petersburg, Florida in March.

"I really have improved and grown as a swimmer," Schere says. "It really has helped my confidence." Her determination has paid huge dividends. The 5-foot-9 Schere will be swimming at UCLA on a scholarship. She also received offers from Alabama, Kentucky, Auburn, and Northwestern.

NBAC Head Senior Coach Paul Yetter says Schere should thrive at UCLA. "Right now, she is at the point where if she makes another little jump with her times, she could be one of the better swimmers in the PAC 12," Yetter explains. "It's one of the best conferences in the country. I think she is ready to make a breakthrough. It's possible for her to be the best swimmer in the conference."

Schere couldn't pass UCLA up. The Bruins ranked 21st in the country in the College Swimming Coaches of America final poll last season. "I loved everything about the school," Schere says. "The coaches are amazing. I thought I could grow more as a swimmer there than at any of the other colleges. That's what drew me in."

Schere started to establish herself at age 12 as an elite swimmer when she qualified for a national event, the Futures Championships, in Richmond, Virginia, in 2016. But her career really took shape when she signed up for NBAC the following year. Over the next four years, she qualified six times—three in the winter and three in the summer—for the USA Swimming Junior National Championships in California and North Carolina.

"She is pretty close to a drop-dead sprinter, and there are not many others like her around," Yetter says. "She is a great swimmer because she is a great racer. She is tenacious. She's got an edge about her when she races that she really wants to win."

Schere has set three records in the Maryland State Championships: in the 50 breast (9–10 age group); 50 free (13–14); and 100 free (15–16). She also set two Interscholastic Athletic Association of Maryland records (50 and 100 free) during her sophomore year at Key School.

"She has an unbelievable work ethic," Key Swimming Coach John Villareal says. "Her schedule is ridiculous and not a lot of kids can do what she does."

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

PHYSICAL THERAPY • SPORTS REHAB • CONCUSSION CARE

**EXPERIENCE THE  
DIFFERENCE**

**R2P**  
REHAB 2 PERFORM

**DON'T LET PAIN  
DERAIL YOUR GOALS!**

**Specializing in Knee Injuries, Low Back Pain,  
Shoulder Issues, Post-Op Rehab & More!**

**BE READY 2 PERFORM NOW!**

**301.798.4838 • REHAB2PERFORM.COM**

**1750 FOREST DRIVE  
ANNAPOLIS**



**2022  
VOLVO XC60  
RECHARGE  
EAWD R-DESIGN**



The Smarter XC60.  
Dynamic plug-in hybrid  
midsize SUV.

Intuitive design details.  
Google built in. Assisted  
safety...the reasons why this  
XC60 is smarter than ever  
goes on. And on. And on.

Visit Volvo Cars Annapolis today  
to experience your next Volvo.

**VOLVO CARS  
ANNAPOLIS**

333 Busch's Frontage Road • Annapolis, MD  
410-349-8800 • [VolvoCarsAnnapolis.com](http://VolvoCarsAnnapolis.com)





TOWNE INTERVIEW

# Montrezl Harrell

Star Center for the Washington Wizards

By Tom Worgo

Photography courtesy Washington Wizards

**W**ashington Wizards center Montrezl Harrell has so many tennis shoes that if he wore a different pair every day, it would take eight to 14 years to wear them all. Harrell estimates he has an astounding 3,000 to 5,000 pairs. Some of those were made from his own custom designs. He uses as many as 200 during a season and was thrilled when the NBA changed its rules for the 2018–19 season, allowing players to wear any color shoes.



**I THINK I HAVE CHANGED THE CULTURE SOME. IT'S THE WAY I APPROACH THE GAME AND COME IN AND PLAY. I NEVER TAKE PLAYS OFF. I COME IN OFF THE BENCH WITH A LOT OF ENERGY. I JUST COME IN AND WORK MY TAIL OFF AND LEAVE IT ALL ON THE FLOOR. THOSE ARE THE THINGS THAT PEOPLE RESPECT THE MOST ABOUT ME."**

Seven years ago, shoes weren't the biggest concern for Harrell. He just wanted to make the NBA, coming out of the University of Louisville, where he won an NCAA championship. Harrell, who is in his seventh season, had a bit of an uphill battle to make it. The Houston Rockets drafted him in the second round in 2015 and he spent time in the NBA's development league before settling in with Houston.

Two years later, the 6-foot-7, 240-pound Harrell's career started to take off when he was traded to the Los Angeles Clippers, where he played for three seasons. His highlight with the Clippers came in 2020 when the NBA named him its Sixth Man of the Year, an award given since to the league's best performing player for his team coming off the bench as a substitute.

He spent the following season with the Lakers before being traded to Washington this past summer in a four-player blockbuster deal that included future Hall of Famer Russell Westbrook.

Harrell has made \$35.5 million in his career, including 9.7 million this season.

We talked to Harrell about his vast shoe collection, the way

he plays the game, Wizards' rookie coach Wes Unseld, Jr., and winning a NCAA national championship.

**Can you talk about your shoe collection and when it started?**

I started it during my freshman year of college. I love it, and I am blessed to be in this game and be able to call it a job. It's a luxury. It's a real passion of mine. I have fun with it, and it has brought me a lot of joy. It's not something I do for the fame or outside limelight. I am in the process of opening my own sneaker store in North Carolina.

**Why do you collect all those shoes?**

The reason I collect them is that everything goes into the shoes. Your craft, jump shot, and footwork. I like the challenge of going to find them, authenticate them, making sure they are real, and the story behind the shoes. I like the people I meet throughout the process of finding the shoes. That's all the things I love about it.

**Do you collect the shoes of famous players?**

As far as signatures on shoes, I have a pair of Dwyane Wade shoes from his last year in the league that he did sign for me. It's one of my biggest memorabilia pieces. I have

older retro shoes from Gary Payton, Shawn Kemp, and Shaq. I am a true collector.

**You create your own shoe styles. Where do you get your ideas?**

It's whatever I am feeling. I don't really start with any concepts as far style. It's more about what I feel and what feels good to me. I feel that way about styles in general. I don't really go after what somebody else has on. I am my own person. It's more of a feel thing and how it looks on *you*.

**Do you have other businesses you are involved in?**

Basketball is going to end sometime. I am involved in real estate. I have a daycare center. I am thinking about getting a chain of daycares as well. I am in the process of doing a management company with my agent to help guys who come out of high school and want to play basketball overseas or guys who are going into the NBA and are not used to the lifestyle. I am also in the process of opening a rec center as well.

You could train there for basketball or football and it will have a turf field.

**You have been traded three times. Has that been difficult?**

Not really. I understand the business. I knew what it was like after my first trade. Being traded to Washington was one of the best things for me. I'm able to play a lot and be on the floor. Last year was tough for the Lakers. We had a lot of centers—my position.

**How would you describe your style of play?**

I think I have changed the culture some. It's the way I approach the game and come in and play. I never take plays off. I come in off the bench with a lot of energy. I just come in and work my tail off and leave it all on the floor. Those are the things that people respect the most about me.

**The NBA's Sixth Man of The Year is something you are well known for. What did it mean to you?**

It was a huge honor and a surprise. It was something I talked about with my grandmother before she passed. I think it filled the void for the things we talked about because she wasn't able to see me play. I thought it was a blessing and a special award.

**Do the Wizards have the potential to make the playoffs on a yearly basis?**

We are headed in that direction and trying to change the culture in Washington. We haven't done anything yet. They have had a lot of teams and years where they have been bad. That's the past. We are trying to get

Washington back to a place where it's respected and commonly thought of as a good team. I am glad to be part of this process.

**Can you talk about the impact rookie head coach Wes Unseld, Jr., has made on the team?**

His dad was the staple of the Washington franchise. Wes Jr. is homegrown and got his start with the Wizards. He is really making things work and we clearly know our roles. He understands what it will take for us to be successful. Hats off to him. It's his first year as a head coach and he is doing an exceptional job. He really listens to feedback from the players. He is definitely not one of these coaches that says, "It's my way or the highway."

**How would you describe your relationship with him?**

I have a great relationship with him. I am looked at as one of those older guys, a leader in the locker room. He is a very open coach to me. You can go in and talk to him about anything, whether it's about basketball or something else. It's not just about your basketball relationship. It's also a relationship away from the game. You can't ask for a better coach than that.

**Tell us what it felt like winning the national championship at Louisville under Rick Pitino?**

The feeling is indescribable. It will always be sentimental to me. I'm pursuing that feeling in the NBA. It was a special year and a special run for us. It was such a special time in my athletic career. It will be a memory I always cherish, and I still talk to a lot of the guys from that team.





**WHOOF ON THE WHARF**



We provide opportunities for people to get out on the South River with their pups, whether it be in our kayaks or their own. We offer a range of activities like summer camps, group exercise classes, training classes, pet-focused art classes and meet-up groups. Join us today!

*Paint your pup with us!*



For more info visit us at [whoofonthewharf.com](http://whoofonthewharf.com) & [whoofkidscamp.com](http://whoofkidscamp.com)

— 48 S. River Rd., Pier 7 Marina  
Edgewater, MD | 667-777-BARK (2275)



2022

**BRIDAL EXPO**

JAN. 23, 2022 | 1-4 PM | SOARING TIMBERS








## Introducing the 2022 Hyundai Tucson

With a daring new look inside and out, the 2022 Tucson features game-changing technology and safety features.

**Built for the modern adventure.**

*Annapolis*  
**HYUNDAI**

935 West Street  
410-295-1234  
[AnnapolisHyundai.com](http://AnnapolisHyundai.com)



*Higher Standards*

HYUNDAI Assurance

America's Best Warranty  
10-Year/100,000-Mile  
Powertrain Limited Warranty



# Take your place in **LEADERSHIP**

Inspiring, developing and connecting local leaders since 1993.

Whether you graduated from Leadership Anne Arundel years ago or you're thinking of applying for an upcoming class, connect with LAA to expand your impact and improve the quality of life in Anne Arundel County.



There's a place for you in Leadership Anne Arundel. Visit [LeadershipAA.org](http://LeadershipAA.org) to learn more.

INSPIRE | DEVELOP | CONNECT



Your trusted local source for mortgages



## Make your next move with us

*Purchase with confidence.*

*Refinance with ease.*



*Our customer-first approach has made us your trusted, local source for mortgages*

Our goal is to serve you with outstanding service, great rates, and personalized loan options that save you time and money.

Let's get started today!

**(410) 305-7800**

77 West Street in Annapolis  
[AtlanticPrimeMortgage.com](http://AtlanticPrimeMortgage.com)

NMLS ID #1438562



## ADVANCED GENERAL DENTISTRY *with a Gentle Touch*

COSMETIC DENTISTRY • GENERAL FAMILY DENTISTRY  
ZOOM WHITENING • RESTORING IMPLANTS  
*Most insurances accepted*



THANK YOU FOR YOUR SUPPORT AND PATIENCE DURING THIS TIME. WE FOLLOW ALL NECESSARY GUIDELINES TO ENSURE YOUR SAFETY.

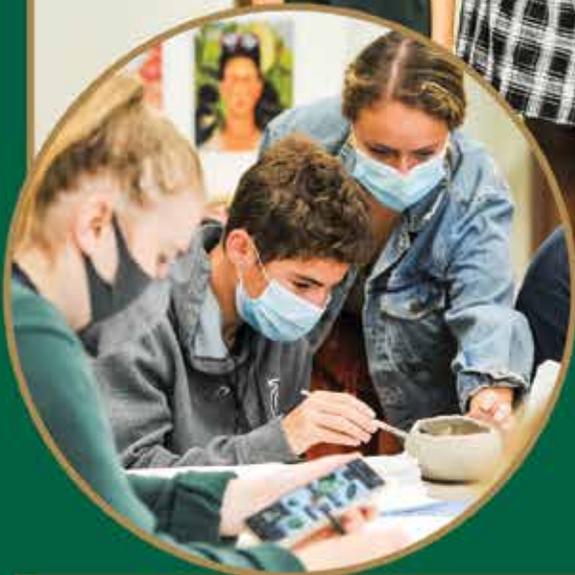
## BLUE HERON DENTAL

*Dr. Holly Green*

600 RIDGELY AVE • SUITE 225 • ANNAPOLIS, MD  
WEEMS CREEK MEDICAL CENTER • 410-224-9608 • [www.blueherondental.com](http://www.blueherondental.com)



# DISCOVER INDIAN CREEK SCHOOL!



## Indian Creek students love coming to school!

Indian Creek provides an enriched academic experience centered around student-teacher connections, in a welcoming environment where each student feels a sense of belonging.

Visit Indian Creek and tour the School's beautiful 114-acre campus just north of Annapolis, with state-of-the-art learning and gathering spaces for all students, Pre-K through grade 12.

## WINTER OPEN HOUSES

### EARLY CHILDHOOD DISCOVERY DAY (PRE-K 3 - KINDERGARTEN)

Tuesdays, January 11 & February 8, 9:00 - 10:00 a.m.

### LOWER SCHOOL (GRADES 1-5) & MIDDLE SCHOOL (GRADES 6-8)

Private tours available.

### UPPER SCHOOL (GRADES 9-12)

Tuesdays, January 11 & February 8, 7:00 - 8:15 p.m.

## Schedule your visit today!

Contact our Admission Office to schedule a private tour or shadow day at your convenience:  
[admission@indiancreekschool.org](mailto:admission@indiancreekschool.org) / 410.923.3660



# INDIAN CREEK SCHOOL



Check our website in February for an exciting announcement about programming for Summer 2021!



# PRIVATE SCHOOL

\*Most recent statistics provided

## DESCRIPTION

GREATER ANNAPOLIS

		YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
<b>ANNAPOLIS AREA CHRISTIAN SCHOOL—LOWER</b> <i>(Severn) 61 Gambrills Road, Severn (Annapolis) 710 Ridgely Avenue, Annapolis 410-519-5300; aacsonline.org</i>	AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.	1971	Christian	Heather Schulte	K-5	241	10-15
<b>ANNAPOLIS AREA CHRISTIAN SCHOOL—MIDDLE</b> <i>716 Bestgate Road, Annapolis 410-846-3505; aacsonline.org</i>	AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.	1971	Christian	Mary Jane Murphy and Heather Schulte	6-8	219	10-15
<b>ANNAPOLIS AREA CHRISTIAN SCHOOL—UPPER</b> <i>109 Burns Crossing Road, Severn 410-846-3507; aacsonline.org</i>	AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.	1971	Christian	Dr. Cheryl Washington	9-12	377	18-25
<b>BOOK OF LIFE ACADEMY*</b> <i>913 Cedar Park Road, Annapolis 410-263-2600; bookoflifeacademy.com</i>	Located in Annapolis, Book of Life offers a Christian education through various daily enrichment programs.	1982	Christian	Rebecca Lemus	K2-5	115	12
<b>CALVARY CENTER SCHOOL</b> <i>301 Rowe Boulevard, Annapolis 410-268-3812; calumc.org/ccs-about</i>	Cavary Center School is a preschool for children ages 3 and 4, and also offers extended care options.	1986	Methodist	Claire Zarrilli	PreK	75	12-15
<b>CHESAPEAKE MONTESSORI SCHOOL</b> <i>30 Old Mill Bottom Road North, Annapolis 410-757-4740; chesapeake-montessori.com</i>	Chesapeake Montessori is recognized by the Association Montessori Internationale, and focuses on indoor and outdoor learning environments on their 7-acre campus.	1977	Non-Sectarian	Robert Wirts	18 months-8	135	24
<b>CHESTERTON ACADEMY OF ANNAPOLIS</b> <i>31 Rowe Blvd, Annapolis 410-855-3216; chestertonacademyofannapolis.org</i>	Chesterton Academy of Annapolis is raising up joyful leaders and saints, educated in the classical tradition and the truths of the Catholic faith. Our rigorous, integrated curriculum unlocks student's potential and prepares them to succeed in college and professional life, and to excel in service of family, of country, and of Christ our Lord.	2018	Non-Sectarian	Lisa Williams	9th-12th	29	10
<b>THE HARBOUR SCHOOL AT ANNAPOLIS</b> <i>1277 Green Holly Drive, Annapolis 410-974-4248; harbourschool.org</i>	The Harbour School, located in Cape St. Claire, has an individualized way of teaching, and adapts to the students' way of learning.	1982	Non-Sectarian	Linda J. Jacobs	1-12	189	8-10
<b>INDIAN CREEK SCHOOL</b> <i>1130 Anne Chambers Way, Crownsville 410-849-5151; indiancreekschool.org</i>	Indian Creek School is a co-educational college-preparatory school for students in grades Pre-K3 through grade 12, located on a beautiful 114-acre wooded campus, just minutes north of Annapolis. Indian Creek School provides a challenging academic education, with priorities on creating a sense of belonging for all students and opportunities to excel both in and out of the classroom.	1973	Non-Sectarian	Booth Kyle	PreK 3-Grade 12	526	16
<b>THE KEY SCHOOL</b> <i>534 Hillsmere Drive, Annapolis 410-263-9231; keyschool.org</i>	Key School is a coeducational, progressive, college-preparatory day school with a picturesque 15-acre campus located in Hillsmere Shores and a 70-acre athletic park located in Annapolis Roads.	1958	Non-Sectarian	Matthew Nespole	Key-Wee (2.5 years)-12	660	16-18
<b>MONTESSORI INTERNATIONAL CHILDREN'S HOUSE</b> <i>1641 North Winchester Road, Annapolis 410-757-7789; montessorinternational.org</i>	Recognized by the Association Montessori Internationale, Montessori International Children's House caters to students ages 18 months to 12 years on their 4.5-acre campus.	1985	Non-Sectarian	Elizabeth Whitaker	18 months-6th grade	150	12-25
<b>NAVAL ACADEMY PRIMARY SCHOOL</b> <i>74 Greenbury Point Road, Annapolis 410-757-3090; napschool.org</i>	Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy, serving civilian and military families alike.	1949	Non-Sectarian	Robyn M. Green	PreK-5	250	15
<b>ROCKBRIDGE ACADEMY</b> <i>680 Evergreen Road, Crownsville (K-12) 410-923-1171; rockbridge.org</i>	Celebrating over 25 years as a classical Christian school, Rockbridge Academy is ready to welcome K-12 students into a transformative learning community, where children grow to be the compassionate, thinking leaders of the next generation. Come tour our new campus!	1995	Christian	Roy Griffith	K-12	359	13
<b>ST. ANNE'S SCHOOL OF ANNAPOLIS</b> <i>3112 Arundel on the Bay Road, Annapolis 410-263-8650; stannesschool.org</i>	Our progressive curriculum is grounded research. We are committed to a holistic education that celebrates each child's uniqueness in an authentic diverse and inclusive community of students. Our families share our vision of delivering a challenging, high-quality academic, social, and emotional program.	1992	Episcopal	Andrea Weiss	Twos-8th grade	320	14
<b>SAINTS CONSTANTINE AND HELEN PRESCHOOL</b> <i>2747 Riva Road, Annapolis 410-573-2078; ssschool.org</i>	Our mission is to provide a safe and loving Christian environment where children can grow and develop while being introduced to the Hellenic culture and tradition.	2015	Greek Orthodox	Emily Soeffing	Preschool	37 per day	12-Oct

	RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/ VOLUNTEER REQUIREMENT
--	-------	------------------	------------------	-------------------------	----------------	----------	------------	----------------------	------------	------------	------------------	--------------------------------------	-----------------------	------------------------	--------------------------------

	11:1	\$13,470 (K5) and 14,220 (1st-5th)/ year	Call for Information	Coed	Yes	Yes	35%	Yes	0	0	Spanish	4	2	0	N/A
	11:1	\$16,740/year	Call for Information	Coed	Yes	Yes	35%	Yes	0	0	Spanish, ASL	6	4	5	N/A
	10:1	\$21,270/year	Call for Information	Coed	Yes	Yes	40%	Yes	11	0	Chinese, French, German, Latin, Spanish, ASL, ESL	21	20	15	8 hours per year (encouraged, not required)
	6:1	\$5,000–6,000/year	Call for Information	Coed	No	Yes	N/A	Yes	0	0	Spanish	Music and Fine Arts	Multiple	0	N/A
	6:1	\$240–600/month	Call for Information	Coed	No	No	N/A	No	0	0	N/A	Music	N/A	0	N/A
	Varies	\$19,960	January 23rd, 2022	Coed	No	No	N/A	Yes	0	0	Spanish	Art and music	Multiple	0	72 hours per year (grades 7 and 8)
	6:1	\$9,900/year	Call for Information	Coed	Yes	Yes	9%	Yes	0	0	Latin and Spanish	Art, Choir, Drama, Debate	Ballroom Dance and Pro Life	Soccer, Track and Field, Ultimate Frisbee	N/A
	2:1	\$41,726/year	Call for Information	Coed	No	Dress code	27%	No	0	0	N/A	Studio art and performing arts	5	4	75 hours for seniors
	7:1	\$15,200–\$28,300/year	February 8th and daily tours by appointment	Coed	Yes	Yes	26%	Yes	21	0	Spanish, Latin, Arabic, Japanese	27+	20+	14	75 hours community service
	6:1	\$9,085–\$31,050/year	Call for Information	Coed	Yes	No	37%	Yes	6 AP; 14 Ad- vanced	0	Arabic, French, Latin, Spanish	24	45	40	N/A
	Varies; 4:1 to 15:1	\$10,000–12,500/year	Call for Information	Coed	No	No	25%	Yes	0	0	Spanish	Music	Varies by year	0	N/A
	9:1 (PreK); 16:1 (K–5th)	\$5,100–11,340/year	Call for Appointment	Coed	No	Yes	12%	Yes	0	0	French	Music and Fine Arts	16	0	N/A
	6:1	\$7,100–16,380/year	January 21st, 7 p.m. and February 21st, 9 a.m.	Coed	Yes	Yes	29%	Yes	Honors level (Upper)	0	Latin, Spanish	25	23	6	Daily service duties and mentoring opportunities
	9:1	\$4,080–22,100/year	Call for Information	Coed	Yes	Yes	33%	Yes (Pre-school–grade 8)	0	0	Spanish	7	11	6	10 hours (grade 8)
	10:1	Half day program \$175–\$390 a week (2–5 days); Full day program \$320–\$765 a week (2–5 days)	Call for Information	Coed	No	Yes	N/A	No	0	0	Greek	Music Classes on Tuesdays	No	No	No

**ENROLLING AGES 2-5**

**Saints Constantine & Helen Preschool**  
Riva Rd. - Annapolis

Where lifelong learning begins



SMART Board technology & tablets for each child to use.



Comprehensive curriculum preparing students for the next academic level.



Music, Greek culture & language lessons improve academic achievement.

[www.sschschoo.org](http://www.sschschoo.org) | 410-573-2078

We offer before and after care.




**Saint Andrew's**

An independent, Co-Educational Pre-K Through 8th Grade School  
Open Hearts, Open Minds, Open Doors

410-266-0952 | [school.standrewsum.org](http://school.standrewsum.org)

**MONTESSORI INTERNATIONAL**

*Voted Best Montessori School for 8th Year in a Row!*  
*Voted Best Lower Private School*



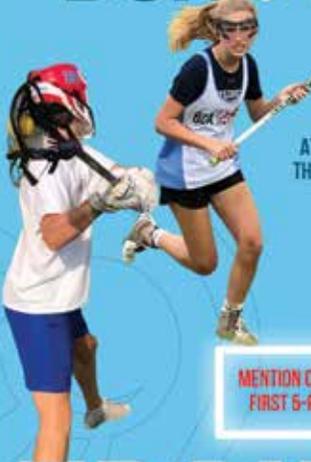

**Celebrating 36 years of Teaching Children to Shine**

- ★ 18 months through 6th grade
- ★ Education, Not Just Daycare
- ★ Gifted Teachers & Staff
- ★ Extended Day Available
- ★ Safe, Secure & Nurturing
- ★ Spanish & Music
- ★ Happy, Engaged Children




Located at the base of B&A Trail, 1641 N Winchester Road, Annapolis, MD 21409  
410-757-7789 • [www.montessoriinternational.org](http://www.montessoriinternational.org)

# BCA ELITE



**WANT TO BE ELITE?**  
JOIN THE HUNDREDS OF OTHER LOCAL ATHLETES WHO HAVE TAKEN ADVANTAGE OF THE REPS AT BCA'S ELITE TRAINING ACADEMY.

- SMALL GROUP TRAINING
- TEAM TRAINING
- POSITION-SPECIFIC TRAINING
- HOLIDAY CLINICS
- 7V7 PLAYDAYS & TOURNAMENTS
- GIRLS ELITE SUMMER CAMP

MENTION CODE: WHATSUPBCA FOR \$10 OFF YOUR FIRST 6-PACK \*\*OFFER VALID FOR 30 DAYS\*\*

# TRAINING

WWW.BCAELITE.COM • FOLLOW US ON SOCIAL MEDIA








## DIVINE MERCY ACADEMY

A Private Classical Liberal Arts K-8 School in the Catholic Tradition  
Where your children experience the joy of discovering Truth, Beauty and Goodness  
Find out why Divine Mercy Academy is the fastest growing school in the area!



Contact us at [divinemercyacad@gmail.com](mailto:divinemercyacad@gmail.com)  
(410) 705-0778 | [divinemercy.md](http://divinemercy.md)



## ANNAPOLIS AREA CHRISTIAN SCHOOL SUMMER PROGRAMS



### 7 WEEKS OF CAMP: JUNE 20 – AUGUST 5

#### CONVENIENT FOR PARENTS

- EARLY BIRD & SIBLING DISCOUNTS
- MIX & MATCH WEEKS
- TRANSPORTATION, EXTENDED CARE, LUNCH

#### FUN FOR KIDS

- SPORTS, THE ARTS, STEM & MORE
- WEEKLY THEMES & FRIDAY CELEBRATIONS
- CONNECT WITH GOD & FRIENDS



get details!  
spots fill fast



# PRIVATE SCHOOL

\*Most recent statistics provided

## DESCRIPTION

SEVERNA PARK/ PASADENA

EDGEWATER

GAMBRILLS/ODENTON

SEVERN/GLEN BURNIE/MILLERSVILLE

**ST. MARTIN'S LUTHERAN SCHOOL OF ANNAPOLIS**  
1120 Spa Road, Annapolis  
410-269-1955; stmartinsonline.org

Saint Martin's Lutheran School provides private, Christian education in a safe, secure and inclusive environment with a focus on small class sizes.

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

AVG. CLASS SIZE

1963

Lutheran

Patrick Kiley

PreK 3-8

140

13

**ST. MARGARET'S DAY SCHOOL**  
1605 Pleasant Plains Road, Annapolis  
410-757-2333; stmargaretsdayschool.org

St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children and is Green Certified through MAEOE

1995

Episcopal

Tricia McVeigh

2 years-K

130

12-20

**ST. MARY'S ELEMENTARY SCHOOL\***  
111 Duke of Gloucester Street, Annapolis  
410-263-2869; stmarysannapolis.org

Located in downtown Annapolis, St. Mary's Elementary offers a broad educational curriculum with Christian values to its students.

1862

Catholic

Rebecca Zimmerman

PreK-8

800

28

**ST. MARY'S HIGH SCHOOL\***  
113 Duke of Gloucester Street, Annapolis  
410-263-3294; stmarysadmissions.org

Located next to the elementary school, St. Mary's High is a college preparatory day school that focuses on the traditions of the School Sisters of Notre Dame.

1946

Catholic

Mindi Imes

9-12

507

20

**DIVINE MERCY ACADEMY**  
8513 St Jane Drive, Pasadena  
410-705-0778; divinemercy.md

Divine Mercy Academy is an independent private day school in the Catholic tradition for children in Kindergarten through Eighth Grade.

2019

Catholic

Ali Ghaffari

K-8

90

15

**SEVERN SCHOOL-CHESAPEAKE CAMPUS (LOWER)**  
1185 Baltimore Annapolis Boulevard, Arnold  
410-647-7700; severnschool.com

At Severn School, we believe that there are many ways to lead and that every student has the potential to be exceptional. Every day, our teachers model what it means for students to lean into academic challenges, step into personal growth opportunities, and have the tough conversations needed to enact social change. Because when we define leadership by the positive impact we have on others, we become the empathetic, dynamic individuals on which our world depends.

1914

Non-Sectarian

Douglas Lagarde

Pre-school-5

253

14

**SEVERN SCHOOL-TEEL CAMPUS (UPPER)**  
201 Water Street, Severna Park  
410-647-7700; severnschool.org

At Severn School, we believe that there are many ways to lead and that every student has the potential to be exceptional. Every day, our teachers model what it means for students to lean into academic challenges, step into personal growth opportunities, and have the tough conversations needed to enact social change. Because when we define leadership by the positive impact we have on others, we become the empathetic, dynamic individuals on which our world depends.

1914

Non-Sectarian

Douglas Lagarde

6-12

628

14

**ST. JOHN THE EVANGELIST SCHOOL**  
669 Ritchie Highway, Severna Park  
410-647-2283; stjohnspschool.org

Located on over thirty acres, St. John the Evangelist School offers rigorous academics in a nurturing environment for students in Pre-K through 8th grade.

1959

Catholic

Casey Buckstaff

PreK-8

520

25

**ST. MARTIN'S IN-THE-FIELD EPISCOPAL SCHOOL**  
375-A Benfield Road, Severna Park  
410-647-7055; stmartinsmd.org

St. Martin's is an independent school with a STEAM-based curriculum, encouraging students to discover their potential while learning with confidence, compassion and character. The school is located on an 8-acre campus, and offers three high school level courses as well as a wide variety of extracurricular programs for all ages.

1957

Episcopal

Charlie Sachs, Interim

Preschool 3s-8

293

16

**ST. ANDREW'S DAY SCHOOL**  
48 Wallace Manor Road, Edgewater  
410-266-0952; standrewsum.org

Saint Andrew's is an independent school located on a 20-acre campus, and offers engaging After School Enrichment Programs.

1985

United Methodist

Mark Wagner

PreK-8

216

15

**THE SUMMIT SCHOOL**  
664 East Central Avenue, Edgewater  
410-798-0005; thesummitschool.org

The Summit School serves students with dyslexia and other learning differences by employing a multi-sensory teaching approach.

1989

Non-Sectarian

Dr. Joan Mele-McCarthy

1-8

105

Varies

**ODENTON CHRISTIAN SCHOOL\***  
8410 Piney Orchard Parkway, Odenton  
410-305-2380; ocs.odentonbaptist.org

Odenton Christian School follows the A Beka curriculum. In addition, OCS offers many real-world electives.

1977

Baptist

Pastor John Lacombe

K3-12

181

14

**SCHOOL OF THE INCARNATION**  
2601 Symphony Lane, Gambrills  
410-519-2285; schooloftheincarnation.org

Located on a 26-acre campus in central Anne Arundel County, School of the Incarnation is a coeducational school and operates under the Archdiocese of Baltimore.

2000

Catholic

Nancy Baker

PreK4-8

775

26

**ELVATON CHRISTIAN ACADEMY**  
8422 Elvaton Road, Millersville  
410-647-3224; elvatonacademy.com

Elvaton Christian Academy is a coeducational school located in Millersville.

1995

Christian

Pastor Dallas Bumgarner

PreK2-8

74

12

**ARCHBISHOP SPALDING HIGH SCHOOL**  
8080 New Cut Road, Severn  
410-969-9105; archbishopspalding.org

Spalding High School was founded by the Archdiocese of Baltimore. It is a college preparatory school that serves students in the greater Annapolis and Baltimore areas.

1966

Catholic

Kathleen K. Mahar

9-12

1,300

24

	RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/ VOLUNTEER REQUIREMENT
--	-------	------------------	------------------	-------------------------	----------------	----------	------------	----------------------	------------	------------	------------------	--------------------------------------	-----------------------	------------------------	--------------------------------

	10:1	\$6,150-13,400/year	January 21st, March 25th	Coed	No	Yes	23%	Yes	0	0	Spanish	4	6	5	Yes (8th Grade)
	5:1	\$2,400-8,100/year	TBA	Coed	No	Optional	5%	Yes	0	0	Spanish	Music Together, ballet, Jump bunch	3-4	Soccer, Basketball, Cheer	N/A
	6:1 (PreK-K); 12:1 (grades 1-3); 15:1 (grades 4-5)	\$8,880/year (Catholic); \$10,206/year (Non-Catholic)	Call for Information	Coed	Kindergarten and middle school math	Yes	N/A	Yes	0	0	Spanish	5	Multiple	4 (MS)	Weekly service projects, community outreach, Saints in action
	14:1	\$15,306/year (Catholic); \$17,136/year (non-Catholic)	Call for Information	Coed	Yes	Yes	15%	Yes	16	0	Spanish, French, Latin	15	30	19	75 hours
	5:1	\$7,500/year	Call for Information	Coed	N/A	Yes	N/A	Yes	0	0	Latin	Art and Music	Dance and Self Defense	0	25 hours
	10:1	\$22,685/year; PS-K varies	Call for Information	Coed	Yes	Yes	20%	Yes	0	0	Spanish	Multiple	Multiple	0	N/A
	10:1	\$29,260/year	Call for Information	Coed	Yes	Yes	17%	Yes	20	0	French, Spanish, Latin	35+	45+	46 teams	10 hours per year (grades 9-12)
	14:1	\$8,480/year	Call for Information	Coed	No	Yes	11%	Yes	0	0	Spanish	10	26	6	N/A
	9:1	\$3,500-13,500/year	Call for Appointment	Coed	No	Yes	12%	Yes	0	0	Spanish	6	20	5	Yearly class service
	6:1	\$9,395-\$13,675/year	Call for Information on Virtual Open Houses	Coed	No	Yes	N/A	Yes	0	0	Spanish	Music and art	Multiple (After School Enrichment Program)	4	N/A
	4:1	\$33,220/year	Visit our Website	Coed	No	Yes	25%	Yes	0	0	N/A	4	8	6	Yes
	9:1	\$6,695/year	Call for Information	Coed	Yes	Yes	N/A	No	0	0	Spanish	Multiple	Multiple	3	N/A
	16:1	\$8,200/year (Catholic); \$8,950/year (other faiths)	January 29th, 2022	Coed	Yes	Yes	24%	Yes	0	0	Spanish	Music	35+	9	15 hours (grade 8)
	12:1	\$1,575-6,000/year	Call for Information	Coed	Yes	Yes (K-8th)	40%	Limited	0	0	Spanish	Multiple	Multiple	0	N/A
	15:1	\$17,950/year	Call for Information	Coed	Yes	Yes	N/A	Yes	26	IB Diploma School	Spanish, French, Latin	Music, Theatre, Visual Arts	30+	30+	60 hours of community service

# ARCHBISHOP SPALDING HIGH SCHOOL



Celebrating 55 years of Catholic Education

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



READERS'  
PHOTO CONTEST



# SUMMER FLASHBACK



Calling all shutterbugs! What's Up? Media wants to showcase your photography skills in an upcoming magazine. It might be winter, but we're already reminiscing and looking forward to summer! Now's the perfect time to scroll through your photos and send us your best summer shots from summers past. We're looking for fun in the sun, nature, kids, family, outdoor adventures, dining; whatever shouts summer to you!

Please submit your photo(s) at the online form found at:  
[Whatsupmag.com/photocontest](http://Whatsupmag.com/photocontest)

Entries will be accepted through **February 28th** and posted to an online gallery where you can vote for your favorites. Winners and chosen favorites (by you and our staff) will be showcased in the July 2022 issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*. And maybe even on the cover!



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

### Schedule a Tour Today

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

2022-2023 Applications due January 31. Financial aid available.



An independent school in Severna Park, MD serving students from Preschool - Grade 8.

410.647.7055 | [stmartinsmd.org](http://stmartinsmd.org)



## Come see why Key School is one of the most sought-after educations in Maryland

What makes Key different from most schools is our approach to teaching and learning—where critical thinking, problem-solving, collaboration, and resourcefulness are valued above the volume of content covered. Our exceptional faculty, evolving interdisciplinary curriculum, and meaningful connections are why Key students thrive and why we are one of the most sought-after educations in Maryland.

# Thriving

### VISIT KEY

Schedule a private, weekday tour of campus

### INFORMATION SESSIONS

Inquire online to receive more information and to be the first to hear about division-specific events

[keyschool.org/visit](https://keyschool.org/visit)



98%

of families surveyed recommend Key to friends & colleagues

32%

of families receive need-based financial aid

75%

of Upper School students play a sport

80%

of graduates received merit scholarships (not including financial aid 2019-2021)



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

534 HILLSMERE DR. • ANNAPOLIS, MD • 21403 • 410.263.9231 • [KEYSCHOOL.ORG](https://keyschool.org)

# PRIVATE SCHOOL

\*Most recent statistics provided

## DESCRIPTION

**CALVARY BAPTIST CHURCH ACADEMY**  
407 Marley Station Road, Glen Burnie  
410-768-5306 [cbcaknights.org](http://cbcaknights.org)

Calvary Baptist Church Academy is a Christian school that has a good balance between teaching Christian principles and having a strong educational base (our students test 1-2 grades higher than national average)

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

AVG. CLASS SIZE

1973

Christian

George Kirychuk, Administrator

K3 & K4 (Pre-school) K5 (Kindergarten) through 12th grade

366

15-18

**GRANITE BAPTIST SCHOOL\***  
7823 Oakwood Road, Glen Burnie  
410-761-1118; [granitebaptistschool.org](http://granitebaptistschool.org)

Granite Baptist School was founded as a ministry of Granite Baptist Church, and is located near Route 100 and Route 2.

1975

Baptist

Lou Rossi, Jr.

K3-12

273

Varies

**MONSIGNOR SLADE CATHOLIC SCHOOL\***  
120 Dorsey Road, Glen Burnie  
410-766-7130; [msladeschool.com](http://msladeschool.com)

Monsignor Slade is part of the Archdiocese of Baltimore, and is located in northern Anne Arundel County on a 10.5-acre campus.

1954

Catholic

Alexa L. Cox

Pre-K2-8

475

25

**ST. PAUL'S LUTHERAN SCHOOL**  
308 Oak Manor Drive, Glen Burnie  
410-766-5790; [stpaulsgb.org](http://stpaulsgb.org)

Located near Route 100, St. Paul's Lutheran School focuses on a Christian-based curriculum.

1950

Lutheran

John Maxwell

P2-8

325

17

**THE BOYS' LATIN SCHOOL OF MARYLAND**  
822 West Lake Avenue, Baltimore  
410-377-5192; [boyslatinmd.com](http://boyslatinmd.com)

Founded in 1844, Boys' Latin School of Maryland is an all-boys independent school serving boys in grades K-12 with boarding available for students in grades 9-12. At Boys' Latin, each and every one of our students is known—for who he is today, and all he will be tomorrow.

1844

Non-Sectarian

Christopher J. Post

K-12

639

13

**CALVERT HALL COLLEGE HIGH SCHOOL**  
8102 LaSalle Road, Baltimore  
410-825-4266; [calverthall.com](http://calverthall.com)

Calvert Hall College High School is an independent, all-boys Lasallian Catholic college preparatory school attracting students from more than 100 zip codes.

1845

Catholic

Charles S. Stembler

9-12

1,170

17

**THE CALVERTON SCHOOL\***  
300 Calverton School Road, Huntingtown  
410-535-0216; [calvertonschool.org](http://calvertonschool.org)

The Calverton School is an independent school that serves Pre-K3 to 12th-grade day students, as well as 9th-12th grade boarding students. Boarding is available for 5 and 7 days a week. Calverton offers the prestigious International Baccalaureate Diploma Program.

1967

Non-Sectarian

Jamey Hein and Heidi Merryman

Pre-school-12

324

14

**DEMATHA CATHOLIC HIGH SCHOOL\***  
4313 Madison Street, Hyattsville  
240-764-2200; [dematha.org](http://dematha.org)

DeMatha High School is a college preparatory school for boys that focuses on educating them in the Trinitarian tradition and offers co-curricular programs.

1946

Catholic

Dr. Daniel J. McMahon

9-12

814

19

**ELIZABETH SETON HIGH SCHOOL**  
5715 Emerson Street, Bladensburg  
301-864-4532; [setonhs.org](http://setonhs.org)

Elizabeth Seton High School is an all-girls, college preparatory school, and is affiliated with the Archdiocese of Washington.

1959

Catholic

Dr. Lisa Grillo

9-12

587

19

**HOLY TRINITY EPISCOPAL DAY SCHOOL\***  
Primary School—13106 Annapolis Road, Bowie; 301-262-5355; [htrinity.org](http://htrinity.org) The Daisy Lane School and High School Prep—11902 Daisy Lane, Glenn Dale 301-464-3215; [htrinity.org](http://htrinity.org)

Holy Trinity features the Primary School campus for grades 1-4, while The Daisy Lane School and High School Prep campus houses preschool and kindergarden and grades 5-8.

1963

Episcopal

Michael S. Mullin

PreK-8

460+

15 (Pre); 20 (K-grade 4); 21 (grades 5-8)

**GLENELG COUNTRY SCHOOL**  
12793 Folly Quarter Road, Ellicott City  
410-531-8600; [glenelg.org](http://glenelg.org)

No matter when students start their journey at Glenelg Country School, they discover an abiding sense of self, a deep appreciation for community, and a shared understanding of purpose. Small classes, passionate teachers, and opportunities for growth keep our students engaged from age 2 through grade 12.

1954

Non-Sectarian

Matt Walsh

Ages 2 through Grade 12

800

13

**MOUNT DE SALES ACADEMY**  
700 Academy Road, Catonsville  
410-744-8498; [mountdesalesacademy.org](http://mountdesalesacademy.org)

Mount de Sales Academy forms young women through a Catholic college preparatory education that nurtures the whole person and promotes academic excellence, lifelong learning, moral responsibility, service to others, and the dignity of the human person.

1852

Catholic

Sister Mary Raymond Thye, O.P.

9th-12th

483

16

**MOUNT ST. JOSEPH HIGH SCHOOL**  
4403 Frederick Avenue, Baltimore  
410-644-3300; [msjnet.edu](http://msjnet.edu)

Mount Saint Joseph High School is a Catholic college preparatory school for boys sponsored by the Xaverian Brothers.

1876

Catholic

Francisco Espinosa

9th-12th

854

20

**NOTRE DAME PREPARATORY SCHOOL**  
815 Hampton Lane, Towson  
410-825-6202; [notredameprep.com](http://notredameprep.com)

Notre Dame Prep was founded by the School Sisters of Notre Dame. It is a college preparatory school for girls, located in Towson.

1873

Catholic

Sister Patricia McCarron, SSND, PhD

6-12

800

19

**ST. AUGUSTINE SCHOOL\***  
5990 Old Washington Road, Elkridge  
410-796-3040; [staug-md.org](http://staug-md.org)

St. Augustine School is affiliated with the School Sisters of Notre Dame, and is located on the edge of Howard and Anne Arundel counties.

1857

Catholic

Joseph Miller

PreK3-8

265

25

RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/ VOLUNTEER REQUIREMENT
10:1 (Preschool), 15:1 (average K5-12th)	\$6,295 (K5-12th); \$175/week K3&K4	Call for Private Tours	Coed	Yes	Yes	50%	No	0	N/A	Spanish & American Sign Language	Drama, Speech, Arts classes	0	5	N/A
Varies	\$4,860 - \$6,112/year	Call for Information	Coed	Yes	Yes	N/A	No	0	0	N/A	Multiple	N/A	12; Little Braves (K5-6th)	N/A
Varies	Pre-K4-8: \$7,900/year (Catholic); \$8,638/year (Non-Catholic); Full-day Pre-K2: \$10,322 Full-day Pre-K3: \$8,962 Half-day Pre-K3: \$3,440 Half-day Pre-K4: \$3,970	Call for Information	Coed	Yes	Yes	37%	Yes	0	0	Spanish (grade 4-8)	10	14	5	12 hours
20:1	\$2,139-8,782/year	Call for Tour	Coed	Yes	Yes	25%	Yes	0	0	Spanish	4	5	5	N/A
7:1	\$22,800-\$32,800/year, boarding \$48,500	Visit <a href="http://boyslatinmd.com/visit">boyslatinmd.com/visit</a>	Boys	Yes	Dress code	30%	Yes	15	0	Latin, Spanish, French	15	35+	14	40 hours
11:1	\$17,575	Call for Information	Boys	Yes (HSPT)	Yes (9-12)	20%	Yes	27	0	Latin, French, German, Spanish	32	60+	40	Varies
7:1	\$7,000-35,000/year	Call for Information	Coed	Yes	Yes	41%	Yes	0	14	French, Spanish, German	Multiple	Multiple	10	Yes
12:1	\$19,750/year	Call for Information	Boys	Yes (HSPT)	Yes	N/A	Yes	22	0	French, Spanish, Latin, German, Mandarin Chinese	30	28	14	55 hours
14:1	\$16,750/year	Visit Our Website	Girls	Yes (HSPT)	Yes	81%	Yes	15	0	Spanish, French, Latin, ASL	17	31	23	Varies per year
Varies	\$11,525 (364 yrs old) \$12,725 (K) \$11,975 (Grades 1-4) \$13,705 (Grades 5-8)	Call for Personal Tours	Coed	Yes	Yes	N/A	Yes	0	0	Spanish	Multiple	Multiple	6 (Grades 5-8)	15 hours/year (7.5 hours for single-parent families)
7:1	\$11,735-\$31,330	Call for information	Coed	Yes	Yes	52%	Yes	22	N/A	Chinese, French, Latin, Spanish	Yes	36	22	25 hours per year (grades 9-12)
10:4	\$15,850	November 6th, 2022	Girls	Yes	Yes	25%	Yes	13	0	Spanish, French, Latin	20	27	21	12-23 hours
10:1	\$16,750	Call for information	Boys	Yes	Yes	31%	Yes	20	0	Spanish, French, Italian, Latin	20	50+	17	60 hours
9:1	\$21,250/year	Call for information	Girls	Yes; ISEE (MS); HSPT (HS)	Yes	21%	Yes	24	0	Spanish, French, Chinese	Fine & digital art; chorus; orchestra; band; drama; digital media, and more	50+ (UP); 12+ (ML)	5	20 hours a year starting sophomore year
13:1	\$7,300/ year K-8th; \$4,380 Preschool 3 day Program; \$7,300 Preschool 5 day program	Call for information	Coed	Yes	Yes	N/A	Yes	0	0	Spanish	Multiple	Multiple	4	N/A

# PRIVATE SCHOOL

\*Most recent statistics provided

CAROLINE COUNTY

DORCHESTER COUNTY

KENT COUNTY

QUEEN ANNE'S COUNTY

TALBOT COUNTY

**ST. PHILIP NERI SCHOOL**  
6401 S. Orchard Road, Linthicum Heights  
410-859-1212; [st.philip-neri.org](http://st.philip-neri.org)

**ST. VINCENT PALLOTTI HIGH SCHOOL**  
113 St. Mary's Place, Laurel  
301-725-3228; [PallottiHS.org](http://PallottiHS.org)

**OLDFIELDS SCHOOL\***  
1500 Glencoe Road, Sparks Glencoe  
410-472-4800; [oldfieldsschool.org](http://oldfieldsschool.org)

**THE BENEDICTINE SCHOOL**  
14299 Benedictine Lane, Ridgely  
410-634-2112; [benschool.org](http://benschool.org)

**COUNTRYSIDE CHRISTIAN SCHOOL\***  
5333 Austin Road, Cambridge  
410-228-0574

**CHESTERTOWN CHRISTIAN ACADEMY**  
401 Morgnac Road, Chestertown  
410-778-5855; [chestertownchristian.org](http://chestertownchristian.org)

**KENT SCHOOL**  
6788 Wilkins Lane, Chestertown  
410-778-4100; [kentschool.org](http://kentschool.org)

**RADCLIFFE CREEK SCHOOL\***  
201 Talbot Boulevard, Chestertown  
410-778-8150; [radcliffecreekschool.org](http://radcliffecreekschool.org)

**THE GUNSTON SCHOOL**  
911 Gunston Road, Centreville  
410-758-0620; [gunston.org](http://gunston.org)

**LIGHTHOUSE CHRISTIAN ACADEMY**  
931 Love Point Road, Stevensville  
410-643-3034; [lccademy.org](http://lccademy.org)

**SWEET BAY MAGNOLIA ACADEMY AT THE MCARDLE CENTER\***  
201 Love Point Road, Stevensville  
443-249-3368; [sweetbayki.com](http://sweetbayki.com)

**WYE RIVER UPPER SCHOOL**  
316 South Commerce Street, Centreville  
410-758-2922; [wyeriverupperschool.org](http://wyeriverupperschool.org)

**CHESAPEAKE CHRISTIAN SCHOOL**  
1009 N. Washington Street, Easton  
410-822-7600; [chesapeakechristian.org](http://chesapeakechristian.org)

**THE COUNTRY SCHOOL**  
716 Goldsborough Street, Easton  
410-822-1935; [countryschool.org](http://countryschool.org)

**SAINTS PETER AND PAUL SCHOOL\***  
900 High Street, Easton (ES); 1212 S. Washington Street, Easton (HS); 410-822-2251 (ES); 410-822-2275 (HS); [ssppeaston.org](http://ssppeaston.org)

DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
St. Philip Neri School is part of the Archdiocese of Baltimore, and is located on a 15-acre campus in northern Anne Arundel County.	1965	Catholic	Kate Daley	PreK-8	460	22
St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties.	1921	Catholic	Jeffrey Palumbo	9-12	450	17
Oldfields is an all girls boarding school located on 140 acres of Maryland's horse country	1867	Non-Sectarian	David G Perfield	8-12	100	8
The Benedictine School is an approved day and residential school, serving students with intellectual disabilities, autism, or multiple disabilities.	1959	Non-Sectarian	Julie Hickey	Ages 5-21	66	5-7
Countryside Christian School is located off of Route 50, and is part of Maryland's BOOST program (Broadening Options and Opportunities for Students Today).	1974	Christian	Beverly Stephens Herbst	PreK-8	40	5
Chestertown Christian Academy serves students from Kent, Queen Anne's, and Cecil counties, as well as New Castle County in Delaware.	1979	Baptist	Thomas Hudson	K4-12	200	12
Kent School is an independent day school located along the bank of the Chester River. The school incorporates Chesapeake Bay studies into their curriculum.	1967	Non-Sectarian	Nancy Mugele	PreK-8	155	12
Radcliffe Creek School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne's, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties.	1996	Non-Sectarian	Meg Bamford	K-8	73	5
The Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience.	1911	Non-Sectarian	John A. Lewis, IV	9-12	234	10-12
Lighthouse Christian Academy serves students on the Eastern Shore from three counties, and focuses on a Classical Christian education curriculum.	2001	Christian	Kathleen Guerra	PreK-8	103	10
Sweet Bay Magnolia Academy focuses on an individualized way of teaching for children diagnosed with ASD, offering science, technology, engineering, art, and math (STEAM).	2015	Non-Sectarian	Brian Tyler	K-3rd; home instruction 1st-9th grade co-op	10	5
Wye River is an independent school that serves students with learning differences in a small, inclusive environment. Transportation is available at seven locations east and west of the Bay Bridge.	2002	Non-Sectarian	Stephanie Borges Folarin	9-12	50	7-8
Chesapeake Christian School is conveniently located near Route 50, and offers a traditional classroom setting with Christian values.	1999	Christian	Deanna Phillips	K4-12	140	15
The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton.	1934	Non-Sectarian	Jean Brune	PreK-8	278	15
Saints Peter and Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade school on the Eastern Shore.	1955	Catholic	Sherrie Connolly (elementary school); James Nemeth (high school)	PreK3-12	322 (ES); 152 (HS)	14 (ES); 13 (HS)

	RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/ VOLUNTEER REQUIREMENT
--	-------	------------------	------------------	-------------------------	----------------	----------	------------	----------------------	------------	------------	------------------	--------------------------------------	-----------------------	------------------------	--------------------------------

	24:3 (PreK); 22:1 (K–grade 8)	\$6,500/year	Call for information	Coed	Yes	Yes	30%	Yes	0	0	Spanish, Latin	school chorus, drama club Jr., school musical	10	2	20 hours per family
	12:1	\$16,975–18,000/year	Call for information	Coed	Yes (HSPT)	Yes	N/A	Yes	20+	0	Spanish, French, Mandarin	20+	20+	20+	80 hours over 4 years
	5:1	\$33,800	Call for information	Girls	Yes	No	32%	Yes	13	0	French, Mandarin, Spanish	20+	20+	12	80 hours required
	3:1	Varies depending on services required	Call for information	Coed	No	Yes	N/A	Yes	0	0	N/A	N/A	Multiple	0	N/A
	5:1	\$4,400/year	Call for information	Coed	No	Yes	N/A	Yes	0	0	Spanish, ASL	Musical and drama programs	N/A	0	N/A
	12:1	\$3,990 (K4–6th); \$4,990 (7th–12th)	Individual Tours provided daily	Coed	Yes (grades 3–12)	Yes	6%	Yes	Yes	Dual enrollment is available	Spanish	3	Varies year to year	Basketball, Volleyball, Soccer, Cheerleading.	10 hours per academic year (grades 9–12)
	7:1	\$7,000/year (PreK 3 and 4); \$16,200/year (K–grade 4); \$17,375/year (grades 5–8)	Call for Information	Coed	Evaluation	Dress code	14%	Yes	0	0	Spanish	3	1	9	N/A
	Ranges from 1:1 to 7:1; (typically 4:1)	\$28,700	Call for Information	Coed	No	Yes	N/A	Yes	0	0	N/A	8 (changes yearly)	6	2	N/A
	9:1	\$26,795/year	January 23rd, April 23rd, November and October Dates TBD	Coed	Yes	Dress code	18%	Yes	21+	0	Spanish	16	18	18	45 hours
	6:1	\$4,200–8,800/year	Call for Information	Coed	Yes	Yes	10%	Yes	0	0	Latin	2	4	2	N/A
	3:1	\$5,000–20,000/year (based on program)	Call for Information	Coed	Yes	No	N/A	Yes	0	0	N/A	0	0	0	N/A
	5:1	\$31,500/year	January 20th, 2022 April 21st, 2022 - 6:00-7:00 p.m.	Coed	No	Dress Code	10%	Yes	0	0	Spanish	8	4	6	70 hours
	15:1	\$5,000/year	Call for Information	Coed	Yes	Yes	20%	No	0	0	Spanish	4	0	6	100 hours
	9:1	PK \$10,275; K \$15,860; 1-8 \$18,390	Check Website	Coed	Yes	Yes	20%	Yes	0	0	Spanish	4	5	6	Not required, but part of curriculum
	13:1 (ES); 7:1 (HS)	\$6,500–\$8,805/year (PreK3–grade 8); \$15,750/year (grades 9–12)	Call for Information	Coed	Yes (HSPT)	Yes	7% (ES); 10% (HS)	Yes	11	0	Spanish, Latin	Art, Music, Choir, Band, Theatre	13 (ES); 32+ (HS)	8 (ES); 15 (HS)	80 hours over four years (grades 9–12)

# College Prep is **KEY**



UPPER SCHOOL  
SHADOW DAY

THURSDAY, JANUARY 6  
2022  
8:15 - 3:00 p.m

Register your student (grades 8-11) today to shadow a current Key student, engage with faculty, participate in classes, and learn about life at Key.

Please RSVP as space is limited

[keyschool.org/admission](https://keyschool.org/admission)



Scan me with your phone's camera

## OUTCOMES 2019 - 2021

- Over 80% received merit scholarships
- 7% earned National Merit Scholarship recognition (national average <1%)
- 25% scored 1395+ on the SATs
- 1300 average SAT score (national private school & Maryland private school average is 1221; national average is 1051)
- 41% attend Research 1 Universities
- 14% were recruited to play collegiate athletics
- 35% pursuing STEM-related studies including engineering, computer science, marine and environmental science, pre-health/vet, and architecture

For a complete list of college acceptances and matriculations, visit [keyschool.org/collegeacceptances](https://keyschool.org/collegeacceptances)

## KEY STUDENTS ARE THRIVING

They not only excel academically, but they also experience meaningful connections, value and respect the differences of others, and have a positive outlook on learning, the world, and their future.

What makes Key different from other schools is our approach to teaching and learning – where critical thinking, problem-solving, collaboration, and resourcefulness are valued above the volume of content covered.

Come see why Key School is one of the most sought-after educations in Maryland.



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

534 HILLSMERE DR. • ANNAPOLIS, MD • 21403 • 410.263.9231 • [KEYSCHOOL.ORG](https://keyschool.org)



LEADERS IN EDUCATION



## CAMPUS NOTES

**Year Founded:** 1911

**Religious Affiliation:**  
Non-Sectarian

**Head of School:**  
John A. Lewis, IV

**Grades:** 9-12

**2021 - 2022**

**Enrollment:** 234

**2021-2022 Tuition:**  
\$26,795

**Educational Environment:**  
Co-ed

**Entrance Exams:** No

**Uniforms:** Dress Code

**% Minority:** 18%

**Financial Assistance:**  
Yes

**Interscholastic Sports:**  
18

**Languages Taught:**  
Spanish

**Performance/Creative Arts Offerings:** 16

**Extracurricular Activities:** 18

### In-Person Open Houses

January 23 2022,  
April 23, 2022, October  
& November dates TBD

# THE GUNSTON SCHOOL

911 Gunston Road | PO Box 200 | Centreville, MD 21617 | [gunston.org](http://gunston.org)  
Instagram & Facebook @gunstonschool | 410-758-0620

The Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience.



Established in 1911, the Gunston School is uniquely situated on 35 acres along the Corsica River and provides students with a personalized and rigorous academic experience, a strong sense of community, a focus on the balanced development of mind, body, and spirit, and an innovative curricular emphasis on global and environmental leadership. Gunston draws its student population from eight Maryland and Delaware counties as well as internationally from at least four countries.

Programs of note include Gunston's nationally-recognized environmental programs including Bay Studies and the study of climate science (a graduation requirement), and the fully accredited Chesapeake Watershed Semester (CWS), a single-semester, place-based academic program that cultivates students leaders who can promote regional and global environmental sustainability through their understanding of scientific, social, cultural, and political systems. The program is open to any juniors and seniors from any school.

Other programs include a nationally competitive robotics and rocketry team, and a popular arts program that features a pottery studio, wood sculpture, performing arts, and more. Additionally, various student leadership programs begin from day one at orientation and continue through all four years.

Gunston offers 18 sports teams including sailing, crew, cross country, golf, volleyball, and triathlon, among others. The school day ends at 4:30 p.m. which includes athletics, so no late bus is needed. Gunston offers transportation from Annapolis, Severna Park, Chestertown, Church Hill, Easton, Galena, Grasonville & Kent Island; Dover & Middletown (DE).

Personal tours and shadow days are available by appointment with in-person open houses held annual in January, April, October and November.



During Gunston's embarkation ceremony, students and faculty line the hill leading to the waterfront to greet newcomers to the community, who arrive by boat.



Evie Hagan '23 during Chesapeake Watershed Semester.



Autumn Watson '23 and Damian Rene '23 in computer science.



**10-12**

Average  
Class Size

**9:1**

Student to  
teacher ratio

**100%**

of graduates  
accepted to college

**21+**

Advanced Placement  
classes available



## CAMPUS NOTES

**Religious Affiliation:**  
Catholic

**Grades:**  
9-12

**2021-2022**  
**Enrollment:** 1300

**2021 - 2022 Tuition:**  
\$17,950

# ARCHBISHOP SPALDING HIGH SCHOOL

8080 New Cut Road, Severn MD 21144 | 410.969.9105 | archbishopspalding.org

**F**ounded by the Archdiocese of Baltimore in 1963 and originally staffed by the Sisters of Notre Dame de Namur, Archbishop Spalding has provided Catholic secondary education to families in the Archdiocese of Baltimore, Anne Arundel County and surrounding counties for over 55 years. Our Mission challenges our students to grow spiritually, academically and socially.

The hallmark of a Spalding education has always been academic excellence. Archbishop Spalding offers a comprehensive college preparatory curriculum that embraces the gifts and talents of every student. A diverse academic program is offered which includes Advanced Placement, Pathway to Engineering, International Baccalaureate, Honors and the Aquinas Program. No matter the course of study, a Spalding education nurtures the

aptitude and natural gifts of each student, and develops skills to meet the demands of college and beyond.

There is a way for every student to be involved at Spalding, with an offering of more than 40 clubs and organizations as well as more than 30 athletic teams. From Lacrosse and Basketball teams, Robotics and Key Club to Football and Field Hockey, students are able to engage, develop leadership skills and expand their interests.



**24**  
Average  
Class Size

**16:1**  
Student to  
teacher ratio



## CAMPUS NOTES

**Religious Affiliation:**  
Catholic  
(Independent of  
Archdiocese)

**Grades:** K-8

**2020 - 2021**  
**Enrollment:** 91

**Tuition:**  
\$8,500

# DIVINE MERCY ACADEMY

8513 St. Jane Dr. Pasadena, MD 21122 | divinemercury.md | 410.705.0778

**F**ounded in 2019 with four tutors and 19 students and having grown to 16 faculty and nearly 90 students, Divine Mercy Academy is the fastest growing school in the State! Our Mission is to partner with parents as the primary educators of their children to foster a love of learning, pursuit of truth, beauty and goodness, and set children on a path of virtue and holiness. DMA exists to make saints and scholars, but saints first. Our three distinctive features are 1) a classical liberal arts education, which uses the greatest works of Western Civilization to engage, highly educate, and inspire children to love learning. We meet each child where they are and walk alongside them as they become the best version of themselves. 2) A thoroughly Catholic identity formulated by a school day which consists of the Mass, Rosary, Angelus, and Chaplet daily in an environment that is joyfully Catholic. 3) Lastly, an education that is affordable, so all children, regardless of financial means, may have access to a world-class education.



**13**  
Average  
Class Size

**5:1**  
Student to  
teacher ratio



## CAMPUS NOTES

### Grades:

PreK - 5th

### 2021 - 2022

**Enrollment:** 254

**Civilian Families Welcome**

**Special Tuition for Military Families**

# NAVAL ACADEMY PRIMARY SCHOOL

74 Greenbury Point Road, Annapolis, MD 21409 | 410.757.3090 | napschool.org

**T**he mission of the Naval Academy Primary School is to educate the whole child, from their academic needs to their social and emotional development. Our faculty and staff includes military spouses, parents, and former service members who have the experience necessary to support your child's transition to our school and community.

Whether you come from a military or civilian family, NAPS provides a nurturing, structured environment that encourages students to reach their full potential. We provide the academic foundation and character development to prepare students for success in middle school, high school, and beyond.



**8-12**

Average  
Class Size

**9:1**

Student to  
teacher ratio



## CAMPUS NOTES

### Grades:

Kindergarten – 8

### 2021-2022 Tuition:

\$28,700

### 2021-2022

**Enrollment:** 70 students

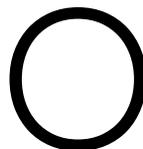
### Tuition Assistance

awarded to over 60% of families!

**Discover.  
Create.  
Thrive.**

# RADCLIFFE CREEK SCHOOL

201 Talbot Blvd Suite A, Chestertown, MD 21620 | 410-778-8150 | radcliffecreekschool.org



**Overview:** Radcliffe Creek School is a co-ed independent school for non-traditional learners. With small class sizes and customized learning plans in a caring, connected environment, every child who attends Radcliffe thrives. Students identified with learning differences like dyslexia, ADHD, and anxiety blossom in our school. Radcliffe Creek School is located in Chestertown, MD and serves students from Talbot, Kent, Queen Anne's, Anne Arundel, Prince George's, and Caroline Counties in Maryland, as well as areas of Delaware thanks to a robust busing service.

**Mission:** Radcliffe Creek School's mission is to empower children in a dynamic environment that utilizes a strength-based approach and celebrates unique learning. The school creates an environment where learning goes hand-in-hand with academic success and improved self-awareness. Radcliffe Creek School believes that as each student develops a positive belief about oneself, he or she is able to engage in the learning process and therefore become an independent learner.



**100%**

attend their first high  
school choice!

**5:1**

Student to Teacher Ratio based on individual student need, speech and language services available



## CAMPUS NOTES

### Grades:

Pre-K3 – 12

### 2021-2022

**Enrollment:** 535

### 2021 – 2022 Tuition:

\$15,200-\$28,300

\*Flexible Tuition available

### College acceptance

**rate:** 100%

**100% of students in the Class of 2022 have taken at least one AP class**

# INDIAN CREEK SCHOOL

1130 Anne Chambers Way, Crownsville, MD 21032 | 410.923.3660

Indian Creek School provides an outstanding education built on strong relationships between students and teachers. Other hallmarks of the Indian Creek School experience include a thoughtful curriculum taught by an innovative faculty incorporating best practices in teaching and learning, as well as ample opportunities for extra-curricular involvement and a student-centered culture. Indian Creek students are able to see the world differently because they are part of a community characterized by diverse backgrounds, perspectives, and ideas. Students develop a broad base of knowledge and academic skills that lead them to think critically, to examine big questions, to solve complex problems, to collaborate, and to communicate effectively. Strong, trusting relationships between teachers, students, and parents create an environment where students of all ages have the confidence to take healthy risks and achieve great heights because they know that they are part of a community that supports them. Indian Creek students are known for their integrity, kindness, and empathetic leadership.



**15**

Average  
Class Size

**7:1**

Student to  
teacher ratio



# ROCKBRIDGE ACADEMY

680 Evergreen Road, Crownsville, MD 21032 | 410-923-1171 | rockbridge.org



## CAMPUS NOTES

### Religious Affiliation:

Christian

### Grades:

K-12

### Churches

**Represented:** 73

### 2021-2022 Tuition:

\$7,100-\$16,380

### 2022 Open Houses:

January 21 @ 7:00 pm

February 21 @ 9:00 am

Rockbridge Academy is a classical Christian K-12 school serving the Annapolis/DC/Baltimore area since 1995. Our distinctively classical and unwaveringly Christian education prepares students to excel by all academic measures (college acceptances, SAT scores, the NMSQT, graduates in both liberal arts and STEM fields); however, at the heart of our program is a vision to nurture students to be lifelong Christ followers and compassionate, thinking leaders of the next generation.

Our dedicated faculty are foremost committed to Christ and work together from their fields of expertise to offer an integrated curricular approach through a Christian worldview. Classes are small, offering individual attention, and students are taught to engage with their subject matter through thoughtful dialogue and discussion.

**13**

Average  
Class Size

**8:1**

Student to  
teacher ratio

**1302**

Average  
SAT Score

Join us at an open house event to tour our NEW campus. Come learn more about our partnership with parents, as we come alongside to offer an unparalleled education and prepare children, not just for college or a job, but to engage with the world in humility and grace.





## CAMPUS NOTES

### Grades:

Twos – Grade 8

### 2021-2022

**Enrollment:** 320

### Tuition Range:

\$4,000-\$22,000

# ST. ANNE'S SCHOOL OF ANNAPOLIS

3112 Arundel on the Bay Road, Annapolis, MD 21403 | 410-263-8650 | [St.AnnesSchool.org](http://St.AnnesSchool.org)

**W**e're a small school with global impact, a student body of compassionate hearts and fearless ideas, and a community that cares now about the future.

Our curriculum is contemporary and our approach to learning is research based. The St. Anne's School model provides challenging curriculum in a nurturing environment with teacher support every step of the way. Our educators specialize in the educational and social needs of children in Early Childhood, Lower School, and Middle School. Classrooms are arranged and schedules are designed based on ways children learn best. Our students grow by investigating, challenging, and learning how they can make a difference in the lives of others.

We end in Eighth Grade for a reason. By the time our students reach Eighth Grade, they are confident and empowered to make informed decisions about their education. With the support of their parents and teachers, Seventh Grade students begin the high school selection process. As students collaborate with the Director of Upper School Placement, they develop a clear understanding of their strengths, learning styles, and interests.

**\$475,000+**

in high school  
scholarships awarded  
(2018-2020)

**73%**

of Lead Staff  
hold Advanced  
Degrees

**9:1**

Student to  
teacher ratio

Students are able to own the selection process and choose a high school that is best for their individual goals and needs. We believe this is a transition that will prepare them for their future transition to college and beyond.

Again this year, we are proud to offer the Equity in Education Scholarship. This scholarship aims to give underrepresented minorities an opportunity to attend St. Anne's School that they otherwise would not have had, and to enhance St. Anne's School's ability to recruit and retain students whose race, ethnic, cultural, and/or national background contribute to the diversity of the student body. To learn more, visit [stannesschool.org/EES](http://stannesschool.org/EES).

We currently offer in-person school tours after hours. Please call 410.263.8650 or email [admissions@st.anneschool.org](mailto:admissions@st.anneschool.org) to schedule your family's tour.



## CAMPUS NOTES

### Religious Affiliation:

Catholic

### Grades:

PreK-8

### 2021-2022

**Enrollment:** 520

### 2021-2022 Tuition:

\$5,090-\$8,480

# ST. JOHN THE EVANGELIST SCHOOL

669 Ritchie Highway, Severna Park, MD 21146 | 410-647-2283 | [stjohnspschool.org](http://stjohnspschool.org)

**S**aint John the Evangelist School is a Catholic school under the jurisdiction of the Archdiocese of Baltimore that serves students in preschool through eighth grade. In a community of faith, our faculty and staff work together to develop each child to the best of his and her ability; spiritually, academically, artistically, socially, and physically. Our Eagles spend each school day in a nurturing environment that promotes faith, academic excellence, leadership, and service within the community.

Saint John School offers clubs and activities that provide opportunities for our students to develop their unique talents and personalities. In addition to weekly art, Spanish, technology and music classes, students have the opportunity to participate in clubs and activities such as robotics, musical theater, chess, birding and more. Students may also take part in a variety of sports through our athletic association, including field hockey, soccer, lacrosse and basketball.

It is our goal to engage active learners in their experiences in and out of the classroom. As a Certified Maryland Green School by the Maryland Association for Environmental and Outdoor Education, Saint John emphasizes the importance of environmental stewardship in classroom lessons as well as our practices in our building and throughout our 30-acre campus. Through outreach, leadership, and prayer, Saint John promotes service to others. Inquire today to see how we merge faith, academics, and technology to create responsible citizens and future leaders.



**26**

Extracurricular  
activities

**14:1**

Student to  
teacher ratio





## CAMPUS NOTES

**Year Founded:** 2002

**Religious Affiliation:**  
Catholic

**Principal:**  
Ms. Nancy Baker

**Grades:**  
PreK4 - 8th

**2021 - 2022 Enrollment:** 775

**2021 - 2022 Tuition:**  
\$5,336-\$8,950

**Open Houses:**  
January 29, 2022,  
8:30 - 11:00 AM

# SCHOOL OF THE INCARNATION

2601 Symphony Lane, Gambrills, MD 21054 | 410.519.2285 | schooloftheincarnation.org

**S**chool of the Incarnation is a fully-accredited Catholic school that educates over 750 students in central Anne Arundel County on a beautiful 26-acre campus. School of the Incarnation is officially associated with the five Catholic parishes St. Joseph Catholic Church, Our Lady of the Fields, Holy Family Catholic Church, St. Elizabeth Ann Seton Catholic Church, Our Lady of Perpetual Help Catholic Church. The School of the Incarnation embraces an inter-parish community of children with differing gifts. Through collaboration amongst the faculty, parents, and other professionals, the School is dedicated to cultivating and promoting academic excellence in an environment immersed in Gospel values. This commitment is woven seamlessly into the academic program and student life. We seek to provide a distinctive educational experience to a diverse body of learners and to cultivate our students' ability to think globally and behave ethically.



**26**

Average  
Class Size

**16:1**

Student to  
teacher ratio



## CAMPUS NOTES

**Year Founded:** 1914

**Grades:** PreK - 12th

**2021 - 2022 Tuition:**  
PreK 5 full days: \$18,495  
Kindergarten: \$20,645  
Grades 1-5: \$22,685  
Grades 6-12: \$29,260

# SEVERN SCHOOL

Lower School - 1185 Baltimore Annapolis Blvd, Arnold, MD, 410-647-7700  
Middle/Upper School - 201 Water Street, Severna Park, MD, 410-647-7700  
severnschool.com

**A**t Severn School, we believe that there are many ways to lead and that every student has the potential to be exceptional. Every day, our teachers model what it means for students to lean into academic challenges, step into personal growth opportunities, and have the tough conversations needed to enact social change. Because when we define leadership by the positive impact we have on others, we become the empathetic, dynamic individuals on which our world depends.

Severn School challenges its students to pursue excellence in character, conduct, and scholarship, to marshal the courage to lead, and to contribute to the world around them. We believe this is best realized in a community where adults model these qualities, where a culture of belonging is fostered, and where each student is known and valued.



**14**

Average  
Class Size

**10:1**

Student to  
teacher ratio





## CAMPUS NOTES

**Year Founded:** 1844

**Religious Affiliation:**  
Non-sectarian

**Headmaster:**  
Chris Post

**Grades:**  
K-12, Boarding 9-12

**2021 - 2022 Enrollment:** 635

**2021 - 2022 Day School Tuition:**  
\$22,800 - \$32,800

**2021-2022 Boarding Tuition:**  
\$48,500

# THE BOYS' LATIN SCHOOL OF MARYLAND

822 W Lake Ave, Baltimore, MD 21210 | 410.377.5192 | boyslatinmd.com

**F**ounded in 1844, The Boys' Latin School of Maryland is an all-boys independent school serving boys in grades K-12, with boarding available in grades 9-12. At Boys' Latin, each and every one of our students is known -- for who he is today, and all he will be tomorrow. Our K-12 family is small by design because nearly two centuries of all-boys education has taught us that a close community builds a foundation of confidence. Of compassion. Of curiosity. And of character.

During the past eighteen months, we learned something big: The true power of our small School. When the world changed, we were ready. We adapted and remained flexible to ensure that our boys were receiving a top-notch education and remained connected. Today, our boys engage in hands-on learning, participate in extracurricular activities, perform in shows, play musical instruments, compete in athletics, and so much more. Because even through the most complex of times, we always put the

needs of our students first -- ensuring they continue to learn, grow and thrive.

This year, we welcomed our inaugural boarding class to Boys' Latin. Designed from the ground up, our boarding curriculum incorporates the latest innovations in both residential and all-boys education and mirrors our day program - small and exceptional. We have witnessed how quickly our boarding students have integrated into our community, and we can't wait to watch this program continue to grow. Go to [boyslatinmd.com/boarding](http://boyslatinmd.com/boarding) to learn more.



**13**  
Average  
Class Size

**7:1**  
Student to  
teacher ratio



## CAMPUS NOTES

**Grades:** Pre K3-12

**2021-2022 Enrollment:**  
325

**Diversity:** 41%  
students of color

**IB Programme**

**2021-2022 Tuition:**  
Pre-K: \$7400-\$11,900  
K-5: \$14,900-\$19,900  
Grades 6-12:  
\$21,200-\$23,100  
5 & 7 Day Boarding:  
\$37,000-\$45,600  
Tuition assistance awarded  
to 48% of families

# THE CALVERTON SCHOOL

300 Calverton Road, Huntingtown, MD 20639 | 410.535.0216 | [www.calvertonschool.org](http://www.calvertonschool.org)

*Between the river and the Bay, there is a school we love.*

**S**ince 1957, The Calverton School has prepared generations of students for a lifetime of success. 325 students draw from five counties in southern Maryland and nine nations worldwide to learn and grow on our beautiful 160-acre campus complete with a black-box theater, modern labs, courtyards and commons, a Residential Village, and a new turf field.

Accredited by the Association of Independent Maryland Schools, Calverton's program is anchored in challenging and vigorous academics while nurturing the whole student through a Philosophy of Honor and commitment to community. Lower and Middle School students thrive through small classes, hands-on learning, and leadership opportunities. A hallmark of the Upper School is the International Baccalaureate (IB) Programme that aims to develop inquiry, knowledge, and empathy in students enabling them to thrive as confident lifelong learners and difference-makers. Our school's supportive, inclusive, and student-centered environment fosters the growth of responsible citizens for our diverse world.

We welcome you to come for a tour and to see our Cougar learning community in action!



**14**  
Average  
Class Size

**7:1**  
Student to  
teacher ratio





## CAMPUS NOTES

**Grades:** Twos – K

### After school programs include:

Art, Ballet, Cheer, Soccer Shots and Basketball

### Weekly classes

Music Together, Jump Bunch, Spanish and Chapel

**2020-2021**

**Enrollment:** 140

**2021-2022 Tuition:**

\$2390-\$8080

# ST. MARGARET'S DAY SCHOOL

1605 Pleasant Plains Road, Annapolis, MD 21409 | 410.757.2333 | [stmargaretsdayschool.org](http://stmargaretsdayschool.org)

St. Margaret's Day School provides children with an opportunity to learn about themselves and the world around them. The school exposes children to learning experiences and gives them ample opportunity to explore, experiment, create and feel successful. A young child needs to have the opportunity to grow in relationships with other children of similar ages socially, emotionally, physically, intellectually, and spiritually. These goals are best achieved in a warm, open learning environment, facilitated by professional, caring adults. Each child is unique and develops at his/her own individual rate. Therefore, the curriculum must reflect each child's own needs, interests and level of development.

St. Margaret's Day School uses research based curriculums as well as an innovative STEM program that they developed using the Engineering Design Model. Children in our early childhood setting will collaborate as a team to learn, integrate and apply rigorous content; interpret and communicate information; engage in inquiry and logical reasoning to investigate within science, technology, engineering and

mathematics disciplines to answer complex questions, to investigate global issues and to develop solutions for challenges and real-world problems while also using 21st century tools.

Accredited by the National Association of the Education of Young Children, MD Excels level 5 rated, MAEOE certified, and as a certified Monarch Waystation we offer a comprehensive program dedicated to the personal development and growth of each child through a curriculum of creative play and developmentally appropriate activities.



**12-20**

Average Class Size

**1:6 / 1:7**

Student to teacher ratio



## CAMPUS NOTES

**Number of Academic Classes:** 7

### Classroom Size:

64,000 square miles

**Length:** 15 weeks

### Field Study:

5 weeks

**Grades:** 11 and 12

**Tuition:** \$18,898 (semi-residential)

# CHESAPEAKE WATERSHED SEMESTER

911 Gunston Road | Centreville, MD 21617 | 410.758.0620 | [www.chesapeakewatershedsemester.org](http://www.chesapeakewatershedsemester.org)

Established in 2015, the Chesapeake Watershed Semester at the Gunston School is a single-semester, place-based academic program for high school juniors and seniors. The 15-week experience takes students across the Chesapeake Bay watershed to complete real-world research, discover solutions to environmental problems, and network with national leaders. Their interactions with lawmakers, scientists, farmers, and fishermen give them a 360-degree understanding of emerging issues in a changing world.

Students leave the Chesapeake Watershed Semester with a better understanding of their role in society, their place in the environment, and the path forward in their education and careers. As 2018 alum Katie Schiwy said, "The most important thing I've learned this semester is something I can take with me

wherever I go - 'I can do it' ... I kept that mindset with me, through every assignment, through every expedition, and at the end of it all, a semester later, I know I can do it, whatever it will be, from here on out."

Enrollment at the Gunston School is not a requirement of the program and all interested rising juniors and seniors are invited to apply.



**13**

Average Class Size

**1:6**

Faculty to student ratio





UNPACKING

---

THE MYSTERY OF

---

# Critical Race Theory

What exactly are the tenets of this social  
theory and how has or hasn't it been  
incorporated into our education systems?

BY YVETTE N. A. PAPPOE

In the last several months, critical race theory—a 40-something-year old academic theory that was once obscure and exclusive to legal academia—has made rounds on national news shows, school board and community meetings, and even around dinner tables across the country.

*In a November 2021 survey of this publication's readership, we specifically asked three questions:*

- Do you know what critical race theory is and if so, please explain?
- Do you believe it is being taught in our public-school systems?
- Do you agree, or not, with the basic tenets of the theory?

The responses were telling about the general public's perception of critical race theory. The range of responses can be found in the sidebar across from this page. →

## THIS BEGS THE QUESTION: WHAT EXACTLY IS CRITICAL RACE THEORY?

Critical race theory (CRT) is an academic theoretical approach to studying law. It examines the relationship between law, race, and racism. Specifically, it is a practice or approach that provides language and a lens for examining racism at institutional and structural levels.

Underlying this is the premise that racism is endemic to American society and that racial supremacist ideals (particularly white supremacy) and practices should be dismantled. The theory was born after the Civil Rights Movement and began in legal studies in the 1970s, spearheaded by the late Derrick Bell, Harvard University's first Black tenured law professor, to address what he saw as shortcomings in understanding how discrimination and inequity are perpetuated in the law.



## “IT IS NOT A STUDY OF INHERENT QUALITIES OF RACE. IT IS NOT SAYING THAT PEOPLE ARE RACIST BY NATURE OF THEIR GENETICS.”

Following Bell's lead, a group of legal scholars—Mari Matsuda, Charles R. Lawrence III, Richard Delgado, and Kimberlé Crenshaw—published a ground-breaking book on the theory, *Words That Wound: Critical Race Theory, Assaultive Speech, and the First Amendment*, in 1993, further cementing the concept.

CRT grew from Critical Legal Studies (CLS), which itself argued that the law was not objective or apolitical. CLS' objective is to understand the ways that law makes racial discrimination appear to be inevitable; that makes racial disparities appear *just to be there* rather than the product of policies, practices, of structures. CRT looks at the way in which law facilitates racism, the way in which racism is embedded in the law itself, and proposes solutions for eradicating racism in our society while acknowledging and challenging the law's role in creating both race and racism.

Foundational questions that underlie CRT and the law include: how does the law construct race?; how has the law protected racism and upheld racial hierarchies?; how does the law reproduce racial inequality?; and how can the law be used to dismantle race, racism, and racial inequality?

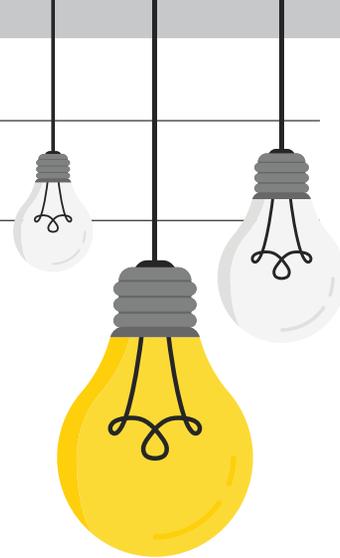
What CRT is *not*, is the idea that all white people are racist. CRT does not attribute racism to white people as individuals or even to entire groups of people. “It is not a study of inherent qualities of race. It is not saying that people are racist by nature of their genetics. It is not saying that there is even race by nature of genetics,” says one of the leading CRT scholars Kimberlé Crenshaw.

A July 2021 national opinion survey conducted by Reuters found that 57 percent of adults said they were not familiar with the term critical race theory. Those who said they were familiar with it answered follow-up questions that revealed otherwise. For instance, 22 percent of those who said they were familiar with critical race theory also think it is taught in most public high schools. It is *not*. Thirty-three percent believe it “says that white people are inherently bad or evil” or that “discriminating against white people is the only way to achieve equality.” It does *not*. Rather, CRT simply assumes racial supremacy is bad in all forms, regardless of how and where it appears, or who is exercising it. In other words, teaching young people about race and racism is not synonymous with teaching them critical race theory.

## WHAT'S ALL THE FUSS ABOUT?

With that backdrop, it is difficult to conceptualize how this could possibly have become so controversial. To be sure, resistance to critical race theory is not novel. However, it has taken over headlines in recent times in the wake of the national protests and social justice movement that began in mid-2020. After the

# Critical Race Theory, In Your Words



In a recent edition of our weekly Feedback Friday reader survey, we asked: (1) Do you know of Critical Race Theory?; (2) Do you believe it is being taught in our public-school systems?; and (3) Do you agree, or not, with the basic tenets of the theory?

## Here's what you said:

The names of many of these movements and talking points are not clear. BLM, Defund, critical race theory. They leave much to the imagination and are not clear on exactly what they stand for. We need some simple slogans and wording so that people can understand what is fundamentally behind them. And I'm not completely clear in what any of them mean; and I've even researched. —**Lee Norwood, Severna Park**

Don't know who is teaching it, but certainly every American needs to be provided the data showing that one piece of racism and our failure to achieve social justice lies in the area on inequality under the very law that purports to be blind to appearance. The idea is right, but the application of blind justice is nonexistent. —**Carol Chisholm, St. Michaels**

Critical race theory is being taught, but I guess the educators don't want to call it that. For them, it is all about equity where the government wants to determine the outcome for selective "oppressed" groups, rather than equality where everyone has an equal opportunity to achieve success. In addition to their teachings about race, our students are asked to sexually identify as something and what pronoun they want to be used to describe them and to question their sexual identity. No wonder kids are confused. —**Julia Jones, Edgewater**

Personally, I believe objections to Critical Race Theory (CRT) is a continuation of beliefs by many that America's identity is eroding. What is puzzling is that any state's action to ban its teaching can only apply to public sector schools. Private schools may choose to include the theory in its curriculum. Moderate religious groups may discuss the theory. What do anti-CRT people think will happen when a private school student talks about CRT with a friend who attends public school? —**Michael Alexander, Annapolis**

CRT is an analytic concept taught in higher education, college, and graduate schools. It is not part of any public-school curriculum. The concept of CRT is that race has always played a part in the development of the American nation. From the obvious evils of slavery to Jim Crow and other overt policies to less visible things like restricting loans to non-white peoples and businesses, red-lining in urban and suburban development, and the restriction of voting rights and access across the country.

As a former university and public school history teacher, I made it a point to challenge the minds of my students to see issues and events in context but also to see the short and long term effects of said issues and events. Historically, there are many things that have more than one viewpoint, as when the U.S. Constitution states, "We the People," what does "people" mean?

Racial discrimination is not an issue of the past. The success of the Civil Rights movement was a major step towards equality but not the end. One need only look at recent events in streets all over the country to conclude that America is a work in progress, and we have a long way to

go. Discussing Critical Race Theory is a vital part of that process. —**John Ebley, Arnold**

As usual, a fairly straightforward exploratory subject has been blown out of proportion so far that the issue has become unrecognizable. What is, in my opinion, a legitimate effort to develop critical thinking skills regarding the state of race in this country is now a political cruise missile. I know from experience as a teacher that kids are eager to think deeply, but I also know from experience that parents do not generally want kids with critical thinking skills. Further, I know from social and personal experience that, simply put, the deck is stacked against my black friends and neighbors. It is only deniable if you don't spend reflective time with black people, and then get all your information about this issue from dumbed-down media, social or otherwise. —**Lawrence Wood, Williamsburg**

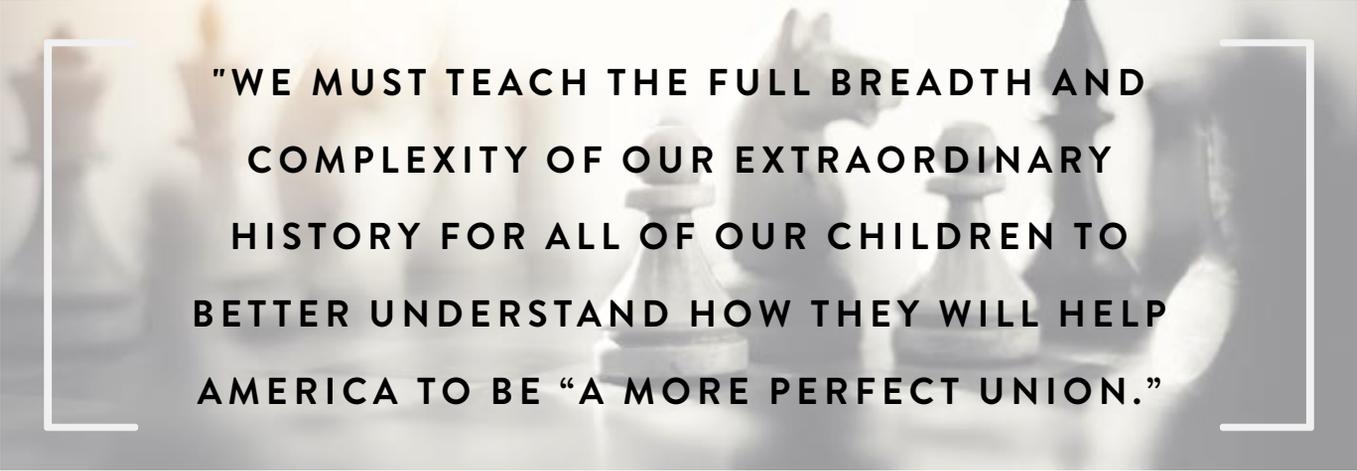
I do not know what Critical Race Theory teaches but I do believe it's important for students at the high school level to understand the background of race as a part of American history. —**Leslie Price, Annapolis**

The central tenet of CRT is that race was embedded into American society from the very beginning and that's it's still an issue today. I don't think it's being taught, but I think it should be—hey, the early settlers enslaved both indigenous persons as well as black Africans (but not whites), and even as recently as the 1930s redlining, a federal policy, kept blacks from becoming homeowners. Today, we see the voting rights of non-whites being threatened in a broad swath of states. Institutionalized racism has certainly contributed to the private individual racism

that we see and that the black, Latino, and Asian communities experience. Ignoring racism is no way to address the problems of racism. Just as kids can be taught at an early age to be racist, they can be taught not to be racist. —**Marc Knapp, Annapolis**

I don't believe I have heard of this and I'm kind of shocked because I do watch the 5 a.m. news to 7 a.m. and, again, I watch the 5 p.m. news until 6:30 p.m. I do not have a child in school and the last time my son was in school it was in 2008. Maybe that's why I haven't heard of it. I like to know things, know enough to make an educated decision on whether I support it or not. —**Lisa Linthicum, Brandywine**

My understanding is that CRT is a theory about the complicated origins and current remnants of institutional racism in this country. CRT seems to be a topic in some graduate and law school classes. Having taught in K-12 public schools for 30 years, I can say that CRT never came up and is not on any curriculum I ever saw. It is not taught. I think, given that laws discriminating against large segments of our population were on the books until the Civil Rights Era, it would be surprising if there weren't lingering issues with race in our country and that CRT seems a good way of trying to trace and study where/how it operates. —**Susan Buckingham, Chester**



**"WE MUST TEACH THE FULL BREADTH AND  
COMPLEXITY OF OUR EXTRAORDINARY  
HISTORY FOR ALL OF OUR CHILDREN TO  
BETTER UNDERSTAND HOW THEY WILL HELP  
AMERICA TO BE "A MORE PERFECT UNION."**

height of the protests, news outlets, particularly on television, began airing segments featuring conservative and liberal pundits that demonstrated a potent mix of opinion, hyperbole, and, in many cases misinformation, about critical race theory. Suddenly, critical race theory was being used as a blanket term to describe a very broad range of cultural constructs. Manhattan Institute senior fellow Christopher F. Rufo summarized the intent of the backlash against CRT in a tweet: "The goal is to have the public read something crazy in the newspaper and immediately think 'critical race theory.' We have decodified the term and will recodify it to annex the entire range of cultural constructions that are unpopular with Americans."

Suddenly, Americans on both sides of the political aisle were examining the intricacies of critical race theory and debating whether its tenets were weaving their way into the lexicon of public and private policy, government, and, of course, education systems.

The criticism of CRT was crystallized on September 22, 2020, when an Executive Order was enacted on Combating Race and Sex Stereotyping banned "divisive" and "un-American" workplace training that is "rooted in the pernicious and false belief that America is an irredeemably racist and sexist country." The order was said to have "abolished critical race theory from the federal government, the military, and all federal contractors."

## RECENT CALLS TO "BAN" CRT IN CLASSROOMS

The September 22nd executive order has since been revoked. But that did not put the controversy surrounding CRT to rest. Indeed, quite the opposite occurred. In addition to CRT being the talk of the town, it has now become the subject of several legislative acts across the country. Per an analysis by Education Week, 27 states have proposed legislation to ban CRT in schools, and eight states have effectively "banned" CRT and related topics from being discussed in schools. As of August 2021, twelve states have passed legislation or enacted policies to "outlaw" CRT in schools. The legislations mostly ban the discussion, training, and/or orientation that the U.S. is inherently racist as well as any discussions about conscious and unconscious bias, privilege, discrimination, and oppression. These parameters also extend beyond race to include gender lectures and discussions.

This is not just happening on the state level. In the past few months, several members of Congress have introduced legislation that would: 1) reduce federal funding for schools that teach lessons based on the *New York Times'* controversial 1619 Project; 2) ban D.C. schools from teaching critical race theory; and 3) prohibit the teaching of CRT in military schools.

In Maryland, an Anne Arundel County councilman sought to introduce a similar anti-critical race theory bill, which failed in a 3-4 vote on October 18, 2021. Councilman Nathan Volke (R-Pasadena), author of the bill, believed the County must clearly define "discrimination" by law and cited critical race theory as an example of discrimination. "At times, ideas associated with critical race theory can be discriminatory and are not positive for the future of our county," Volke said when asked about the bill.

The language in the bill specifically characterized critical race theory as exacerbating and inflaming "divisions on the basis of sex, race, ethnicity, religion, color, national origin, or other criteria in ways contrary to the unity of the nation and the well-being of our citizens." Volke defended his position that the bill is not an 'anti-critical race theory bill' but rather a "non-discrimination measure" and sought to amend the bill to remove the phrase on the evening of the debate.

In addition to its definition of discrimination, the bill sought to restrict the use of county funds for discrimination as defined. Anne Arundel County Public Schools (AACPS) has said that critical race theory is not part of their curriculum. However, in March 2021, AACPS launched AACPS Unites, a reading initiative "that diversifies student literary experiences by reflecting and celebrating the diversity of the AACPS community." Had Volke's bill passed, AACPS Unites would violate the law, resulting in the school board losing funding.

## WHERE IS CRT TAUGHT?

Whether CRT is being taught is the subject of contention that lies at the heart of the current national debate. The truth is, despite all the efforts to ban the teaching of CRT in K-12 education, critical race theory is *not* being taught in K-12 schools. Talbot County Superintendent Kelly L. Griffith put it plainly, "...critical race theory is not a curriculum, rather [it is] an academic umbrella of reflections and writings developed in higher education (colleges, universities, law schools, and graduate schools) since the mid-1970s."

Even though CRT is not a topic in most K-12 curricula, some legislators, elected officials, and their supporters, have referenced it in connection with any lesson or training that acknowledges racially oppressive practices. Randi Weingarten, the head of the American Federation of Teachers (AFT) called the movement against critical race theory a "culture campaign" that attempts to suppress the truth, "limit learning, and stoke fears about our public schools" at the July 6, 2021 AFT conference. Weingarten believes "culture warriors are labeling any discussion of race, racism, or discrimination as CRT to try to make it toxic."

“As a curriculum subject, critical race theory is largely within the purview of university law schools and *some* graduate programs. It’s a method of examination taught in law school and college that helps analyze whether systemic racism exists—and, in particular, whether it has an effect on law and public policy,” Weingarten says. For instance, a cursory search of the course catalogs of the 12 institutions within the University System of Maryland (USM) reveals that only one school (the university of Maryland school of law) offers a course entitled “Critical Race Theory.” The University of Baltimore offers a critical legal theory course as part of its pre-law program partnership with its law school (UB law school) and UMCP offers a course through its women’s studies program focused on feminist, queer, and critical theories.

### SHOULD CRT BE TAUGHT EVERYWHERE?

Most, if not all, of the discussion centered on CRT boils down to a single question: should CRT be taught in classrooms? Talbot County Superintendent Griffith believes that “...while critical race theory is not a curriculum taught in Talbot County classrooms, students need to learn about race and racism. We cannot ignore race or racism in our teaching. We must teach the full breadth and complexity of our extraordinary history for all of our children to better understand how they will help America to be “a more perfect union” and to improve itself for the rights and benefit of all of its citizens.”

## “CULTURE WARRIORS WANT TO DEPRIVE STUDENTS OF A ROBUST UNDERSTANDING OF OUR COMMON HISTORY.”

Weingarten believes the restrictions on teaching sought by this movement against critical race theory would harm students. “These culture warriors want to deprive students of a robust understanding of our common history...This will put students at a disadvantage in life by knocking a big hole in their understanding of our country and the world.”

The answer to the overall question depends on whether one believes K–12 students need “to know our [country’s] history and to consider its layers, its contradictions, and its complexities,” as Griffith does.



*Yvette N. A. Pappoe is Visiting Assistant Professor of Law at the University of Maryland Francis King Carey School of Law and teaches a Spring semester course on Critical Race Theory—the first of its kind in the 205-year history of the school.*

*Editor’s Note: Multiple requests for general commentary on the subject to more than 20 members serving on the Anne Arundel, Queen Anne’s, and Talbot County school boards went unanswered for this article.*

# Rest Easy Knowing Your Money is Hard at Work



Reaching your financial objectives takes time and dedication. The advisors at Bay Point Wealth have the experience, knowledge, and patience needed to help you achieve your goals.

**Bay Point**  
WEALTH

410-626-8198

WWW.BAYPOINTWEALTH.COM

Fee **FO** Only\*



A luxurious waterfront retirement community like no other – Annapolis Style!



**Meet the Williamsons:**

Patty and Parker, North Carolina natives, ventured into the Annapolis area via their sailboat named "Second Wind." While keeping their sailboat a few doors down at Bert Jabin's Yacht Yard, Patty and Parker discovered BayWoods of Annapolis and were immediately taken by the luxurious waterfront retirement community right on the Chesapeake Bay. BayWoods proved to be close to their sailboat and all of the world class charm that is associated with the surrounding Annapolis area. This is an active lifestyle in a pet friendly continuing care community with equity ownership.

See our website for our available listings including our popular 1 bedroom units. Please call Jim Harrington to schedule a tour.



The only retirement community located on the Chesapeake Bay.

baywoodsofannapolis.com | 443.837.1208  
7101 Bay Front Drive, Annapolis, MD 21403





# Your Financial Checklist for 2022

Spending, saving, investing, and tax tips for the year ahead

What a strange, stressful, unpredictable past couple of years we've had. Just as many people are adopting wellness habits that will continue to keep them feeling their best in a post-pandemic world, many people are also adopting healthier financial habits that will help them make the most of their money, avoid debt, and live prosperously no matter what surprises they face.

Whether you're a seasoned investor or you're just starting to set money aside in a savings account, there's always going to be that element of *what if*? What if the market takes a downward turn? What if I find myself in an expensive emergency? What if my income is a comfortable amount for the first time in memory?

Coming up with a savings and investing plan isn't a one-size-fits-all practice—instead, you need to create one that's uniquely suited to your resources and your goals. But there are certain parameters you should keep in mind if you're resolving to make the year ahead your most lucrative yet.

## New Year, New Habits

If you're committed to making a money-related new year's resolution, let it be a combination of setting aside savings and paying down your debt. These two actions are crucial to good financial well-being, but far too few individuals adhere to them.

"Saving is critical," says Ann Alsina with CovingtonAlsina. "The average American can't meet an unexpected \$400 expense. Having savings on hand is both offense and defense. When life happens, your savings keeps things running."

But savings are about more than simply having money on hand to handle unexpected problems life throws your way. Having a little bit extra set aside will mean you have discretionary money you can put into financial opportunities that arise—thus, you're making better use of your money.

“Financial planning makes a big switch when you shift from accumulation to distribution—going from saving to spending,” Alsina says. “The way we invest is completely different. Our insurance needs change as well. When you’re younger, disability and life insurance play a big role. As we age, long-term care insurance and umbrella policies to protect our assets become a priority.”

How much should the average person have set aside? Leaders in the industry recommend having enough to cover three months’ of living expenses at the very least, though as much as six months’ worth is preferable. These savings can be cash in the bank, investments, or some combination thereof.

The other important move is to pay down your debt, particularly credit card debt. Because debt incurs interest, you are losing more money over the time you take to pay it off. Credit card debt is especially bad because, unlike assets that appreciate over time, such as your home or your car, this kind of debt doesn’t actually hold any value to you.

Once you’ve tackled saving money and paying off debt, you have a good start, according to Larissa Costello with Ad Astra Wealth Management. “Beyond that, always start with a financial plan,” she says. “Review the plan periodically. Do not lose sight of your goals.”

## What to Expect from 2022

You wouldn’t be wrong to be a little pessimistic about the market in 2022. After all, effects from the COVID-19 pandemic continue to linger in nearly every industry, and the economy has been slow to recover.

You might have noticed that the prices of many goods increased over the course of the pandemic. With so many countries going into lockdown, along with any businesses based in them, output decreased and products became in short supply.

Unfortunately, demand for those products stayed the same—or, in some cases, increased. With smaller supply and greater demand, prices increase. And when there’s more money going after fewer goods, inflation results.

“People will pay a premium to get something now, rather than wait,” Alsina says. “We’re also starting to see wages increase as people have been reluctant to return to work after the shutdown.”

Although grocery stores are fully stocked with toilet paper and bread again, the effects of shutdowns continue. “Almost two years later, we are still dealing with the short supply and difficulty finding workers to fill the needs,” Costello explains. “History has taught us that prices rise much faster than they come down.”

These higher prices aren’t felt the same by everyone. Consumers with fixed incomes, such as retirees, or those with lower incomes feel the burden of expense much more than people with a greater discretionary spending budget. Somebody without a financial plan or without the ability to wait for a market rebound might have gotten rid of their assets early in the pandemic and lost money; however, others who kept their assets saw, as Costello puts it, “a serious increase in their investments in nearly every market.”

Despite this, experts see reason for optimism, even if it’s impossible to say for certain. Alsina notes that some economists are predicting a positive year for the market—a bit of a surprise given the rising concern of looming inflation.

The more important thing to consider is what you can afford to do in the longer term. If you invest in assets you can hold onto for long enough for them to appreciate, you’ll come out on top whether any one year is a bull market or a bear.

“Experience has taught us that, short term, the market will rise and fall,” Costello says. “Often without any real explanation. No matter how smart the analyst is, being able to predict with any consistency what the indexes will do short term is a fool’s game.”





Longer term, those who can wait out the volatility find they win. Hence the need for financial plans and emergency funds.”

For anyone looking to plan investments in 2022, Costello recommends they create a mix of assets that are appropriate for their unique needs. These will be determined by factors like age, risk tolerance, time frame, and liquidity needs.

“Trying to find that one investment that is going to blow the doors off is the surest way to lose money,” Costello says. The “meme stock” craze of 2021, ignited by the Reddit forum “r/wallstreetbets” and fueled by speculation around several select stocks, most notably GameStop and AMC, is a perfect example of high risk/reward that, ultimately, lost money for a large percentage of new investors. “Remember no one brags about the 10 investments that lost money, only the one that went up.”

## Changes You Should Know About

If you’ve had some trouble following the tax changes and other legislation throughout 2020 and 2021, you’re not alone. But as you’re preparing your taxes for the April 15, 2022, deadline, there are still a few important notes you should keep in mind.

Most notably, there are still some taxpayers who are entitled to the third stimulus payment, which was issued in March 2021, but did not receive it. Michelle Crislip of Integrity Tax and Small Business Solutions explains that this is a 2021 stimulus payment and can be requested on your 2021 tax return. Additionally, business meals are 100 percent tax deductible this year, as opposed to years past when they were only 50 percent deductible.

Then there’s the child tax credit. “Taxpayers who are receiving the monthly advance on the child tax credit need to be aware that it is an advance of their 2021 child tax credit,” Crislip says.

“Anyone who has received the monthly payments will need to know the amount received when preparing their 2021 tax return. This is an advance of their child tax credit and will therefore reduce the amount still owed to them with the filing of their tax return. This may result in a smaller refund since they already received some of the credit.”

## Making Your Checklist

*If this info makes you feel more confident about your finances as you head into 2022 — great! Now the only thing left is to put together your to-do list. And while your to-do list won’t be exactly the same as somebody else’s, here are a few important items you should consider including:*



**REVIEW YOUR 2021 BANK STATEMENTS:** This will help you assess where you’re losing money unnecessarily, such as overdraft charges, withdrawal fees, late payment charges, or interest. Evaluate how you can avoid certain fees—some charges might even be able to be waived by your bank.



**REVIEW YOUR 2021 EXPENDITURES:** In other words, where are you spending your money? When you take a critical look at your past expenditures, it can help you assess how much useless spending you’re engaging in and how you can apply that toward savings or investing so it can help you reach your financial goals in the long term.



**PLAN YOUR 2022 EXPENDITURES:** Saving is easier when you have a budget, and the first step to creating an annual budget is to figure out exactly what big spending you have to do. Additionally, this will help you figure out which of your expenditures have long-term value.



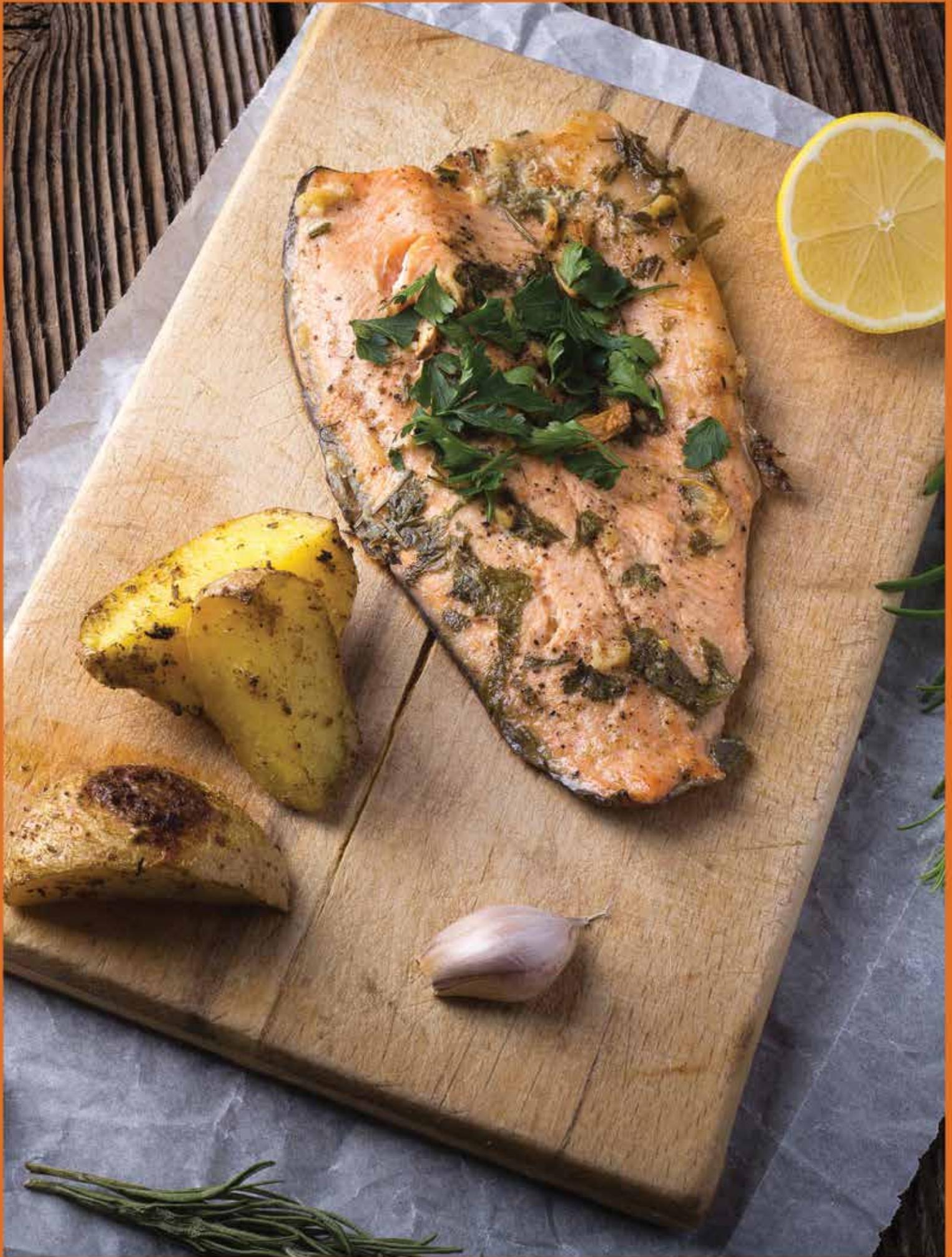
**ANALYZE YOUR SAVINGS OPPORTUNITIES:** If reviewing or planning your expenditures helps you realize you potentially have excess money to set aside, figure out which options are best for your needs. Some of it can go aside in a savings account, but you might want to put other dollars towards stocks, bonds, or mutual funds.



**CONSIDER FUND DIVERSIFICATION:** You know the expression “Don’t put all your eggs in one basket”? That applies here. When you have a diverse portfolio of investments, you minimize your risk of loss. If one investment turns out to be bad, you still have money in other investments (and you can afford to wait patiently to see whether the depreciated investment improves).



**CONSULT THE RIGHT PROFESSIONALS:** Not all financial professionals do the same thing, and you should see out the one that best fits your needs. A CPA, or certified personal accountant, works to help you minimize your tax liability. They are not the same as a financial planner, who helps provide guidance and advice on investment strategy.



# NDG customers have an interesting way of expressing their appreciation.



Most of our customers come to us through referrals from friends. And somewhere along the way our customer relationships morph into friendships.

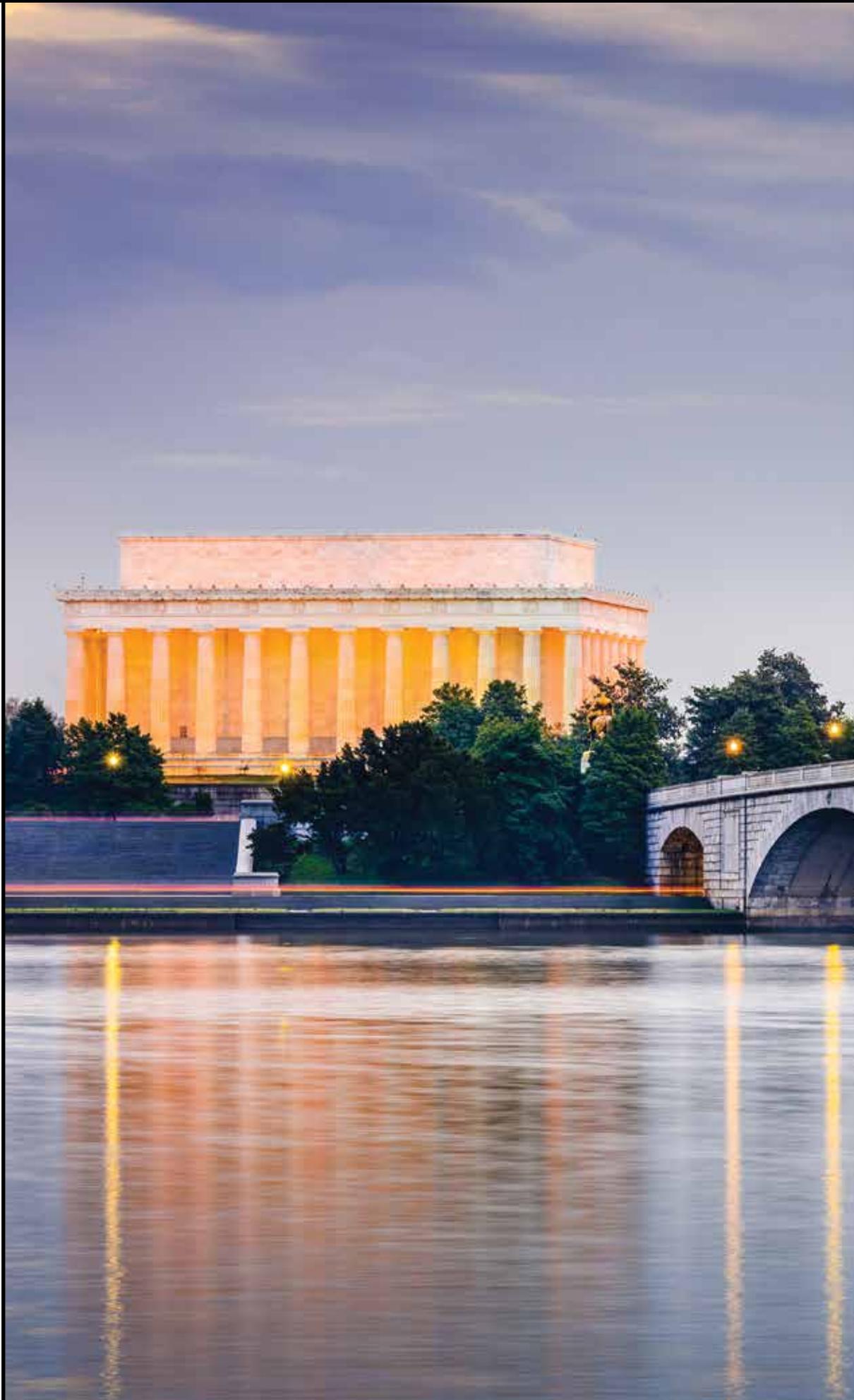
One customer even smoked a steelhead trout for Brant in appreciation of the work NDG did for him. Others return NDG's trust in kind. Often, they'll give us the go ahead to start work without an estimate. Because they know they can rely on us to do excellent work at a reasonable price. And we know we'll do whatever it takes to retain them not just as customers, but as friends.

**NIELSEN**   
DEVELOPMENT GROUP

**www.NDG.Solutions**  
**833-634-6683**

# POTOMAC, OUR NATION'S RIVER

BY ELLEN MOYER



SKYLINE ON THE POTOMAC  
RIVER IN D.C. WITH THE  
LINCOLN MEMORIAL,  
WASHINGTON MONUMENT,  
AND ARLINGTON  
MEMORIAL BRIDGE.



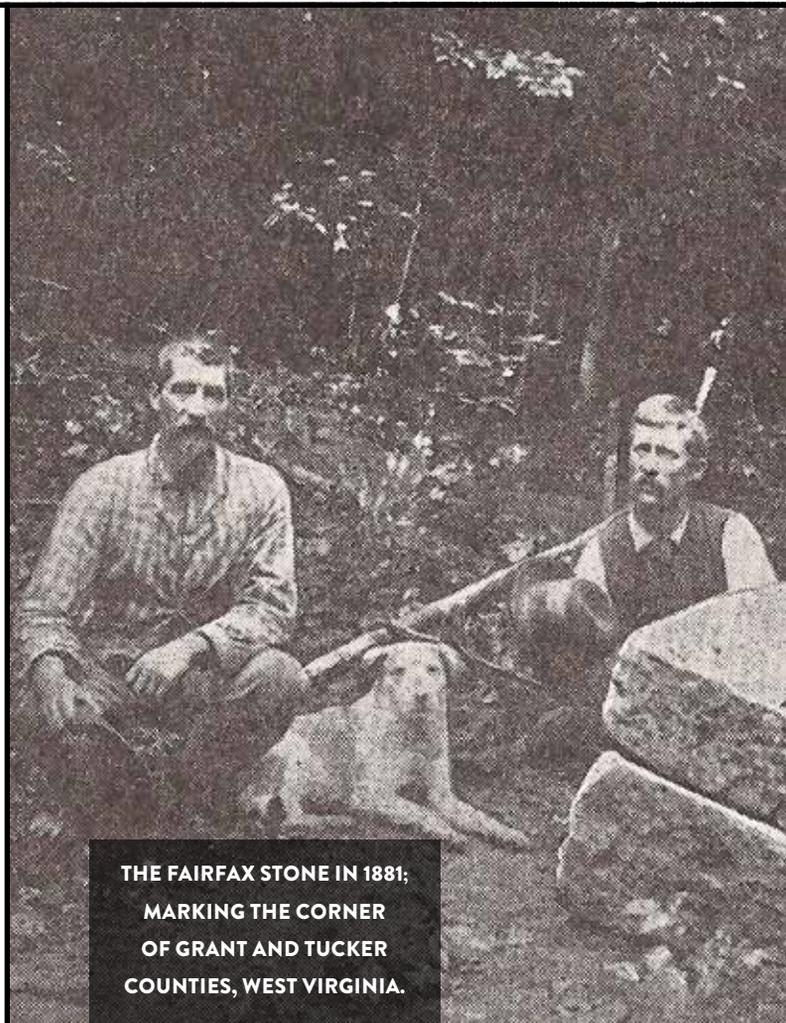
**N**icknamed Our Nation’s River, the Potomac is the richest of all rivers in the legends and history of America. Along its banks, the leaders of a new nation were raised. Stirred by cries to “go west young man, go west,” the river was the waterway to answer that calling. It was also a major obstacle to be crossed and journeyed to meet the conflicts that shaped the founding of our new nation. The French and Indian War, Brown’s War, the Civil War, the Oyster Wars, the War of 1812, the pathway west, and the pathway east carrying the resources of a rich land... indeed, the Potomac River is steeped and unparalleled in American history. It has stories to tell.

Surveyed by Peter Jefferson, father of Thomas, to settle a boundary dispute by Lord Fairfax in 1746, the discovered source of the Potomac arises from a spring in West Virginia near the Maryland state line. Its source is marked by a boundary marker called the Fairfax Stone and is now a park. Rising from underground, the tiny spring moves across the Appalachian Mountains and the Piedmont Plateau 405 miles to finally meet the Chesapeake Bay in a mouth 11 miles wide near Point Lookout in Maryland.

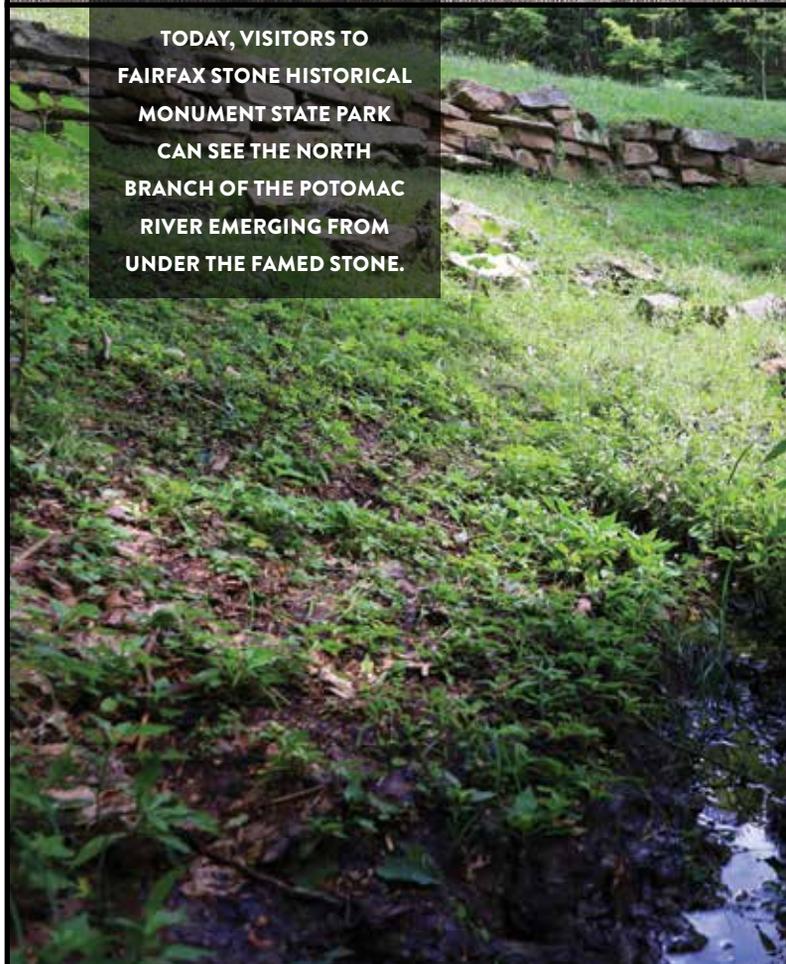
It is Maryland’s second longest river (Susquehanna is first) and the Nation’s 21st largest in terms of drainage area at 14,700 square miles. It is probably 3.5 million years old, carving its way through the mountains and depositing sand into the Atlantic Ocean shelf. Today, five million people live within its watershed.

The Algonquin and Piscataway Indians fished it, hunted it, and lived along the river long before Captain John Smith famously explored it in 1608 looking for the way west to the Pacific Ocean. Smith went 115 miles up the river until he was blocked by the force of falling water tumbling over rock debris—the last glacial remnants we now call Great Falls. He went no farther and neither did anyone else for 100 years.

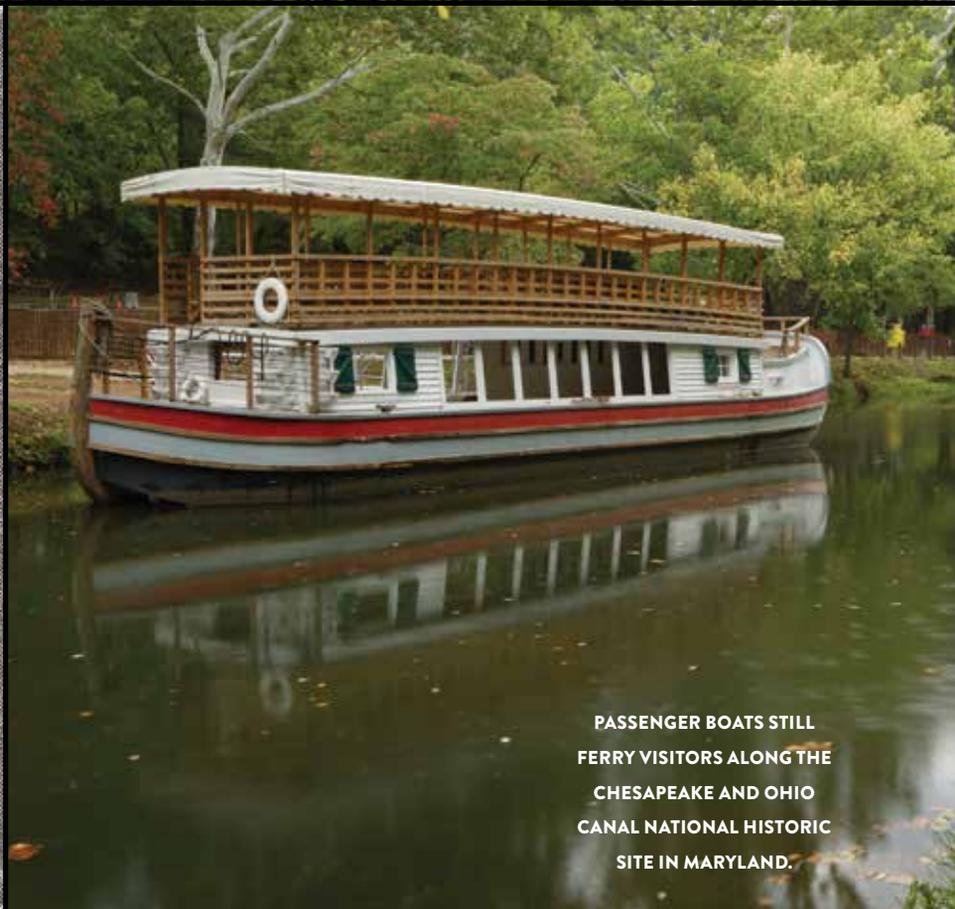
Separating the colonies of Virginia and Maryland, the tidewater area became the center for grand tobacco plantations that enriched England. All along the Potomac—from Virginia’s northern neck to Maryland at St. Mary’s City—the Washington, Lee, Carter, Monroe, Fitzhugh, Mason, Taylor, Calvert, and Brent families prospered. Never in all of America has one place fostered so many leaders, lawyers, philosophers, heroes, and presidents as the tidewater area of the Potomac. It is the cradle of our republic, raising men and women skilled with horse and agriculture, men and women of strength, courage, and wisdom, and sociability in learning the political ways of rational and respectful relationships. Survival depended on it. The Hatfields and McCoys didn’t belong in tidewater Potomac.



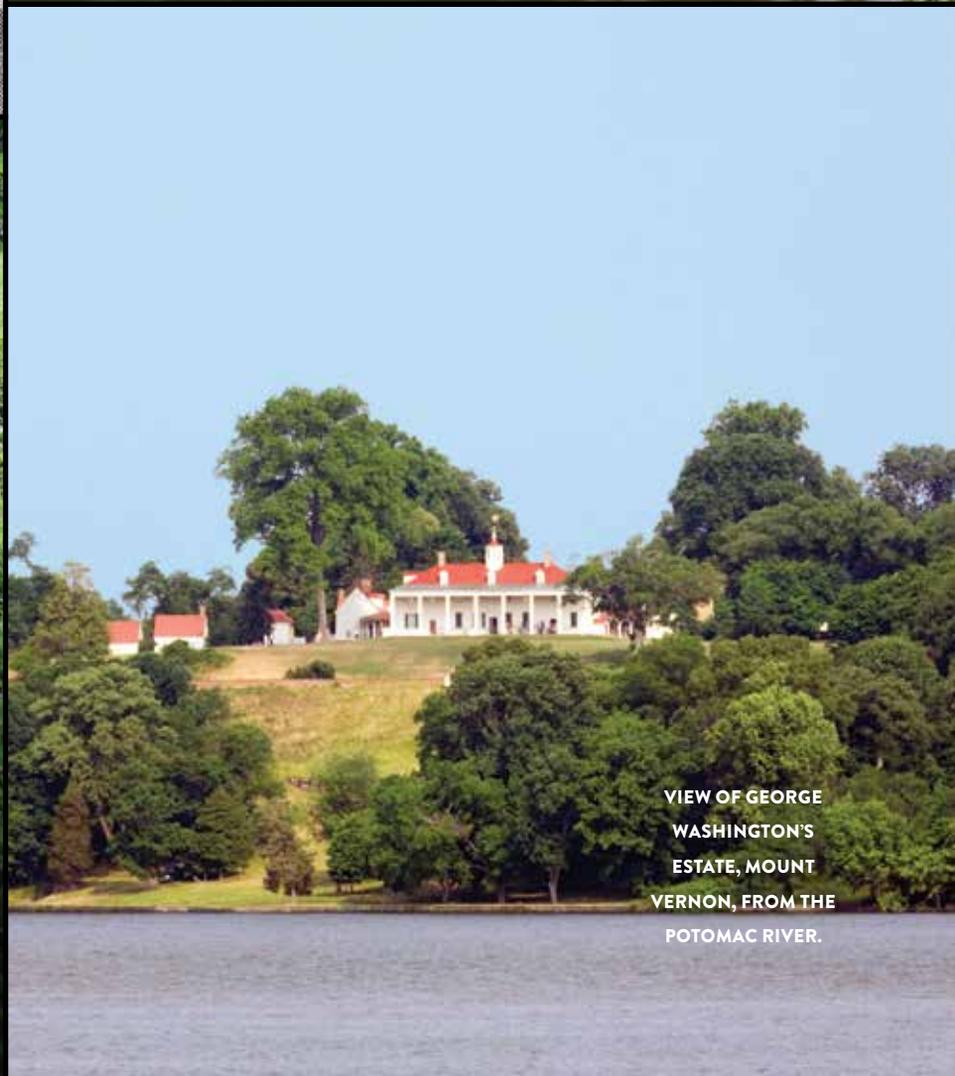
**THE FAIRFAX STONE IN 1881; MARKING THE CORNER OF GRANT AND TUCKER COUNTIES, WEST VIRGINIA.**



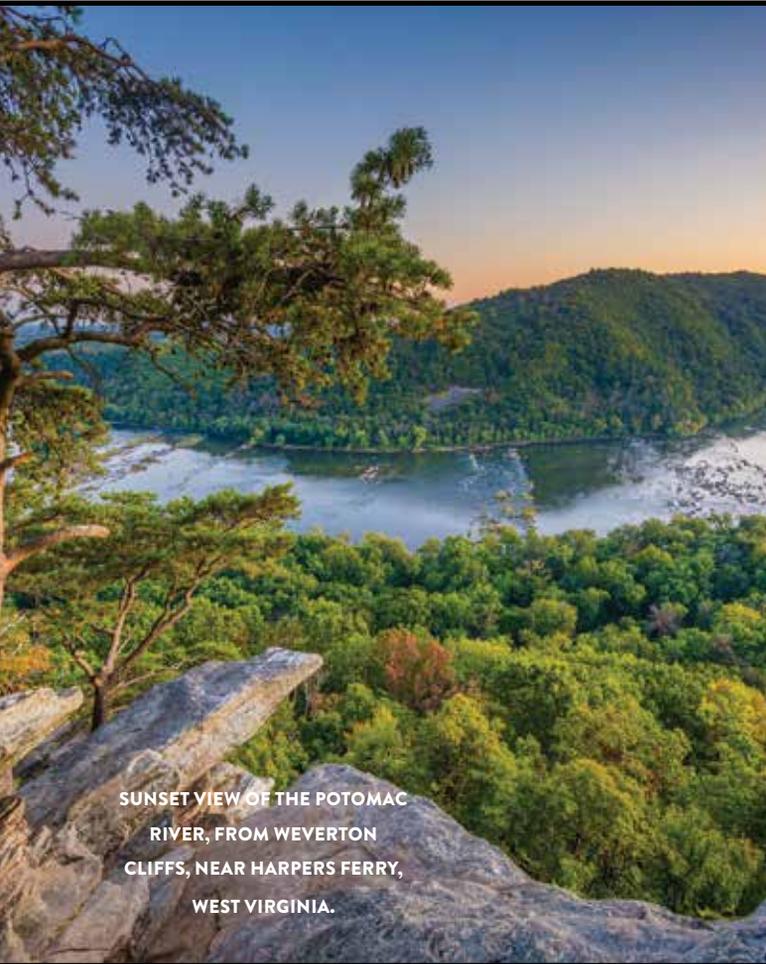
**TODAY, VISITORS TO FAIRFAX STONE HISTORICAL MONUMENT STATE PARK CAN SEE THE NORTH BRANCH OF THE POTOMAC RIVER EMERGING FROM UNDER THE FAMED STONE.**



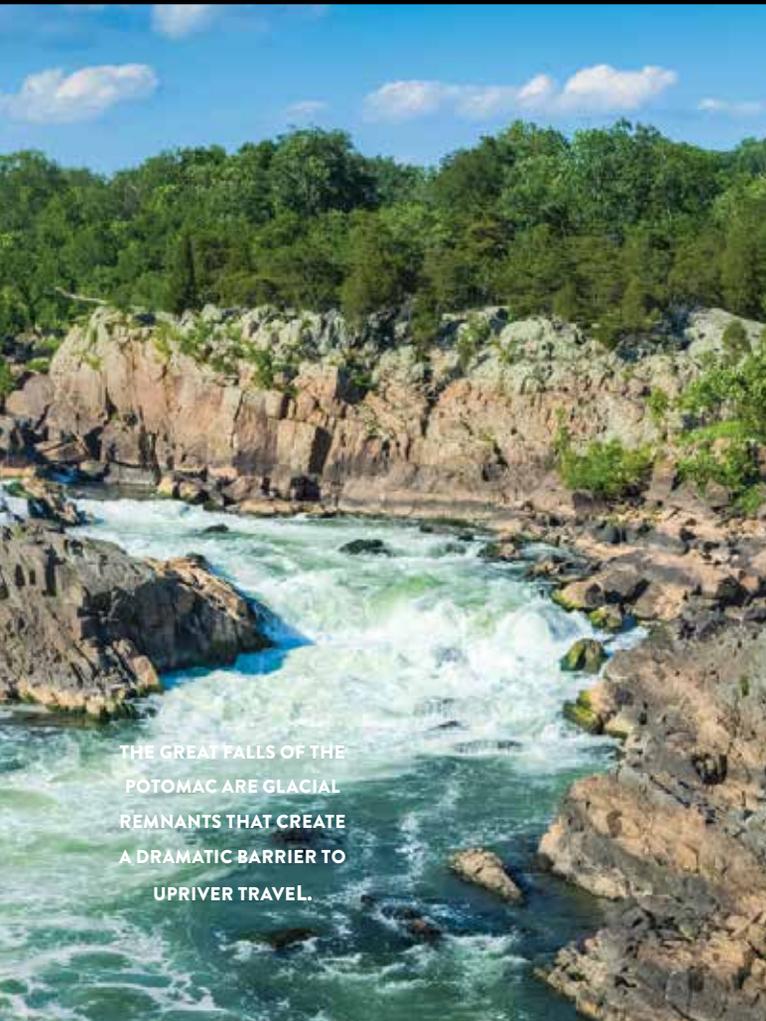
PASSENGER BOATS STILL  
FERRY VISITORS ALONG THE  
CHESAPEAKE AND OHIO  
CANAL NATIONAL HISTORIC  
SITE IN MARYLAND.



VIEW OF GEORGE  
WASHINGTON'S  
ESTATE, MOUNT  
VERNON, FROM THE  
POTOMAC RIVER.



SUNSET VIEW OF THE POTOMAC RIVER, FROM WEVERTON CLIFFS, NEAR HARPERS FERRY, WEST VIRGINIA.



THE GREAT FALLS OF THE POTOMAC ARE GLACIAL REMNANTS THAT CREATE A DRAMATIC BARRIER TO UP-RIVER TRAVEL.

As the land became exhausted, because tobacco was not kind to the soil, the acquisition of more land for farms and plantations ensured the continuation of wealth. Eventually, eyes turned to the land behind the falls. George Washington was one of the first to venture west. He marveled at the land and saw the river as the highway to the Ohio River and even further west. Washington never gave up his vision and pushed for a canal around the falls toward Cumberland that began in 1787.

Above the falls the land was different. Thomas Jefferson—when viewing its vastness at Harpers Ferry—would write “the passage of the Potomac through the Blue Ridge is perhaps one of the most stupendous scenes in nature.” Traveling west to Berkeley Springs as he often did with his brother Lawrence, George Washington would describe the river below him from the ridge (along present-day Route 9) as a wild wilderness of beauty.

Though the C&O Canal would follow along the river, with barge traffic heading west and east, the river still maintained spaces of rugged quietude. Today, the canal is a 180-mile National Park and pathway for hiking, biking, and horse riding. The view described by Washington has hardly changed in 200 years.

West of the falls, the land of valleys and ridges was crisscrossed by streams and rivers (now kayak routes for weekend leisure excursions) that joined the Potomac waterway on its journey south and east. Wheat and corn would be grown in the fertile valleys by new German immigrants sponsored by families of the tidewater. Streams provided waterpower for grist mills to grind the flour that made biscuits for new pubs and restaurants in the new farming town centers, such as Hagerstown, Frederick, and the booming new port city of Baltimore.

It was in this area where the ravages of the Civil War took the lives of so many sons of the south and north. Today, visitors can explore the battlefields of the many skirmishes that mark the farmlands, from Shepherdstown through Antietam, and feel the tragedy of lives lost.

The heart of the Potomac is not the tidewater or the farmlands of wheat or the rocky quarry areas and coal mines farther west. They are all parts of America in Miniature. The river’s soul is the Nation’s capital city Washington, D.C. It is not an industrial city. It is as Senator Justin Morrill exhorted it to be in 1866, “a seat of government. In design it must be worthy of our nation.”

Tidal basins and cherry trees. Monuments, museums, architectural delights. The Capital Dome, the Mall, leisure boating centers, and visitors from across the globe look out upon the very river that flows past Mt. Vernon, George Washington’s home—reminding us that the Potomac region was and continues to be unequalled as a school for leadership.

# TIMBERLAKE

— VETERAN OWNED & OPERATED —



CUSTOM HOMES | WHOLE HOUSE RENOVATION | OUR HOME/YOUR LOT



DESIGN | BUILD  
Your Veteran Builder  
• SINCE 1963 •

CALL/TEXT for a CONSULTATION! 443-222-1426

Your Unique Needs.  
Our Unique Expertise.  
**TimberlakeDB.com**



MHIC# 121833 MHBR# 3789



# CHESAPEAKE CAR WASH & DETAIL CENTER

STOP IN TODAY AND GET ALL OF THAT SALT OFF OF YOUR VEHICLE!



THANK YOU  
FOR VOTING US  
**BEST  
CAR WASH**



**Chesapeake Car Wash & Detail Center** is the state of the art destination for all of your car care needs. Located just west of the Annapolis Mall, we offer premier services that range from quick exterior car washes, to a lifetime guaranteed ceramic coating. Our Monthly VIP Programs will help maintain the cleanliness and condition of your vehicle. Available in Full Service and Exterior packages, enjoy the benefits of receiving 10% off detailing services, unlimited visits, automatic billing, and no long-term contract!

**TAKE ADVANTAGE OF OUR SPECIAL  
VIP PACKAGES AND RECEIVE:**

- Receive the Best Wash And Vacuum
- Access to our Fast Pass exterior lane
- No long-term contract
- Automatic monthly billing
- Unlimited visits
- Receive 10% off Detail Services

**111 Defense Hwy  
Annapolis, MD 21401  
410-224-0175  
chesapeakecarwash.com**

**GET THAT SALT OFF!**

**\$3<sup>00</sup> OFF**  
Any full service  
car wash

Expires 1/31/22



*Your World.* **Under One Roof.**



Now that we are celebrating a New Year.  
Let us help you find your new home!

**BERKSHIRE HATHAWAY** | Homesale Realty  
HomeServices

A member of the franchise system of BHH Affiliates, LLC.  

Downtown Annapolis  
91 Main Street, Annapolis MD 21401  
Office: 410-505-9700 | Cell/Text: 410-507-2535 | Homesale.com

**We have opened our newest office in Downtown Annapolis!**

# B R I G H T & B E A U T I F U L



**314 Design Studio**  
KITCHEN AND BATH SPECIALISTS

314 MAIN STREET | STEVENSVILLE | 410.643.4040 | 314DESIGNSTUDIO.COM



## AN ORGANIZED HOME IS A HAPPY HOME

Enjoy more access to your home with custom pull-out shelves for your existing cabinets and closets



**ShelfGenie**  
EVERYTHING WITHIN REACH™

a Neighborly company  
Locally Owned & Operated

# 50% OFF INSTALLATION!\*

\*Applies to purchases of 4 or more Classic or Designer Glide-Out shelves. Lifetime warranty valid for Classic or Designer Solutions.  
EXP 2/28/2022

Schedule your **FREE** Design Consultation :  
(443) 569-5649 | shelfgenie.com

# Home & Design

90 THE INSIDE STORY | 94 "YOU'RE NOT WELCOME HERE"  
98 STATEMENT-MAKING STYLE | 103 IN TOWN & TONY



Since January 2021, Northrop Realty has settled or put under contract 650 listings within ONE WEEK of being on the market!

Call us today to learn how we can sell yours! 443.898.9828



**MILLSBORO**

**\$2,700,000**

33593 SAND DOLLAR DRIVE



**MILLSBORO**

**\$2,400,000**

27642 STERLING BOULEVARD



**EDGEWATER**

**\$2,250,000**

3118 FERN HILL COURT

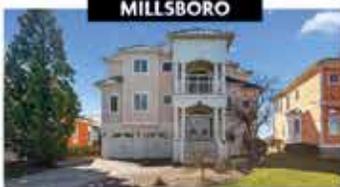


**WEST RIVER**

**WATERFRONT**

**\$1,800,000**

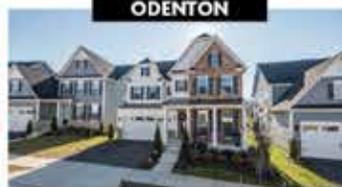
834 HOLLY LANDING ROAD



**MILLSBORO**

**\$1,000,000**

33448 MARINA BAY CIRCLE



**ODENTON**

**\$875,000**

2633 ORCHARD ORIOLE WAY



**LEWES**

**WATERFRONT**

**\$859,900**

204 WATERFORD DRIVE



**OCEAN VIEW**

**\$825,000**

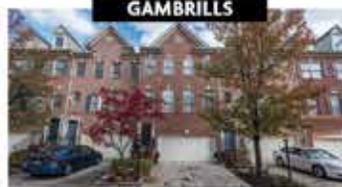
37408 BELLA VIA WAY



**HANOVER**

**\$515,000**

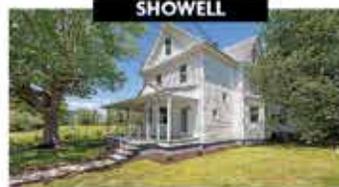
3210 LAUREL HILL ROAD



**GAMBRILLS**

**\$500,000**

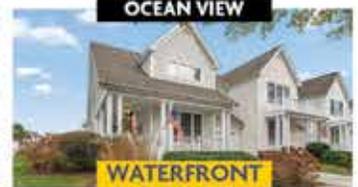
2423 OGDEN SQUARE



**SHOWELL**

**\$499,000**

11636 WORCESTER HIGHWAY



**OCEAN VIEW**

**WATERFRONT**

**\$495,000**

205 WILLOW OAK AVENUE



**HANOVER**

**\$390,000**

1439 STRAHORN ROAD



**MILLSBORO**

**\$375,000**

33579 WINDSWEPT DRIVE #8301



**UPPER MARLBORO**

**\$375,000**

14108 RECTORY LANE



**ODENTON**

**\$369,900**

110 EASTRIDGE CIRCLE



**MILLSBORO**

**\$239,900**

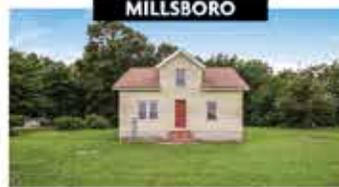
128 WILLIAM DRIVE



**MILLSBORO**

**\$223,000**

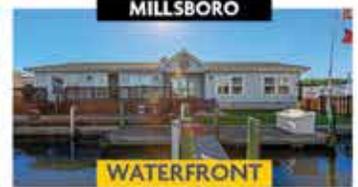
29124 SAINT THOMAS BLVD #298



**MILLSBORO**

**\$200,000**

26820 BETHESDA ROAD



**MILLSBORO**

**WATERFRONT**

**\$185,000**

35552 JOANN DRIVE



Office: 410.295.6579 | NorthropRealty.com | Direct: 410.501.5025

Serving Maryland, Delaware, DC,  
Virginia, Pennsylvania, & Florida.



**Northrop**  
**REALTY**

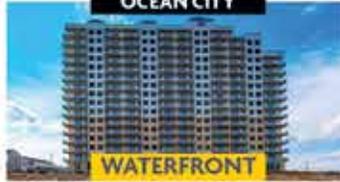
*A Long & Foster Company*



**REHOBOTH BEACH**

**\$1,700,000**

6 S FIELDWAY

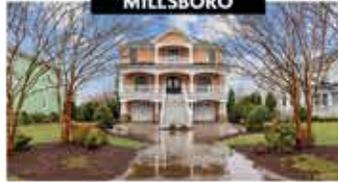


**OCEAN CITY**

**WATERFRONT**

**\$1,600,000**

2 48TH STREET #1707



**MILLSBORO**

**\$1,350,000**

33457 ISLANDER DRIVE



**FULTON**

**\$1,285,000**

11704 PINDELL CHASE DRIVE



**BOWIE**

**\$750,000**

13711 OLD CHAPEL ROAD



**ELLICOTT CITY**

**\$699,000**

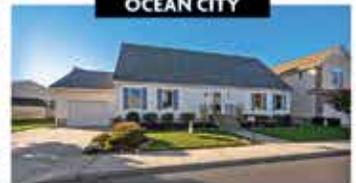
3004 HARBIN FIELD #84



**MILLSBORO**

**\$650,000**

27088 FIREFLY BOULEVARD #143



**OCEAN CITY**

**\$640,000**

13803 SEA CAPTAIN ROAD



**MILLSBORO**

**\$470,000**

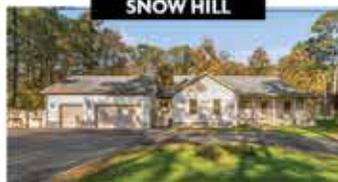
29474 GLENWOOD DRIVE



**FORT WASHINGTON**

**\$434,900**

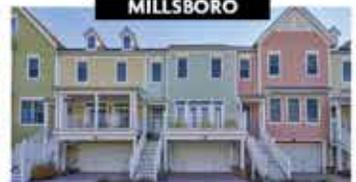
2107 TONGA DRIVE



**SNOW HILL**

**\$425,000**

6513 PAIGE COURT



**MILLSBORO**

**\$425,000**

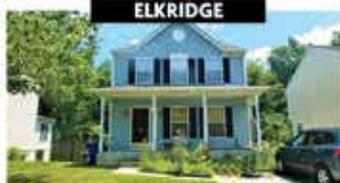
33502 MARINA BAY CIRCLE #44



**DAGSBORO**

**\$349,900**

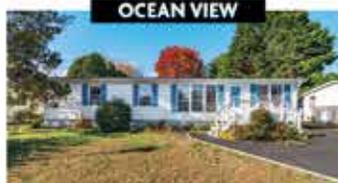
29585 CARNOUSTIE COURT #802



**ELKRIDGE**

**\$324,900**

6592 HUNTSHIRE DRIVE



**OCEAN VIEW**

**\$300,000**

31588 TOPHER DRIVE



**MILLSBORO**

**\$244,900**

30874 CREPE MYRTLE DRIVE #8



**COLLEGE PARK**

**\$169,900**

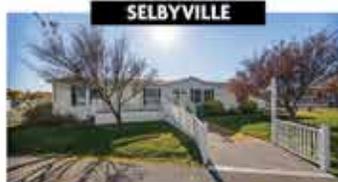
6000 WESTCHESTER PARK DRIVE



**COLUMBIA**

**\$169,000**

7553 WEATHER WORN WAY #F



**SELBYVILLE**

**\$165,000**

37107 SUGAR HILL WAY



**BELTSVILLE**

**\$115,000**

4407 ROMLON STREET #203

REALM™



LONG & FOSTER  
REAL ESTATE

CHRISTIE'S  
INTERNATIONAL REAL ESTATE



**Northrop**  
**REALTY**  
*A Long & Foster Company*



# The Inside Story

## 2022 INTERIORS TREND REPORT

By Lisa J. Gotto

Now that 2021 is in the review mirror and we have a fresh slate of 12 months on the horizon, it's a good time for an at-home lifestyle check. Does your home-base aesthetic inspire and drive you? Do its functional aspects help create synergistic convenience and a sense of organic flow? If not, and you're considering an interior re-boot, here is the latest expert advice when it comes to fresh colors, furnishings, aspects that inspire, such as pattern and texture, use of the space that you have, and the special touches that make a house a home.



## Color

In the fall of every year, color experts associated with paint manufacturers using data derived from Pantone Color Institute research and other influences including the fashion industry, determine which colors they feel will have the most influence in the home for the year to come.

Each manufacturer will announce a color of the year and a palette of additional colors developed to coordinate with it. This year, for instance, Sherwin-Williams touts Evergreen Fog as the color of the year. Described as a versatile and calming hue, Evergreen Fog is said to combine green with gray and just a hint of blue to create a chameleon-like shade that works so well across the décor spectrum.

Behr's interior color of the year is also a pleasing calming green called Breezeway. It, however, has substantially more white in its base creating a much creamier tone.

All manufacturers are still pulling inspiration from earthy, natural aspects of our world that play into a soothing narrative, one of comfort and tranquility.

Shades of gray that have been very popular as a solid base color over the last few seasons, will begin to take a less prominent role in the palettes going forward, according to industry experts. Perhaps, a somewhat subliminal nod that our "gray days" are now behind us?



Photo courtesy of Behr

## Shape ➡

In particular, when we are discussing shape as it relates to home furnishings—here we go, round and round! This smoother, curvier look in furnishings actually started taking "shape" several seasons ago and has now reached macro-trend status. There is a softness and femininity seen in this trend, as well, that counterbalances strict lines in layout and design by using furnishings sans corners.

Rounding of the corners is specifically seen in large-scale pieces like sofas, but has also extended to tables, chairs, coffee tables, and smaller décor elements such as vases and candlesticks.



Photo courtesy of elledecor.com

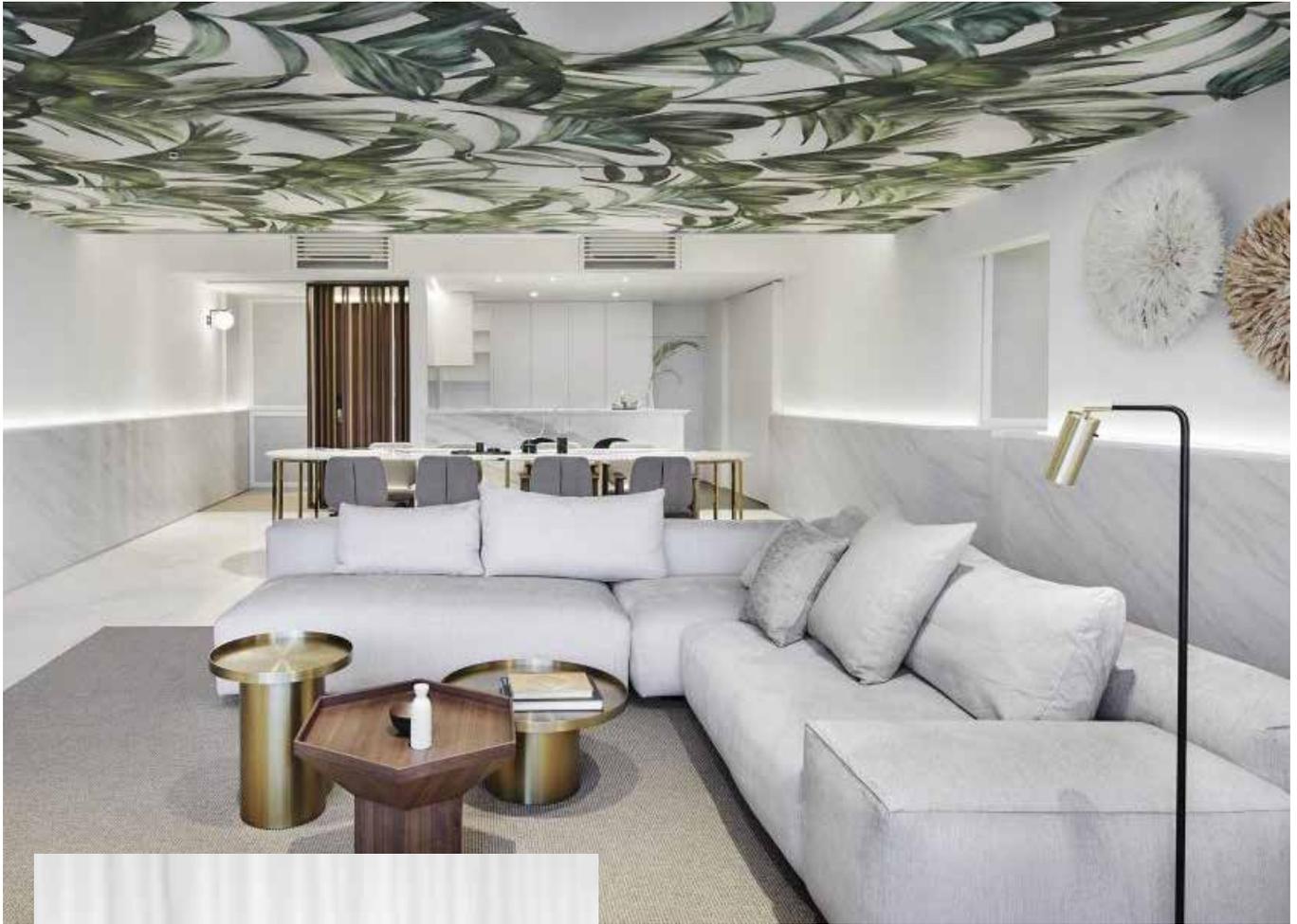


Photo courtesy of trenddesignbook.com



Photo courtesy of ourgoodbrands.com

## Inspirational Aspects

What remains of our days living through a pandemic, is the recognition and attention given to our immediate surroundings. Themes related to sustainability have us looking at our belongings critically to determine how purposeful they are and if they can remain so. The aspect of “re-sourcing” and investing in elements and objects that not only endure but that serve multiple purposes addresses environmental concerns, provides inspiration, and has consumers appreciating the ability to consume less without compromising quality of life. The concept of “mindful shopping” which avoids waste and limits impulse purchases, has consumers looking for more sustainable materials for their interior goods, as well. Materials such as cork, bamboo, and reclaimed wood will serve the dual purpose of looking stylish and retaining aesthetic value over time.

On the design side of things, much attention is turning to pattern again and the practice of mixing and matching several patterns toward achieving a desired effect. Pattern in wall coverings and fabrics within the living space has traditionally been a conservative discussion in the past, but experts agree conversations with clients have shifted from the discriminating use of small floral prints as an enhancement to bolder approaches with much larger floral constructs and other patterns that mimic elements occurring in nature.

The bolder use of geometrics and splashes of intense color will also be a part of those discussions this year, as will exactly where patterns within a room should be placed. In other words, you may not have ever thought of a ceiling as a canvas for a pattern, but designers are proving it's not all about the wall anymore.



Photo courtesy of deacivillo.com

## Use of Space

It's still a thing. Our practice of working-from-home is one aspect of pandemic living that will endure and one that has taught us much about the four walls within which we reside. Both architects and interiors experts continue to be challenged by clients who want their living and even their less-communal spaces to do more than they have ever done before.

From carving out creative independent spaces within larger spaces, to creating spaces that flow from a utilitarian business day approach to evening entertainment area, pencils and imaginations have been sharpened and the results in living rooms, bedrooms, and ancillary spaces have been as visually interesting as they are practical.

In-home workspaces can be expected to be taken to the next level this year, as last year was more about addressing immediate needs by carving out extra space. This year that extra space gets elevated in terms of materials, textures, and enhanced functionality.

Homeowners who have recognized the staying power of this trend are ditching their room dividers and integrating better woods within their improvised spaces, more durable furnishings, and are ramping up aesthetics like windows and their associated views to provide more daily sources of inspiration within work areas.

This year, bedrooms will also reflect the need for multi-functionality while balancing the restorative aspects of the room. From rooms that serve as pseudo studio apartments to others that are capitalizing on the trending aspect of exploiting our spaces vertically, new approaches to our less than communal rooms will continue to take shape throughout 2022.



Photo courtesy of Indecortrends.com



Photo by Tom Dixon

## Decorative Elements

Smooth, shiny, and statement-making best describes the finishing and special touches that will adorn the walls, ceilings, and bookcases of our abodes in the year 2022. Those same curvy, rounded features that we'll see in the larger furnishings will spill over into the home's decorative elements.

Taking the shape of spheres, orbs, and globes, light fixtures will make bright statements. Large cylindrical vases will frame doorways and entry points, and even smaller elements like serving trays with more subtle, rounded corners will be appearing on everything from every-day coffee tables to tabletops in more formal scenarios, perhaps even providing the conveyance for those bubbly flutes of champagne that helped ring in the New Year! Cheers!



*Designed to move you.*



**Diane Mallare, MBA**  
410.279.3868

# DIANE & CREW

OF TAYLOR PROPERTIES



**Kristen Boyer**  
443.685.4043



**Donna Ball**  
410.707.6190



**Gina Barton**  
443.995.0878



**Tracy Aguiar**  
410.490.8958



**Kara Shaffer**  
443.926.3287



**Jeff Spilker**  
410.365.5744



**Erika Spilker**  
410.598.7600



**Kristen Swartz**  
410.375.8826



**Lindsey Yokitis**  
412.445.9313



175 Admiral Cochrane Drive #112 21401  
Broker: 800.313.4326



# “You’re Not Welcome Here”

## RIDDING THE GARDEN OF INVASIVE SPECIES

By Janice F. Booth

With a new year before us, you may be organizing, clearing out the detritus that collects in closets, desk drawers, and cupboards. Let me suggest that while you’re in this frame of mind, it’s a good time to plan for some spring cleaning of unwanted and unnecessary stealthy invaders of your garden.

Look over your garden notes, your photos, and memories of last year’s garden. Where were the trouble spots? What got out-of-hand? Let me review with you some of the unwelcome or troublesome **invasive plants** that you’ll want to keep an eye on or eliminate all-together if they show up in your garden.

*Here’s a review of the characteristics, the types, and the most familiar of these sneaky invaders. →*



# Characteristics

Invasive plants can damage, even eliminate the healthy growth of other plants in your garden.

*Here's how to identify them:*

Rapid growth and maturation  
Prolific seed production  
Successful seed dispersal, germination, and colonization. (I know; this sounds like something out of a low-budget Sci-Fi movie.)

Rampant vegetative spread. (That's right; they are hardy plants and eager to spread-out in your flowerbeds...and beyond!)  
Out-compete native plants, syphoning off the moisture, nutrients, and sunlight from nearby plants.

This troublesome vegetation sneaks into your garden as seed, root, runner, or rhizome (sturdy stems that travel just below the surface, from which new shoots spring up) and proceeds to have its way with your garden.



# Types

Maryland's Department of Natural Resources (DNR) has come up with a WANTED List. You can print out your copy at [Dnr.maryland.gov/wildlife/documents/invasive-plants](http://Dnr.maryland.gov/wildlife/documents/invasive-plants).

*The DNR identifies two designations of invasive plants:*

**TIER ONE:** These are plants which may not be sold and should be eradicated. (Bamboo and amur honeysuckle are examples). **TIER TWO:** Plants that may be sold but only with clear warnings to the buyers. They're likely to grow out of control at the first opportunity. (Japanese wisteria and Scotch broom are examples).



## Familiar invaders

The DNR identifies familiar plants that we often see here in Maryland in open meadows, along stream banks, and even—dare I say it—in our own gardens. If you're harboring some of these in your garden...BEWARE. Note: invasive plants have evolved to survive, no matter what. One sneaky adaptation they have is to start slow, and over time pick up speed! For example, you may have a lovely clump of silver grass along a path for years, and then, one spring you look in amazement as that pretty clump emerges as a huge, indestructible mound of silver grass.



**BAMBOO:** great for privacy and fishing poles, but its rhizomes (sneaky horizontal roots) travel everywhere, and bamboo shoots will pop up from the rhizomes anywhere they please! Once they emerge, the new plants will send out their own rhizomes, and the bamboo becomes very difficult to control or eradicate.

**GARLIC MUSTARD:** this plant is toxic to butterfly larvae. Its delicate-looking leaves and tiny white flowers harbor roots that change the soil's chemistry, making it inhospitable for other plants for years and even permanently.

**CHINESE SILVER GRASS:** as I mentioned previously, this plant is seductive; it wants to be admired

with its slender leaves striped in pink and silver and its graceful, feathered stalks that bend and nod in the breeze. Before too long, its root mound will grow like the Blob in that sci-fi movie.

**FIG BUTTERCUP OR LESSER CELANDINE:** these shiny, heart-shaped leaves and bright yellow flowers might show up along your stream bank or boggy area. They're sweet, pretty plants, but their roots mat, and before long they choke out surrounding vegetation.

**PALE YELLOW IRIS:** you may have these delicate-looking iris in or near your pond. Beware: as you may already have learned, their sap can be irritating to your skin. (So, wear

long gloves if you pull them out.) In addition, they'll sicken any animal that tries to eat them.

**AUTUMN OLIVE:** this sneaky shrub can be any size and produces pretty, creamy-yellow flowers from February to June. (Tempting, I know, for those early months in the garden.) And the Autumn Olive gets its name for its pretty, red berries in fall. But, if you try thinning out the plants, you find there are thorns along the branches. It does not want to be disturbed!

**JAPANESE BARBERRY:** this shrub's thorny branches are a delicacy for birds, believe it or not. Birds eat this barberry's late-summer, red berries and its thorns. The barberry's small

leaves turn purple in the fall, making them a tempting addition to gardens. But, beware. They'll take over.

**BRADFORD PEARS:** yes, I know, at one time the State planted them along roadways. They're noted for their profuse, white spring blossoms and red leaves in the fall. But these soft-wood trees propagate seemingly by magic and will appear anywhere they like.

There are other, equally enticing and sneaky plants that may win your heart at first, but give you nightmares over time. If they're pretty and they seem to grow effortlessly, there's probably a reason. Invasive plants have evolved and adapted to stay alive in the garden or wild, with or without your permission.



FOR SALE \$4,700,000 | 3317 OLD POINT RD  
Edgewater, MD



FOR SALE \$4,500,000 | 29 HOMEPORT DR  
Edgewater, MD



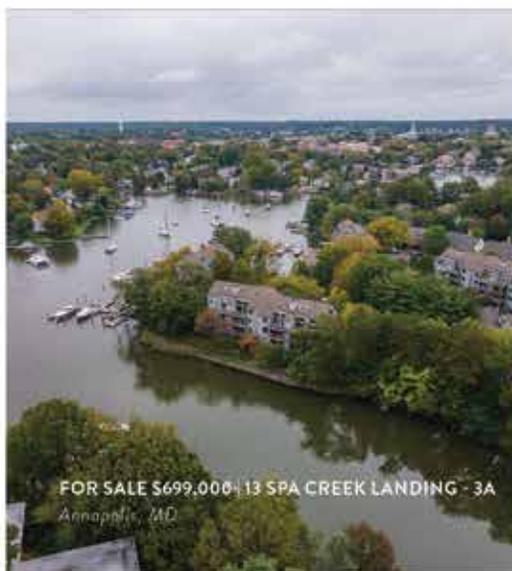
SOLD \$2,450,000 | 709 DIVIDING RD  
Severna Park, MD



SOLD \$1,650,000 | 3769 PATUXENT RIVER RD  
Davidsonville, MD



FOR SALE \$1,100,000 | 3200 BENNETT POINT RD  
CudersTown, MD



FOR SALE \$699,000 | 13 SPA CREEK LANDING - 3A  
Annapolis, MD



FOR SALE \$699,000 | 459 S BOULDIN ST  
Baltimore, MD

**SHANE HALL**  
1 PARK PLACE | SUITE 12  
ANNAPOLIS, MD 21401

SHANEHALLRE.COM  
410.991.1382  
SHANE.HALL@COMPASS.COM

COMPASS





# Statement-Making Style

By Lisa J. Gotto | Photos by Nima Mohammadi Photography

**T**his nearly 8,000-square-foot contemporary home not only offers its new homeowners ample opportunity to live in grand style, it provides prime access to one of Annapolis' scenic waterways. Located on a cul-de-sac just steps from a marina on Aberdeen Creek, this luxurious home features an impressive façade and numerous custom windows throughout to bring in a substantial amount of natural light.

To say the main level is spacious is an understatement as the open plan living area expands to include an in-law suite with its own sitting room and a stacked stone wood-burning fireplace. There are never too many cooks in this 21- by 15-foot kitchen offering a wealth of prep space, an extended peninsula, six-burner gas range, and all stainless-steel appliances. A separate breakfast room and a spacious formal dining room are available for daily mealtimes and special occasions.

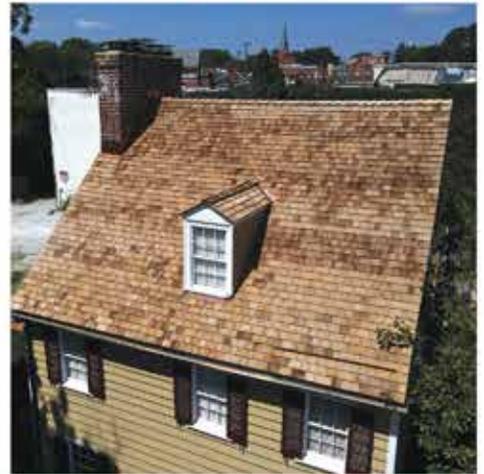
This level of the home is warmed with the look and feel of beautiful chestnut-toned hardwoods underfoot, a grand two-toned wooden staircase, and a stone-front, wood-burning fireplace. Two additional guest bedrooms and two baths are located on this level, along with a stunning semi-circular sunroom.





# FICHTNER SERVICES

ROOFING • SIDING • GUTTERS • WINDOWS



**Serving Annapolis and Anne Arundel County since 1994**

Fichtner Services provides full exterior remodeling services for roofing, siding, windows, doors and gutters. We are the company you can trust for quick response, quality craftsmanship, reasonable pricing and steadfast respect for homeowners and their homes.



**REQUEST YOUR FREE QUOTE TODAY! 410-519-1900 | [WWW.FICHTNERSERVICES.COM](http://WWW.FICHTNERSERVICES.COM)**



1828 Baltimore Annapolis Blvd  
Sold at \$1,100,000



145 Spa Drive  
Sold at \$2,650,000



2504 Doyles Lane  
Sold at \$1,000,000



602 State Street  
Sold at \$2,065,000



948 Old County Road  
Sold at \$1,505,000



4132 Cadle Creek Rd  
Sold at \$2,250,000



838 Sebastian Lane  
Sold at \$925,000



651 Santa Maria  
Sold at \$925,000



5807 Sonny Drive  
Sold at \$975,000

# 2021 Significant Sales

YOUR NEXT MOVE CAN BE NEXT LEVEL.

2021 was an exceptional year in the Annapolis market. **Stahley Thompson Homes** wants to thank those of you who put your faith in us as your trusted real estate advisors.

Thinking of buying or selling your home? Give us a call to discuss any of your real estate needs. We look forward to serving you in 2022!



**Jennifer Chino**  
TTR Sotheby's International Realty  
m +1 443 494 9091  
o +1 410 280 5600  
jchino@ttrsir.com  
stahleythompsonhomes.com

Annapolis Brokerage | 209 Main Street, Annapolis, MD



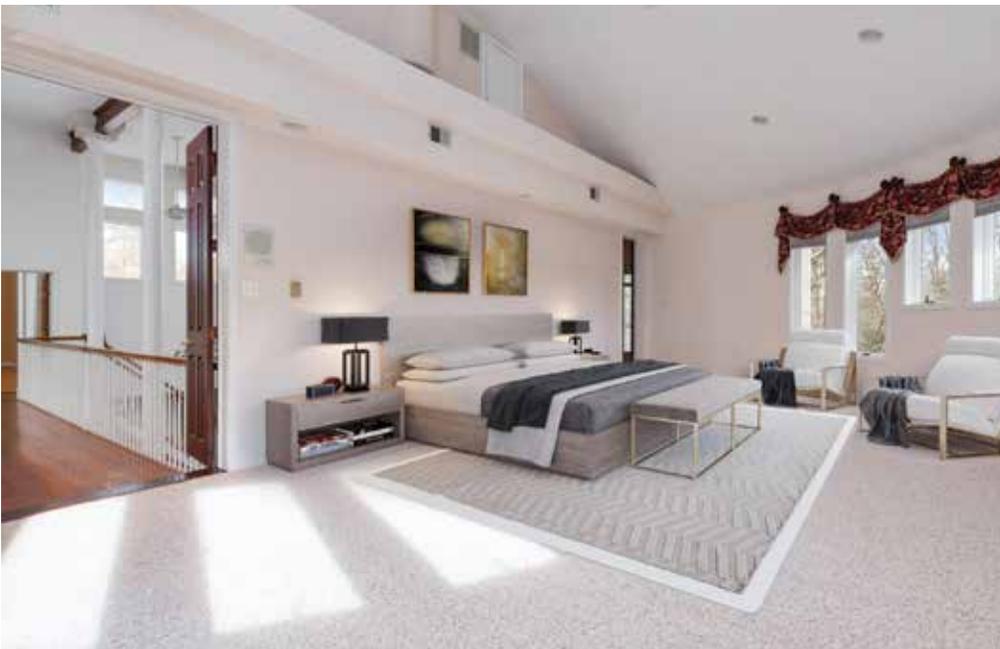
TTR | **Sotheby's**  
INTERNATIONAL REALTY



There are many exit points from this level to the home's extended wraparound upper deck area. Covered porch areas can be accessed from the both the main and lower levels of the property, which boasts spacious family room, recreation, and utility spaces.

The primary bedroom suite is located on the second level and features a unique wall of windows wrapping around the circumference of the room. A generous, separate home office is also located on this level.

Outside, the home is graced with attractive mature landscaping and a large patio and entertaining area with an in-ground pool. Boating enthusiasts will appreciate the proximity to the community's marina and the availability of boat slips from which they can hop on board and navigate out to the waters of the South River and beyond.




---

**Primary Structure Built:** 1969  
**Sold For:** \$1,300,000  
**Original List Price:** \$1,330,000  
**Bedrooms:** 5  
**Baths:** 3 Full, 1 Half  
**Living Space:** 7,944 Sq. Ft.  
**Lot Size:** 0.69 acre

---

**Listing Agent:** Maria Giakoumakis; TTR Sotheby's International Real Estate; 209 Main St., Annapolis; m. 443-694-0772; o. 410-280-5600; mgiakoumakis@ttrsir.com; ttsir.com

**Buyer's Agent:** Gil Poudrier; TTR Sotheby's International Real Estate; 209 Main St., Annapolis; m. 301-775-1439; o. 410-280-5600; gpoudrier@ttrsir.com; ttsir.com



## ABSOLUTE DESIGN STUDIO

740 GENERALS HWY MILLERSVILLE, MD 21108

- EXPERT DESIGN SERVICES
- NATURAL STONE, CERAMIC, PORCELAIN, GLASS TILE AND MORE
- CABINETS, COUNTERTOPS, AND CUSTOM FEATURES
- RESIDENTIAL AND COMMERCIAL PROJECTS

(410) 697-3396 | [absolutedesignstudio.net](http://absolutedesignstudio.net)  

## That Real Fire Feel... **Without The Hassle**



Get more with  
**MENDOTA**  
[www.mendotahearth.com](http://www.mendotahearth.com)

A Mendota FV34 Fireplace with an espresso flat panel, a birch HD log set, and a narrow grace front in vintage iron.

**Bay Stoves**

3157 Solomons Island Rd, Edgewater, MD 21037  
410-956-7101 • [baystoves.com](http://baystoves.com)



# In Town & Tony

By Lisa J. Gotto

This gorgeous 2,500-square-foot townhome, built in 1900 and located in the heart of downtown Annapolis, underwent a complete upgrade and remodel in 2018. The enviable open-plan living experience maintains much of property's historical character.

This character begins right at the front door, as you enter through a restored version of the home's original door and walk into an architecturally-detailed vestibule that has retained the charm of its original floor tiles. Another very early 20th century period entry door leads you into the heart of the home and its amazing newel post staircase.

It is evident that everything has been done to enhance the superb craftsmanship of the home. The roomy living room with its rich, two-tone hardwoods is highlighted with a central gas fireplace located in an attractive feature wall. This space-dividing, two-sided feature is just as eye-catching on the opposite side with its built-in shelving and exposed brick chimney. Attractive crown molding accents the entire open-plan living space.

The large dining area flows effortlessly into the cool-toned gourmet kitchen providing a great space for entertaining. The spacious kitchen retains an original fireplace façade now used as a nostalgic design element. Supple slabs of marble grace coun-

tertops and a central island, and any in-home chef would envy the room's collection of stainless-steel appliances including a six-burner gas range.

Ascend the character-enhancing main staircase to the second floor and you'll find a roomy primary bedroom and *en suite* bath with double basin vanity and exquisite finishes. The bedroom boasts a room-warming wall of shiplap, a cozy desk nook, and an attractive sliding barn door feature that separates the bedroom and bathroom. This floor also offers an additional two bedrooms with a shared bath. Large windows, original to the home, in all the bedrooms provide generous natural light throughout this level.

The home's third floor offers yet another gracious primary suite with a separate living or reading area, and a beautiful bathroom featuring a large, walk-in shower and soaking tub. Outdoors, a cozy, fenced-in courtyard at the back of the home provides space for seasonal grilling and chilling.



---

**Primary Structure Built:** 1900  
**Sold For:** \$940,000  
**Original List Price:** \$995,000  
**Bedrooms:** 4  
**Baths:** 3 Full, 1 Half  
**Living Space:** 2,496 Sq. Ft.  
**Lot Size:** .03 acre

---

**Listing Agent:** Malina Koerschner; Coldwell Banker Realty; 3 Church Circle, Annapolis; m. 410-493-9059; o. 410-263-8686; Malina.koerschner@cbmove.com; greatannapolis-homes.com

**Buyer's Agent:** Lisa Boyer; The David Orso Team of Compass Real Estate; 8 Evergreen Rd., Severna Park; m. 301-233-5158; o. 443-372-7171; team@davidorso.com; davidorso.com



**84<sup>®</sup>**  
**LUMBER**

1690 BALT-ANNAPOLIS BLVD  
ARNOLD, MD • 410-757-4684

**84LUMBER.COM**



**FIRST HOME**  
MORTGAGE

*Building family wealth  
through home  
ownership.*

**Matt Nader**  
Branch Manager | NMLS ID 333573  
(c) 240-882-8006 (e) mnader@firsthome.com  
900 Bestgate Rd | Suite 310 | Annapolis, MD 21401



Look Younger and  
Feel Younger at  
**ProMD Health**

You take care of them,  
we'll take care of you.  
Who does *your* Botox?



**Get your first 20 units of Botox  
for only \$149**

@ProMDHealth ▪ (410) 449-2060

# Health & Beauty

---

**108** FRESH TAKE | **109** THINK SHARP

**110** FITNESS TIPS | **111** COULD MRNA BE USED TO FIGHT CANCER?



# Fresh Take

## ROOT VEGETABLES

By Dylan Roche

If you need an example of how amazing nature is, just take a look at root vegetables. This botanical category—which includes food like carrots, parsnips, beets, jicama, radishes, turnips, and potatoes—technically shouldn't be described as roots at all. They're actually bulbous growths that store nutrients for their plants during cold months. And they do well in cooler temperatures, so while many fruits and vegetables wither and die throughout winter, root vegetables continue to thrive.

Because they store nutrients the way they do, that means they're a great source of vitamins and minerals. Once they're harvested and taken out of the ground, they will still last for a long time thanks to their low water content—you can expect them to last up to three weeks when they're stored in a cool, dry place.

Is it any wonder that root vegetables were a dietary staple among humankind's early ancestors, who relied on root vegetables to sustain them throughout the winter when other vegetation was not available? The National Gardening Association says that root vegetables have been eaten by early civilizations on nearly every continent.

Root vegetables also make a great dietary staple because they're full of complex carbohydrates, which your body uses for sustained energy. Although some people, such as those with diabetes, may be watching their carbohydrate intake, root vegetables are usually a good choice because of their high fiber content, which will slow down their digestion. The Produce for a Better Health Foundation refers to them as "nutrition powerhouses" because of their fiber content and rich source of nutrients.



*Consider what some of these roots have to offer:*

**Potatoes** are full of potassium, which helps your body maintain fluid balance. Bananas may get a lot of credit for being full of potassium, but potatoes actually have twice as much. **Parsnips** have vitamin K, which is important for blood clotting. **Carrots** are renowned for being full of vitamin A, necessary for good eye health and a strong immune system. **Beets** deliver the antioxidant betaine for heart benefits, as well as iron, which you need to transport oxygen to all the cells in your body.

When you're selecting root vegetables, check for any bruising or any wrinkled, damaged spots on their skin. Ideally, their color should be bright and bold, which indicates a higher concentration of nutrients—so be sure to select carrots that are a deep orange or beets that are a vibrant purple.

Another important tip to keep in mind about root vegetables: By themselves, they are healthy, but common culinary practice is to prepare them in ways that lower their nutritive value by adding heavy creams, butter, sugar, and salt. (Think about turning a plain healthy potato into mashed potatoes or French fries.) Instead, if you need healthier options, here are a few creative suggestions for using root vegetables in your home cooking:



### Carrot Pie

#### INGREDIENTS:

1 graham cracker pie crust (approximately 9 inches)  
5 large carrots, peeled and chopped  
2 tablespoons softened butter  
1/2 cup sugar  
1/2 cup brown sugar  
2 tablespoons milled flax seeds  
2 teaspoons cinnamon  
1 teaspoon nutmeg  
1/4 teaspoon allspice  
1/4 teaspoon cloves  
1/4 teaspoon ginger  
1 teaspoon vanilla extract  
1/2 teaspoon salt  
1/2 cup half-and-half  
1/2 cup vanilla almond milk  
2 tablespoons flour

Preheat the oven to 350F. In a large saucepan, boil the carrot until soft and tender (approximately 30 minutes). Drain the carrots and return to the saucepan. Set the saucepan over low heat and allow the carrots to steam for five minutes, stirring continuously, to remove any excess moisture. Puree the carrots with the butter and almond milk in a food processor or blender. Empty the puree into a large mixing bowl. Combine flaxseed, half-and-half, spices, salt, vanilla, and flour. Pour the batter into the pie crust and bake for approximately 60 minutes. Remove from the heat and allow to cool. Chill in the fridge for approximately 1 hour before serving.



### Beet Latkes

#### INGREDIENTS:

4 medium-sized beets, peeled and grated  
2 large eggs  
2 tablespoons whole-wheat flour  
1 teaspoon salt  
1 teaspoon black pepper  
1/4 cup fresh chives  
1/2 cup chopped dill  
1/2 cup olive oil  
1/2 cup sour cream or plain Greek yogurt  
2 tablespoons grated horseradish  
1 teaspoon lemon juice

Begin by beating the eggs and slowly adding in shredded beets. Stir in flour, salt, pepper, chives, and dill. Add the oil to a frying pan and bring to medium heat. Drop the beet mixture into the frying pan in small clumps (approximately 2 tablespoons). Allow to fry for 2 minutes, then flip and cook for another 2 minutes. Remove latkes from the heat and allow to drain on a paper towel. In a small bowl, combine sour cream, horseradish, and lemon juice. Serve alongside the warm latkes.

## Root Vegetable Lasagna

### INGREDIENTS:

1/2 cup diced carrots  
 1/2 cup diced parsnips  
 1/2 cup diced beets  
 1/2 cup diced turnips  
 1 large sweet potato  
 2 cups chopped spinach  
 1 teaspoon fresh rosemary, minced  
 1/2 teaspoon dried oregano  
 2 garlic cloves, minced  
 1/2 cup olive oil  
 1/2 lemon, zested and juiced  
 1 cup loosely packed basil  
 2 cups ricotta cheese  
 2 cup cream cheese  
 1/2 cup grated parmesan  
 1/2 cup shredded mozzarella  
 1 cup breadcrumbs  
 Nonstick cooking spray

Preheat oven to 375F. Toss parsnips, carrots, beets, and turnips with rosemary, garlic, and olive oil. Season with salt and pepper to taste. Bake for 30 minutes. Remove the vegetables, but leave the oven heated. In a large bowl, combine ricotta cheese, cream cheese, parmesan cheese, and mozzarella with lemon juice, basil, shredded spinach, and breadcrumbs. Slice the sweet potato longways into about 12-15 ultra-thin pieces. Coat a casserole pan with nonstick cooking spray and place about half the sweet potato slices along the bottom of the pan. Spread half the cheese mixture across the top of the sweet potato slices. Top the cheese with half the roasted root vegetables. Add another layer of each. Finish off with a sprinkle of extra parmesan and breadcrumbs if desired. Cover the casserole dish and bake for 55 minutes. Remove the cover and continue to bake for another 15-20 minutes or until the top has browned.



# Think Sharp

## THE BEST MENTAL EXERCISES FOR KEEPING A STRONG MIND

By Dylan Roche

First, the good news—the rate of dementia cases in the United States is down by 24 percent, according to the National Aging in Place Council. The bad news? There is still no cure for Alzheimer's Disease—the most common form of dementia—and it's expected to affect another 84 million Americans by 2050.

The Alzheimer's Association recommends treating your brain the way you would other parts of your body. If you want to keep it strong as you advance into old age, you have to give it proper use. Keeping an active mind means your brain is constantly forming new connections—in other words, forming new synapses between the neurons in your brain—and building new brain cells.

*Looking to give your brain a daily workout? That's great! Here are some activities that are effective in challenging your mind and protecting your cognitive health:*

**Crossword puzzles:** It turns out these grids of blank squares that you have to fill in with answers from provided clues work your brain in multiple ways. When you know the answers to the clues, you're using your ability to recall information. When the clues have you stumped, but you're able to look at the letters you've filled in from other clues, you're using your skills of problem solving and deductive reasoning.

**Sudoku:** Sudoku gained prominence in the late '00s, and for good reason—this puzzle tests your problem-solving abilities. Sudoku involves a grid of nine boxes by nine boxes, encompassing nine

smaller three-by-three box grids. The challenge is in placing the numbers 1 through 9 in each row, column, and smaller three-by-three grid without repeating any of the numbers or leaving one out. Finishing a sudoku puzzle requires you to form a strategy and concentrate on following through with it.

**Logic word problems:** Logic word problems present a scenario with multiple factors involved—for example, maybe you have three puppies, three differently colored collars, and three favorite dog treats. Your challenge is then to figure out which puppy wears which colored collar and prefers which treat. You're given just enough clues to solve the

outcome using deductive reasoning and process of elimination.

**Other activities:** Even if you don't have a book of puzzles on hand, there are plenty of mental exercises you can engage in. Try doing math in your head or using a pencil and paper (just don't rely on a calculator). You can also make up a list of related items and see whether you can remember what was on the list an hour later. Even activities that require you to learn new facts and take in new information are great for you—read, listen to podcasts, visit museums, or play a board game that requires some element of skill, such as Scrabble or Monopoly.



HEALTH & BEAUTY FITNESS

# Fitness Tips

FITNESS TERMS DECODED

By Dylan Roche

Do you ever feel as if fitness enthusiasts just have their own language? You've made a new year's resolution to get in shape, but every time you bring up the topic of exercise, you feel as if people start referring to concepts and controversies you struggle to follow without context.

Don't worry—you're not alone. A 2019 study by market researcher OnePoll found that more than half of all Americans feel intimidated at the gym. That's not to say that "gym-timidation" is necessarily the reason so many people abandon their new year's resolutions. But knowing what the heck people are talking about can definitely give you a slight boost toward feeling more comfortable and confident the next time you plan a workout (or even figure out your long-term fitness goals).

*Here are a few of the more common fitness terms you might have questions about →*

**Cardio:** Short for cardiorespiratory or cardiovascular exercise, this refers to any exercise that elevates your heart rate as your body tries to deliver oxygen to all the working muscles in your body. Think running, cycling, elliptical, swimming, Zumba—you get the idea. It's also sometimes called aerobic exercise. The Physical Activity Guidelines for Americans put out by the U.S. Department of Health recommends at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week to reap the health benefits of this type of exercise.

**High-Intensity Interval Training (HIIT):** This fitness trend has gained momentum over the years because of how quickly it can burn fat in a short amount of time. Exercisers doing HIIT go at their maximum intensity for short bursts (about 1 to 2 minutes) and intersperse this with periods of moderate intensity. This way of approaching a workout is extremely effective at burning calories but it can be stressful on the body and shouldn't be done more than two or three times a week with sufficient rest periods in between.

**Bulking and cutting:** People trying to build muscle will often go through cycles where they bulk up with as much mass as possible (including muscle as well as fat) through a combination of strength training and nutrition, then lose (or cut) fat from their physique while maintaining muscle. Any kind of weight gain requires a dietary caloric excess, but fitness experts at the American Council on Exercise emphasize that you don't necessarily need to gain fat in order to gain muscle. However, gaining muscle while maintaining or losing fat will be a much slower, more drawn-out process.

**Toning:** The National Academy of Sports Medicine differentiates between bulking (increasing muscle mass) and toning (achieving a defined look to muscles). Toned muscles mean your body looks firmer and leaner without necessarily looking bigger.

**Reps and sets:** Reps refers to repetitions, the number of times you do an exercise consecutively, and sets refer to a group of reps interspersed by short breaks. If you lift a weight 10 times, that's 10 reps; after a short break, you lift 10 more times—that's two sets of 10 reps. Lifting a heavier weight for fewer reps is ideal for building larger muscles, whereas lifting a lighter weight for a greater number of reps is good for building endurance.

**Isolation exercise:** An isolation exercise is one that works a single muscle, such as a biceps curl to work your biceps, a triceps rope pulldown to work your triceps, or crunches to work your abdomen. Isolation exercises are good for focusing on that one single muscle to make it stronger and larger.

**Compound exercise:** In contrast to isolation exercise, there's compound exercise. A compound exercise requires more than one muscle and sometimes an entire muscle group. These exercises are often more difficult to perform because they require engagement from your entire body. Pullups, deadlifts, and squats are all compound exercises.

**Circuit training:** Aerobic exercise doesn't have to be limited to activities like running and cycling. With circuit training, you undertake different exercises requiring different muscle groups in quick succession to raise your heart rate and achieve cardiovascular benefits. If you move from one strength training exercise to another so fast that you're out of breath and breaking a sweat, that's circuit training.

**Mind-body training:** Mind-body training encompasses exercises that require mental concentration in addition to your physical exertion. This practice teaches your mind to be in tune with your body. Most exercises require some level of focus—weightlifting, for example, demands proper form—but mind-body training puts as much emphasis on the mental aspect as it does on the physical. Popular mind-body workouts include yoga and Pilates.

**Heartrate training:** Sometimes it's hard to know whether you're really pushing yourself as hard as you possibly can without putting yourself at risk. That's why some endurance athletes rely on heartrate training. With heartrate training, you look at your beats per minute as a percentage of your maximum heartrate. To find your maximum heartrate, subtract your age from 220. The next time you exercise, measure your heartrate. If your beats per minute are at about 70 to 80 percent of your maximum heartrate, you are exercising vigorously, per the advice of the American Heart Association.



# Could mRNA Be Used to Fight Cancer?

By Dylan Roche

The development of the COVID-19 vaccine was a game-changer and a lifesaver in this pandemic—and it turns out that its influence might extend to other diseases as well. That's because the COVID-19 vaccines by Pfizer and Moderna are the first widespread use of mRNA technology, which has been studied for decades in the field of oncology. Now that scientists have found a way to use mRNA to prevent the disease caused by the novel coronavirus SARS-CoV-2, studies are underway at places like Penn Medicine and Harvard Medical School to examine whether mRNA technology is effective and safe at treating conditions like melanoma, lung cancer, breast cancer, ovarian cancer, multiple sclerosis, and AIDS.

## How do mRNA vaccines work and how are they different from traditional vaccines?

With a traditional vaccine, a small portion of a virus known as an antigen is shot into your body. There's not enough of the virus to actually make you sick—it's just enough to trigger your immune system to create the antibodies you need to prevent sickness. That way, if you're ever actually exposed to the real virus, your immune system knows what to do.

On the other hand, mRNA technology relies on what's known as messenger ribonucleic acid, or mRNA for

short. Think of mRNA as a genetic guidebook for all of your body's cells—it's what tells your body how to make the proteins necessary for functions like growth, energy production, and defense against disease.

For an mRNA vaccine, scientists create a strand of mRNA in a lab that can tell your cells how to create spike proteins that look like the coronavirus. Your immune system responds appropriately and now knows how to fend off a COVID-19 infection.

## What does this mean for treating other diseases like cancer?

Good question. Scientists have spent years trying to develop other treatment options as an alternative to chemotherapy, which often makes patients nauseous and can harm other body cells in addition to the cancer cells it targets.

The hope now is that mRNA technology can be tailored to certain diseases so that the body knows how to fight them. However, these would be slightly different from mRNA vaccines for COVID-19, which are prophylactic—in other words, they're intended to prevent a disease, not treat it. In the case of mRNA to treat cancer, mRNA would be an intervention—a treatment for patients who are already sick. Currently, scientists are recruiting participants for phase 1 and phase 2 clinical trials to assess the efficacy and safety of therapeutic mRNA vaccines.

CLASSIC TECHNIQUES  
FRESH INGREDIENTS

Harvest Thyme



Voted Best Chef • Voted Best Wine List • Voted Best Appetizers



**Happy Hour**

All day Sunday & Tues-Fri 4-7 at Bar & Patio

**Sunday & Thursday Pizza Nights**

Woodcutter, Harvest & Build Your Own  
2-Topping Pizza \$12, Cheese Pizza \$9



**Carryout Combo**

Cheese Pizza  
1lb Wings  
6pk of Select Beers  
\$20

**Hours**

Tues-Thurs 4-9  
Fri-Sat 11:30-9  
Sunday 10:30-9  
(Brunch)

1251 West Central Avenue • Davidsonville, MD • 443-203-6846 • harvestthymetavern.com

**VOTED  
BEST**

Crab Cake • Raw Bar  
Family Friendly  
Boaters/Sailors Bar  
Weekend Brunch



**Fresh Seafood Specials & Oyster Selections Daily**

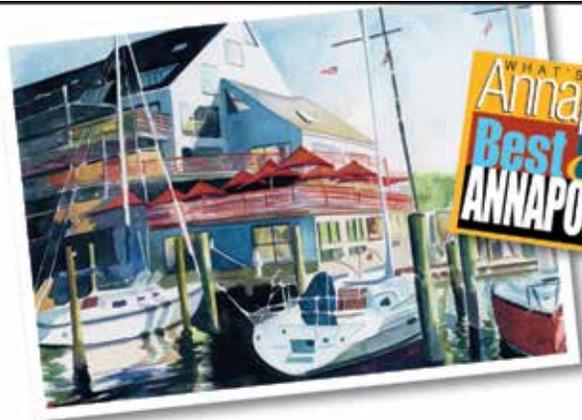
Weekend Brunch 8 am - 1 pm  
Gift certificates available

**OUR CRAB CAKES SHIP:**

[www.goldbelly.com/  
boatyard-bar-and-grill](http://www.goldbelly.com/boatyard-bar-and-grill)



Fourth & Severn, Eastport • 410-216-6206  
[boatyardbarandgrill.com](http://boatyardbarandgrill.com)



WHAT'S UP?  
**Annapolis  
Best of  
ANNAPOLIS  
2021**

**This season enjoy  
the best seat in town.**

Great food and scenery make us the undisputed  
choice for an unforgettable dining experience.



410 Severn Avenue  
Eastport  
410.263.8102  
[carrollscreek.com](http://carrollscreek.com)

**Carroll's Creek Cafe**  
*A Waterfront Dining Experience*

WATERFRONT BANQUET SPACE    AMPLE PARKING    WATER TAXI STOP

# Dining

114 DINING REVIEW | 116 TASTE  
118 SAVOR THE CHESAPEAKE | 120 DINING GUIDE



Rutabaga  
Local Smoky  
Shrooms Toast  
at **Rutabaga**  
**Juicery & Eats**

WHAT'S UP? READERS!  
**RESTAURANT**  
REVIEW

**Calling All Food Critics!**

Send us your restaurant review and you'll be eligible for our monthly drawing for a **\$50** gift certificate to a local restaurant. Fill out the form at [whatsupmag.com/promotions](http://whatsupmag.com/promotions).

# Healthy & Haute Cuisine

By Rita Calvert | Photography by Stephen Buchanan

**A**n innovative restaurant concept has reached our shores... food that is designed for *your* health! True Food Kitchen is the 39th in the franchise, with menus developed in-line with famed doctor Andrew Weil's "anti-inflammatory" diet. The menu takes a left-turn from the run-of-the-mill, instead focusing on abundant vegetables, soybeans, tofu, and Asian influences, along with sustainable proteins. Their story goes, "True Food Kitchen is the only restaurant fundamentally based on science, which ensures all of its craveable dishes and drinks work to increase the longevity of our people and planet." With consciously-sourced food, the menu changes seasonally, featuring 100 percent grass-fed beef and sustainably-sourced fin fish. For our visit this past autumn, the dinner menu highlighted butternut squash, Brussels sprouts, spaghetti squash, and hints of truffles.

Integrative medicine doctor Andrew Weil opened the first True Food Kitchen with restaurateur Sam Fox in Phoenix, Arizona in 2008. The idea was to promote Dr. Weil's novel "anti-inflammatory" lifestyle with a restaurant to reach a wide audience. The menu still reflects Dr. Weil's theory, and his books are sold in the bar area. There is a nudge toward food education for the customer with True Food Kitchen's nutritional and allergen guide (viewable online at [truefoodkitchen.com](http://truefoodkitchen.com)).



In 2016, True Food Kitchen left Fox Restaurant Concepts and hired Starbucks vet Christine Barone (a native of Edgewater, Maryland) as CEO. Annapolis manager, Simon Brown, told me Barone emphasizes high quality on everything in True Food Kitchen. Perhaps True Food's practice of using freshly-ground coffee beans for each brewed pot is Barone's influence from her days as acting as CEO of Starbucks? Oprah is also one of the investors in the group.

The restaurants are casual, full-service venues open for lunch, dinner, and weekend brunch—an overall style the restaurant bills as "conscious casual" with covered patio dining or interior dining available. The decor is contemporary and earth-friendly from the outdoor planters of herbs at the entrance to an aisle of snake plants growing between hostess station and dining area, black or white chairs made from recycled bottles, and lots of light-colored, wood for tabletops.

True Food is designed for people-watching, with its large open dining, long wooden bar, and large windows for viewing the kitchen and the servers checking on orders. Past the kitchen, there's an upscale, glass-enclosed private dining room that seats 10 (empty on our visit). Our table was an over-sized booth of bright, avocado-green leather...very comfy for watching diners dressed in trendy fashions and pleasant servers in cotton shirts carrying plates (no trays) of healthy food.

While studying the menu, we ordered a glass of Pinot Grigio Tangent (Edna Valley, CA). It is a proprietary label and proved a satisfyingly light and subtle choice. Craft cocktails come in six creative versions and a thirst-quenching menu of alcohol-free drinks is offered and termed "refreshers," with housemate syrups, juices, and elements of botanicals and herbs.

A note to the diner, the menu uses symbols on each dish for special eaters: (V) Vegan, (VEG) Vegetarian, and (GF) Gluten Friendly (meaning gluten free). The menu online featured a

**TRUE FOOD KITCHEN** ANNAPOLIS TOWN CENTER | 1906 TOWN CENTRE BOULEVARD, STE. 110, ANNAPOLIS | 443-775-5179 | [TRUEFOODKITCHEN.COM](http://TRUEFOODKITCHEN.COM)



beautiful seasonal flatbread, Truffle Honey and Pear. We had to sample it as it looked so tempting with the essence of truffle! The oblong flatbread carried paper-thin slices of fresh pear, dots of goat cheese, a few walnuts, and bountiful piles of arugula. Our server told us the paste on the flatbread was butternut squash. We also shared an order of edamame dumplings, a True Food favorite. Five delicate-skinned dumplings were filled with edamame, mashed with Asian herbs, and white truffle oil, served in a dashi (seaweed) broth. Abundant chopped cilantro and edamame beans topped the dumplings. After devouring the last bite of dumpling, my guest used the large serving spoon to slurp up the irresistible tasty broth. We assumed it must be something about the white truffle!

With autumn in full swing, the menu pulled us to the two new, seasonally-fresh entrees. The Lasagna Bolognese featured a vibrant tomato-vegetable sauce base with fennel chicken sausage, spinach, and ricotta filling out the concoction. The menu did not specify if it contained noodles but upon inquiry were told it has gluten-free noodles. The lasagna arrived piping hot and the more it settled, the more infused the flavors became. The spinach was freshly wilted and amply sprinkled within the layers. The ricotta was like a hidden treasure appearing richly and randomly within the thick, meaty, mildly-seasoned sauce. Not a typical layer of lasagna, the noodles too, were spaced as little gems of True Food Kitchen design.

Pan Seared Sea Bass was the second entree we sampled. The golden filet of fin fish was highlighted as sustainable and came riding upon a bed of butternut squash farro risotto. Halves of roasted Brussels sprouts seemed to have a spicy Dijon mustard coating. The lemon half was also golden from roasting and gave a rich citrus essence when squeezed on the fish—a very nice touch. There were so many flavors in this one entree, it was difficult to find the fennel, golden beets, and cashews.

The sounds of grinding coffee beans and milk frothing beckoned us to order decaffeinated coffee and a delectable cappuccino. The dessert menu is “brief,” featuring Squash Pie, Cookies & Ice Cream, Flourless Chocolate Cake, and Vanilla Ice Cream. We shared a fabulous dessert of Flourless Chocolate Cake, a petite dense fudge mound containing crunchy cocoa nibs atop a swirl of caramel and almonds. A neat scoop of what the menu said was vanilla ice cream turned out to be delicious coconut ice cream, worthy of dessert on its own.




---

Rita Calvert has close to three decades in the food, media production, marketing, and public relations fields. She has created myriad programs, events, cooking sessions on national television for corporations, the stage for cookbooks, and founded the original Annapolis School of Cooking.

# Conveniently Delicious & Nutritious

By Tom Worgo

Photography by Stephen Buchanan

**O**wner Stacey Heywood offers a dare to people who have not tried Rutabaga Juicery & Eats. Taste one of the offerings of the café and you will likely come back. Heywood says many people easily get hooked this way. The business' retention rate of new customers is about 85 percent.

"I challenge everybody to come to Rutabaga for seven days and replace your morning coffee with a juice," she explains. "That's all the evidence you will need. It will taste delicious."

The café offers more than cold-pressed juices. Rutabaga's menu also features food bowls like Strawberry Nice Cream and Cacao Protein, and toasts such as Brownie Batter and Nut Butter Banana, as well as smoothies and espresso. All selections are plant-based and additive-free. The drive-through helps the business immensely.

"We want to create food that is delicious first, but also is whole food that is healthy by nature," says Heywood, who owns Rutabaga with her husband Jim.

The Annapolis café opened in 2015 and was successful enough that the Heywoods opened a second location in Crofton in 2018. The concept stems back quite a few years to the Adelaide Central Market while the Heywoods were living in South Australia. There, a customer could grab a meal made of fresh, local, and healthy ingredients. After moving to the Anne Arundel County, they realized that the area is a virtual health food desert dominated by chain and fast-food restaurants. That's why they opened Rutabaga.

We talked to Stacey about using plant-based food, weighing healthy food and taste, and customer favorites.

## You use whole plant-based food. How?

Everything we offer is plant-based and comes from a whole ingredient basis. Our cashew milk is an example. It's not a store-bought cashew milk with fillers in it. We make it with cashews and water. We avoid processed food as much as possible. The ingredient list is clean.

## Talk about cold pressure juices and the process?

We use raw juice. We have a big hydraulic press that slowly chews up food and crushes it under pounds of pressure. It extracts a large amount of nutrients and has a totally different texture. The juice has a very short shelf life and is very fresh. It's just an incredible, nutrient energy burst.

## What goes into making smoothies?

Our smoothies are very different than you will get elsewhere. They taste like milkshakes. It's just whole-blended fruits and vegetables. We use super foods that are high in nutrients and vitamins. You are not paying for a bunch of water-blended stuff. You are getting pounds of produce in your drink. They are a substitute for light meals. They will sustain you for breakfast or lunch.



Rutabaga co-owner Jim Heywood (far right) with the café's staff.

**RUTABAGA JUICERY & EATS** 4 Ridgely Avenue, Annapolis, 410-267-0261 | 1131A MD Route 3 N, Gambrills, 410-970-2437 | [rutabagajuicery.com](http://rutabagajuicery.com)



## Rutabaga Local Smoky Shrooms Toast

### What are customer favorites?

I would say the green protein is very popular. You are getting a huge amount of greens in it, but it tastes like ice cream or a delicious vanilla, cinnamon milkshake. And the drinks are delicious. Zest (with orange, grapefruit, lemon, ginger, turmeric, green apple, carrot) is a vitamin C hit and has a very exotic orange flavor.

### Explain what the Rutabaga Reset is?

The Rutabaga Reset is a program composed of raw, whole-pressed juices that you drink throughout the day. You can do it for one day or three days. Some people who work with nutritionists do it longer. Essentially, you eliminate all your solid foods. You're just drinking juices. You eliminate things like alcohol, caffeine. The things that tend to stimulate, irritate, or inflame us more. You are giving your body a rest and a massive surge of nutrients.

### How does the drive-through that you added in 2020 help business?

All our products are to go, so we are a fast and casual environment. We have our drive-through for that reason. For us, it's about making the food more accessible. We want to make Rutabaga the next drive-through. Why can't we be on every street corner? Why aren't our blends the things you are grabbing on your way to work? Or after a long day at work? It shouldn't be a processed, greasy cheeseburger when you can have something just as delicious and good for your body in a fast, healthy, and convenient way.

### What type of customers do you attract?

Rutabaga is for everyone. We get customers from all walks of life. Mechanics come over and enjoy our toast and coffee. We have people coming in after a yoga session and moms coming in on their way to drop kids off at school. We also get people who are on nutritional journeys. People who have cancer or going through terminal illness or people trying to change their lifestyle. They are finding a convenience in the change that is required.

### Explain your slogan: "Always Fresh, Always Whole, Always Humble."

We think food doesn't need to be complicated. We avoid the diet culture. Our objective is just to make delicious food. I come from a food and wine background. We are making our menu pretty darn good. The only way to know that is to taste it. We want it to be acceptable for everyone.

- 1 Slice toasted, quality whole grain bread
- 1/4 Cup mushroom & carrot fermented pickle (we love Oksana's Ferments)
- 1/4 Cup baba ganoush (we love Asmaar's Mediterranean or Rooted MD)
- 1 Tbsp hot pepper jelly
- Handful of microgreens or rocket

"This is such a delicious chilly-day recipe," Heywood says. "It's hearty, warming, and made from so many locally prepared, whole ingredients. Many of these can be found within our beautiful Anne Arundel County Farmers Markets. You can mix and match to your tastes too! Don't like smoky? Try a delicious red pepper hummus instead!" Simply toast the bread. Spread with baba ganoush and fermented mix. Top with a few small dollops of hot pepper jelly and a handful of delicious greens.



# Savor the Chesapeake

A culinary compendium of restaurant, food, and beverage news and trends from the Chesapeake region

By **Kelsey Casselbury**

## Hellos and Goodbyes

The Village at Waugh Chapel shopping center is welcoming two new eateries. **Eggspectation** is opening in the storefront left vacant by last year's closure of M&M Restaurant. The restaurant, which also has locations in Ellicott City and Owings Mills, offers luxe all-day breakfast (think French crepes and short ribs benedict), as well as an expansive lunch menu. **2402 Brandermill Boulevard, Gambrills | eggspectation.com**

**Mod Pizza** is also coming to Waugh Chapel. This fast-casual restaurant, which also has spots in Annapolis and Bowie, offers pizzas and salads made to order. **2612 Main Chapel Way, Gambrills | modpizza.com**

There are big changes on the Eastern side of the Bridge. Along with the closing of Annie's at the end of December, Hemingway's also closed at the end of the year and will transition into a new restaurant, Libbey's Coastal Kitchen and Cocktails. The establishment, along with the Bay Bridge Marina, was acquired last summer by new owners, who have plans to open Libbey's this spring. The new restaurant, which will be operated by Chesapeake Bay Beach Club, will focus on high-quality service, food, and beverage with a local, seasonal approach to the menu. **357 Pier One Road, Stevensville | libbeyscoastalkitchen.com**

## On Your Plate: 2022 Food Trends

When you think back on 2021, perhaps you remember all the marvelous culinary concoctions that social media app TikTok brought us. Baked feta pasta! Pancake cereal! Sushi rice! Who knows what sort of new gastronomical creations this year will bring us, but the experts at Whole Foods Market have their guesses.

*Here's what they say you can expect to see in 2022:*



**All About Yuzu.** Tangerines are so last year. Yuzu, a similarly sized citrus fruit cultivated mostly in Asia, has started trending, with its tart flavor appearing in hard seltzers, salad dressings, and more.



**Reducetarianism.** You don't have to totally give up meat, dairy, and eggs to make an environmental impact. Plant-curious eaters are just reducing their consumption of animal products and, when they do eat them, making it count by choosing grass-fed meat and pasture-raised eggs.



**Hi to Hibiscus.** Often used in teas, the sweet, tart flavor of hibiscus flowers (and its hot-pink hue) is making a debut in yogurts, fruit spreads, and flavored waters.



**Here Comes the Sunflower.** Sunflower seeds certainly aren't new, but they're coming to the forefront this year. You might see these protein-packed seeds in crackers, ice creams, and even creamy cheeses.



**Functional Fizz.** Sparkling water now has a lot more than just carbonation in it. People are looking for bubbly beverages that pull double-duty by offering up pre- and probiotics, vitamins and minerals, and more.

# The taste of home

Southern hospitality. The rich culture of soul food. We want to take your taste buds to our favorite Auntie's house. Let Ruby's So. Co. Kitchen take care of all of your catering needs.



[www.rubysbowie.com](http://www.rubysbowie.com) | 301.262.2001

## NANCY HAMMOND EDITIONS



PINK SKY BY NANCY HAMMOND

SIGNED AND NUMBERED LIMITED EDITION GICLEE, 48" X 32" / SIGNED ARTIST PROOF 40" X 60"  
ORIGINAL MIXED MEDIA AVAILABLE. PLEASE CALL FOR DETAILS

ANNAPOLIS MD • ST. MICHAELS MD • 410-295-6612 • [WWW.NANCYHAMMONDEDITIONS.COM](http://WWW.NANCYHAMMONDEDITIONS.COM)

# Dining Guide

## Advertisers Listed in Red

Average entrée price  
\$ 0-14 \$\$\$ 15-30 \$\$\$\$ 31 and over

📞 Reservations

🍷 Full bar

👨‍👩‍👧‍👦 Family Friendly

🌊 Water View

☀️ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2021 Winner

## Downtown Annapolis

### 1771 Grill and Taproom

26 Market Space, Annapolis; 410-280-8686; 1771grillandtaproom.com; \$\$\$ 📞

### Always Ice Cream Company

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

### Annapolis Ice Cream Company

196 Main Street, Annapolis; (443)-716-8674; annapolisicecream.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)-263-2534; 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)-269-0969; 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

24 Market Space, Annapolis; (410)-268-2576; federalhouse.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; pussersannapolis.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; sakuracafemd.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, Suite 10, Annapolis; carpacciotoscankitchen.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; levelannapolis.com; Modern American, tapas; dinner, late-night \$\$\$ 📞 🍷 🍷 🍷 🍷 🍷

### Light House Bistro

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

### Luna Blu

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

### Metropolitan Kitchen & Lounge

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

### Miss Shirley's Café

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

### Rams Head Tavern

33 West Street, Annapolis; 410-268-4545; ramsheadtavern.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; Brasstap-beerbar.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; thecantononline.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; chevysmd.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; gordonsbierschrestaurants.com; American; lunch, dinner \$ \$ 🍷 Y 🍷 🍺 🍻 🍴 🍷

### Grapes Wine Bar

1410 Forest Drive, Suite 6, 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; lemongrass-too.com; Thai; lunch, dinner \$ \$ Y 🍷 🍺 🍻 🍴 🍷

### Lures

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

### Ledo Pizza

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

Best Breakfast Sandwich in America Restaurant Hospitality Magazine	America's Favorite Family Friendly Restaurants FoodNetwork.com	Best Fried Green Tomatoes in Maryland Southern Living Magazine	Best Breakfast Dish in Maryland Food Network Magazine
			
<small>BREAKFAST BANANA SPLIT Wired MD's Favorite Restaurant, Best Assoc. of MD</small>	<small>ANNAPOLIS PICKUP As Seen on Food Network's Triple D Nation</small>	<small>BAYOU OMELET Voted Best Brunch, What's Up? Annapolis</small>	<small>CHICKEN BAJA "BLT" Voted Best Family-Friendly, What's Up? Annapolis</small>

**MissShirleys.com/OrderOnline FOR PICKUP OR CURBSIDE!**

**ANNAPOLIS** 1 Park Pl  
**INNER HARBOR** 750 E Pratt St  
**ROLAND PARK** 513 W Cold Spring Ln

*Brunchin'*  
**7 days a week!**  
 Locally & Family Owned

**Miss Shirleys' CAFE**  
 Award Winning  
 Breakfast, Brunch & Lunch

**MissShirleys.com/Delivery**  
 for DoorDash, Grubhub & Uber Eats!

»→ HAPPY ←«  
**NEW YEAR**  
 FROM YOUR FRIENDS AT

**"The Big Bean"**

**Coffee House**



**COME SEE ZACH, KATE, KAYLA & DANIEL TODAY!**

A casual, cozy coffee shop with a serious love for making a wide variety of treats and having fun. Come see us today!

**NEW EXPANDED HOURS!**  
 Monday-Friday 7-4  
 Saturday 7-2  
 Closed Sunday



888 BESTGATE RD  
 WWW.THEBIGBEAN.COM

f @THEBIGBEANMD  
 i BIGBEANCOFFEEHOUSE

**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 Town Centre Blvd, Suite 130, 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; portsofcallannapolis.com; Modern American; breakfast, lunch, dinner \$\$ 🍴

**Rams Head Roadhouse**  
 1773 Generals Highway, Annapolis; 410-849-8058; ramsheadroadhouse.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$ 🍴 🍷 🍺

**Red, Hot & Blue**  
 200 Old Mill Bottom Road, Annapolis; 410-626-7427; Redhotandblue.com; Barbecue; lunch, dinner \$ 🍴 🍷

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

**Royal Karma**  
 302 Harry S. Truman Pkwy, Suite K, Annapolis; 410-266-5006; royalkarmaannapolis.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; Severn-inn.com; Seafood; lunch, dinner, Sunday brunch \$\$ ☎ 🍴 🍷 🍺

**MAIN & MARKET**  
 CATERING | CAFE | BAKERY



**Making Life Delicious**  
 www.mainandmarket.com

**Sin Fronteras**

2129 Forest Drive, Annapolis, 410-266-0013, [sinfronterascfe.com](http://sinfronterascfe.com); Mexican; lunch, dinner, Saturday and Sunday breakfast \$\$\$ 🌿 \*

**Smashing Grapes Kitchen and Wine Bar**

177 Jennifer Road, Annapolis, 410-266-7474 [smashinggrapes.com](http://smashinggrapes.com); Mediterranean and California Coastal cuisines, lunch and dinner \$\$\$, 🍷 🌿 🎵 \*

**Soul**

509 S. Cherry Grove Avenue, Annapolis; 410-267-6191; [soulannapolis.com](http://soulannapolis.com); Southern-inspired small plates; lunch, dinner, Saturday & Sunday brunch \$\$ 🍷 🌿

**Stoney River Legendary Steaks**

2190 Annapolis Mall, Annapolis; 410-224-8312; [stoneyriver.com](http://stoneyriver.com); Steakhouse; lunch, dinner \$\$ 🍷 🌿

**True Food Kitchen**

1906 Towne Centre Blvd. Suite 110, Annapolis; 443-775-5179; [truefoodkitchen.com](http://truefoodkitchen.com); American; Lunch and dinner

**Ziki Japanese Steakhouse**

1906 Towne Center Boulevard, Ste. 4250, Annapolis; 410-224-6598; [zikisteakhouse.com](http://zikisteakhouse.com); Japanese, sushi; lunch, dinner \$\$ 🍷 🌿 \* 🍷

**Eastport / Bay Ridge**

**Adam's Taphouse and Grille**

921C Chesapeake Avenue, Annapolis; 410-267-0064; [adamsgrilleannapolis.com](http://adamsgrilleannapolis.com); Barbecue; lunch, dinner \$\$ 🌿 🍷

**Annapolis Smokehouse & Tavern**

107 Hillsmere Drive, Annapolis; 410-571-5073; [annapolis-smokehouse.com](http://annapolis-smokehouse.com); American BBQ; lunch, dinner, catering, Weekend brunch \$\$ 🍷 🌿 🎵 🍷

**Bakers & Co.**

618 Chesapeake Avenue, Annapolis; 410-280-1119; [bakersandco.com](http://bakersandco.com); Bakery, café; Breakfast \$ 🍷

**Blackwall Hitch**

400 6th Street, Annapolis; 410-263-3454; [blackwallhitchannapolis.com](http://blackwallhitchannapolis.com); Upscale-casual New American restaurant; brunch, lunch, dinner, late-night \$\$ 🌿 🍷 🎵 \*

**Boatyard Bar & Grill**

400 Fourth Street, Annapolis; 410-216-6206; [boatyardbarandgrill.com](http://boatyardbarandgrill.com); American, seafood; breakfast, lunch, dinner. \$\$ 🌿 🍷 \* 🎵 🍷

**Bread and Butter Kitchen**

303 Second Street, Ste. A, Annapolis; 410-202-8680; [breadandbutterkitchen.com](http://breadandbutterkitchen.com); American; breakfast, lunch \$ 🍷 🌿

**Caliente Grill**

907 Bay Ridge Road, Annapolis; 410-626-1444; [calientegrillannapolis.com](http://calientegrillannapolis.com); Latin; lunch, dinner \$\$ 🌿 \*

**Carroll's Creek**

410 Severn Avenue, Annapolis; 410-263-8102; [carrollscreek.com](http://carrollscreek.com); Seafood; lunch, dinner, Sunday brunch \$\$ 🍷 🌿 🎵 🍷 \* 🍷

**Chart House**

300 Second Street, Annapolis; 410-268-7166; [chart-house.com](http://chart-house.com); Seafood; dinner, Sunday brunch \$\$ 🍷 🌿 🍷 🍷

**Davis' Pub**

400 Chester Avenue, Annapolis; 410-268-7432; [davispub.com](http://davispub.com); American; lunch, dinner, late night \$ 🌿 🍷 \* 🍷 🐾

**Eastport Kitchen**

923 Chesapeake Avenue, Annapolis; 410-990-0000; [eastportkitchen.com](http://eastportkitchen.com); American; breakfast, lunch, dinner \$\$\$ 🍷

**Grump's Café**

117 Hillsmere Drive, Annapolis; 410-267-0229; [grumpscafe.com](http://grumpscafe.com); American; breakfast, lunch, dinner \$ 🌿 🍷

**Jack's Fortune**

960 Bay Ridge Road, Annapolis; 410-267-7731; [jacksfortune1.com](http://jacksfortune1.com); Chinese; lunch, dinner \$ 🌿 🍷 🍷

**Lewnes' Steakhouse**

401 Fourth Street, Annapolis; 410-263-1617; [lewnessteakhouse.com](http://lewnessteakhouse.com); Steakhouse, seafood; dinner \$\$\$ 🍷 🌿 🍷

**Main & Market**

914 Bay Ridge Road, Annapolis; 410-626-0388; [mainandmarket.com](http://mainandmarket.com); Farm-to-table; breakfast, lunch, dinner \$\$ 🌿 🍷 🍷

**O'Leary's Seafood Restaurant**

310 Third Street, Annapolis; 410-263-0884; [olearysseafood.com](http://olearysseafood.com); Seafood; dinner, Sunday brunch \$\$\$ 🍷 🌿 🍷 🍷

**Rocco's Pizzeria**

954 Bay Ridge Road, Annapolis; 410-263-9444; [roccospizzashop.com](http://roccospizzashop.com); Pizza; lunch, dinner \$ 🌿 🍷 🍷

**Ruth's Chris**

301 Severn Avenue, Annapolis; 410-990-0033; [ruthschris.com](http://ruthschris.com); Steakhouse; dinner \$\$\$ 🍷 🌿 🍷 🍷

**Sammy's Pizza Kitchen**

1007 Bay Ridge Ave, Annapolis; 410-990-9800; [sammyspizzakitchen.com](http://sammyspizzakitchen.com); Italian; lunch, dinner \$-\$\$ 🍷

**Vin 909 WineCafe**

909 Bay Ridge Avenue, Annapolis; 410-990-1846; [vin909.com](http://vin909.com); Farm-to-table; lunch, dinner \$\$ 🌿 \* 🍷

**Edgewater / South County**

**Adam's Taphouse and Grille**

169 Mayo Road, Edgewater; 410-956-2995; [adamsgrilleannapolis.com](http://adamsgrilleannapolis.com); Barbecue; lunch, dinner \$\$ 🌿 🍷

**All American Steakhouse**

139 Mitchells Chance Road, Edgewater; 410-956-4494; [theallamericansteakhouse.com](http://theallamericansteakhouse.com); American; lunch, dinner \$\$ 🌿

**Bayside Inn**

1246 Central Avenue, Edgewater; 410-956-2722; American, Seafood; breakfast, lunch, dinner \$\$ 🌿 🍷 \*

**Broadneck Grill & Cantina**

74 Central Avenue West, Edgewater; 410-956-3366; [broadneckgrill.com](http://broadneckgrill.com); American and Mexican Cuisine; lunch, dinner \$ 🍷 🍷 🌿 🎵 🍷

**Chad's BBQ**

158 W Central Ave, Edgewater; 410-956-7774; [chadsbbq.com](http://chadsbbq.com); Authentic smoked barbecue; lunch, dinner \$ 🌿 🍷 \* 🐾

**The Crab Shack**

3111 Solomons Islands Road; Edgewater 21037; 443 837 6279; [thecrabshackmd.com](http://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](http://www.docksiderestaurantmd.com); American, Seafood; breakfast, lunch, dinner \$\$ \*

**Edgewater Restaurant**

148 Mayo Road, Edgewater; 410-956-3202; [edgewaterrestaurant.com](http://edgewaterrestaurant.com); American, seafood; lunch, dinner, Sunday brunch \$\$ 🌿 🍷

CELEBRATING 100 YEARS as a family owned business

# Prime Steaks



Located on Restaurant Row in Annapolis Historic Eastport 4th & Severn Avenue.

Buttery crisp outside, juicy tender inside. With over 90 years Annapolis restaurant experience, LEWNES serves only USDA prime aged steaks.

**THANKS TO**



**VOTED BEST STEAKHOUSE**  
**VOTED BEST ROMANTIC RESTAURANT**

Ranked Top 100 Most Romantic Restaurants in the Country by OpenTable

 BEST OF AWARD OF EXCELLENCE 2019	 BEST OF AWARD OF EXCELLENCE 2020	 BEST OF AWARD OF EXCELLENCE 2021
--	--	--

**410-263-1617**  
FEATURING USDA PRIME STEAKS  
[WWW.LEWNESSTEAKHOUSE.COM](http://WWW.LEWNESSTEAKHOUSE.COM)



# THANK YOU!



**F4AC**  
FISH FOR A CURE



We're grateful for the generous support of our captains, anglers, volunteers, and community partners for making the 2021 Fish For A Cure Tournament, Paul C. Dettor Captain's Challenge, and Weigh-In Party a success! Thanks to you, we have raised more than \$4 million over the past 15 years to support the Cancer Survivorship Program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute.

## 2021 TOURNAMENT SPONSORS

**TOURNAMENT SPONSOR** | Sheehy Lexus

**CAPTAIN SPONSORS** | AllTackle • Carrollton Enterprises • FishTalk • Heller Electric Company, Inc.  
MaxSent • PropTalk • The Albert W. Turner Charitable Lead Annuity Trust • What's Up Media

**ANGLER SPONSORS** | Blue Water Yacht Sales • Coastal Conservation Association  
Liquified Creative • PEAKE, LLC • RBC

**FIRST MATE SPONSORS** | Bay Life Apparel • CAM Wealth Management • Chesapeake Real Producers  
Chesapeake Whalertowne • Citizen Pride • Continental Contractors • Eagle Title, LLC • NUTANIX  
The Kahan Center for Pain Management • Ledo Pizza • Liff, Walsh & Simmons LLC • Mackenzie Commercial  
Northpoint Yachts • Regulator Marine • South Annapolis Yacht Centre • TRACE International  
Wells Fargo • WNAV • Yorktel

**DECKHAND SPONSORS** | Blackwater Distilling • Colonial Electric • Guaranteed Rate • Littler • Local Coast  
Waterman Realty • WRNR

**JOIN US IN 2022 AS WE CELEBRATE CONTINUED COMMITMENT TO MAKING A SPLASH  
IN CANCER CARE FOR OUR COMMUNITY.**

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

**Fuji Steakhouse**

169 Mitchells Chance Road, Edgewater; 410-956-8898; fuji-steakhouse.md.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; thegreenerturtle.com; American Lunch, dinner, late-night \$ 🍷 🍴 🍴 🍴

**Happy Harbor**

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

**Harvest Thyme Modern Kitchen & Tavern**

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

**Hispa Restaurant**

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

**JesseJay's Latin Inspired Kitchen**

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

**Killarney House**

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

**Ledo Pizza**

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

**Mike's Bar & Crab House**

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

**Nova Sushi Bar and Asian Fusion**

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

**Old Stein Inn**

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

**Petie Greens Bar and Grill**

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

**Pirate's Cove**

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

**Pier Oyster Bar**

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

**Rod N Reel Restaurant**

4160 Mears Avenue, Chesapeake Beach; 860-312-5596; rnrresortmd.com; Seafood; breakfast, lunch, dinner \$\$\$ 🍷 🍴 🍴 🍴

**Saigon Palace**

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

**Señor's Chiles**

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

**Skipper's Pier Restaurant & Dock Bar**

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

**South County Café**

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

**Stan & Joe's Saloon South**

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

**S & J Riverside**

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

**Yellowfin Steak & Fish House**

2840 Solomons Island Road, Edgewater; 410-573-1333; yellowfin-edgewater.com; Steak, seafood; lunch, dinner, Sunday brunch \$\$\$ 🍷 🍴 🍴 🍴

**Arnold / Severna Park / Pasadena & Beyond**

**Adam's Ribs**

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

**Ashling Kitchen & Bar**

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

**Bella Italia**

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

**The Big Bean**

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

**Blackwall Barn & Lodge**

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

**Brian Boru Restaurant & Pub**

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

**Café Mezzanotte**

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

**The Crab Shack**

1260 Crain Hwy Crofton 21114; 443 302 2680

**Daily Scoop**

3201 Mountain Road, Pasadena; 410-437-2667; dailyscoopice-cream.biz; Ice cream and ice cream cakes \$ 🍷

**Donnelly's Dockside**

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

**Founders Tavern & Grille**

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

**Gina's Cantina**

8779 Veterans Highway, Millersville; 410-923-8226; Ginascantinamd.com; Tex-Mex; 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 \$ 🍷

**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 \$\$\$ 🍷 🍴 🍴 🍴

**Nonna Angela's**

2225-A Defense Highway, Crofton; 443-584-4038; Mammaas.com; Italian; 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; Gambrells; 443-302-2535; phermbrewing.com; Food trucks on Weekends

**The Point Crab House & Grill**

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

**Rips Country Inn**

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

**Romilo's Restaurant**

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

**Severna Park Taphouse**

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

**Sin Fronteras**

7700 Ritchie Highway, Glen Burnie, 410-424-2022, Sinfronterascfe.com, Mexican; lunch, dinner, Saturday & Sunday breakfast \$\$\$ 🍷 🍴 🍴

**Twains Tavern**

8359 Baltimore Annapolis, 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; brunch, dinner \$\$\$ 🍷 🍴 🍴

**Regional**

**Bistro St. Michaels**

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 \$\$\$ 🍷 🍴 🍴 🍴

**The Island Hideaway**

14556 Solomons Island Road S, Solomons; 410-449-6382; Theislandhideawaysolomons.com; American; lunch, dinner 🍷 🍴 🍴 🍴

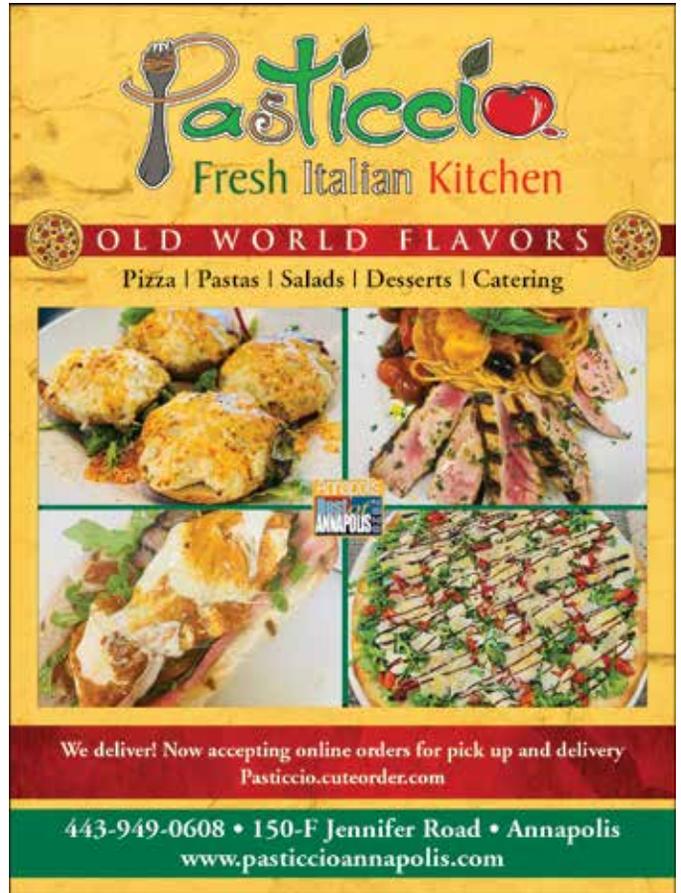
**Knoxie's Table**

180 Pier 1 Road, Stevensville; 410-604-5900; Baybeachclub.com; American; dinner, weekend brunch \$\$\$ 🍷 🍴 🍴

# Shop Local. Buy Local.

**RESERVE YOUR SPACE TODAY**

Contact Ashley Lyons at 410-266-6287 x1115  
or alyons@whatsupmag.com



**Pasticcio**  
Fresh Italian Kitchen

OLD WORLD FLAVORS

Pizza | Pastas | Salads | Desserts | Catering

We deliver! Now accepting online orders for pick up and delivery  
Pasticcio.cuteorder.com

443-949-0608 • 150-F Jennifer Road • Annapolis  
www.pasticcioannapolis.com

*Wishing you a healthy 2022*

## Simply STRONGER

... a personal touch

YOGA, FITNESS AND MASSAGE STUDIO



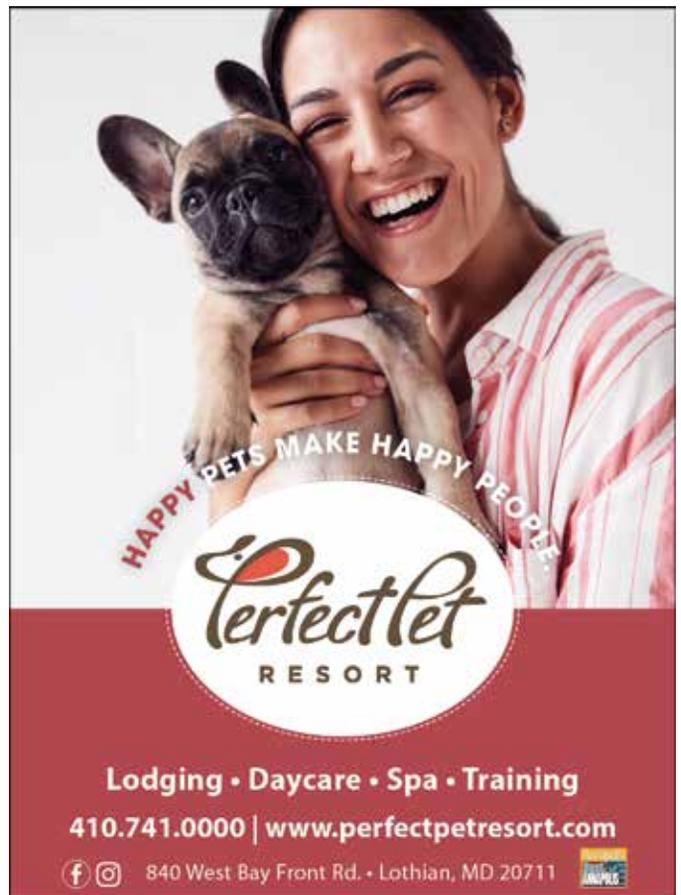
START YOUR NEW YEAR OFF RIGHT!

**WINNER**  
Best Personal Trainer in Private Studio

Debi McKibben

✓ ONE ON ONE ✓ NO CROWDS ✓ CLEAN & SAFE

To sign up please call Debi McKibben 443-994-3513  
1610 West St., Ste. 204 • Annapolis • simplystronger204@gmail.com  
[www.simplystronger.com](http://www.simplystronger.com)



HAPPY PETS MAKE HAPPY PEOPLE

## Perfect Pet

RESORT

Lodging • Daycare • Spa • Training

410.741.0000 | [www.perfectpetresort.com](http://www.perfectpetresort.com)

840 West Bay Front Rd. • Lothian, MD 20711

# Matthew J. Malta M.D., M.P.H.

## Internal Medicine

132 Holiday Ct  
Suite 201  
Annapolis, MD 21401  
410-573-2477

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



# TRIBE

INDOOR CYCLING

## YOUR YEAR TO SHINE

FIRST RIDE ALWAYS FREE!

NOW TWO LOCATIONS  
ANNAPOLIS & BALTIMORE

@tribe\_cycle      [tribecycle.com](http://tribecycle.com)

# ADVERTISE WITH US TODAY!

**CONTACT:**  
[alyons@whatsupmag.com](mailto:alyons@whatsupmag.com)

## Wimsey Cove

Framing & Fine Art Printing

- Shadowboxes
- Conservation Framing
- Maps
- Diplomas
- Scanning Services
- Giclee Printing
- Photo Restoration
- Photo to Canvas
- Large Scale Printing

410.956.7278      209 Chinquapin Round Rd, Suite 101, Annapolis  
Hours: M-F 10-6 & Sat 10-4      Visit us online at [www.marylandframing.com](http://www.marylandframing.com)  
& [www.wimseycoveframingannapolis.com](http://www.wimseycoveframingannapolis.com)



# Where's Wilma?

**FIND WILMA AND WIN!**

With Jack Frost nipping at our mascot Wilma's toes, she's decided to take high to the skies and soar to the best spas and salons to get warm, get cozy, and pamper herself. She's also enjoying fine dining, shopping, and select services throughout the region. Where will she land next?

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

**Congratulations to Mary Jane Cole** 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](http://whatsupmag.com/promotions)



*Please Print Legibly*

**I FOUND \_\_\_\_\_ Advertiser \_\_\_\_\_**  
**WILMA \_\_\_\_\_ Advertiser \_\_\_\_\_**  
**ON PG. \_\_\_\_\_ Advertiser \_\_\_\_\_**

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

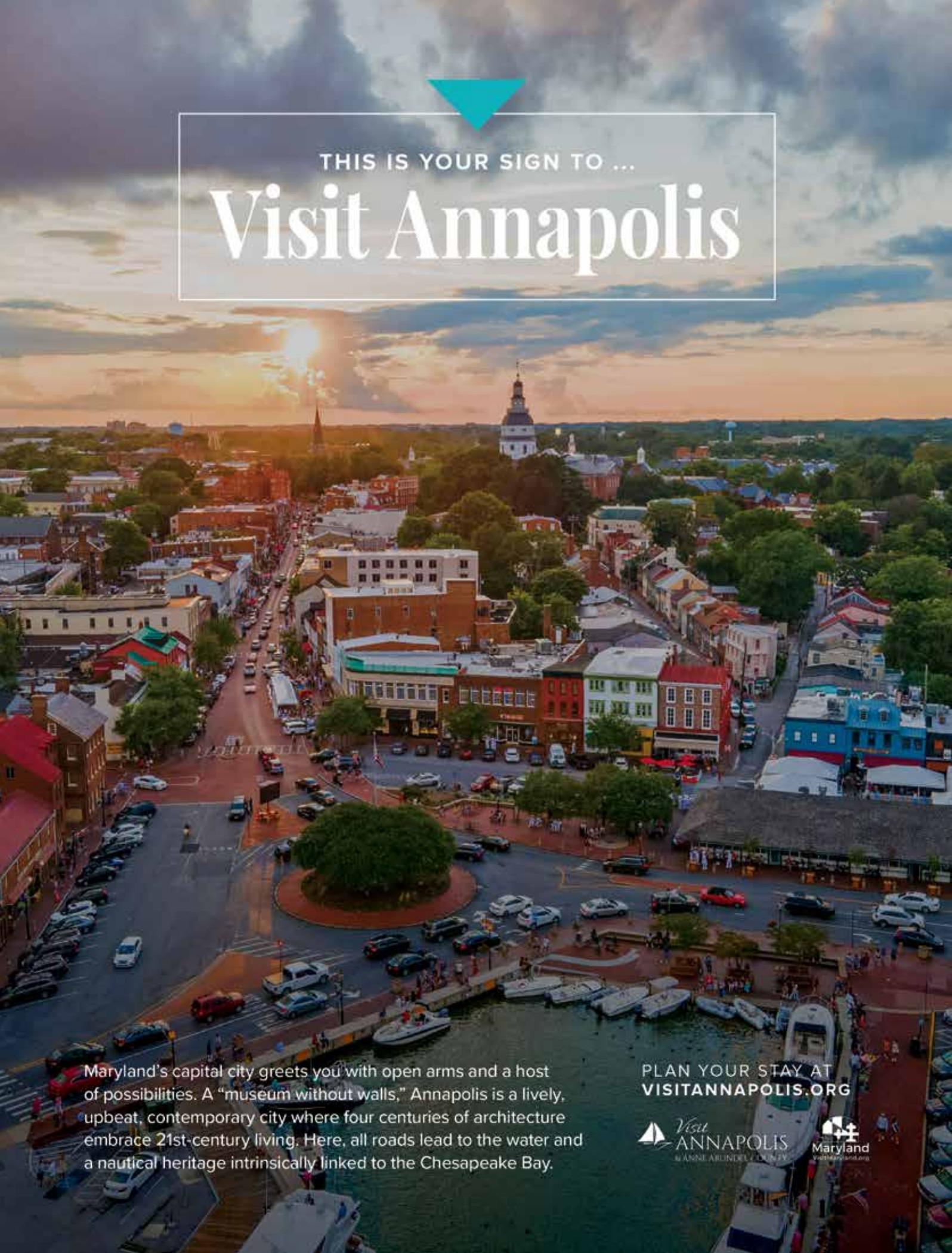
E-mail address \_\_\_\_\_

What is your age bracket? (Circle one) <25 25-34 35-44 45-54 55+

Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles!  
Yes, please! \_\_\_\_\_ No, thanks \_\_\_\_\_

Entries must be received by January 31, 2022. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis.

84 Lumber—Kitchen & Bath Design Studio.....	105	Main & Market.....	122
Absolute Design Studio.....	102	Malta Matthew Dr.MD.....	127
Alternative Pet Care.....	24	Matt Nader Group-First Home Mortgage.....	105
Annapolis Area Christian School Camps.....	47	Miss Shirley's Cafe.....	121
Annapolis Auto.....	33, 37, 40	Mobile Pet Vet.....	24
Annapolis Opera.....	33	Montessori International Children's House.....	46
Annapolis Painting Services.....	26	Nancy Hammond Editions.....	119
Annapolis Plastic Surgery.....	5	Naval Academy Primary School.....	LIE
Anne Arundel Medical Center—Fish For A Cure.....	124	Nielsen Development Group.....	76
Archbishop Spalding High School.....	50, LIE	Northrop Realty A Long & Foster Company.....	88
Atlantic Prime Mortgage.....	41	O'Donnell Vein and Laser.....	IFC
Bay Stoves.....	102	Pasticcio Fresh Italian Kitchen.....	126
Baypoint Wealth Management.....	72	Perfect Pet Resort.....	126
Baywoods of Annapolis.....	72	Potomac Hospitality Group.....	119
Berkshire Hathaway Homeservices Homesale Realty ..		ProMD Health.....	106
.....	85	Radcliffe Creek School.....	LIE
Blue Heron Dental.....	41	Rams Head on Stage.....	22
Boatyard Bar & Grill.....	112	Rehab 2 Perform.....	37
Breakfast Club Academy.....	47	Rockbridge Academy.....	LIE
Cabinet Discounters.....	18	Saint Andrews Day School.....	46, LIE
Carroll's Creek Cafe.....	112	Saint John the Evangelist Catholic School.....	LIE
Catherine Purple Cherry Architects.....	10	Sandel Duggal Center For Plastic Surgery.....	3
Center for Eye & Laser Surgery/Adara Medical Spa...17		Scarborough Capital Management.....	29
Chesapeake Car Wash.....	84	School of the Incarnation.....	LIE
Chesapeake Eye Care Management PC.....	21	Scott Finlay DDS & Associates.....	13
Chesapeake Financial Planning & Tax Services.....	35	Scott Schuetter.....	31
David Orso.....	4	Severn School.....	LIE
Diane and Crew of Taylor Properties.....	93	Shane Hall-Compass Realty.....	97
Divine Mercy Academy.....	47, LIE	ShelfGenie.....	86
Djowdan Center for Implant and Restorative Dentistry		Simply Stronger.....	126
.....	1	Skin Wellness MD.....	8
Dr Henrick L. Anderson.....	2	Ss. Constantine & Helen Preschoo.....	46
Dr. Heather Pacheco.....	25	St. Anne's School of Annapolis.....	LIE
Drs. Walzer Sullivan & Hlousek P.A.....	7	St. Margaret's Day School.....	LIE
Ehmann Kathryn DDS.....	28	St. Martin's In the Field Episcopal School.....	50
Esposito Meredith DDS.....	25	Stahley Thompson Homes.....	100
Essex Bank United Bank.....	BC	The Big Bean.....	122
Fichtner Services.....	99	The Boys' Latin School of Maryland.....	LIE
Harvest Thyme Modern Kitchen & Tavern.....	112	The Calverton School.....	LIE
Indian Creek School (Upper Campus).....	42, LIE	The Container Store.....	9
Innovative Family Dental Health.....	35	The Gunston School.....	LIE
Key School.....	51, 56	Timberlake Design Build.....	83
Law Offices of Kendall B. Summers.....	19	Tribe Cycle.....	127
Leadership Anne Arundel.....	41	TTR Sotheby's Annapolis—Brad Kappel.....	14
Lewnes' Steakhouse.....	123	Visit Annapolis.....	IBC
Long & Foster—Mr. Waterfront Team.....	6	Whoof on the Wharf.....	40
Luminis Health AAMC.....	11	Wimsey Cave Framing & Fine Art Framing.....	127
Lundberg Builders/314 Design Studio.....	86		



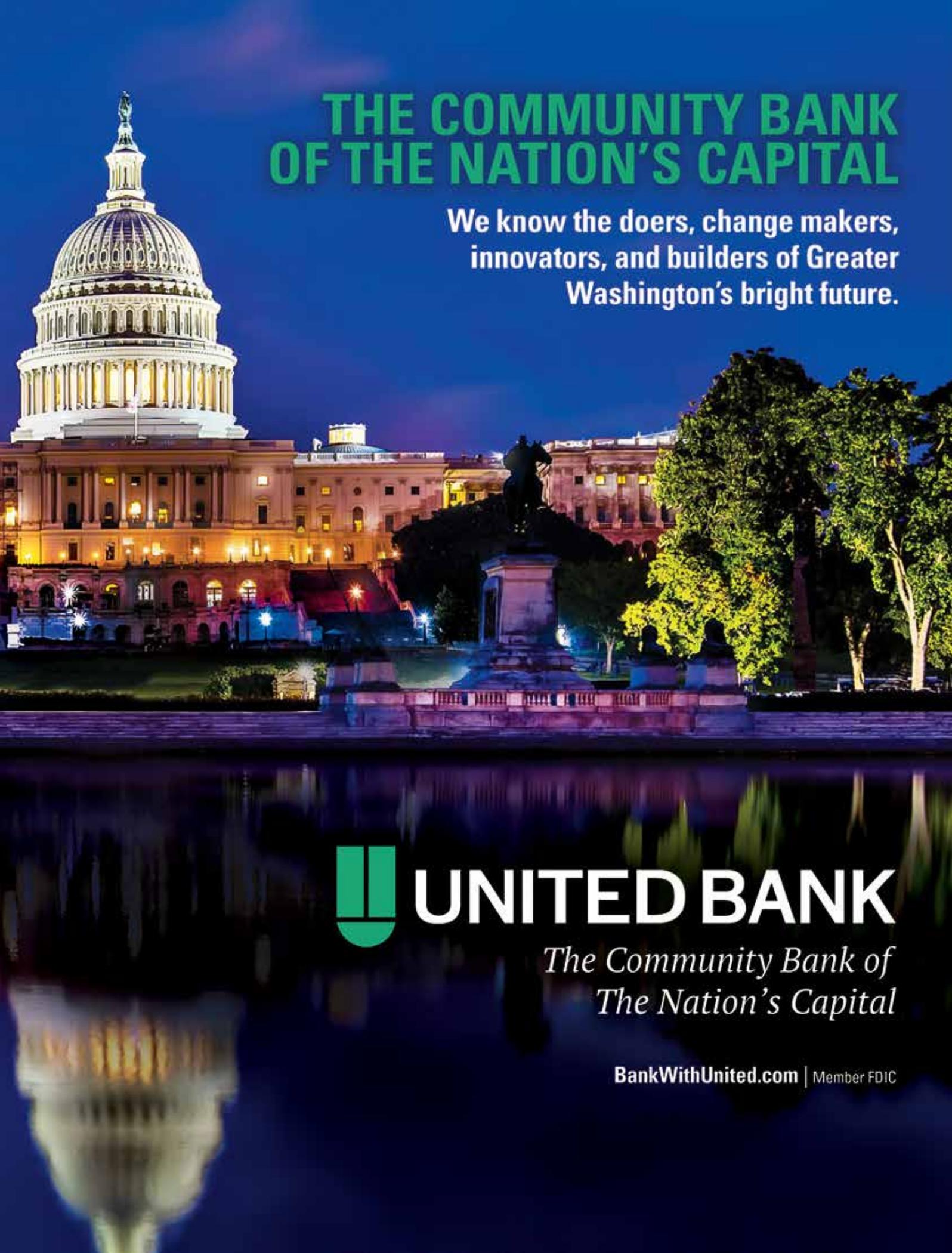
THIS IS YOUR SIGN TO ...

# Visit Annapolis

Maryland's capital city greets you with open arms and a host of possibilities. A "museum without walls," Annapolis is a lively, upbeat, contemporary city where four centuries of architecture embrace 21st-century living. Here, all roads lead to the water and a nautical heritage intrinsically linked to the Chesapeake Bay.

PLAN YOUR STAY AT  
[VISITANNAPOLIS.ORG](http://VISITANNAPOLIS.ORG)





# THE COMMUNITY BANK OF THE NATION'S CAPITAL

We know the doers, change makers,  
innovators, and builders of Greater  
Washington's bright future.



## UNITED BANK

*The Community Bank of  
The Nation's Capital*

[BankWithUnited.com](https://www.BankWithUnited.com) | Member FDIC