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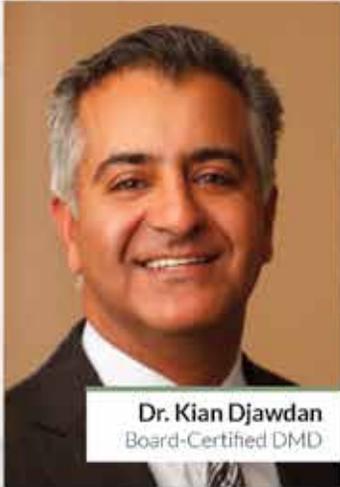
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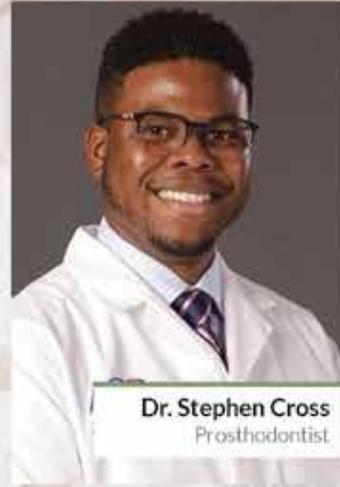
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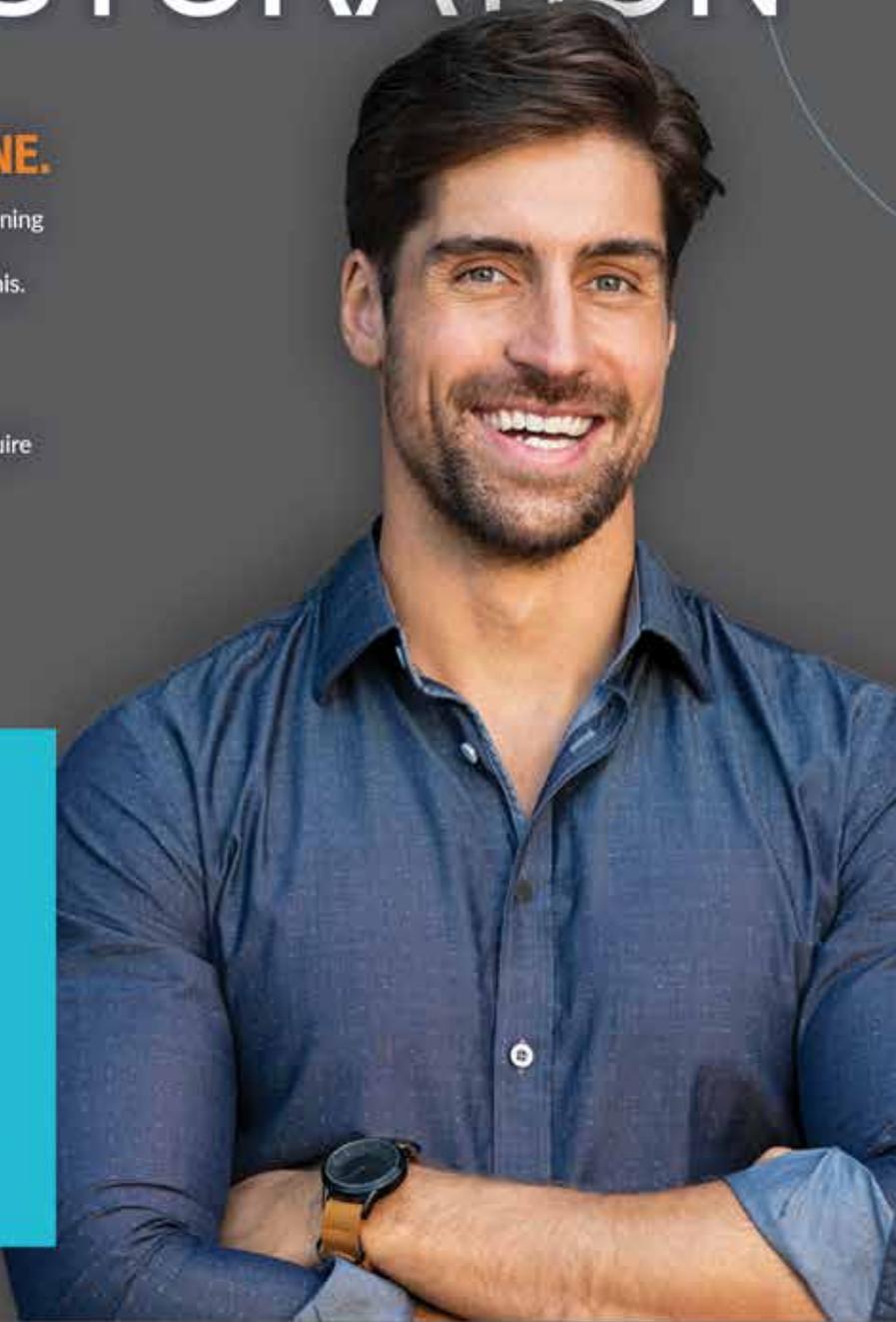
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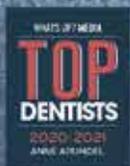
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## Melissa Blohm

REALTOR®

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c 410 991 5967  
MelissaBlohm3@gmail.com

Melissa has lived in Anne Arundel County for over 20 years, along with her husband and three children. She graduated from the University of Maryland,

where she earned a Bachelor of Science degree in Economics. As a Top Producing real estate agent, Melissa brings a wealth of industry knowledge and expertise about buying and selling real estate properties. She is extremely committed, hard-working, and a dedicated sales professional. Her approachable demeanor makes everyone feel comfortable, with customer service as her number ONE priority!



## Margaret Dammeyer

REALTOR®

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Margaret.Dammeyer@LNF.com

Margaret has lived in Annapolis for the past 30 years and has cultivated a passion for real estate. She has been the go-to advisor for family and friends seeking to buy or sell

their homes, and she is excited to share her expertise with others. Margaret brings a strong work ethic, artful negotiation skills, and the utmost professionalism to each client. Raised in a military family and married to a third-generation Annapolitan, Margaret understands the importance of finding that special place to call home.



## Trish Dunn

REALTOR®

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trishdunnrealestate@gmail.com

Trish has a proven track record of success. She is a full time real estate agent who also has a residential lender's license which gives her a unique perspective

in the important finance arm of buying and selling homes. Trish is a long time resident of Annapolis who has lived on the Eastern Shore so she can easily work with buyers and sellers alike on both sides of the bridge. She is also an avid runner having completed 53 marathons. She brings the same stamina and focus to her real estate business.



## Jeannie Miller

REALTOR®

o 410 263 3400  
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Jeannie.Miller@Inf.com

Jeannie was awarded #6 of all new real estate agents in the Baltimore/Western region 2018, and Gold Team member of Long & Foster 2020 & 2021. Jeannie is a life

long resident of Annapolis and of Anne Arundel County. She is especially experienced with water oriented communities. She serves as Vice President on her neighborhood board and a manager of the swim team where she has been a resident for over 15 years. Jeannie is a trusted, patient advisor, a true professional, and a top sales leader.



## Michele Cordle

REALTOR®

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MicheleCordle@gmail.com

With 37 years of experience as a full time Realtor® and 2020 Realtor® of the Year in Anne Arundel County Association, I have had the privilege to work with over

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



## Justin Disborough

REALTOR®

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Justin.Disborough@Inf.com

Born, raised and residing in Annapolis, this \$15 million annual producer is dedicated to his neighbors and ensures your real estate needs are met. He offers

the highest level of service through his Meet This House brand, and maintains an unmatched "No Ties 'Til Closing" policy, meaning you have no commitments until a contract is signed. With more than 200+ hours of professional negotiation training and 25 years sales experience, Justin is a true expert when it comes to marketing and selling your current property or finding your next home.



## Chris Fuller

REALTOR®

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Chris.Fuller@LNF.com

Chris Fuller has over 19 years of experience in the real estate field and is prepared to assist you in your real estate needs. The motto of "excellence in client care

and service" is foremost when working for his clients. A large majority of Chris' business has come from referrals of clients Chris has completed a smooth real estate transaction. Whether a multi-million dollar property, or a fixer-upper starter home, regardless of price or condition, Chris Fuller will work hard for you when you choose him to represent you in real estate.



## Sarah Myer

REALTOR®

o 410 263 3400  
c 443 871 7643  
Sarah.Myer@longandfoster.com

As a dedicated Realtor®, Sarah Myer works tirelessly to help Buyers and Sellers meet their real estate goals while having fun and enjoying a smooth experience.

As a life-long Marylander with extensive knowledge and a true passion for the area she can't wait to help you make this beautiful Chesapeake Bay region your home! Sarah Myer is a certified relocation specialist and has earned the coveted Graduate, Realtor® Institute (GRI) designation.

**On the Cover:** Dogs in shades at an Edgewater beach; an entry in our Summer Flashback Reader Photo Contest. Photograph by Kris Robison. Design by August Schwartz. Contact *What's Up? Annapolis* online at [whatsupmag.com](http://whatsupmag.com). Please recycle this magazine.

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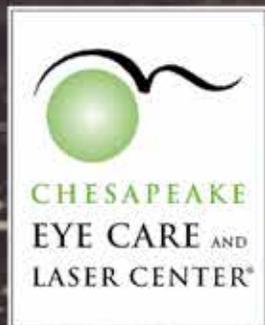
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Rod Messick  
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# editor *From the*



The alarm on my iPhone was set for 4:30 a.m. I tried to drift into sleep, but the anticipation of next morning's outing made that difficult. I had crabbing on my mind. That evening, I organized my box traps, baited my clam bags, and readied the boat. I even tied lures on two fishing rods for sunrise striper topwater action—something to do while the traps soaked, attracting crabs. The coffeepot was set to start dripping at 4:30 as well. And just as I fell into the comfiest slumber...“beep, beep, beep, beep.” Time to get up and at 'em!

Waking at an ungodly hour so I'm on the water and laying my line of crab traps precisely a half-hour before the sun crests the horizon is a summer ritual that I truly love. The idea that anything can happen, and something usually will if you play your cards right, attracts me to the sports of crabbing and fishing as much as the crab is attracted to the bait.

And on this early-July morning last season, the harvest was spectacular. After setting my traps in the upper Severn River, I set course for a nearby point of land that juts into the main stem—a wide sandy flat in 2–3 feet of water that drops into 17-foot depths on either side. It can be a choice spot to intercept a striper or several at dawn when they come up to cruise the shallows and feed.

I gave myself 20 minutes to make casts around this expanse of water before returning to the traps. But I'd only need one cast. The first lure I zipped 30 yards into the heart of the flat settled on top of the still water. I paused 10 seconds, then twitched the rod just enough to pop-

pop-pop the lure....and BAM! A nice 22-inch striped bass blasted the popper and I reeled in the keeper. I already won the morning in my book.

Happily, I returned to the traps and began pulling them up one by one. You can tell when a trap has a crab in it, and its general size, as the resistance pulling up the trap is tighter and tougher the larger the crab. After, I think, three passes down the line of traps, I had pulled up a half-bushel of nice-sized, heavy crabs. Plenty enough for my family. I had no problem packing it in and calling quits then and there. The day's quarry was everything I hoped for...and more.

Mid-summer adventures and memories. We all have our idea of what makes for a fun and memorable outing during this active season. For many, a great day does, indeed, involve blue crabs—catching, cooking, and feasting on the Bay's beautiful swimmer. In this issue, we offer the primer “Everything Crabs!” on doing just that—how to enjoy this bounty, from catching them at first light to picking them with friends at moonlight. And if catching them isn't quite your thing (yet), the best crab houses and seafood restaurants in the world (arguably!) are plentiful in Chesapeake country. Plus, festival season is in full swing! Our “Out on the Towne” events of the month has a batch to put on the calendar, including a seafood fest or two!

We pack this and much more into this July issue. After all, there are many other adventures to be had, as evidenced by the results of our “Summer Flashback Photography Contest.” We called on you to send us your best shots of last summer and the entries are inspirational. Congrats to the winners and thank you to all who participated. You can view reader and staff faves in this magazine and the full batch of entries online.

It's our hope that July is as adventurous for you as putting together this issue was for us. So, join me in setting the alarm early. Let's get crackin' this summer. There's a bounty of memories to be made!

**James Houck,**  
Editorial Director

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

# RAMS HEAD *On Stage*

July Highlights

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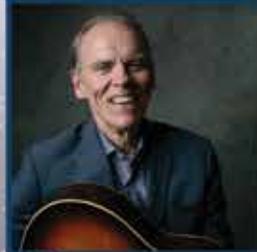
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July 6  
**Carolyn Wonderland**  
Blues Singer Songwriter



July 8  
**7 Bridges**  
The Ultimate Eagles Experience



July 9  
**John Hiatt & The Goners**



July 10  
**Euge Groove**  
Smooth Jazz



July 11  
**Davy Knowles**  
Blues Rock



July 12  
**ASIA feat. John Payne**



July 14  
**Jordan Rudess**  
of Dream Theater



July 16  
**Carpool**  
Cars Tribute Band



July 17  
**Rhett Miller**  
of Old 97's



July 18  
**L.A. Guns**  
Glam Metal Band



July 19  
**Steve Earle & The Dukes**



July 20  
**Phillip-Michael Scales & Nelly's Echo**



July 21  
**KICK**  
The INXS Experience



July 22  
**Donavon Frankenreiter**  
w. Christina Holmes



July 23  
**Pat McGee & Friends**  
w. Ricky Duran



July 24  
**Norman Brown**  
Contemporary Jazz



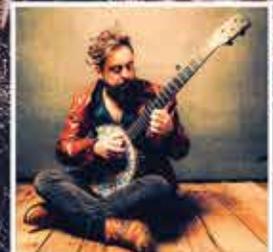
July 25  
**Vixen**  
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July 28  
**Sabbath**  
The Black Sabbath Experience



July 29  
**Suede**  
Jazz Singer-Songwriter



July 30  
**Tall Tall Trees**  
w. Taylor Ashton

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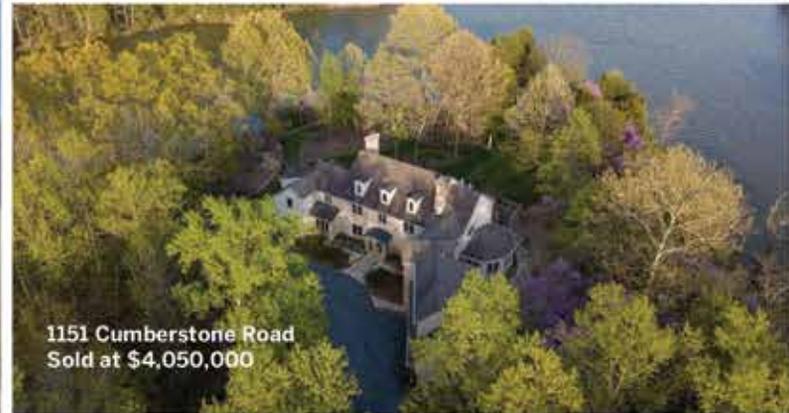
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# *Out on the* **TownE**

25 EVENT PICKS | 36 SOCIAL | 40 SPOTLIGHT | 44 ATHLETE | 46 INTERVIEW

## **Annapolis Fourth of July!**

Downtown Annapolis has a full lineup of events coming our way to celebrate Independence Day. Enjoy Dinner Under the Stars on the first block of West Street on Saturday July 2nd from 5 to 10 p.m., followed by First Sunday Arts Festival with the Inner West Street Association from 10 a.m. to 5 p.m. on Sunday, July 3rd. All of this is leading up to the big day! On July 4th, there will be a parade with marching bands, fire engines old and new, cars, vans, service clubs, and more starting at West Street, around Church Circle, and then down Main Street. The parade will begin at 6:30 p.m. and fireworks will launch from a barge in the Annapolis Harbor from 8 to 9:45 p.m. Find more information at [visitannapolis.org](http://visitannapolis.org).



## HERB ALPERT & LANI HALL AT MARYLAND HALL

The third time is a charm! After this performance was rescheduled from May 2020 and then again from July 2021, Herb Alpert & Lani Hall are finally going to perform at Maryland Hall on July 27th at 7 p.m. This husband/wife duo is ready to take the stage! Find more information at [marylandhall.org](http://marylandhall.org).



## ↑ 2022 Severna Park Independence Day Parade

Fill the streets at 10 a.m. on July 4th in Severna Park for the community's Independence Day Parade. The theme this year is "Celebrating Our Rich History." Find more information at [web.gspacc.com](http://web.gspacc.com).



## ↑ Annapolis Irish Festival

On July 16th, have a whole day full of Irish traditions at the Anne Arundel County Fairgrounds in Crownsville. This family friendly event will start at 11 a.m., will have plenty of Irish food, bands, Irish dancing, and so much more. Connect to your roots or explore a new culture this July! Find more information at [abceventsinc.com](http://abceventsinc.com).



## SPEAK YOUR TRUTH

July 16th is the 6th Annual Speak Your Truth! event hosted by ArtFarm Studios in Annapolis. The event will start at 7 p.m. and will be a night of emotional expression through words & art. Since 2017, there has been poets, visual artists, dancers, clothing designers and more all sharing their experiences with mental illness. Find more information at [tylercal-abrese.wixsite.com/speakyourtruth](http://tylercal-abrese.wixsite.com/speakyourtruth).

## Toy Story in Concert

When people aren't around, toys come out to play. Join the Baltimore Symphony Orchestra on July 15-17 for performances of the music from *Toy Story*. Join Woody, Buzz, Andy, and more characters at the concert. Friday and Sunday's concert will be held at Joseph Meyerhoff Symphony Hall in Baltimore while Saturday's concert will be at the Strathmore in North Bethesda. Order tickets now at [bsomusic.org](http://bsomusic.org).



## 2022 EAST OF MAUI/ EASTPORT YACHT CLUB CHESAPEAKE STAND UP CHALLENGE

On July 9th, East of Maui and Eastport Yacht Club have an open water race in Annapolis Harbor and the mouth of the Severn River. There will be three course options: the 7-mile challenge for more experience paddlers, a 3-3.5-mile challenge suitable for more recreational paddlers, and then a one-mile fun race. Find more information and register on their Facebook page or by visiting [eastportyc.org](http://eastportyc.org). There will be no race day registration.



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## ↑ WINE & SLOW JAMS: ONE BIG OUTDOOR PICNIC

On July 30th, visit the Anne Arundel County Fairgrounds for Wine & Slow Jams: One Big Outdoor Picnic. It's the 5th anniversary of this event, which features vendors, food trucks, wine tastings, an adult moon bounce, and more. Bring your blankets, friends, and have a fun time singing along to your favorite tunes, sipping drinks, and playing games. The event will be 3–9 p.m. Visit their [eventbrite.com](https://www.eventbrite.com) site for more information.



## Naval Academy's Student Leadership Program

The Naval Academy is developing leaders for tomorrow, today! Register your 13–15-year-old in this one-day program on July 9th at the Arnel-Leftwich Visitor Center at the U.S. Naval Academy. Students will learn to equip themselves for the future and develop leadership skills from some of the brightest of today's leaders at the USNA. Register for the event at [navalacademytourism.com](https://www.navalacademytourism.com).

## ↑ CULTUREFEST

On July 9th, CultureFest will feature dynamic live performances by international reggae, soca, and Afrobeat artists, a food court, craft village, and numerous bar stations offering exotic drinks by expert mixologists. This festival will celebrate diversity through music, art, food, and bring together the community. The event will be held at the Anne Arundel County Fairgrounds from 1 to 9 p.m. Find more information at [culturefestdmv.com](https://www.culturefestdmv.com).



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## **↑ LAKE ARBOR JAZZ FESTIVAL**

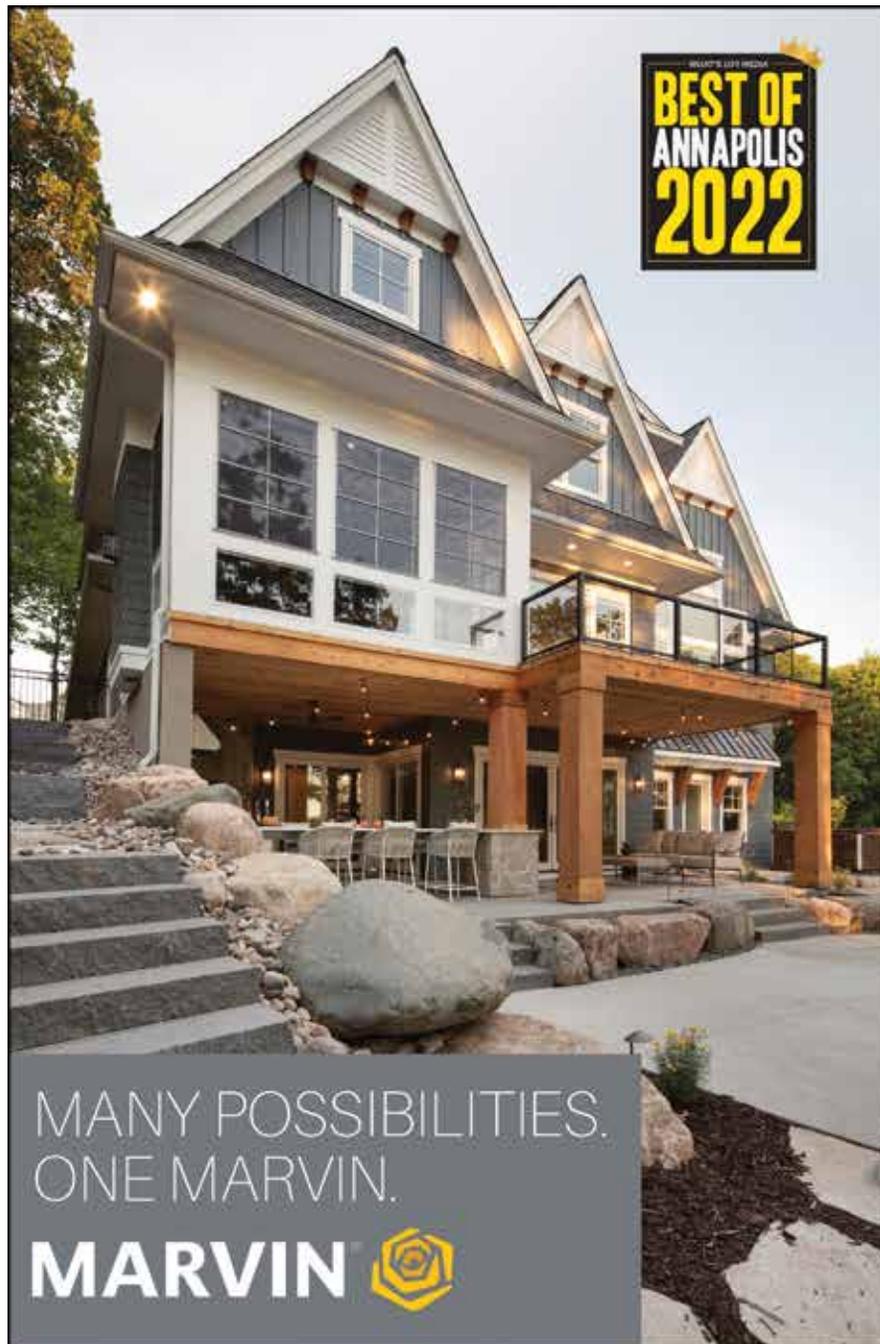
The Lake Arbor Jazz Festival is having their 12th annual celebration on July 16th at 10100 Lake Arbor Way in Mitchellville. This is one of the region’s premier jazz events and will feature top-flight contemporary and traditional jazz and R&B artists from across the nation and the Washington, D.C., area. Find more information at [lakearborjazz.com](http://lakearborjazz.com).



Photo by Richard Lippenholz

## Star Spangled Spectacular

Enjoy your summer with the symphony and kick off July with a bang. Baltimore Symphony Orchestra is performing their patriotic favorites on July 3rd at Oregon Ridge Park in Cockeysville. The show will start at 8 p.m. and finish with a fantastic fireworks display. Come early to grab a bite to eat and a drink from food trucks. If you can't make this event, the BSO will also perform a Star-Spangled Celebration on July 7th at Boordy Vineyards, where you can sip on a glass of wine while you enjoy the orchestra. Find more information and performances on [bsomusic.org](http://bsomusic.org).



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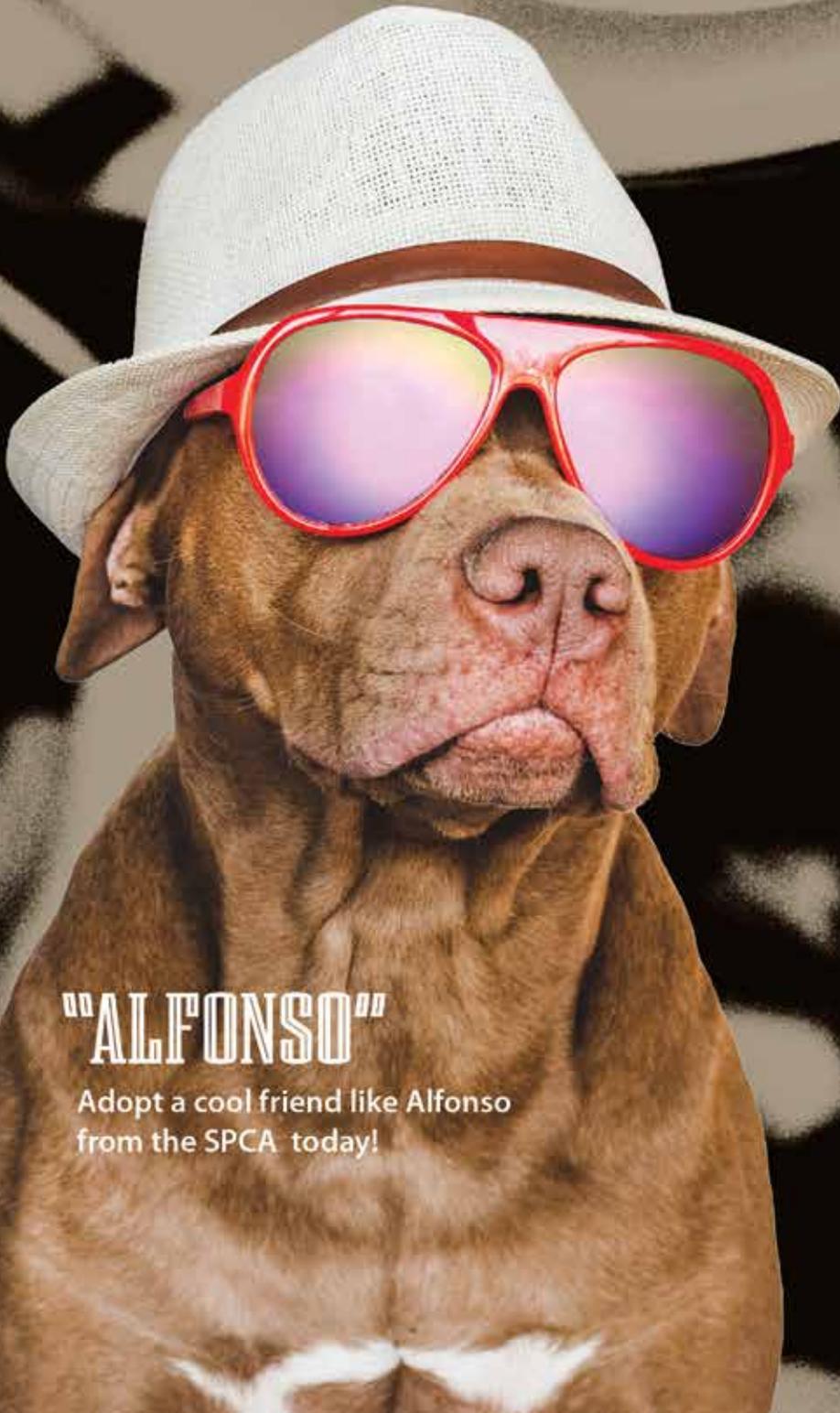
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# Across the Bridge



## PLEIN AIR EASTON

The largest and most prestigious juried plein air painting competition in the United States is back in Easton for its 18th year, from July 15th through July 24th. Artists at Plein Air produce art from life rather than in the studio and are coming from all over the country. Fifty-eight artists are coming to Talbot County to paint throughout the week. In 2021, Plein Air Easton topped \$495,000 with 400 paintings sold over the course of the week. Find more information at [pleinaireaston.com](http://pleinaireaston.com).

## ↑ Tilghman Island Crab Feast

The Tilghman Island Crab Feast will be held on July 9th from 11 a.m. to 6 p.m. at Tilghman Island Firehouse & Kronsberg Park. There will be live music, Fireman's parade, nautical artisans, craft vendors, and, of course, plenty of crabs, clams, shrimp, and more food! Find more information at [tilghmanvfc.com](http://tilghmanvfc.com).



Photo by Ted Mueller



Photo courtesy of CBMM

## ↑ LOG CANOE CRUISE: MRYC GOVERNOR'S CUP SERIES

Enjoy a river cruise to watch the log canoe races on the Miles River from Chesapeake Bay Maritime Museum's *Winnie Estelle* on July 31st at 9:30 a.m. Log canoe races are a quintessential Chesapeake pastime, and from a shady spot onboard *Winnie's* deck you'll get an up close and exciting look at the action. Amateur photographers, sailing aficionados, or wooden boat enthusiasts will all find something to enjoy on CBMM's log canoe cruises! Find more information at [cbmm.org](http://cbmm.org).

## Kent County Fair

The Kent County Fair is back with rides, a live-stock auction, live music, great food, livestock and pet shows, an antique tractor pull, and more. The fair is at the Kent County Fair-grounds in Chestertown from July 21st through July 23rd and should not be missed! The focus of the fair is agricultural education and providing educational opportunities for county youth. Find more information at [kentcountyfair.org](http://kentcountyfair.org).

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## Fabulous Forgeries

Back by popular demand for the 3rd year, Fabulous Forgeries will be back at Troika Gallery in Easton from July 1st to August 29th. This is a judged exhibit with cash awards, featuring select Troika artists copying the Great Master Painters of the Past. The judge will be Dr. Dan Weiss, the President and CEO of The Metropolitan Museum of Art in New York City. The opening reception will be on First Friday July 1st as well as Friday, August 5th. All of the information can be found at [troikagallery.com](http://troikagallery.com).



## ↑ HEART OF THE CHESAPEAKE

July 23rd is Pauline F. & W. David Robbins Family YMCA's Heart of the Chesapeake Bike Tour in Cambridge. The bike tour has three options: the Metric Century (66 miles), Half Century (52 miles), or the Ragged Point Ride (32 miles). This tour is in memory of Bob Brannock, a member of the Y since its opening in 1985. Funds raised will go toward supporting the Robbins Family YMCA. Find more information at [bikesignup.com](http://bikesignup.com).

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## ↑ QUEEN ANNE'S COUNTY FIREWORKS

Queen Anne's County is throwing a party for America's birthday with a family fun event on July 4th at 6 p.m. at Chesapeake Heritage & Visitors Center in Chester. There will be music by Dell Foxx. Rita's and Barbeque Bueno will have a food truck, and Sudlerville Ruritan will offer food. Zambelli Fireworks will be putting on the most beautiful firework display on the shore. Find more information on [qac.org](http://qac.org).



## The Jazz Alive 2022 Summer Concert Series

Jazz Alive's concert series continues on July 30th at the historic Waterfowl Building in Easton with Philadelphia-based vocalist Joanna Pascale. Pascale has a beautiful relationship with songs and only performs those with which she personal connects. Proceeds will support Jazz Alive's mission of providing educational support, developing future artists, and preserving this great art form through school and community programs. Find more information and order tickets at [jazz-alive.org](http://jazz-alive.org).



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TOWNE SOCIAL

# 17th Walk for the Woods

On April 30th, Scenic Rivers Land Trust, in partnership with Anne Arundel County Department of Recreation and Parks, celebrated the 17th Walk for the Woods at the Bacon Ridge Natural Area in Crownsville. The annual day of guided hikes promotes the joy of protected land, families exploring the outdoors, and the value of Bacon Ridge Natural Area, the permanently protected county-owned property full of forests, wetlands, wildlife, and history. Nearly 300 participants, including families, hikers, and outdoor enthusiasts, turned out over the course of the day to explore the 1,000-plus acre natural area and enjoy various nature programs on site. For more information about SRLT, visit [srlt.org](http://srlt.org).

Photography by Erin Valentine

1. The Ryder Family after a day of hiking in Bacon Ridge Natural Area. (Back row) Micah and Christina Ryder, (front row) Yael and Talia Ryder. 2. Volunteers Julianna Felkoski and Bob Green. 3. (Back row) Jason Valentine, Amelia Valentine, Beth Valentine, and Linda Green. (Front row) Miles Valentine, Sam Valentine, and Teddy Valentine. 4. Hikers David and Karolina Mandell. 5. Scenic Rivers Land Trust Executive Director Sarah Knebel (left) and Anne Arundel County Department of Recreation and Parks Director Jessica Leys (right). 6. Scenic Rivers Board President Joan Renner (left) and board member Edmee Geis (right).

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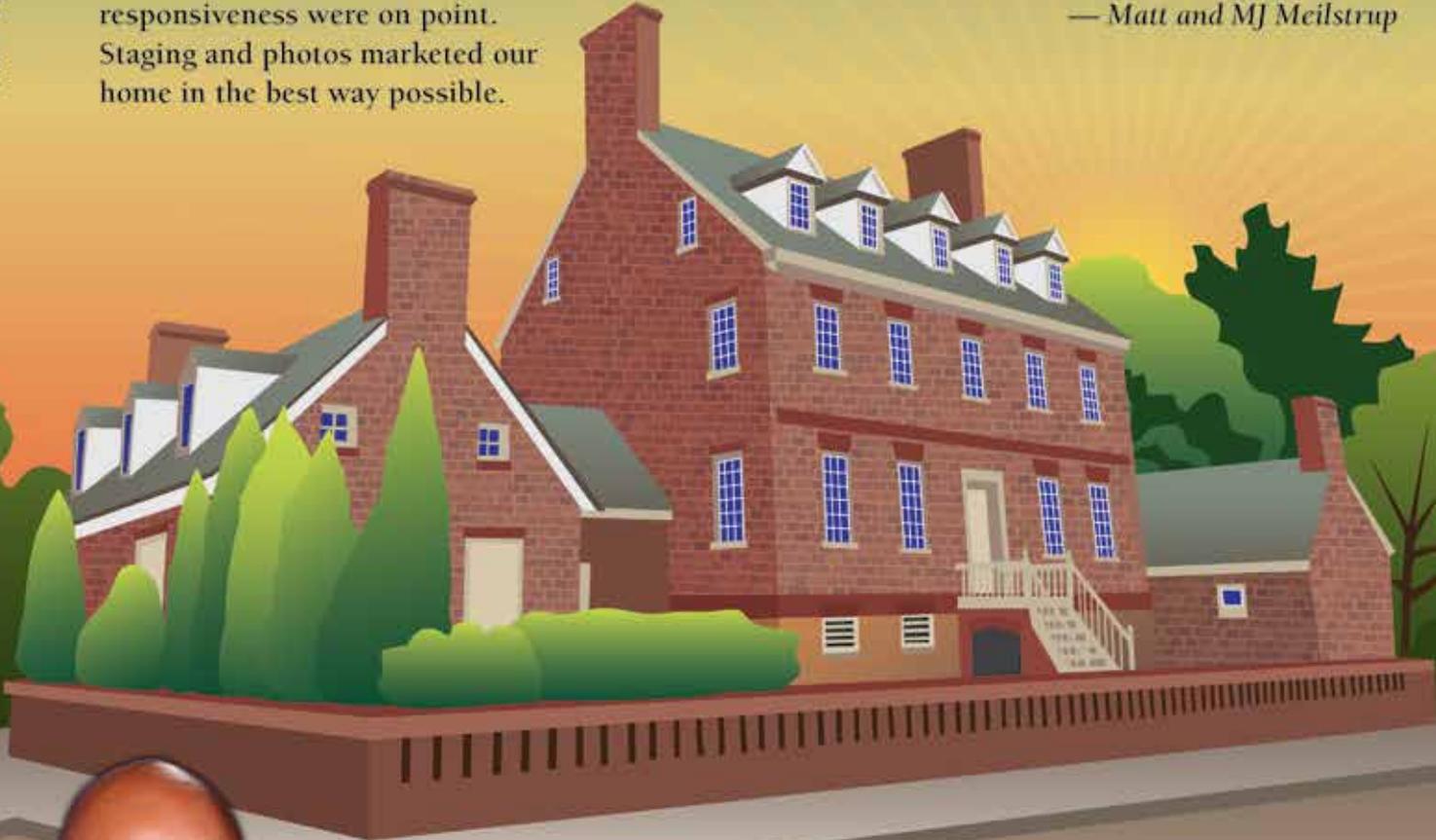
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**TOWNE SOCIAL**

# Backyard Bash

On April 23rd, Summit School in Edgewater hosted its annual fundraising event on site, the first in-person event in two years! This year's theme was Backyard Bash, as attendees enjoyed playing lawn games, sipping on refreshing cocktails, eating delicious seasonal food, dancing, and enjoying the evening's program, which saluted faculty, staff, and students. For more details about Summit School, visit [thesummitschool.org](http://thesummitschool.org).

Photography by Wil Scott

1. Heather Salta, Brendan Salta, Bob Starkey, Dan Boroik, Liz Boroik, Tricia Kelly 2. Ryan Sneddon, Dr. Joan Mele-McCarthy, Del. Seth Howard 3. Emma Mugford and Dr. Joan Mele-McCarthy 4. Sen Sarah Elfreth, Lisa Smith, Nancy Roes, Del. Seth Howard 5. Amy Clark, Nick Clark, Nicole Smollon, and Steve Smollon 6. Summit Staff Dancing



2



3



4



5



6



## Zachary's Jewelers Awards Fifth Graders

This spring, Zachary's Jewelers held its Mother's Day Jewelry Design Contest, in which fifth graders were encouraged to sketch, design pieces of jewelry for their mothers or caregivers and provide a short story about their design. The renowned Annapolis-area jeweler then selected four winners, of which their designs were turned into beautiful pieces of jewelry to give on Mother's Day. Congratulations to the winners and their families. Pictured left to right: Ava Rexha, Lumturi Huqi, Benjamin Larbalestrier-Conaway, Leslie Rollins of Zachary's Jewelers, Alisa Larbalestrier, Challie Samaras of Zachary's Jewelers, Charlotte Reider, Angela Reider, Viola Frazier, and Shannon Barbee.



## ANNAPOLIS BUSINESS EARNS AWARD

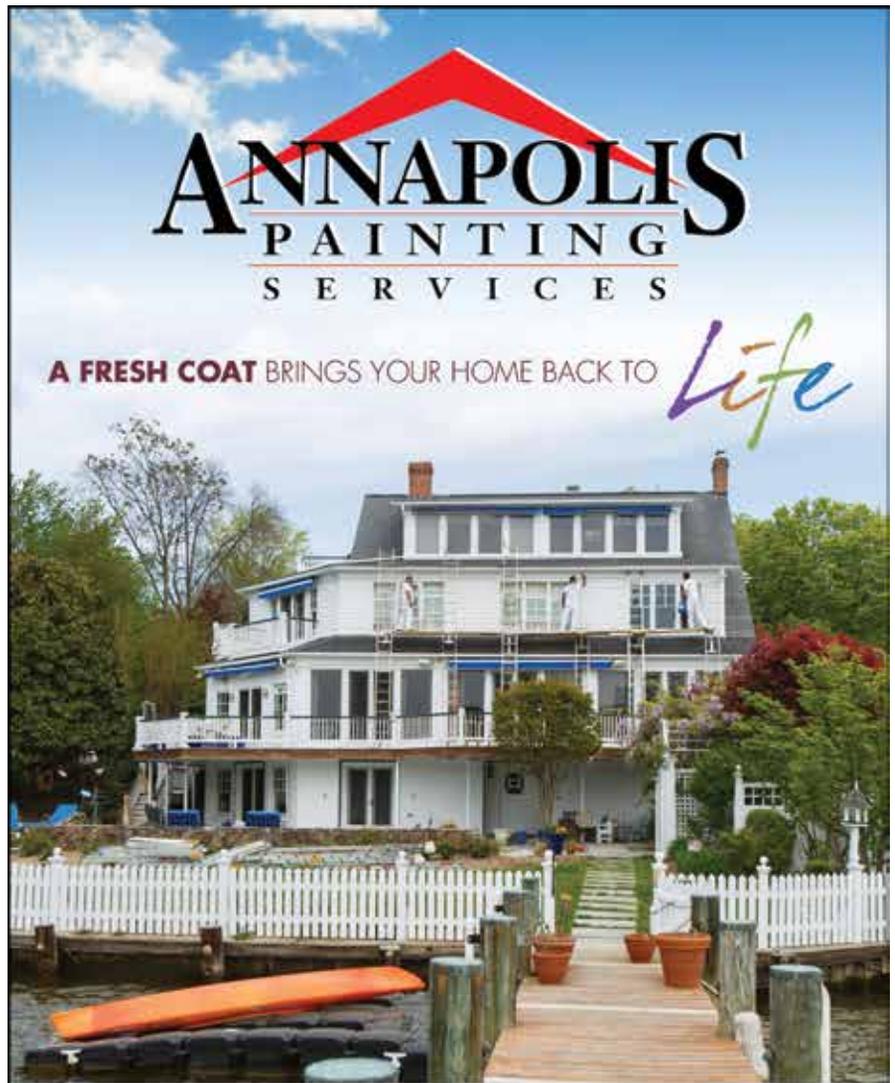
CovingtonAlsina, an Annapolis-based financial planning firm, was recently named to the University of Florida's 2022 Gator100 during a ceremony on the UF campus. Each year, the Gator100 recognizes the world's fastest-growing businesses owned or led by UF alumni. CovingtonAlsina, founded and owned by UF alumna Ann C. Alsina, was chosen from a pool of UF alumni-owned businesses representing seventeen industries from around the world. "Our goal has always been to serve our clients with the highest standard of excellence and add value to our community," Alsina says. "It is exciting to reach this level of growth and see our team recognized for the hard work put in over the past several years." Learn more at [covingtonalsina.com](http://covingtonalsina.com).



## ↑ ROTARY CLUB OF ANNAPOLIS FOUNDATION AWARDS GRANTS

The Rotary Club of Annapolis recently distributed \$24,500 in grants from its Foundation. A portion of the revenue from Rotary's fundraisers coupled with generous individual contributions from members over time have built the Foundation into a sizable resource to benefit the community. A percentage of Foundation funds are distributed each year to 501(c)3 nonprofit organizations serving area residents.

Foundation Chair Mimi Jones announced \$14,500 in grants to the following organizations this year: The Banneker-Douglass Museum; Chesapeake Children's Museum; Children's Theatre of Annapolis; The Foundation for Community Betterment; Kunta Kinte Celebrations; Live Water Foundation; and Sail Beyond Cancer. New Generations Director Jerry Slocum announced an additional \$10,000 in Foundation grants to Annapolis-area high school seniors graduating with strong academic and community-service records. Nineteen applicants applied for the scholarships, with four awards of \$2,500 each given to students from Broadneck High School (2), Rockbridge Academy (1), and St. Mary's High School (1). Learn more at [annapolisrotary.org](http://annapolisrotary.org).



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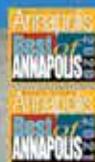
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## ↑ Annapolis Pediatrics Opens in Pasadena

On May 10, Annapolis Pediatrics cut the ribbon and officially opened the practice's sixth location in Pasadena. "A special thanks to County Executive Stuart Pittman, elected officials, and the Pasadena Business Association for facilitating and welcoming us to the Pasadena community," stated the company. "It's such an honor to be a part of this wonderful community of businesses and families, and to provide care for our patients in the northern Anne Arundel County area." Learn more at [annapolispediatrics.com](http://annapolispediatrics.com).

## ANNAPOLIS TOWN CENTER WELCOMES WILLIAMS SONOMA, POTTERY BARN, AND WARBY PARKER

Annapolis Town Center, the city's premier shopping lifestyle destination, has welcomed three new specialty brands to its growing tenant roster: Williams Sonoma, Pottery Barn, and Warby Parker.

"We are thrilled by the caliber of specialty brands joining our tenant family," says Anthony Henry, General Manager of Annapolis Town Center. "I imagine many of our guests will be just as excited to check out the unique furnishings, home décor, and eyewear that they will have access to among other exciting new restaurants, shops, and events this summer." Learn more at [annapolistowncenter.com](http://annapolistowncenter.com).



# NAMI Walk Organized in Annapolis

Annapolis Church Circle office of Coldwell Banker Realty and Liz Montaner & Crew organized and led the first National Alliance on Mental Health Walk in downtown Annapolis on May 21. The goal was to raise awareness and reduce stigma regarding mental health treatment. They group also raised \$6,000 for NAMI MD and NAMI Anne Arundel County chapters as part of the NAMI-Walks Your Way 2022 campaign. "Covid has put an even bigger spotlight on the need for better and more comprehensive mental health services for all, and especially the youth," Montaner said. "We greatly appreciate everyone who participated in the Walk and contributed to our fundraising effort." Learn more at [lizmontaner.com](http://lizmontaner.com).

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



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*Jessica Noratel and Family*

*"The Wellness House has been instrumental in my family's ability to cope with my breast cancer diagnosis, treatment, and recovery. The programs offered are so important to maintaining good physical, mental, and spiritual health through such an incredibly difficult journey. We are so grateful to everyone at Wellness House!"*

*-Jessica Noratel*



*Riley and Kamden Rogers with Grandfather Phil Myer*

*"Wellness House has assisted my children and me to work through all of the stages of my father's cancer diagnosis. Without Wellness House, my children would not be doing as well as they are today."*

*-Mari Jayne Rogers*

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For more information, please contact Lisa Peri at [lisap@annapoliswellnesshouse.org](mailto:lisap@annapoliswellnesshouse.org)



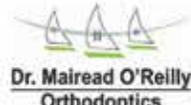
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**TOWNE ATHLETE**

# Josh Chambers

Indian Creek School  
Basketball

By Tom Worgo

Indian Creek School senior Josh Chambers knew what he wanted to pursue as a career when he took an advanced-placement class in computer science during his freshman year. Chambers worked on a project on how the three-point shot was overvalued in the National Basketball Association and, as a result, discovered data analytics, which is extracting meaning from raw data using specialized computer systems.

“I like data analytics and looked into the field,” he says. “I like how it’s open-ended and how it can really be applied to any field, including math, biology, or sports like the NFL or NBA. I like the combination of mathematics and statistics, but it has computer-science aspects.”

Chambers will major in that subject at Pennsylvania’s Washington and Jefferson College on an academic scholarship and will play basketball.

“I just really loved the small feel of the school,” Chambers explains. “It’s like Indian Creek. Washington and Jefferson has that family feel and nice atmosphere.”

Chambers’ academic success seems to bode well for his future. He carried a weighted 4.25 grade-point average and took 10-advanced placement classes in high school.

The 18-year-old Chambers also served as Math Honor Society President and National Honor Society treasurer at Indian Creek, which is located in Crownsville.

“He is a good role model for the younger students,” Indian Creek Athletic Director Jason Werner says. “He is such a hard worker. He doesn’t take a day off practice and that carries over to the classroom. He just does his absolute best in the classroom and on the basketball court.”

Chambers, a point guard, might be able to play a lot early in his career at Division III Washington and Jefferson. The Presidents, coming off a 12-11 record, will have a lot of turnover in the backcourt.

“When I first saw him, he was making winning plays on every level,” Washington and Jefferson Men’s Basketball Coach Ethan Stewart-Smith says. “Whether it was with the ball in his hands, off the ball, or on the defensive side with hustle. He

consistently did the little things for his team to be successful.”

Chambers likes the Presidents style of play. It’s exactly what he wanted from a basketball program that should take advantage of his speed and grit. “I just love how fast they play,” he says. “The team presses a lot and that is my type of game. A lot of points come off turnovers.”

The 5-foot-7 Chambers started for four years on the Indian Creek varsity. Chambers’ senior year was his best. He averaged 13 points, four rebounds, three assists, and 2.8 steals per game in 14 contests.

He had some eye-catching games, scoring 22 against eventual league champion St. Mary’s in a regular season 60-54 loss on February 16. Seven days later, he finished with the same amount of points in a first-round playoff loss to St. Mary’s, 80-55.

“Making the right play was always the thing I focused on,” Chambers says. “I am not a selfish player and I was always looking for my teammates. It’s important to get others involved. But I also knew scoring helped the team.”

Chambers served as co-captain of Indian Creek during his senior year. His leadership was the quality that stood out the most to Indian Creek Assistant Boys Basketball Coach Todd Kerr.

“He developed a killer instinct as a senior,” Kerr says. “He was a leader as far as numbers, but also an energy leader. He inspired his teammates through actions or by encouraging and talking to them. He wouldn’t let his team fall into a lull.”

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



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We asked Brant Nielsen for his special recipe for Maryland Crabs. Here's what he had to say...

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# Josh Bell

## Washington Nationals' First Baseman

By Tom Worgo

Photography courtesy Washington Nationals

**A**s a seven-year Major League baseball player with Washington and Pittsburgh, slugging first baseman Josh Bell uses his high profile to raise people's awareness and get them to focus on self-improvement. That's why he started a book club in Pittsburgh in 2020 and has continued with it in Washington last season and this year.

Bell has chosen a different theme every season.

Bell first concentrated on social justice, reading books such as Bryan Stevens' *Just Mercy* and Michelle Alexander's *The New Jim Crow*.

Last year, his slogan "Books, Betterment, Progress" and the kick-off book "The Mental Game of Baseball" highlighted his five-book selections.

"It was the book that got me through the minor leagues," Bell says.

This year, his focus is on younger readers. "It is empowering for me to work with them," Bell says. "I wish I read some of these books I'll pick when I was 16, 17, or 18. I am excited for I, and we will be to interacting face-to-face with people who read the books. Last year, we had Zoom calls."

Bell always had a love for reading, which is not surprising. He comes from a family of educators.

The 6-foot-4, 250-pound Bell, a first baseman, wanted to go to college, but those plans changed when Pittsburgh drafted him in the second round of the 2011 draft. He made the National League All-Star team in 2019 and a year later, the rebuilding Pirates traded him to Washington.

We recently talked to him about the different themes of his book club, his love of books, and the impact of his family.



**YOU CAN'T FORCE ANYTHING IN THE GAME. YOU HAVE TO LET THE GAME COME TO YOU. AND UNDERSTAND HOW TO PLAY THE GAME THE RIGHT WAY. YOU HAVE TO THINK POSITIVELY IN NEGATIVE SCENARIOS.**

**You talk a lot about “The Mental Game of Baseball: Guide to Peak Performance,” which H.A. Dorfman and Karl Kuehl co-authored. How did you come upon this book?**

In 2011, I was drafted by the Pittsburgh Pirates. I was 19 when I signed. My agent, Scott Boras, gave me this book. But I didn't dive into it right away. Going on the long bus rides, I started cracking it open. I was like, ‘I wish I read this in high school. I wish I read it before, chapter after chapter. This is really an insightful thing. So for me to choose this my first book (last year)—it was a no-brainer.’”

**That baseball book helped you out a lot? Is that true?**

Understand that the game is hard and there are going to be some ups and downs. Everyone here in the Big Leagues has gone through the minor leagues and the grind. You can't force anything in the game. You have to let the game come to you. And understand how to play the game the right way. You have to think positively in negative scenarios. It helped me a ton and I feel it made me a better baseball player. Instead of chasing after hits and chasing after success, you just trust the process and understand what it takes to get better.

**How do you go about choosing your books?**

In 2020, there was a lot of political unrest in the country. It started with Trevor Williams when we were teammates with the Pirates together. He said, “Is there a book I could read about the subject? I want to know more.” We dove into a few titles that year. I learned about the New Jim Crow. I learned about the history of some of the racism we were dealing with in 2020. Last year, I was able to switch lenses and focus more on mental health. Last year, we read, Harry Dorfman's, “The Mental Game of Baseball” and a few other titles that dove into media literacy and knowing how you are spending time and what it does to your mental health space and overall positive self-talk.

**You come from a family where reading runs in the blood. What kind of impact has that had on you?**

My mother and sister are professors and my grandmother was a teacher for many, many years. My grandmother taught everyone in our family to read. That was her job. It was her babysitting me back then. My parents would go out on dates, drop me off at grand



mom's house and she would teach me. She taught all my cousins how to read. That was her thing. It's definitely nice to continue that. I had a baby girl in the offseason and it will be fun helping her read in a few years.

**What kind of books did you like to read?**

I was really big into sci-fi when I was a kid. I was landlocked living in Dallas with nothing to do, but playing sports and playing video games. It was nice for me to unplug and see different fantasies and universes. It took me a while to find specific genres that I fell in love with it, but I have also always loved reading outdoorsy books.

**Are you an actual book reader or an e-book reader?**

I am a little bit of both. I always like to annotate. It's something learned in high school. It really helped me understand the books. I feel sometimes when I read

books, I look up and say, “Did I read that paragraph?” In my hand, I can underline it and make notes for later. I am more of a real book person.

**What do you want to do after baseball?**

Hopefully, I can play another 15 years like (teammate) Nelson Cruz. I love this area a ton. I would like to stay involved with the youth and the baseball academy here. I developed a really good relationship with the guys working there. I hope I can continue to be a light for the community. I only have 15 college credit hours from the University of Texas and a junior college, so I would probably have to go back to school to become some kind of educator. If I play long enough, people are going to be listening to me for different reasons other than me being a (baseball) instructor. Hopefully, I can continue to stay involved with libraries and book clubs.



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## EXPERT OF THE MONTH

# KATE BOCCANFUSO

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To many, southern food is a way of life, central to the family, defining generations of memories. It even has its own language, where corn can be "milked," a "mess of greens" comes with plenty of "golden potlikker," and where the use of bacon fat is not something to be ashamed of.

When we think of southern food, most of us think "comfort food" and, at Julep Southern Kitchen & Bar, that is exactly what you should think. There are no skimpy portions here; a glistening tower of Chicken Fried Steak, mashed potatoes and gravy, a freshly-smoked Pork Barbeque Sandwich that requires two hands to hold, or a plateful of juicy and tender Blackberry Chipotle Glazed Thighs is all you need to reach comfort food heaven.

Well...maybe not, 'cause dinner isn't just appetizers and entrees!

Enter Kate Boccanfuso, Julep's Executive Pastry Chef. Kate's overriding desire is for you to take a bite of one of her desserts, lean back in your chair, and smile.

### **Kate, please tell us a little bit about your background and training as a pastry chef?**

I've known that I wanted to work in the field since I was old enough to hold a rolling pin. There are many photos of me as a toddler rolling cookies, covered in flour, or glaring at a freshly frosted birthday cake. I started working in the industry at 14 years old in my hometown of Point Pleasant, NJ, attended Johnson & Wales University in Providence, RI, for a Bachelor's in Baking and Pastry and Food Service Management. Since graduating, I've worked in restaurants, hotels, and bakeries to learn as much as I can, while taking on various projects for friends and family.

### **What industry trends excite you the most, as well as within the local dining scene?**

Just like in fashion and music, we are seeing a huge surge of nostalgia when it comes to food and beverage. People are dining out again and are excited to try new twists on old classics. Excitement and expectations are high as people are searching for little pockets of happiness in their day, now that we are all re-entering the world post-pandemic. I've found that Annapolis is a community that loves to support small business with creative ideas. Creative chefs and business owners should be able to develop menu items that excite their customers, and I can't wait to see what our future holds!

### **Do you have a signature dish of your own/for the restaurant? Tell us about that.**

At Julep Southern Kitchen and The Hideaway, we have a variety of cakes, pies, and ice cream flavors, all made 100 percent from scratch, in-house. Our best sellers are our Bourbon Pecan Ice Cream (with Buffalo Trace bourbon), our fun and comforting twist on Bread Pudding, and our giant Nutty Buddy ice cream cones.

### **What are some of your favorite ingredients to "play" with?**

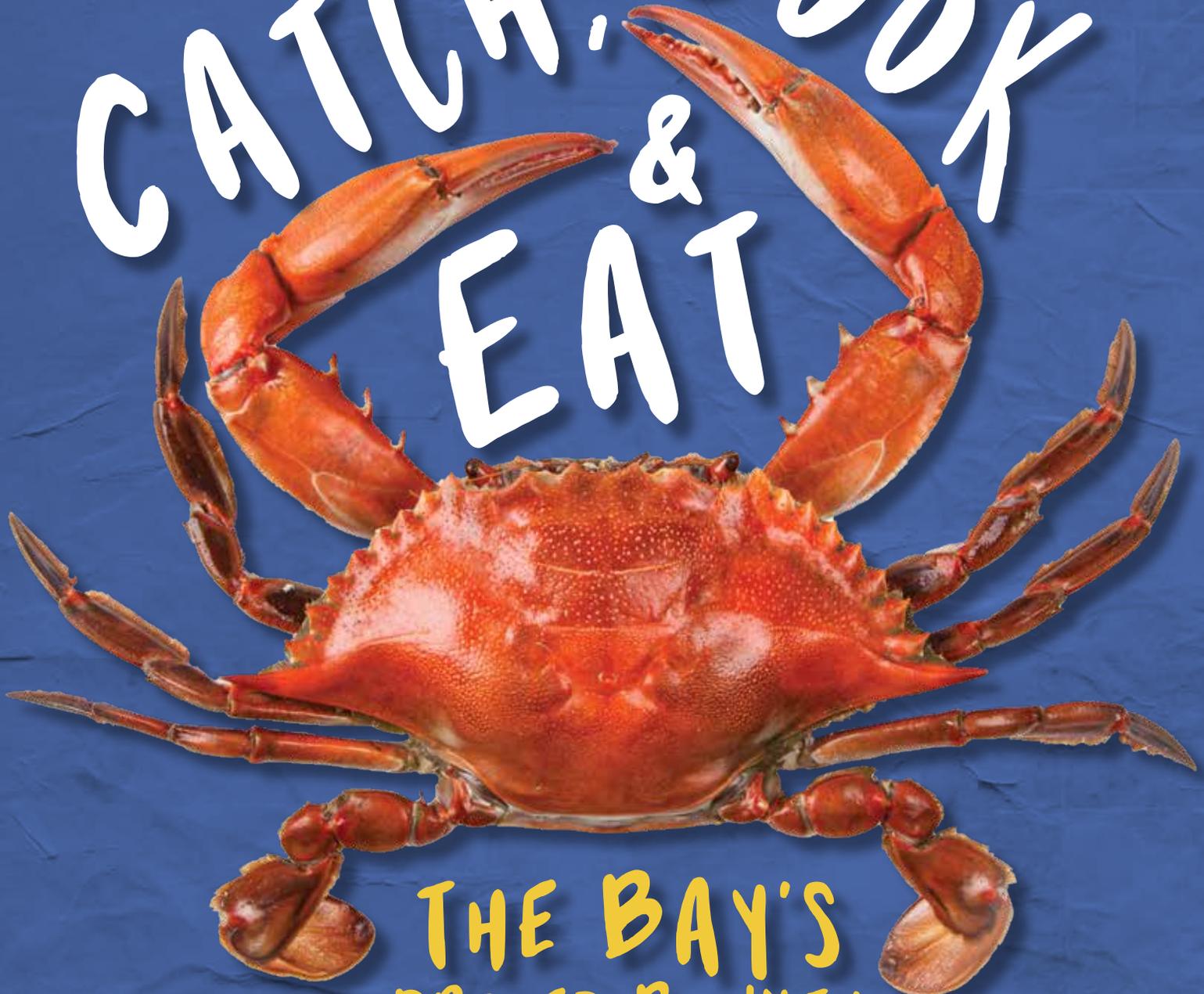
I'm constantly searching for new and fun flavor combinations for our cakes and pies. Developing quality cake and icing recipes while adding an unexpectedly crunchy filling or topping is a great way to make every bite count!

**Kate Boccanfuso**  
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# CATCH, COOK & EAT



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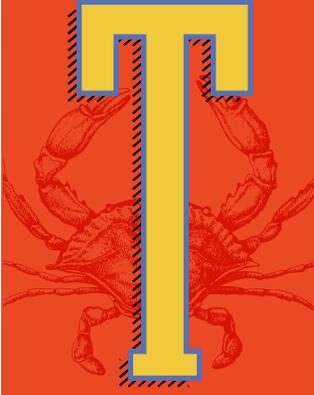
STORY BY *James Houck*

**Recreational crabbing is a Chesapeake pastime that generations love; let's learn the methods, plus how to steam, crack, and eat these beautiful swimmers**

**M** Nearly 40 years ago my grandfather—may he rest in peace—showed me the way. Peering over the edge of the old wooden dock on the South River, he patiently began pulling up the taut bait line and instructed me to ever-so-gently dip the net into the shallow water and under the blurry, spidery-looking creature. Then, with a quick scoop, I lifted the net out of the water. Its metal mesh held a jumbo blue crab. For the first time in my life, I had caught blue crab number one of the day. Several more patient catches followed, and eventually my grandfather and I had enough to steam and eat. We enjoyed the tasty riches of our efforts. It was a memory that will last a lifetime. It might even be my earliest memory.

By the time I was 12, my brother and I would take to the docks of Annapolis and Eastport with only a small cooler and dip net in hand. We'd scour the pilings of the long docks, eyeballing the unsuspecting crabs clinging to them. With one movement, we could easily "scapp" the crabs off the pilings and into the cooler. After catching two dozen keepers this way during one outing, we tried to sell them to O'Leary's Seafood Restaurant. They politely declined our entrepreneurial overture. No matter, the crabs tasted great to us.





These days, when time affords, I'll awaken early and take my jon boat out on Valentine and Plum Creeks off the Severn River to set box traps and "get a few lines wet," as we say in my family. The relaxing atmosphere on the water as sunny mornings drift into breezy afternoons, combined with the sense of accomplishment (if you actually catch some crabs), is a precious feeling. Recreational crabbing is far removed from the pressures of its commercial counterpart and enjoyed by many during the warmer climes of mid-summer into brisk, late-October. Those who are able to manipulate the right bait at the right time with patience, confidence, and a little luck are rewarded with the Chesapeake Bay's finest delicacy, *Callinectes sapidus*—the blue crab.

From its Greek and Latin roots, *Callinectes sapidus* translates to beautiful swimmer and savory. Indeed, the blue crab lives up to its scientific designation. From the rivers on the Western Shore to those on the Eastern, jimmies (males) and sooks (females) are abundant—and anyone can tempt them from the river bottom to your belly.



# Know **One** to Take **One**

▲ En route to a crabbing spot on the Severn River.

The early bird gets the crab, as the best crabbing is usually at dawn

Before you get your lines wet, let's step into the underwater world of the blue crab to gain a basic understanding of its life. The mantra be the crab can lend itself to catching them. If you enjoy eating crabs, you're probably familiar with the hard-shelled, 10-legged adults, which average 5 to 7 inches from pointy tip to tip. (The largest recorded in Maryland was nine inches.) Before reaching this mature size (harvestable minimum is five inches) and age (1 to 1.5 years), a crab will have shed its shell, or molted, upwards of 20 times. Blue crabs seldom live past the age of three, but those three years are quite intense.

Between May and October mature crabs spawn in the brackish tributaries of the Chesapeake Bay, with the male crab cradling the female underneath him. During the summer, recreational crabbers occasionally catch these doublers (et-

iquette dictates throwing the female back into the water). After mating, the female crab migrates to saltier waters near the mouth of the Bay. Within nine months (sometimes as early as two), she produces and then drops an external egg mass, which can grow to the size of a baseball and contain more than 8,000,000 eggs.

Two weeks later baby crabs are born, looking like something from the movie *Alien*. Called zoeae, the microscopic young'uns drift to and fro in the currents, eventually settling in sea grass beds. There they mature into megalopae after six to seven initial molts—getting closer to crab status. Megalopae soon morph into half-inch blue crabs, which by late fall have migrated back into the upper Bay's waters, where they grow to maturity. In mid-winter, they migrate into the deeper waters of mid-Bay, where the crabs often burrow into the soft, muddy bottom, patiently awaiting the start of the spawning cycle. When water temperatures warm in late-spring and early-summer the crabs “run” back into the shallow, spawning rivers around us.

Mature crabs aren't picky eaters, which is why they are incredibly easy to catch during the most active months of their lives. Being omnivorous bottom feeders, crabs will eat the Bay's bounty with little scrutiny. Live and dead fish? Yum. Clams? You bet. Snails, oysters, mussels, submerged aquatic vegetation, and even other crabs are part of the feast.

Soft-shell crabs are particularly vulnerable to being eaten by their hard-shelled siblings. When a crab molts, it sheds its hard shell, which is replaced by a larger, new shell that starts out pliable before hardening to the consistency of the old one. A crab in this stage of the molt is commonly known as a peeler, though others may call it a softy, or a shedder, among other names. When molting, crabs retreat into eelgrass or other vegetation, attempting to hide. Within two hours the new shell begins to harden, but that can be a long two hours for a vulnerable, defenseless crab. Of course, Marylanders seldom mind inconveniencing a peeler in order to enjoy a soft-shell crab sandwich.



# STEAM 'EM Right

How to steam one dozen jimmies  
(or as many as you can fit into the steamer).



12 large, hard shell blue crabs	6 oz. water
12 oz. beer (your choice)	5 tbsp. Old Bay, Wye River, or J.O. Brand Seasoning
6 oz. apple cider vinegar	5 tbsp. coarse kosher salt

Pour beer, vinegar, and water into bottom of large steam pot. Place steam rack in pot. Bring liquid to a boil. Add live crabs to steamer and sprinkle generously with seasoning and salt (reserve 1 tbsp. each of seasoning and salt). Cover and steam for about 20 minutes or until crabs are bright orange in color. Remove from steamer to serving platter or baking sheet and sprinkle remaining seasoning and salt over crabs. Serve with drawn butter, extra seasoning, and vinegar; each in bowls for dipping crab meat. Enjoyed best with ears of sweet white corn and ice-cold lagers.

**NOTE:** ADJUST SEASONING AND SALT TO TASTE AND TO NUMBER OF CRABS. EXPERIMENT BY SPLASHING THE CRABS WITH A MUSTARD/VINEGAR MIXTURE IN STEAMER BEFORE APPLYING SEASONING AND SALT. YOU CAN ALSO ADD EARS OF CORN OR POTATOES TO STEAMER.



# Docks, Tides, Baits, & Beer

Have no doubt that the recreational crabbing methods herein described work. But “to each his or her own.” Those who crab for a number of years develop a style that works well for them—depending on when, where, and in what weather. However, there are basic rules of thumb that should land you enough crabs for supper.

Location. Finding your spot can be tricky business, but it is incredibly important. All Chesapeake Bay river systems have crab populations. In a perfect world, we’d all have private piers from which to crab. But many do not. Some communities have marinas and there are a number of public facilities with fishing piers. These are great in that they offer water access, but they tend to be busy during the summer. A busy pier equals a heavily pressured fishery, which equals a tougher catch. Find a serene spot on less pressured water, and you’ll be set. Overall, docks and piers are excellent to crab from because they also offer structure, or cover, for the crabs (and fish) to hold to. A spot with great structure, such as docks and piers; cover, such as marsh grass and submerged aquatic vegetation;

or both is ideal. Even better, if you own a small fishing boat you can seek and work your own secret spots. A sonar fish finder (available for as little as \$75) is a great asset in a small boat. Use it to locate sunken logs, debris, vegetation, maybe even an unfortunate vessel—all likely inhabited by crabs and fish.

Timing and weather considerations. The old saying, “the early bird gets the worm” couldn’t ring truer with regards to crabbing. True, the “bite” can peak as the sun rises from the horizon, but paying close attention to the moon phase and tide chart yield better results than simply paying attention to your alarm clock. In general, I have found moving tides are better than slack. This means checking the tide chart when you plan your outing. Seek the high tide hours and plan to be crabbing at least one hour before high tide peaks (and similarly for low tides). If the ideal tide cycles coincide with sunrise or sunset, then you’ve got prime crabbing time.

Donnie Cole (rest in peace) was a local legend on the Western Shore for trotlining crabs. He’d wake several hours before dawn to claim his spots on the rivers and always produced a good catch.



In seemingly every zip code throughout the Chesapeake Bay region, there’s a restaurant or two or ten serving steamed crabs. To find one close to you, consult our annual Waterfront & Al Fresco Dining Guide online at [whatsupmag.com](http://whatsupmag.com), which highlights many of the very best on the Western and Eastern Shores.



# CRAB HOUSES (RESTAURANTS) OF THE Chesapeake

## EVERYTHING *Crabs!*



Collapsible box traps are an effective method to catching enough crabs to feed a family.

Tackle. You've picked your place. You've nailed the time to go. How to catch the crabs? You have your choice of bait and method—choices influenced by the level of your skills.

Bait may be easiest to choose because crabs aren't choosy, so why not be cheap on your date? Chicken necks, readily available in large quantity and at low cost at tackle shops and supermarkets during the summer, are high on most recreational crabbers' lists. So are razor clams (my choice these days), cut eel, menhaden, bull lips, and other odoriferous meats. Take your pick. You can't go wrong.

Method depends on your skill level and dictates what tackle to bring. If you are a novice, using simple, collapsible traps is a winning way to catch keepers. Collapsible traps are available at most fishing and boating supply stores in three popular styles: ring net, pyramid, and box. To use any one, you tie a piece of bait to its middle and then lower the trap to the river's bottom, its sides resting flat. After several minutes (I let mine soak for at least 20), the trap has likely attracted a crab or several to the bait, at which point you pull up the trap by its drawstring, raising its sides and trapping the crabs within. Easy, effective, and fun.

Chicken-necking is also popular. You need cheap cotton string; several heavy-gauge steel nuts (one for each line made); a mesh dip net (aluminum or nylon); and, of



A nice catch of crabs in a fish basket.



Chicken necking is one of the most simple, tried, and true methods to catch crabs.



course, chicken necks for bait. To use this simple method, you individually bait your lines. Draw enough string for your line to reach the river bottom and cut it. Thread one nut onto the end of the string and tie one chicken neck to this end. Tie the other end of the string to the dock piling and toss your bait into the water. The nut helps weigh the bait down, so it sinks to the river bottom. When you see the line move from slack to taut you have a crab on. Gently and patiently pull the stringed bait to the surface. You'll feel the crab drop off if you're pulling too fast. As the bait and crab come into view just below the surface, quietly dip your net into the water at the crab's backside and underneath its belly. Then, with one quick motion, scoop the crab into the net. Viola! You've caught a crab.

Those wanting a truly engaging man vs. beast experience ought to try scapping. In angling circles, scapping is akin to what's referred to as sight-fishing, in which you gently wade through the shallows of the river system (or use a push pole and move by boat) and look for prey. In scapping, when you spot a crab, perhaps resting among eel grass, you simply try to scoop it up quickly with your dip net; no bait required. It's a simple concept, but can be frustrating—it's your attack versus the crab's reflexes, and works best when going for soft-shells. Scapping also can be done by scooping crabs off a dock's pilings. Just peer down the length of a piling into the water—often crabs cling to them just several inches below the waterline.

If you're a serious recreational crabber, especially one with a boat and a big party to feed, you may want to try your hand at trotlining, which requires helping hands on deck. Trotlining is especially popular among Eastern Shore residents along the Wye and Chester Rivers, but also well practiced on the Bay's tribs. The method uses a very long line to which you tie multiple baits spaced evenly apart. Anchored on both ends with weights and marked with auxiliary floats to identify its location, the full length of line (minimum 500 feet and upwards to 2,000) is lowered to the river's bottom, where it rests for a short duration before one end is raised gently and placed on a roller attached to the boat's port or starboard. The boat is driven slowly along the length of the line, which raises the baits, and the crabs are scooped into a large dip net.

And if you happen to have the privilege of accessing a private waterfront pier, throw in a couple large crab pots, baited to the max. Invented in the 1920s by Benjamin F. Lewis, the crab pot was perfected within 10 years and has changed little in design since. It did, however, change the face of the crabbing industry forever becoming the most popular method used by commercial watermen throughout the Bay. For recreational purposes, owners of private shoreline property are allowed a maximum of two crab pots.



## Crabbing

LITERATURE  
& WEBSITES

Four editor's picks to complete your blue crab experience.

**Beautiful Swimmers: Watermen, Crabs, and the Chesapeake Bay** By William H. Warner, © 1976, 1994 A

glorious read for anyone interested in blue crabs and the Bay, this Pulitzer Prize-winning novel explores the intricacies of the crabs' life cycle and the watermen who pursue them.

**How to Catch Crabs by the Bushel** By Jim Capossela, © 1981

Expands upon the methods used to catch crabs described in this article, offers useful tips, and explains how and where to find crabs specifically.

**DNR.state.md.us** Maryland Department of Natural Resources' website features crabbing regulations, up-to-date tide charts for all bodies of water in the state, and fishery reports.

**BlueCrab.info** Excellent website with detailed information about the blue crab life cycle, crabbing methods and tips, industry news, recipes, as well as a community forum with discussion boards for recreational crabbers.



# Odds & Ends



Sunscreen and water are two necessities at the top of the list of what to bring.

Don't forget that long mornings, afternoons, or early evenings under the sun can burn and parch you. Of course, an ice chest with a couple of barley pops can help pass the time if your day on the dock is slow-paced. For crabbing purposes, an ice chest can double as your "catch-keeper." Just be sure to place a towel between the actual ice and the crabs, as the direct freeze temp can kill the crabs if left in this state for too long (several hours). Many crabbers prefer the standard balsa wood bushel or plastic fish basket in which to keep their catch (they're more traditional after all).



And if you're really serious about your crabbing, purchase a pair of high-quality, polarized sunglasses. The polarized lenses significantly reduce glare on the water, helping you see the crabs much better.

And at the very least you'll look good out there, crabs in net or not.

## PICK 'EM *Right*

Oh boy! When it comes to cracking and picking crabs, it seems everyone has their own method and style. And it's the source of great debate among crab connoisseurs. Some pick fast, while others pick thoroughly. In the end, whatever works for you is the right way. Here are two popular ways to pick a blue crab.

One popular method is what we like to call the "lollipop pick."



Alternatively, learn how to pick a hard-shell crab step-by-step with our tutorial video at [whatsupmag.com](http://whatsupmag.com); also, on YouTube at this direct link: <https://youtu.be/L3C0yDvvcfU>



# HOW TO PICK A Crab



2. SCRAPE AWAY  
AND DISCARD LUNGS



1. WITH A KNIFE,  
PULL UP APRON AND  
REMOVE TOP SHELL

3. SNAP BODY IN HALF,  
KEEP LEGS ATTACHED  
FOR LEVERAGE



THE COLORFUL ORGANS AND  
"MUSTARD" ARE EDIBLE IF  
FEELING ADVENTUROUS. DIG IN!

4. SLICE THROUGH CENTER  
OF EACH HALF TO EXPOSE  
MEATY COMPARTMENTS.  
PICK OUT MEAT AND/OR  
PULL LEGS TO PULL OUT MEAT



5. CRACK CLAW  
USING KNIFE  
AND Mallet





## Step Into Our Story

Visit the Museum of Historic Annapolis and discover the dramatic history of Maryland's capital city across more than 400 years. Explore the stories of Annapolis and its diverse people who helped to shape our American story.



A piece of the Liberty Tree. A Pulitzer Prize. A sewing machine from the Naval Academy tailor's shop. Tickets to Carr's Beach.

Historic Annapolis has gathered rare treasures, heirlooms, paintings, and photos, and tied them together in a detailed historic narrative to create a groundbreaking new permanent exhibition. *Annapolis: An American Story* at the Museum of Historic Annapolis is the perfect place to start exploring the diverse history of Maryland's capital city.

There, a short film introduces visitors to the Museum and numerous cultural sites and museums, encouraging visitors to consider *Annapolis: An American Story* just the start of an adventure in exploring Maryland's capital city. The exhibition itself covers three floors and traces the timeline of one of America's oldest cities, a story spotlighted through a rich collection

of images and objects that reveal tragedies, triumphs, and visionary change.

"Let us inspire you," states Greg L. Williams in the film's narration, "to connect with 300 years of 'we the people,' Annapolitans who helped define what America is today."

*Annapolis: An American Story* shares the story of Annapolis as a birthplace of American liberty, home to the U.S. Naval Academy and a working Chesapeake Bay harbor, its role in the Civil Rights movement, and much more.

"We hope the Museum will be the first stop for all visitors to Annapolis, plus a way for all Annapolis residents to reconnect with their own town," said Robert C. Clark, President & CEO of Historic Annapolis. "The exhibition highlights our rich history and heritage and excites curiosity to discover more



# EXPLORE ANNAPOLIS!

Visit our museum, then go out and visit these partner sites that share in the telling of:



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UNITED STATES NAVAL ACADEMY



**THE MITCHELL GALLERY**  
ST. JOHN'S COLLEGE



**HAMMOND-HARWOOD HOUSE**



**JAMES BRICE HOUSE**



**MARYLAND STATE HOUSE**

**WILLIAM PACA HOUSE AND GARDEN**

**HOGSHEAD**

**WATERFRONT WAREHOUSE**



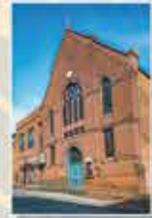
**BANNER-DOUGLASS MUSEUM**



**MUSEUM OF HISTORIC ANNAPOLIS**



**ANNAPOLIS MARITIME MUSEUM & PARK**  
723 SECOND ST.  
ANNAPOLIS (EASTPORT)



about the many voices who contributed to building not only our city but the nation."

The 18th-century building itself is part of the story, constructed in 1791 by German immigrant Frederick Grammar. It is just one of the city's architectural and carefully-preserved cultural gems, and one of the reasons Annapolis is known as A Museum Without Walls".

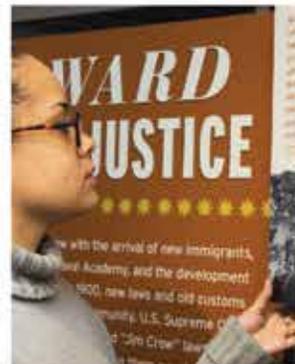
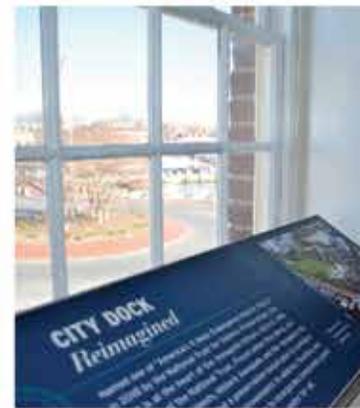
In addition to the Museum of Historic Annapolis, the exhibition encourages visitors to explore partner sites where visitors can discover more about the city's history and heritage, all located within a short walk from the Museum: the William Paca House and Garden, the U.S. Naval Academy Museum, the Annapolis Maritime Museum & Park, the Banneker-Douglass Museum, the Maryland State House, the Hammond-Harwood House, the Mitchell Gallery at St. John's College, the James Brice

House, Hogshead, and the historic Waterfront Warehouse.

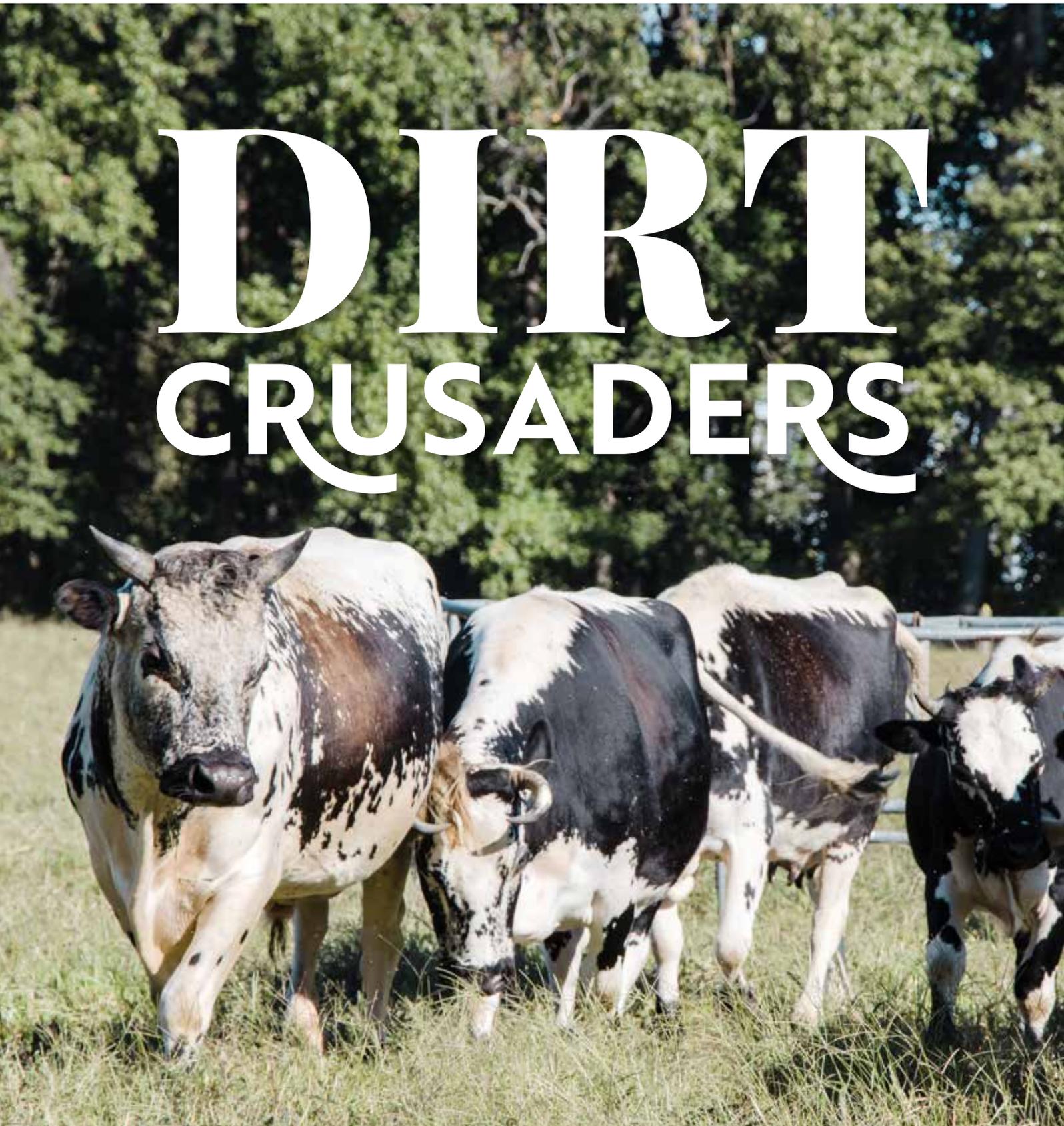
"Once you've experienced *Annapolis: An American Story* at the Museum, you'll be inspired to walk the historic streets and take an even deeper look at some of these stories," Clark said. "We are especially excited to be joined in the telling of *Annapolis: An American Story* as a city-wide experience with our partner sites where you'll find yourself immersed in all the history that our city has to offer."

The Museum of Historic Annapolis is located at 99 Main Street, next to City Dock in the downtown Annapolis Historic District. It is steps away from restaurants, shops and other interesting sites, museums, and activities.

For more information on hours and tickets, visit [museum.annapolis.org](http://museum.annapolis.org).



# DIRT CRUSADERS



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Story by **RITA CALVERT**

## MEET LOCAL FARMERS AND ADVOCATES PRACTICING REGENERATIVE AGRICULTURE

Rob Schnabel, Restoration Scientist at Chesapeake Bay Foundation, has had his datebook full for the past 21 years converting small farms to regenerative operations as well as planting acres of trees and building living shorelines. He is a leader in transitioning small farms that have used industrial methods to regenerative farming practices. In doing so, he hopes to shift the public perception of agriculture from being one of the leading causes of environmental illness to a solution for such problems. It's part of a collective effort to create a healthier Chesapeake Bay environment.

What is regenerative agriculture? Regenerative agriculture describes the full-scope of holistic farming systems that, among other benefits, improve water and air quality, enhance ecosystem biodiversity, produce nutrient-dense food, and store carbon to help mitigate the effects of climate change. These practices are not to be confused with organic agriculture, which focuses solely on clean food. For the inside look on the regenerative farm movement, we talked to Schnabel, Darlene Goehringer of Pop's Old Place farm, and Sarah Campbell of New Roots Farm.

As we interviewed Schnabel on the subject, his passion is evident as his eyes shine, and he becomes animated. "I want to see the next generation of farmers follow regenerative principles: grow diverse vegetables and raise multi species, which are direct-marketed to consumers." The five specific principles recognized by the Natural Resources Conservation Service of regenerative agriculture are defined as: keep the soil covered (that may mean growing cover crops); minimize soil disturbance (with what farmers call no-till practices); maximize crop diversity; maintain living roots in the ground year-round; and maximize livestock diversity.

These days Schnabel is well known within the Bay region's farming industry, but he didn't start with such plentiful contacts. When he first started with CBF, he would have to, actually, knock on doors. These days, he has such good relationships within the many county soil conservation districts that he needs staff to help him provide information and resources to those knocking on his door. He also meets farmers, scientists, and advocates at conferences, such as the

Future Harvest Conference (with up to 500 farmers), which is a great way to interact and educate.

In fact, we're already quite familiar with regenerative agriculture as Schnabel explains. "While the term may be new, the process has been going on since the Renaissance, but we lost touch with the history. It's now based on research and practices done, historically, by minorities. Native Americans, for example, practiced planting diversity through the '3 Sisters' of corn, beans (legumes as a nitrogen fixer), and squash, which protect/armor the soil. Black researcher George Washington Carver employed crop rotation and the planting of peanuts (another legume), which restored soils in the South after decades of growing cotton had depleted the dirt. Minorities have been farming regeneratively for some time."

For Schnabel, growing his contacts and educating the public are key to encouraging interest among the next generation of farmers. "Basically, I meet with farmers and learn their needs," Schnabel says. "There's a new kind of farmer, a young generation, that wants to get back to working the land and directly market goods to consumers. They don't have heavy equipment, funding for seed planting and harvesting, or a massive infrastructure. They're really looking to convert corn and tobacco fields back to diverse permanent cover pastures, which is pretty low-tech. They need help with enrolling in programs that help pay for that, and then they do rotational grazing."

Why would a farmer make the extra effort for regenerative farming? "Regenerative farming should actually be more profitable in the long run for the farmer," Schnabel explains. "They're going to be building soil—making it healthier, which means they will reduce their input costs for things like chemical fertilizer, herbicides, and fungicides. While at the same time, consumers are starting to demand more nourishing food—more nutrient dense food. Regenerative farming actually doubles some nutrients, studies show. The regenerative farms also have more soil organic matter and that is critical for regulating water—making sure it's not too wet or too dry. It's basically recreating the sponge of the soil with the correct amount of water and organic matter, bringing carbon from the atmosphere back into soil."

*Lets visit a couple local farms practicing regenerative agriculture*





# pop's old place

HURLOCK, MARYLAND

From the main road and just a stone's throw from Easton, we first spot the old wooden barn adorned with a painting of the American flag and then the proudly displayed "Pop's Old Place" sign, as well as the Maryland Century Farm designation. Traveling the dirt lane, a farm-cozy, board-and-batten, one-room store comes into view. The farm products, including Randall Heritage beef, Mulefoot pork, Katahdin lamb, eggs, honey, and farm-made sourdough breads, are sold directly to customers from this store.

Farm team, Darlene Goehringer and her husband Arthur Wilson, took over Pop's Old Place 22 years ago from her parents with the goal of producing nutritious food for the community while focusing on soil health, protecting animal welfare, and practicing environmental stewardship. They knew it was the "right thing to do"—to take care of the land and improve the soil. Little did they foresee the climate benefits or realize they were working all within the scope of regenerative farming.

In 1909 Goehringer's grandparents, second generation immigrants from Germany, bought these 70 acres. The land was farmed with commodity crops for 80 years until Darlene and

Arthur took over with the plan to raise livestock—carefully-researched heritage breeds that would thrive on pasture in the Eastern Shore's climate.

Along the way, they acquired a total of three sheepdogs while working steadily to convert the land from grain tillage (originally corn and soybeans) to nutritious pasture—a multispecies grass mix of clover, alfalfa, and buckwheat. Their cows, sheep, and hens forage the pasture, while the Mulefoot hogs also forage the surrounding woodlands.

“Animal welfare is extremely important to us and we are continuously adjusting our agriculture practices for better health of the animals, the soil, and the consumer.”

As Goehringer leads a farm tour, she states, “Animal welfare is extremely important to us and we are continuously adjusting our agriculture practices for better health of the animals, the soil, and the consumer.” They plant trees for shade, native perennial flowers for pollination, no-till summer annuals for parasite control, and cultivate carefully groomed, fenced pastures for cow and sheep grazing. Goehringer declares, “The motivating factor for me to start farming was to provide my family with nutritious and delicious food, and then I worked back from that. I love animals, I love working with the animals, and I want them to live in an environment where they seem satisfied and content.”

She continues, “[Regenerative agriculture] is beneficial to all aspects of the farm. When we're grazing animals and there's more forage, there's more matter in the soil, which in turn, holds more water. With bare dirt there's a lot of evaporation and that contributes to drought conditions. The goal is for soil to always be covered.”

Trees, perennial pastures, native bushes, and flowers store more carbon. Bare ground releases carbon and soil blows away. Once it's bare, the structure of the soil is destroyed. “Pasture grazing, storing carbon, and regenerative agriculture are all pieces of the same puzzle,” Goehringer explains. “Pastures are constantly taking carbon in and storing it in their roots under the soil just as the trees on your property are storing more carbon. Our objective is to never till—especially to a depth that would release it. My goal was not to sequester carbon but focus on building healthy soil—sequestered carbon became an added benefit!”

The bounty of Pop's Old Place can be found only at their farm store. Goehringer is proud of their farming practices and animal care with hopes that by having visitors to the farm, consumers can decide who and what farming practices they want to support with their spending. For that education, tours are given the first Sunday of each month from March until December with notification on the farm's website.







# new roots farm

WEST RIVER, MARYLAND

Traveling along Muddy Creek Road, one suddenly is attracted to the large, weathered barn hugging the curve in the road, along with the sign, “New Roots Farm, Store Open Today.” Drive a bit further, turn up an incline, and there sits a charming rustic-style farm building with a yellow door beckoning. As we entered, Sarah Campbell sat behind a small counter happily knitting away. Multitalented, Campbell says knitting with her own yarn gives her a sense of peace in her busy life. But her photography of her farm and animals is not to be missed, as her Instagram account attests.

Campbell was studying agriculture at UC Davis when her mother asked if they should sell the 400-acre farm or if Sarah would want to take over the farming. Take over she did, with the goal to raise animals while practicing regenerative agriculture. Campbell says, “I always loved animals, my mom is a veterinarian, and I grew up around them, so becoming a livestock farmer was a natural fit for me.”

The land Sarah now farms used to be acres of tobacco and is technically classified as “highly erodible land.” During college she studied labor and environmental issues, which spurred her

interest in sustainable agriculture as a, possibly, more equitable solution for the land, the people who work it, and the animals. She studied food systems and community development in graduate school, which furthered her interest in local and regional foods.

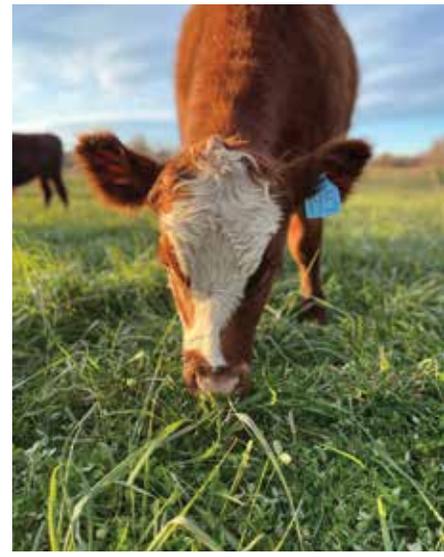
“When we are talking about regenerative agriculture, we mean managing the land in a way that promotes soil health and puts more nutrients back into it than we take,” Campbell explains. “We raise cows, sheep, pigs, and chickens. The farm produces grass-finished beef, grass-fed lamb, fiber flock sheep, Berkshire Tamworth hogs, and pasture-raised chicken using intensive rotational grazing practices. We raise a variety of breeds at the farm and specialize in breeding livestock that thrive on pasture.” Being a young progressive farmer, Campbell has come up with some forward-thinking ideas. She became a member-arm of The Maryland Lamb Coop, which is a collective of women-owned and -operated sheep farms producing meat and fiber products using regenerative and sustainable grazing practices.

Campbell explains what it means to create healthy pastures that store carbon. “I’ve seen this farm transform since I started farming it in 2014, and it has been and continues to be an amazing journey. Managing healthy pastures has many benefits. You can use healthy pastures to sequester carbon as they hold more water; they prevent erosion and runoff into the Bay. Having healthy pastures means you always have some sort of ground cover, even after grazing, and in winter. Our pastures are very thick and lush—we don’t mow them, and the intensive grazing methods allow us to raise more animals in less space. They also provide habitat for birds and wildlife. On the farm we have lots of monarch butterflies, bald eagles, indigo buntings, red tailed hawks, herons, foxes, and rabbits. It brings me a lot of joy to witness all the critters the farming operation coexists with and to see the pastures improve every year.”

Campbell tells us it is very expensive to start a farm in Anne Arundel County with the high cost of land. Thus, she rents land to other farmers starting their own regenerative journey. “I’m very blessed to have access to farmland, and more of it than my operation currently requires. It is more important to me to give the next generation access to farmland. I’m very happy that we are renting land to Floating Lotus because I know they will be amazing stewards of the land while growing lots of delicious food.”

Adam and Joceyne Cottrell own Floating Lotus Farmstead, a small-scale, first-generation produce farm whose focus is healthy soil. They know that feeding the biology in the ground, in turn, feeds their plants. “We promote soil health by not disturbing the earth, furthermore by keeping the soil covered by way of plants, cover crops, and layers of compost,” the Cottrells state. “We use chemical free, regenerative ‘biomimic’ practices to grow all our produce and a locally-sourced, certified organic mushroom compost. After annual soil tests, we amend our soil according to the needs of each crop using certified organic amendments.” Adam sells their harvest at Anne Arundel County Farmers’ Market, and he will passionately chat with you about the health of his soil and produce—proof that regenerative agriculture is regenerating interest among both farmers and consumers!





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Photography courtesy **SARAH CAMPBELL AND CHELSEA KRUSE**

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# CRAB FEAST



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Memorial Stadium

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Annapolis Waterfront Hotel  
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[www.annapolisrotary.org/crabfeast](http://www.annapolisrotary.org/crabfeast)

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# patuxent river running through it all.

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The Patuxent River is the longest and largest river wholly contained within the State of Maryland. It begins on the Piedmont Plateau near the historic town of Mt Airy, which splits itself between Carroll and Frederick counties. The river's source is also a half-mile from the pond and spring that is also the source of the Patapsco River, which flows east toward urban Baltimore.

Curiously, the Patuxent chooses another route, southward, winding through a 980-square mile, mostly rural watershed to the Chesapeake Bay 115 miles away. It is a fairly shallow river bounded by wetlands and forests with evidence of human life along its banks dating back 9,000 years and, at one time, teeming with fish.

Bernie Fowler, a long-serving Maryland State Senator, remembered it as a river of "goodness and kindness," giving its fish, crabs, and oysters to nourish the people who lived near it during the Great Depression. At its mouth, near some of the best farmland, families also worked the water for 300 years. In 1663, the area housed a manor occupied by Charles Calvert, the third Lord Baltimore, as a government meeting place until 1689. Up until 1940, the mouth of the Patuxent was a remote location on a Chesapeake Bay coastline with water so clear you could see crabs swimming six feet below.

World War II would change that. The remoteness attracted the U.S. Navy, looking for a place to consolidate aviation and weapons test programs. In 1940, by eminent domain, the Navy acquired 6,400 acres forcing the families of Cedar Point to leave.





The Patuxent River flows through Calvert County, Maryland. Photo by Will Parson/Chesapeake Bay Program with aerial support by Southwings.

6699

## just wade out into the water...and on the day we see our feet again, there will be celebration in our town.

Patuxent Naval Air Station was built and dedicated on April 1, 1943. The prime farmland was transformed into a boomtown, as 7,000 construction workers descended upon the area to build a facility that would employ 35,000 personnel.

The rapid expansion had a devastating effect on the river. By 1970, the Patuxent has become one of the most polluted rivers on the East Coast. By 2010, the St. Mary's County population had expanded to 100,000, with 75 percent of its economy dependent on the Naval Air Station. But, the area just didn't have the utility system to support the population growth. Senator Fowler, the river's greatest champion, saw the water get cloudy and the fish and crabs diminish. To call attention to the issues of pollution and clean water, Senator Fowler began what he called the "white sneaker index." In 1988, holding hands with elected leaders, he paraded into the water at Broomes Island to measure how far one could wade and still see the toes of his white sneakers in the water. On that day it was 10 inches, not the six feet it was in 1940.

Song writer and Chesapeake Bay storyteller Tom Wisener once penned "just wade out into the water...and on the day we see our feet again, there will be celebration in our town." The Bernie Fowler Sneaker Index annually continues as a publicity effort to bring attention to the impact that growth and stormwater runoff have on our tributaries.

The good news—at least 74 miles of the river are bounded by parks and open space. Near Laurel in Prince Georges County, America's only National Wildlife Refuge covers 12,800 acres of one of the largest forest areas in the Mid-Atlantic. Founded in 1936 by President Franklin D. Roosevelt and operated by the U.S. Department of the Interior, it is the nation's largest environmental center for wildlife research and education.

The river also boasts a number of historic sites that tell the story of a new country. In 1705, the Snowden family opened an iron works—Maryland's first forge—on land granted to them by King Charles in 1685. Charles Carroll of Annapolis would write in a letter in 1753 that the Snowden iron works was the only one in Maryland to have ore near a navigable river. In 1781, Major Thomas Snowden built the Montpelier Mansion overlooking the river on 9,000 acres of farmland. Today, the Georgian-style mansion is a National Historic Landmark.

Farther south, the Sotterley Plantation in St. Mary's County was built in 1703. The site houses a main home, warehouse, smoke house, slave quarters, and a colonial revival garden. A frame structure, it was the home of Governor George Plater, and is a National Landmark and Historic property. It remains the State's oldest tidewater plantation open to the public.





Upriver in Howard County, the mill town of Savage was founded in 1650 along the Little Patuxent tributary. Driven by the falls of the Little Patuxent, the Savage Mills—first a grist mill founded in 1734, which became a thriving textile industry by 1822—were sponsored by John Savage, a Philadelphia Merchant. A branch of the Baltimore & Ohio Railroad was extended to the mill across a now famous Bollman Truss iron suspension bridge—the only one of its kind in the world.

In Anne Arundel County, archeological excavations by the Lost Towns Project occurring near the Jug Bay Wetlands Park have unveiled an ancient Native American site on a bluff overlooking the river. Original excavations dated findings to early Woodland tribes and a major trading site. As exploration continued, a startling discovery of crushed bones revealed a rare mortuary ceremonial site dating back 9,300 years. Finding this, according to archeologist Al Luckenbach, “is pretty rare and virtually unheard of in the archeological record.”

A trip down the Patuxent River is a journey through the history of the earliest life along this waterway of forests, grasslands, and marshes. It has stories to tell. Despite growth in the Maryland counties, it passes through it is still largely rural. Parks line it’s banks, providing places for hikers, anglers, and kayakers to imagine those who first traversed the Patuxent—an Algonquin word meaning “water running over loose stones.”



**Left page, first:** The Patuxent River at Jefferson Patterson Park in Calvert County, Maryland. Creative commons license. **Left page, second:** Sotterley Plantation in Hollywood, Maryland dates to 1703 and was the home of Governor George Plater. It remains the State’s oldest tidewater plantation open to the public. Creative commons license. **Left page, third:** U.S. Representative Steny Hoyer and retired Maryland State Senator Bernie Fowler (in blue overalls and hat) waded into the Patuxent River during the 2008 Patuxent River Wade-In in Broomes Island, Maryland. Photo by Alicia Pimental/Chesapeake Bay Program. **Left page, fourth:** A paddler visits Jug Bay Natural Area in Anne Arundel County, Maryland. Photo by Will Parson/Chesapeake Bay Program. **Right page, first:** Historic photograph of Savage Mill, in Savage, Maryland, and the Bollman Truss iron suspension bridge. It was added to the National Register of Historic Places in 1974. Scanned from the Preservation Maryland physical photograph collection. **Right page, second:** Aerial view of the hangar area of the Naval Air Station Patuxent River, Maryland, USA, about late 1940s.

SUMMER FLASHBACK



# Photography Contest!

*Winner, honorable mentions, and Editors' picks are revealed*

This past winter, when most of us were hunkered down indoors and sipping cocoa, we let our minds wander and wonder. Wander to summer days, sunshine, pools, and parties—and wonder of the season ahead. We asked you, our readers, to scroll through your photo feeds just the same, recalling last summer's adventures, and to submit your favorite photos from last season.

Not surprisingly, many of you were happy to oblige, perhaps wistfully thinking back on the last summer while looking forward to this one! We received 155 photo entries! That's not just a handful, that's the whole bag of chips, as the subject matter recalled everything under the summer sun. Subsequently, we called upon you to vote for your favorites. And here are the results, along with several "Editors' picks." Congratulations to our overall winner and to all who participated.



To view the entire gallery—all 155 entries—visit [whatsupmag.com/readers-photo-contest-summer-flash-back](https://whatsupmag.com/readers-photo-contest-summer-flash-back).

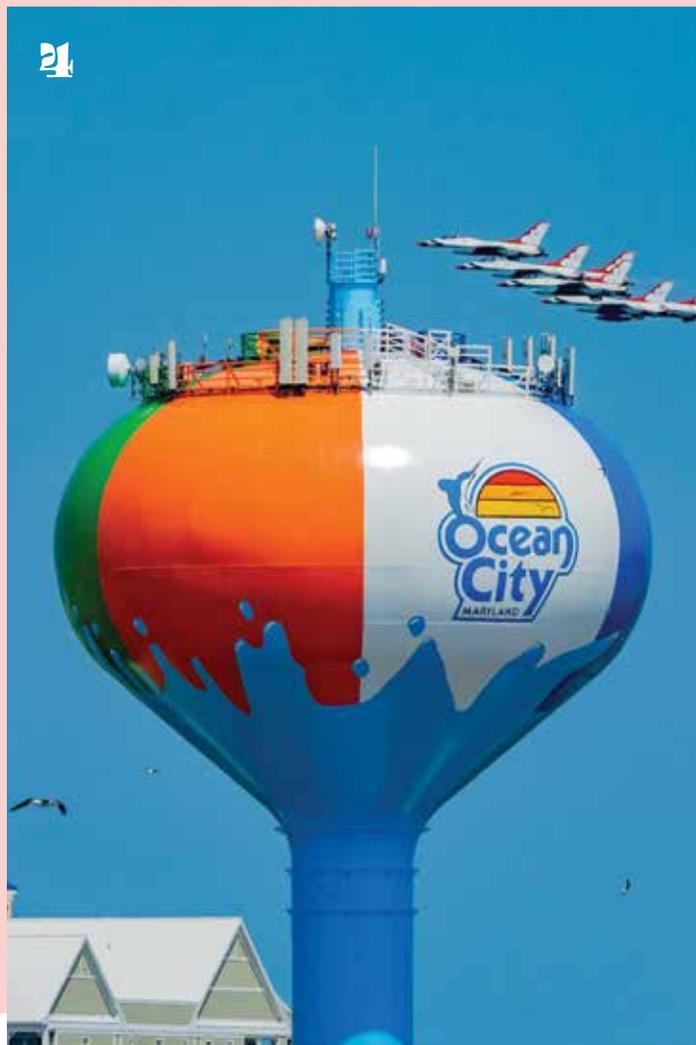
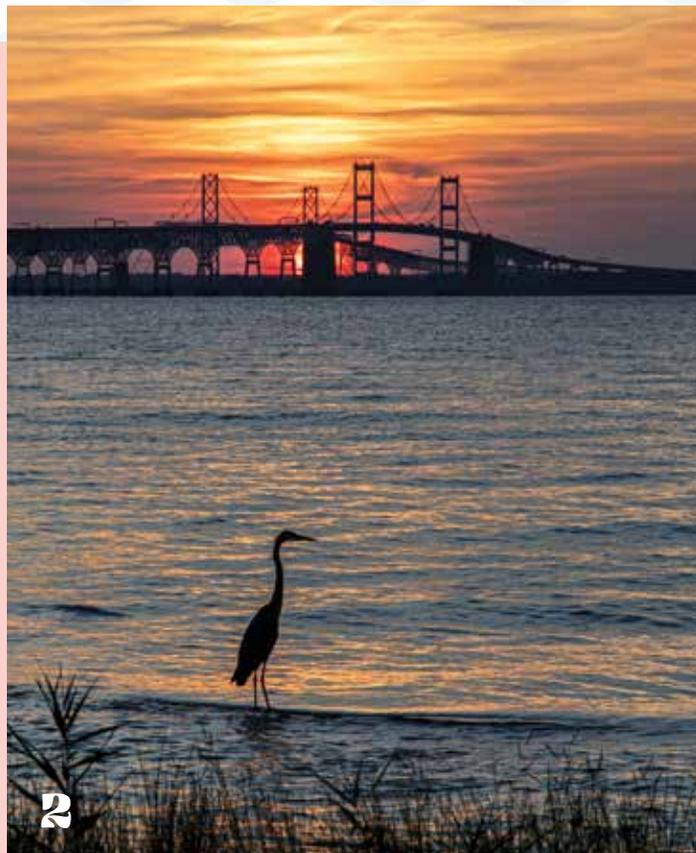
## Overall Winner 🏆

Lori Cicero's photograph of a blue crab clinging to—or escaping from—a crab net, taken in South Bethany, Delaware, won your hearts and was the top voted photograph of all entries. Congratulations Lori!



## Honorable Mention

The following photographs received a considerable number of votes and demonstrate a keen eye for capturing summer scenery.



**1. Kid Jumping in Pool:** Perfect cannonball on a hot summer day. Photograph by Jerry Pruchniewski. **2. Heron at Bridge:** An egret wades in the shallow bay at Terrapin Nature Park in Stevensville, with a Chesapeake Bay Bridge sunset in the distance. Photograph by Mark Muckelbauer. **3. Osprey Sunset:** The sun rises behind the Chesapeake Bay with some local ospreys looking on. Photograph by Mike Iserman. **4. Thunderbirds:** The U.S. Air Force Thunderbirds buzz the Ocean City water tower during the annual Ocean City airshow. Photograph by Mike Iserman.

# Editors' Picks

A collection of entries that captured our eyes!



- 1. Bubble Boy:** A bubble masterpiece is created during a summer picnic overlooking the Chesapeake Bay and the bridge in the far distance. Photograph by Linda Dodge.
- 2. Sailing:** The CRAB Crew give the thumbs up as they make their final approach in the 2021 CRAB Cup Regatta. Photograph by Rebecca Gonser. **3. Summer Marg:** Chincoteague, Virginia. Life is good. Summer, sunset, margarita! Photograph by Cary Jones. **4. Dogs:** Dogs dressed appropriately for the opening day of dog kayaking season at Whoof on the Wharf in Edgewater. Photograph by Kris Robison.



# Prelude History<sup>to</sup>

A PREVIEW OF THE 2022 U.S. MIDTERM AND MARYLAND GUBERNATORIAL PRIMARY ELECTIONS

“This election is the most important in history!” One of the oldest clichés in politics, this type of declaration is often employed to motivate the base and increase voter turnout. However, Maryland is indeed experiencing a unique political cycle as consistent voting patterns have grinded to a halt: Outgoing **Governor** Larry Hogan became the first Republican elected to a second term since 1954; recently re-elected Democrat Gavin Buckley vows to become only the third Annapolis **Mayor** to complete a second four-year term since 1973; and incumbent Anne Arundel County Executive Stuart Pittman could be only the second Democrat re-elected since 1986. Adding intrigue is a **U.S. Senate** election,

a **new congressional district map** by Democrats challenging the only Republican representative, a Republican primary battle between a Hogan-endorsed candidate for governor and another endorsed by former President Donald Trump, and a ballot referendum to legalize recreational marijuana.

Not enough at stake? How about an abundance of well-known incumbent **and** former politicians running for **different** positions or trying to get their old jobs back, including races for Comptroller and Attorney General? Or, as always, that every General Assembly and Anne Arundel County Council seat is up for grabs?

The 2022 U.S. Midterm and Maryland Gubernatorial Primary Elections are shaping up as a truly historic event, so buckle up as we preview the many choices voters will have on **July 19th** with an emphasis on the campaigns for governor:

2022 MIDTERM ELECTION  
LEGISLATIVE RACES

## United States Congress

**Senate highlights:** Democratic incumbent **Chris Van Hollen** expects to win easily, unlike his first election in 2016, when as a member of Congress, he won a hard-fought primary against fellow Rep. Donna Edwards and then received only 60 percent of the vote in the general election. Republicans wanted Hogan to challenge Van Hollen but the Governor, perhaps looking ahead to the 2024 Presidential Election, rebuffed the Republican National Committee's recruitment efforts.

**House of Representatives highlights:** While Democratic incumbents in six of Maryland's eight congressional districts (#2 **Dutch Ruppersberger**, #3 **John Sarbanes**, #5 **Steny Hoyer**, #6 **David Trone**, #7 **Kweisi Mfume**, and #8 **Jamie Raskin**) are poised for re-election, the spotlight is on **District 4**, where Democrat **Donna Edwards** is trying to return to Capitol Hill now that her successor, Anthony Brown, is running for Maryland Attorney General—and **District 1**, where incumbent Republican **Andy Harris** has been the target of redistricting following the 2020 census. The first new map of Maryland's congressional boundaries, redrawn by Democrats to consolidate their strength and weaken Harris, was rejected in court last March 25th; the subsequent revision was approved by Gov. Hogan on April 4th.



2022 MARYLAND  
GUBERNATORIAL ELECTION  
LEGISLATIVE RACES

## General Assembly

**State Senate highlights:** While all 47 seats will be contested, races impacting Annapolis include two freshmen Democrats: **Sarah Elfreth**, the youngest woman ever elected State Senator, and **Pam Beidle**, who served 12 years in the House of Delegates before her 2018 election to the State Senate. Challengers include Democrats **Dawn Gile** and Anne Arundel County Councilmember **Sarah Lacey** along with Republicans **Kimberly June** and State Delegate **Sid Saab**.

**House of Delegates highlights:** While all 141 seats will be contested, races impacting Annapolis also include two freshmen Democrats who are running in their first actual election: **Shaneka Henson**, appointed to fill the vacancy created when Speaker Michael Busch died in 2019 and **Dana Jones**, also appointed to fill a second vacancy after Alice Cain's 2020 resignation. Their challengers include Republicans **Doug Rathell** and **Rob Seyffert**.

### ANNE ARUNDEL COUNTY

**Council Highlights:** While all seven County Council seats are being contested, three of the races won't feature an incumbent, which could impact the Council's current 4-3 Democratic majority. **District 1:** Vying to replace Sarah Lacey, who is challenging State Senator Pam Beidle in the Democratic primary, are Democrat **Pete Smith** and Republican **Jeremy Shifflett**, neither of whom have primary opposition. **District 4:** Hoping to succeed Democrat Andrew Pruski, who is now contending for a seat in the House of Delegates, are Democrats **John Dove Jr.**, **James Estep**, **Julie Hummer**, and **Ash Kahn** along with Republicans **Cheryl Renshaw** and **Thomas Weiland**. **District 6:** In the general election, Democrat **Lisa Rodvian** will face Republican former Annapolis Mayor **Mike Pantelides** (both are unopposed in their primaries). **District 7:** Jessica Haire is running for County Executive, so fellow Republicans **Shannon Leadbetter**, **Cailey Locklair**, and **Dawn Pulliam** will compete in the primary with the winner facing Democrat **Shawn Livingston** (unopposed) in the general election.



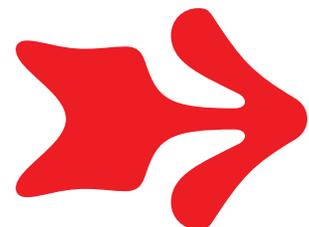
## MARIJUANA

Marijuana is **fully legal** (decriminalization plus recreational and medical use) in the nearby **District of Columbia** and **18 states**, including two on Maryland's border (**Virginia** and **New Jersey**), while 10 other states such as **Maryland** and **Delaware** **decriminalized it and allow medical use**. In nine states (two more on Maryland's border, **West Virginia** and **Pennsylvania**), **marijuana hasn't been decriminalized but medical use is allowed**; two states decriminalized it but not for medical use; seven states allow CBD (cannabidiol) oil without THC (tetrahydrocannabinol) since THC provides the "high;" and four states neither allow any legal use, including CBD-only oil, nor have decriminalized it. In 2022, Maryland and six other states will allow voters to legal recreational use through a ballot initiative.

### 2022 MARYLAND GUBERNATORIAL ELECTION EXECUTIVE RACES

Another theme that makes the 2022 elections so historic: Lieutenant Governor Boyd Rutherford has decided not to run for anything, so **for the first time since the office of Lt. Governor was restored in 1970**—after a more than one hundred year absence—**no sitting Governor or Lt. Governor will be on the ballot**. Rutherford's decision is very unusual and it will have a ripple effect since without a favorite, the races for all elected offices are wide open, especially for governor, where ten Democratic and four Republican tickets are competing to succeed Hogan:

### GOVERNOR'S RACE & MORE



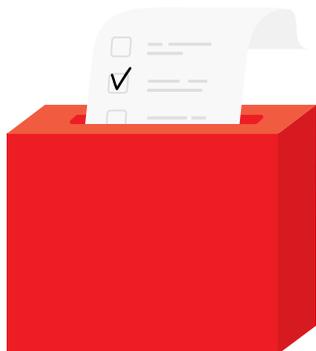
**GOVERNOR (PARTIES  
ARE LISTED IN  
ALPHABETICAL ORDER):**

## Democratic Candidate Highlights

**Rushern Baker III / Nancy Navarro:** Baker, after being in the House of Delegates for almost a decade (1994–2003), was twice elected Prince George’s County Executive (2011–19). He created a \$50 million Economic Development Incentive Fund and an International Business Strategy Advisory Council, set up a Foreign Trade Zone, and opened the MGM National Harbor Resort & Casino. He lost the 2018 Democratic gubernatorial primary to Ben Jealous, (who lost to Hogan). Navarro, a Montgomery County Councilmember since 2009, is the first Latina to serve there.

**Jon Baron / Natalie Williams:** Baron is the founder of the Coalition for Evidence-Based Policy, while Williams is the Maryland Business Roundtable for Education’s Senior Director of Communications and Public Affairs.

**Peter Franchot / Monique Anderson-Walker:** Franchot was elected Comptroller of Maryland in 2006, one of three positions comprising the powerful Board of Public Works (with the Governor and Treasurer). He succeeded former Governor William Donald Schaefer, the Comptroller for eight years after the death of Louis Goldstein, who had served since 1959. Franchot’s campaign is well-organized and he is often in the news, making him, according to *Maryland Matters*, “one of the most popular elected Democrats in Maryland” from traveling across the state, awarding various honors, and cultivating strong relationships with a varied coalition of political movers and shakers. Franchot, who had previously served 20 years in the House of Delegates, is sometimes criticized both for being a political centrist



who is close to a Republican governor, Hogan, after clashing with a Democratic one, Martin O’Malley. Anderson-Walker is a Prince George’s County Councilmember, the first Black woman elected to represent the council’s District 8.

**Doug Gansler / Candace Hollingsworth:** Gansler, the former Maryland Attorney General, lost to then-Lt. Governor Anthony Brown in the 2014 Democratic primary for governor (Brown then lost to Hogan). He was previously the Montgomery County State’s Attorney, where he frequently made the news for high-profile cases such as Samuel Shinbein, who murdered a friend and escaped to Israel (Gansler unsuccessfully sought his extradition; Shinbein died in an Israeli prison) and former heavyweight champ Mike Tyson, who was prosecuted for assault after a traffic accident (Tyson spent nine months in jail). Former Hyattsville Mayor Candace Hollingsworth was the city’s first Black mayor after serving four years as a Hyattsville City Councilmember.

**Ralph Jaffe / Mark Greben:** Jaffe, an educator and seven-time campaign veteran, has selected Mark Greben as his running mate.

**Ashwani Jain / LaTrece Lytes:** Jain is a former official in the Obama administration and former candidate for Montgomery County Council, has chosen to run with Lytes, community activist.

**John B. King Jr. / Michelle Siri:** King served as President Obama’s Acting Deputy Secretary and then as U.S. Secretary of Education. Before that, he ran the Education Trust, which addresses education equity, and String Future Maryland, which he founded, to focus on systemic inequality. Siri is the Executive Director of the Women’s Law Center of Maryland, an advocacy organization.

**Wes Moore / Aruna Miller:** Moore is the former CEO of the Robin Hood Foundation, while Miller is a former two-term member of the Maryland House of Delegates (D-15).

**Tom Perez / Shannon Sneed:** Perez was the Chairman of the Democratic National Committee, Secretary of Labor, and Assistant Attorney General under President Obama, while Sneed was a Baltimore City Councilmember from 2016–20.

**Jerome Segal / Justinian Dispenza:** Segal is the founder of the socialist “Bread and Roses” party, while Dispenza is a Galena Councilmember in Kent County.

## Republican Candidate Highlights

**Dan Cox / Gordana Schifanelli:** Cox, an attorney, was elected to the Maryland House of Delegates in 2018 from District 4 in Carroll and Frederick counties. There is no love lost between Cox and Hogan; Cox has openly fought the Governor on mask mandates and other Covid-19 restrictions and introduced a resolution to impeach Hogan. The resolution was subsequently rejected “with remarkable dispatch,” according to *Maryland Matters*; the dismissal motion was made by a Republican colleague, House Minority Leader Jason Buckel. Schifanelli, is a fellow attorney.

**Robin Ficker / LeRoy Yegge Jr.:** Ficker, a former member of the House of Delegates (D-15B) and now a disbarred attorney, according to *The Washington Post*, has run for public office over 20 times, while Yegge Jr. is a Baltimore County businessman.

**Kelly Schulz / Jeff Woolford:** Schulz served seven years, first as the Secretary of the Department of Labor, Licensing and Regulation (DLLR) and most recently as Secretary of Commerce. She is also a former member of the House of Delegates, representing what was then District 4A in Frederick County from 2011-15 after having worked as an aide to State Senator David Brinkley. She benefits from associations with both the Maryland and the Baltimore-Washington Corridor Chambers of Commerce, the Chesapeake Regional Technology Council, and the Frederick County Republican Central Committee. In 2017 she briefly flirted with a congressional bid in Maryland’s District 6 but decided not to run. Schulz has been a loyal Hogan lieutenant, spreading the gospel of his pro-business policies, moving around the state and making important contacts, so it was widely expected that she would receive his endorsement to succeed him as governor, which he gave her last March 22, calling her “the clear choice” to follow in his footsteps. Woolford is an Assistant Secretary at the Maryland Department of Health and a 30-year Air Force veteran.

**Joe Werner / Minh Thanh Luong:** Werner lost to Andy Harris as District 1’s Democratic nominee for Congress in 2016 and then didn’t win District 8’s Democratic primary in 2018. He is now a Republican, running with Baltimore County resident Minh Thanh Luong.

## COUNTY EXECUTIVE

# Democratic Candidate Highlights

**Steuart Pittman:** The incumbent, and a University of Chicago graduate who was once a successful nonprofit organization coordinator, Pittman has focused on improving traffic flow, including the development of a multi-modal transportation plan that would more efficiently plan land use patterns up to the year 2045, as well as the affordability of both private and rental housing.

# Republican Candidate Highlights

**Fernando Berra III:** An engineer from Pasadena, Berra III has worked for both the Department of Defense and Northrup Grumman.

**John Grasso:** A former Anne Arundel County Councilmember from 2010–18. He previously ran for County Executive in 2014 and 2018.

**Jessica Haire:** The first-term Anne Arundel County Councilmember's experience includes eight years as a litigating attorney in D.C. with Fox Rothchild LLP's Government Contracts Group. Haire also worked as a volunteer Legal Counsel for the Maryland Republican Party and has served on the Anne Arundel County Women's Commission. Her husband, Dirk, is Chairman of the Maryland Republican Party.

**Chris Jahn:** A corporate recruiter, Jahn's experience includes small businesses management.

**Herb McMillan:** A U.S. Naval Academy graduate, McMillan served in the House of Delegates (D-30) from 2003–07, before losing a State Senate race against incumbent John Astle, and again from 2011–19, when he was Chief Deputy Minority Whip. From 1997–2001, he sat on the Annapolis City Council (Ward 5), then ran for Mayor of Annapolis (he lost).

## ATTORNEY GENERAL

# Democratic Candidate Highlights

**Anthony Brown:** After three terms in Congress, Brown—Martin O'Malley's Lt. Governor after eight years in the House of Delegates (D-25)—graduated from Harvard Law School and worked as an Associate Attorney for Wilmer, Cutler & Pickering (now known as "WilmerHale").

**Katie Curran O'Malley:** Gov. O'Malley's wife of and daughter of Attorney General J. Joseph Curran Jr., she served 20 years as a Baltimore City District Court Judge after 10 years as Baltimore County Assistant State's Attorney. She graduated from the University of Baltimore School of Law.

# Republican Candidate Highlights

**Michael Peroutka:** A former Anne Arundel County Councilmember (D-5) from 2014–18, Peroutka also graduated from the University of Baltimore School of Law. He created the Institute on the Constitution and was nominated for president by the Constitution Party in 2004.

**Jim Shalleck:** The former Chairman of the Montgomery County Board of Elections, Shalleck has practiced law in Maryland and New York since the 1970s—including being part of the legal team that prosecuted David Berkowitz, the "Son of Sam."

## COMPTROLLER

# Democratic Candidate Highlights

**Timothy Adams:** The first African-American elected Mayor of Bowie (since 2018), Adams founded Systems Applications and Technologies, Inc. in 1989, an engineering and information technology-oriented professional services company providing support to, among other clients, the Department of Defense.

**Brooke Lierman:** The Baltimore City-based State Delegate (D-46) was elected to the House of Delegates in 2014 after working as a disability and civil rights lawyer. Her experience includes serving on the Boards of the Baltimore Family Alliance, the Baltimore Museum of Art, the Citizens Planning and Housing Association, and the Downtown Baltimore Partnership.

# Republican Candidate Highlights

**Barry Glassman:** The Harford County Executive since 2014, Glassman served almost seven years in the State Senate (D-35) following nine years in the House of Delegates (D-35A); before that, he was twice elected to the Harford County Council (1990–98).

## CONCLUSION

Maryland is set to make even more history in 2022: Because the deaths of Speaker Busch (2019) and State Senate President Thomas V. "Mike" Miller (2021) occurred after the 2018 election, their successors, longtime Delegate and now Speaker Adrienne Jones (District 10) and three-term State Senator and now President Bill Ferguson (District 46), are both facing re-election for the first time as the new leaders of their respective chambers, which hasn't happened since 1982 (Speaker Ben Cardin and State Senate President James Clark, Jr.). So much is at stake this year!

You won't want to miss it, so don't forget that **the deadline to request a mail-in ballot is July 12th.**

*Mark Croatti, who teaches courses on Comparative Politics and Public Policy at the George Washington University and the University of Maryland, has covered state and local politics since 2004.*



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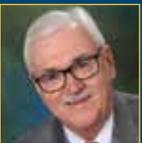
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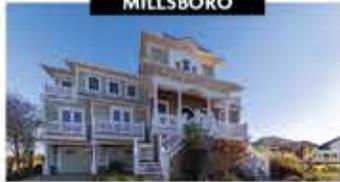
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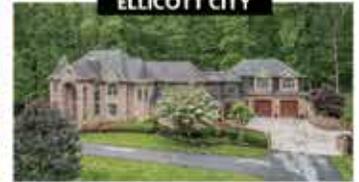
24500 KAYAKERS PATH



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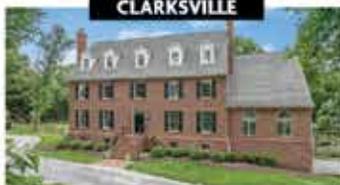
27642 STERLING BLVD



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**\$2,225,000**

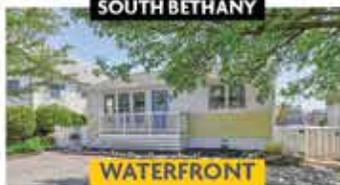
12667 GOLDEN OAK DRIVE



**CLARKSVILLE**

**\$1,425,000**

13175 BRIGHTON DAM ROAD



**SOUTH BETHANY**

**WATERFRONT**

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108 BRANDYWINE DRIVE



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11607 PACA STREET



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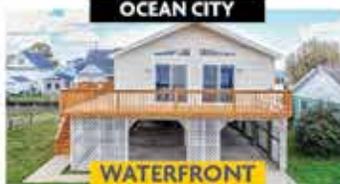
17027 TARAMAC DRIVE



**CLARKSVILLE**

**\$700,000**

5835 TROTTER ROAD



**OCEAN CITY**

**WATERFRONT**

**\$675,000**

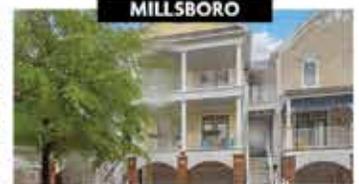
10350 EXETER ROAD



**BOWIE**

**\$650,000**

13711 OLD CHAPEL ROAD



**MILLSBORO**

**\$649,900**

33092 AMBLING WAY #52



**PASADENA**

**\$550,000**

409 DUTCH SHIP ROAD



**DAGSBORO**

**\$519,000**

10 MANOR DRIVE



**SHOWELL**

**\$499,000**

11636 WORCESTER HIGHWAY



**SELBYVILLE**

**\$450,000**

29219 CHANNEL DRIVE



**GLEN BURNIE**

**\$372,900**

668 QUAIL DRIVE



**MILLSBORO**

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32795 MASHIE WAY #3912



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35801 S GLOUCESTER CIRCLE #B52



**MILLSBORO**

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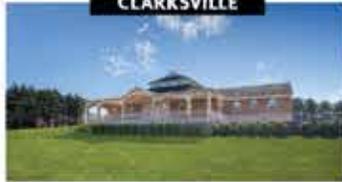
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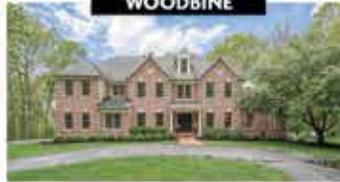
13058 12 HILLS ROAD



**CLARKSVILLE**

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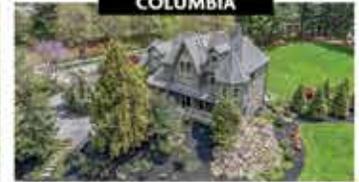
6309 MORNING DEW COURT



**WOODBINE**

**\$1,450,000**

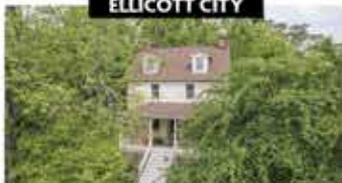
15532 BUSHY TAIL RUN



**COLUMBIA**

**\$1,450,000**

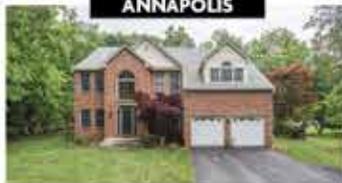
6602 CORINA COURT



**ELLICOTT CITY**

**\$975,000**

12924 FOLLY QUARTER ROAD



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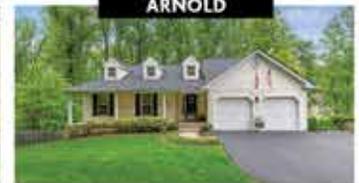
2830 SOUTHAVEN ROAD



**ELLICOTT CITY**

**\$800,000**

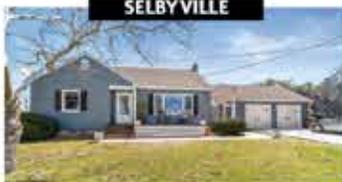
3336 COVENTRY COURT DRIVE



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**\$700,000**

1228 TAYLOR AVENUE



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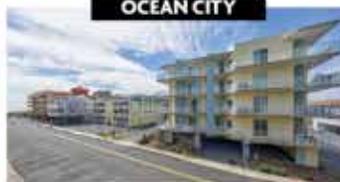
38864 BENNETT AVENUE



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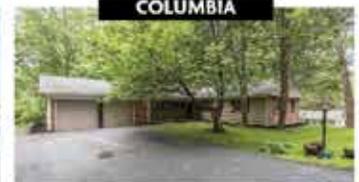
27043 FIREFLY BLVD #124



**OCEAN CITY**

**\$635,000**

13 64TH STREET #103



**COLUMBIA**

**\$600,000**

5052 W RUNNING BROOK ROAD



**SELBYVILLE**

**\$450,000**

36999 OWL DRIVE



**MILLSBORO**

**\$425,000**

89 COMANCHE CIRCLE



**MILLSBORO**

**\$400,730**

23105 PINE RUN



**LEWES**

**\$400,000**

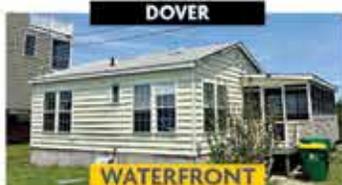
111 LAKESIDE DRIVE



**OCEAN CITY**

**\$200,000**

327 ROBIN DRIVE #1



**DOVER**

**WATERFRONT**

**\$175,000**

472 N BAY DRIVE



**MILLSBORO**

**\$175,000**

31891 TIMBER ACRES CIRCLE #18664



**COLLEGE PARK**

**\$169,900**

6000 WESTCHESTER PARK DRIVE

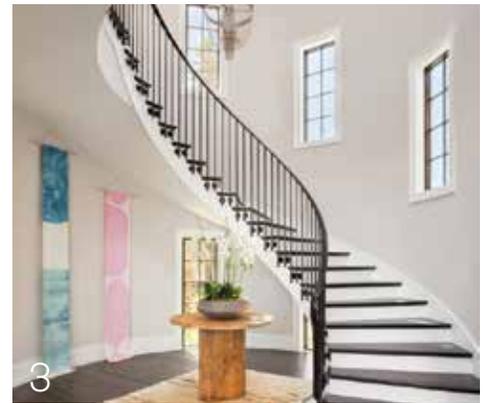
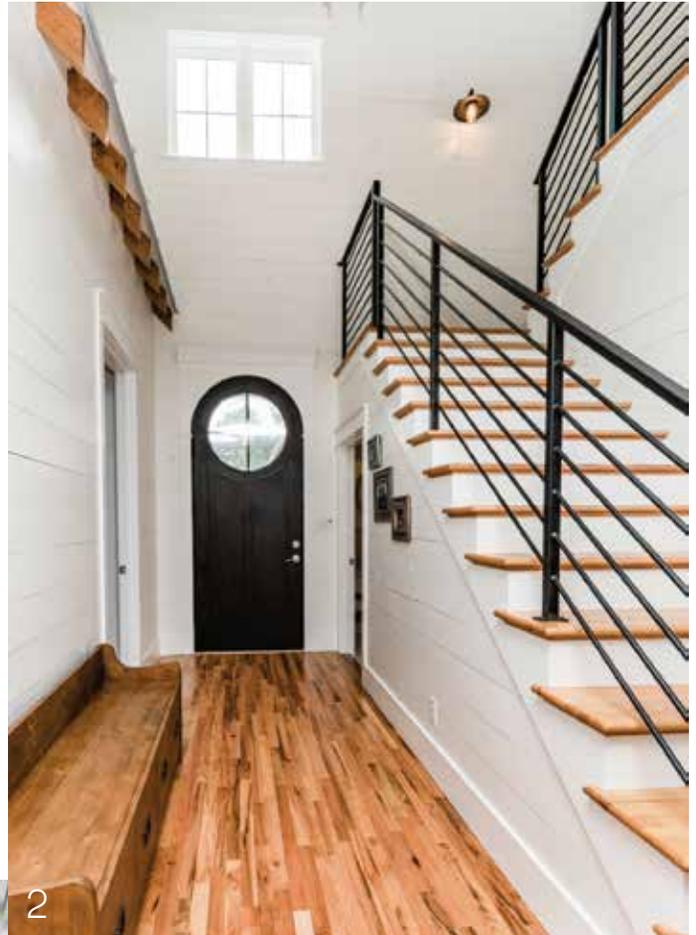


# Modern & Marvelous

## ENHANCING YOUR HOME WITH A STELLAR STAIRCASE

By Lisa J. Gotto

Many times, the first thing a guest will see when entering your home is the conveyance to your home's upper floor; your staircase. And while there is so much to be said about the utility this feature provides, there is certainly no reason why this feature should not also make a fabulous first impression. For today's discerning consumers working to construct a new home, the sky is the limit when it comes to stairway ideas and inspiration. So, we did some digging to see what homeowners seem to like and request most often from their builder or architect. Does one of these distinct options speak to your stair style?



### 1 Corralled Contemporary

Many of those traditional metal/wood staircase hybrids sprung from the popularity of farmhouse-modern design. This often airy, open-concept interior style has a way of bringing the outdoors in, if only subliminally. So, it is not surprising that other touches of down-home charm find their way into our residences. Cable railing remains extremely popular as an alternative to traditional spindles, an option that mimics ranch-like corrals, and is a statement-making choice that says maybe you're swinging for the fences when it comes to style!

### 2-3 Transitional Metal/Wood Mix

With late-era Boomers and Gen-Xers now aging up and trading in their more traditional abodes for homes that offer a fresh take on life that emphasizes personal style and updated functioning, and Millennials who adore design that offers clean and simple lines, traditional strictly-wood staircases are sharing space with hybrid wood and metal staircases. The looks range from impressive and dramatic, to neat and nautical. After all, why choose between two materials you love, when you can have both?

4·5·6

## Floating Staircase

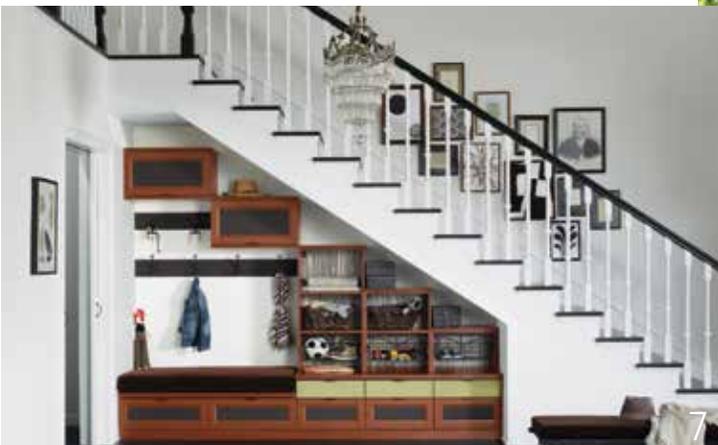
Designed to look as though they are floating in air without any structural support, a floating staircase is a creative marvel and statement-making aspect of high-end design. This concept is highly modern, so unless you're in love with and committed to this look for the long-term, you may wish to consider an alternative style on the contemporary spectrum. To achieve the floating aspect of these exceptional staircases that make do without traditional risers, a special mounting piece is employed that is either attached to your wall or hidden beneath your stair treads. These types of staircases are becoming increasingly popular options in new builds because of their versatility that make them practical, even in small or tight spaces. Floating stairs are most often paired with a cable railing, a rod railing, or a glass railing for that max modern look. And while families with small children at home tend to shy away from this concept, there are some work-arounds, such as using wider treads and installing graspable handrails, that can be utilized to lessen the anxiety associated with floating stairs. It is important to do your research and consult with your builder or architect about the use of these stairs with small children.



7·8

## Savvy Space-Savers

Certain aspects of pandemic-living, experts say, are going to be with us for a long time—if not, forever. We see it still and most creatively in aspects of interior design. Making the most of the space you have, or can get/buy, remains critically important. In fact, the prime real estate located under some home stairwells, is now in high demand. We have seen this space become dedicated offices and Zoom meeting space, an at-home cocktail lounge, and even just plain old storage space—with a clever, stylish twist, of course. Which begs us to ask, if you're a homeowner fortunate enough to have some spare under-the-stair space, what use might you put it to?



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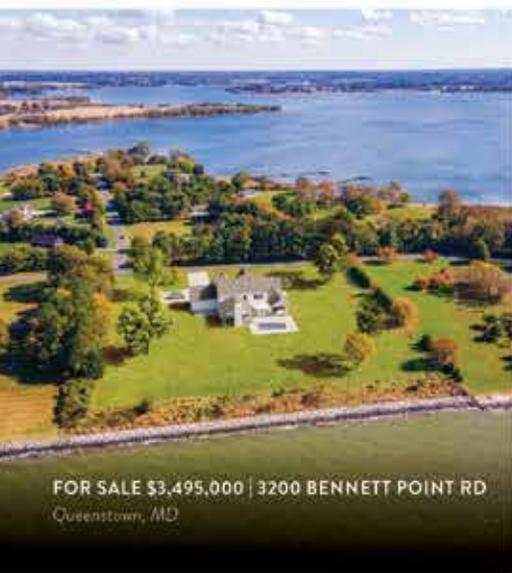
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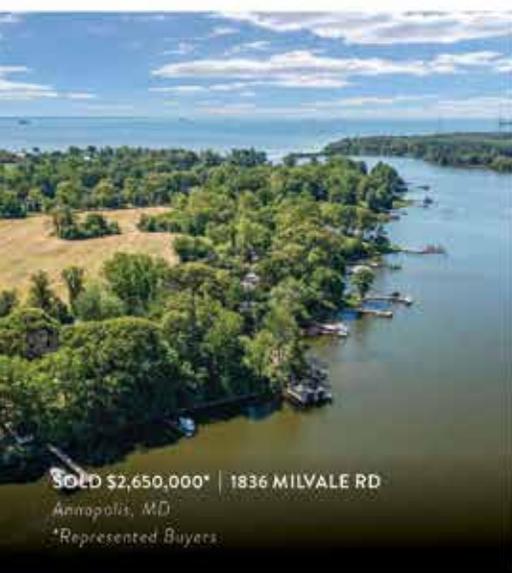
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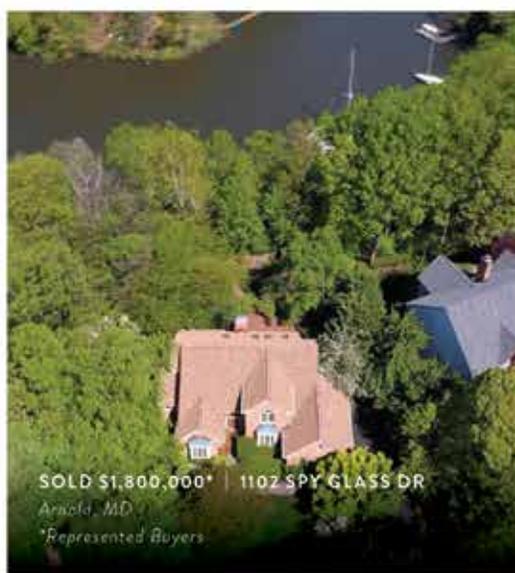
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# Magical Distractions

FEELING REFRESHED IN YOUR GARDEN

By Janice F. Booth

What a glorious time of year in our gardens. Last year's plantings and pruning, and our early spring feeding and watering, are repaying us with flourishing plants and voluptuous blooms. The hammock and the chaise are calling us; *Relax, put your feet up.* (Maybe you're doing so as you read this). Of course, we understand summer also brings heat and humidity, even in our gardens, and on our decks and patios. But let me offer, at least, a par-

tial remedy for summer's sticky heat. I suggest you apply a bit of magic, a few tricks that may enable you and your family to laze about in the garden even in the heat of July and August. We can take a tip from successful magicians. They distract their audiences, redirecting attention from what is not to be seen—or in our case, felt.

*Here are a few magical distractions* ➔

**SHADE** is an important part of feeling cooler. It may be a little late to plant a shade tree in your garden *this* summer, but there are other options. Consider how the sun reaches your deck or patio. When do these areas get the most use by you and your guests—morning, midday, sunset? How can you divert attention from the sun's heat? Perhaps install a **pergola** or an **arbor**, depending on how much space you have. A pergola is customarily an arched frame on which vines are trained or plants are hung. You could have one installed right now and for this first summer, rely on hanging plants to create the illusion of vining, while ivy or wisteria or clematis vines are planted and trained for a shady show next summer. The idea is to distract from the heat of the day with visions of green and an impression of a shady glade. If you'd like a more modern, pared-down source of shade, install a **shade sail**. It can be rectangular or square, and usually white or cream color to reflect the sun. Be sure the sail is securely anchored against the winds of summer storms. One advantage to the shade sail—it can be relocated to provide the best shade. While it won't evoke a shady glade, it may offer thoughts of sails on the Bay slipping gracefully across the waves. See how quickly our thoughts float away from the heat and humidity?



**AIR FLOW** magically distracts us from the weight of Maryland's humid air. Just think about a gentle breeze across your face and you begin to feel cooler. A few quiet **floor and pedestal fans** can create that same feeling, working their magic. If you place a low fan among or behind a few potted plants, you'll hardly notice the artifice. Since you'll need electricity, think about adding an outdoor outlet or two, if you don't have one available. Be sure the fans you choose are quiet; it's difficult to chat or read if there's a roaring or rumbling motor nearby. Pedestal fans can usually be set to oscillate and setting one or two of these fans to turn slowly along the edge of your seating area works wonders. Not only will the fans provide moving, cooling air, but they will also discourage flies, mosquitoes, and gnats from joining you in your shady retreat. Another little trick: set the fans on simple timers to come on when you're likely to be on the patio and turn off without your having to think about them. One caution: If you haven't bought outdoor, waterproof fans, have a few plastic waste bags available to cover the fans if rain is expected. The motors won't take kindly to being soaked.

**COOL THINGS** to redirect our body's thermostats work wonders too. Consider investing in a **few pet cooling-mats**. You'll find them on-line and in some pet stores. They're available in a variety of sizes. The mats are filled with water, air, or gel and absorb body heat while creating a cool feeling. Place them on loungers and chairs and find yourself impervious to summer's humid heat. Watch out, however, not to sit down on your cat or dog, who might have preempted your use of a cooling mat. Another "cool thing" is a **mister or mister-fan**. One or several misters can be installed on your deck or patio, camouflaged behind plants or trees, or attached to awnings or roof beams. Misters work by spraying water molecules that change from liquid to gas or mist. I know, you're probably thinking, *Isn't there already too much humidity? Why add more?* The difference with a mister is that the process of turning water drops into mist, a gas, takes energy/heat, which is pulled out of the air, thereby lowering the ambient temperature. There are do-it-yourself kits, but I recommend you get a reliable plumber to install your misters, including the pump to run them. Once properly installed, there's very little maintenance, and if properly winterized, the misters will continue to work for years. If you're wondering about the ecological cost, the power to run a mister is far less than what is needed to keep an air conditioner humming. Oh, almost forgot: you can have your misters set up to spray a mixture of water and natural-botanical mosquito repellants, essence of marigold, for example. There'll be no mosquitos bothering you all summer long—or at least when you use the mister fairly regularly—about 2–3 times per day.



**WATER FEATURES** are a tried-and-true means of distracting us from hot, humid temperatures. We all long for a quiet beach and the sound of waves lapping at our toes. Add a little fountain to your patio; set it up in a shady corner, if possible, and you'll have songbirds and butterflies as regular guests. You'll also enjoy the sound of the water as it tumbles down. Small fountains are electric and usually plug in at an ordinary household outlet. Out caution though, you may have to add water daily. If it goes dry, the pump motor can burn out.

*These are just a few simple ways to make your summer garden as delightful as possible. Work your own magic.*



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GOOGLE GUARANTEED



# Comforting Creek Living

By Lisa J. Gotto | Photography by Real Patience & Michele Sheiko

Clean architectural lines and crisp views out to Fishing Creek make this contemporary style home with more than 5,500 square feet of living space a tranquil place to come home to.

And guests are quickly acquainted with that view upon entry. The residence's spacious open concept floorplan unfolds to reveal a roomy foyer and entrance to the home's great room with its impressive, vaulted ceiling, and the dining area which showcases the creek through a series of large casement and floor-to-ceiling windows. Rich, honey-colored hardwoods perfectly complement the space's beam and timber post treatments.

From the dining area there's sliding-door access to the home's huge deck overlooking the creek, and the casual family room with its rustic, stone-front fireplace and wood mantel. This space is truly an entertainer's dream as there are many spots to gather for conversation and cocktails. The adjacent, modern, open-plan kitchen with its large L-shaped island provides breakfast bar seating for four. Sleek, neutral quartz countertops pair beautifully with the kitchen's all-white cabinetry and stainless-steel appliances. This floor also offers the convenience of a main level guest bedroom, full bath, and study.

The spacious owner's suite is located on the upper level and offers to-die-for views of the creek and wooded surroundings, as well as an exquisite, vaulted ceiling treatment. The owners will also enjoy a spa-like *en suite* bath with a roomy dual vanity, jetted garden tub, and separate glass panel shower. Two additional bedrooms on this floor feature attractive cathedral ceilings and big windows affording generous amounts of natural light. These rooms share a full bath.

The home's light, bright, and finished lower level is spacious and features a lovely, gas fireplace and large windows and sliders which bring in an un-basement-like amount of natural light.

Located in the community of Fishing Creek Farm, the new owners will enjoy many amenities including a marina and marina club, boat ramp, tennis courts, party room, and an in-cove beach.




---

**Primary Structure Built:** 1995  
**Sold For:** \$2,025,000  
**Original List Price:** \$1,950,000  
**Bedrooms:** 4  
**Baths:** 3 Full, 1 Half  
**Living Space:** 5,658 Sq. Ft.  
**Lot Size:** 0.7 acres

---

**Listing Agent:**  
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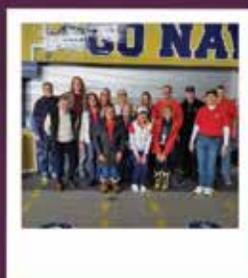
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Nancy Almgren



# 21st Century Sensibility

By Lisa J. Gotto | Photography by Real Patience & Michele Sheiko

**A**mazingly well-maintained and updated, this near-4,000-square-foot, mid-century modern home was built in 1979, but is all about 21st century sensibility and convenience.

Completely remodeled in 2017 and located on Lake Ogleton, this home's exceptionally well-executed floorplan greets all those who enter with an enveloping wealth of natural light and stunning views from the home's wall of windows facing the lake.

A thoughtful open floor plan with flawless, honey-colored hardwood floors, integrates beautifully with the home's outstanding architectural elements which include a soaring two-story main level living area, and wood beam and bead board ceiling treatments.

The main living area is a treat for the eye with its ultra-high ceiling and the clean lines of its integrated modern gas fireplace feature with white ceramic tile surround. This area flows into the home's formal dining area that also benefits from the wall of windows and allows easy access through sliding glass doors to the home's spacious, wraparound IPE deck with its 180-degree water views.

A gleaming all-white, gourmet kitchen can be entered from both the dining and living area and offers a complete stainless-steel appliance package, including a gas range with gorgeous, rustic wood hood detail and attractive white herringbone subway tile backsplash. A convenient corner island offers breakfast bar seating for three. A white beadboard ceiling and white wood beams overhead lend the room texture and warmth. The main level also offers a full bath and guest bedroom.



**Listing Agent:** Ani Gonzalez-Brunet; Coldwell Banker Realty; 3 Church Circle, Annapolis; m. 443-714-5303; o. 410-263-8686; ani.gonzalez-brunet@cbrealty.com; coldwellbankerhomes.com **Buyer's Agent:** Liz Dooner; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; m. 410-725-8973; o. 410-263-8686; ldooner@cbmove.com; coldwellbanker.com




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**Primary Structure Built:** 1979  
**Sold For:** \$2,395,000  
**Original List Price:** \$2,395,000  
**Bedrooms:** 4  
**Baths:** 3 Full  
**Living Space:** 3,944 Sq. Ft.  
**Lot Size:** .45 acres

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**Mike Willey**  
 Store Manager

The second story landing and hallway showcases tranquil lake views through the home's two-story window wall. The gorgeous, light-filled owners' suite provides views on one side to the lake and the other to the tranquil woods surrounding the home. This room also offers an attractive slanted beadboard ceiling with white wood beams, and a bath suite with a large, glass panel shower, a mid-century modern vanity with dual sinks, and an attractive gray subway tile backsplash. Two additional, generously-sized bedrooms with large windows and one full bath are located on this level.

The home's lower level offers a light, bright, and attractive multi-purpose space with a family entertainment area, and home gym and office flexibility.

Outside, the new owners are just steps from the lake with 150 feet of shoreline, a private dock with four boat slips, six-foot mean low water level, and direct access to the Severn River and Chesapeake Bay.

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# Health & Beauty

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110 FITNESS TIPS | 111 IT'S NO JOKE *plus more!*





# Fresh Take

## EGGPLANT

By Dylan Roche

Have you ever looked at an eggplant at the grocery store or farmer's market and thought, "What the heck am I supposed to do with this?" If so, you wouldn't be the only one. For someone who has never cooked eggplant before, the tubular vegetable capped with a crown of rough leaves called a calyx might seem intimidating. It's also not a vegetable you want to eat raw—it has a bitter flavor with a spongy texture, and compounds in raw eggplant can upset your digestive tract.

But once cooked up, whether through roasting, grilling, or frying, eggplant becomes a melt-in-your-mouth delectable addition to any meal. It even makes a great vegetarian substitute for meat in many recipes, so it's a reliable go-to for anyone who is trying out a plant-based diet and needs a few satisfying options.

Eggplant shares a botanical category with tomatoes, peppers, and potatoes. Although these veggies are known as nightshade plants, they shouldn't be confused with dangerous nightshades like tobacco or belladonna; however, while eggplants are safely edible, their leaves should always be cut off and discarded, as these do have the potential to make you sick.

Originating in Asia, where they grow abundantly in the wild, eggplants were likely named such when Great Britain occupied India during the latter half of the 19th century. Eggplant had already spread to Europe long before that, and was commonly known as aubergine, a term commonly used for it in the United Kingdom and Ireland today.



## Baba Ghanoush

### INGREDIENTS:

2 medium eggplants  
3 cloves garlic  
1/4 cup lemon juice  
1/2 cup olive oil (set aside)  
1/4 cup)  
1/4 cup tahini (sesame seed butter)  
1 tablespoon chopped parsley  
1/2 teaspoon cumin  
1/2 teaspoon salt  
1/2 teaspoon black pepper

Preheat oven to 450 F. Remove the heads from the eggplant and slice in half lengthwise. Rub with 1/4 cup olive oil and set on a parchment-lined baking sheet with the open sides down (skin sides up). Roast for approximately 40 to 45 minutes. The skin should be very wrinkled and the inner "meat" of the eggplant should be tender. Remove from the oven and allow to cool. Once the eggplant is cool, scoop out the inside flesh and discard the skin. Strain the scooped-out flesh to remove any excess liquid. Transfer the flesh to a large bowl and mash with a fork or potato masher until the consistency is smooth. Add garlic, lemon juice, olive oil, and tahini. Stir vigorously until thoroughly combined. (This step can be done in a food processor, which will result in a smoother finished texture, but mashing and stirring by hand is the traditional Middle Eastern method.) Finish by adding salt, pepper, parsley, and cumin. Serve with toasted pita slices or crudite for dipping.

Much of eggplant's nutritional benefits will depend on how it's prepared. One popular method of prep is to batter it, bread it, and fry it—not the best option for anyone who is seeking lighter fare, as this method adds excess fat and calories that offset the nutritional benefits. But when prepared with minimal oil, such as by roasting or grilling, eggplant is a great option for helping you lose weight. Before any oil is added, eggplant has only 20 calories per cup, with 3 grams of fiber, which will increase satiety and keep you full between meals. Because fiber slows down digestion, it not only keeps you satisfied for longer but also delays the release and absorption of carbohydrates into your bloodstream, so it can be helpful for people with diabetes.

Eggplant is packed with vitamins and minerals for good health. A serving of eggplant has about 10 percent of your daily needed manganese, which is good for strong bones and nervous system, plus 5 percent of your daily folate for cell function and daily potassium for fluid balance. Some studies have even indicated that the compounds in eggplant are good for increasing bone density and lowering cholesterol.

When you're buying an eggplant, look for one that feels heavy for its size and has a smooth skin free from soft spots or blemishes. When you get home, store the eggplant intact in the fridge for up to 10 days. Eggplant does not keep well after it's cut up, even when refrigerated.

Many people like eggplant on its own, simply sliced up and cooked until it's soft (you can choose whether you want to leave the skin on for this or not). Just be sure to salt your slices and let them sit for about 10 minutes before cooking them, as this will draw some of the water (and bitterness) out of the eggplant.

But if you're looking to expand your use of eggplant and get creative, here are some excellent dishes (including a baked eggplant parmesan, which makes for a lighter option compared with the traditionally fried version):

MORE RECIPES AT  
[WHATSUPMAG.COM](https://www.whatsupmag.com)



# Why Do We Feel the Afternoon Slump?

By Dylan Roche

Getting through the afternoon shouldn't be a serious struggle. But if you're like most adults, you probably feel at least a little bit lethargic between the hours of 1 p.m. and 4 p.m. It's what most of us know as the "afternoon slump," that drop of energy during a part of the day when we usually need it the most.

As it turns out, you might not be doing anything wrong. This feeling of tiredness is a normal part of your body's circadian rhythm, the natural bodily cycle that makes you feel awake or tired during different times of the day. Just as your circadian rhythm makes you feel tired late at night, it also prompts you to feel sleepy or less alert during a period of time in the afternoon.

It's helpful to take a look at your lifestyle, especially if you have input from your doctor or health care professional, to assess whether any of these things might be creating a particularly bad afternoon slump for you on a regular basis. Having low energy every afternoon can lead to lost productivity at work, poor relationships due to mood swings, and even unhealthy weight due to low-nutrient food cravings and lack of motivation to exercise.

If you feel yourself down on energy in the middle of the afternoon, you might be tempted to take a nap (assuming you have the flexibility in your schedule). Although



*While this mild slump is natural, many adults feel it much worse because of other factors. The usual culprits are:*

Not getting enough sleep at night

Dealing with excess stress, which can deplete your energy

Poor diet, which might create instable blood sugar levels or be low in nutrients you need for good energy

Dehydration, which leads to fatigue and an inability to concentrate

a short nap (around 10 minutes to a half-hour) could be helpful, sleeping for a longer amount of time will likely leave you more tired. Furthermore, the need for a longer nap likely indicates there is a larger problem.

Consider trying one of these methods to beat the afternoon slump and ensure you feel energized for whatever the late-day hours throw your way:

1. Get up and move around. You don't have to do a full workout. Instead, a leisurely walk around your neighborhood or office complex could be enough to get your blood flowing and more oxygen to your brain.
2. Enjoy some natural light. Stepping outside into bright sunlight not only signals to your body that it's daytime, thus making you naturally feel more awake, but also boosts your vitamin D levels, thus helping you fight fatigue.
3. Make lifestyle improvements. Even the healthiest of people get tired from time to time, but if midday fatigue is a chronic problem for you, it could be eliminated by eating more fruits and vegetables, increasing your physical activity, finding ways to de-stress, and (of course) getting more sleep at night.
4. If all else fails, don't reach for caffeine, which could send your energy levels crashing later—plus mess with your sleep that night. Instead, if you need a simple pick-me-up in the afternoon, try chewing gum, which has been shown to improve focus and increase alertness.



# Fitness Tips

## THE EXERCISE BALL

By Dylan Roche

Here's a way to have a ball with exercise. Whether you call it a Swiss ball, physio ball, stability ball, or simply an exercise ball, this large inflatable is one of the most versatile pieces of workout equipment you can own (and considering how inexpensive they are, you get great bang for your buck, too).

Exercise balls are ideal for working your entire body, helping improve your flexibility, balance, coordination, and even strength, all from simple moves that people of all fitness levels can handle. Use a fitness ball to complete a round of calisthenics first thing in the morning, late in the evening, or even between household chores you're working on.

While an exercise ball isn't going to help you build mass—after all, they're incredibly lightweight—you can use them to increase the difficulty of other resistance exercises, whether you prefer strength training with your bodyweight or a set of free weights. These exercises become more challenging when you're using a ball because you're simultaneously trying to balance yourself while you perform the moves. For example, the next time you have to do seated dumbbell curls, try sitting on an exercise ball instead of a chair or a bench. Because the ball is unstable, you'll be forced to engage your core muscles as you lift the weight.

You can even use an exercise ball for a challenging cardio workout. Many moves you do with an exercise ball won't raise your heart rate too much on their own, but if you do each of them in quick succession with no rest or very little rest in between, you'll get your heart rate up and keep it up for a prolonged period of time. You'll also burn some extra calories too!

## START WITH THE RIGHT BALL

Need to pick out a ball? Here's something to keep in mind: Exercise balls come in different sizes, so you want to get one that's the right fit for your height. While this will depend on what exercises you're doing and what your comfort level is, you generally want to find an exercise ball that you can sit on and have your knees at a right angle when your feet are flat on the floor in front of you.

### HERE'S A GOOD GENERAL GUIDE:

5'1" - 5'7":  
55-centimeter ball  
5'8" - 6'1":  
65-centimeter ball  
6'2" or taller:  
75-centimeter ball

You'll be in control of inflating your exercise ball, and you can adjust its firmness according to your fitness needs and goals. A tightly inflated firm exercise ball will make exercises much more difficult than a slightly deflated ball, which has some give to it and is easier to balance. Start with a ball that's less inflated, and then add more air to it as you become stronger and more comfortable with the workouts. Remember to always check your ball for leaks or worn-out material before beginning any workout—an exercise ball that pops underneath you while you're performing a workout can cause injury.



### START EXERCISING

One great part about an exercise ball is you're really only limited by your own creativity. You can get suggestions from a fitness trainer or online (the American Council on Exercise at [acefitness.org](http://acefitness.org) is a great resource!), or you can start with some of these basic moves explained here:

**PLANK TUCK** 1. For this variation on the classic plank, you'll start in plank position with your feet balanced on top of the ball. Keep your forearms rested on the floor, shoulder width apart. Keep your core engaged and your toes rested on the ball. 2. Pull your knees forward and tuck them as close to your upper body as you can. 3. Keep your hips level as you roll the ball forward under your feet. 4. Roll the ball back and return to plank position. Repeat for 20 reps.

**BALANCED BRIDGES** 1. For this variation on the classic bridge, begin by lying down with your shoulders flat against the ground and your feet positioned on top of your exercise ball. 2. Push your feet into the exercise ball and lift your hips off the floor. Keep your upper back and arms firmly on the floor. At the end of the motion, your body should be completely straight from shoulders to your knees. 3. Hold this position for approximately 10 seconds before returning to the starting position. Repeat for 20 reps.

**BALL SIT-UPS** 1. For this variation on classic sit-ups, sit on your exercise ball with your feet out in front of you, shoulder width apart. Your legs should form a 90-degree angle when your feet are flat on the floor. 2. Lean back onto the ball, allowing your body to form a 45-degree angle. Keep your arms crossed tight across your chest so they don't give you any momentum—use your core muscle to perform this move. 3. Return to the starting position, holding yourself steady so you don't fall off the ball. Keep your feet firmly planted on the floor the whole time. Repeat for 20 reps.



# It's No Joke

## HUMOR BOOSTS YOUR HEALTH

By Dylan Roche

There might be some science to back up the expression “Laughter is the best medicine.” Even though having a good laugh isn’t a cure-all for any condition (if only it were!), you might be surprised by the number of ways having a good sense of humor affects your physical, mental, and emotional health. With International Joke Day coming up on July 1, there’s no better excuse to recommit yourself to looking on the lighter side of things and letting out a good chuckle when you get a chance.

What is it about laughter that’s so good for you? It might have to do with the way laughter works your diaphragm. When you laugh, you tend to breathe much more deeply. Your lungs have a chance to send more oxygen all over your body, which is especially good for improving brain activity. While this is happening, your heart pumps a little bit faster, your blood pressure decreases, and your circulation improves. Your muscles will also relax, letting go of any stress or tension you might be carrying around.

There are even chemical effects within your body following a good joke. Laughter stimulates your reward center in the brain. It also prompts your brain to produce and release endorphins, which naturally lift your mood.

Plus, here’s a really small bonus: Laughing burns calories. Maybe not as many as a workout, but if you laugh for 10 minutes throughout the course of the day, you could be burning as many as 40 calories.

In fact, some scientific studies out of Europe see humor as contributing to your longevity—yes, those who laugh more often tend to outlive those who don’t.

With growing understanding of humor’s positive effect on health, some yoga practitioners are encouraging what’s known as laughter yoga, a yoga variation incorporating prolonged periods of voluntary laughter to de-stress, improve breathing, boost mood, and increase blood flow.

Don’t worry if you can’t find anything funny to actually laugh at: Making fake laughter sounds can deliver many of the same physical benefits because you’re still increasing your oxygen intake and relaxing your muscles. Try repeating “Haha,” “Hoho,” “Hehe” in quick succession over and over again (it might actually make you genuinely laugh because of how silly you feel).

# Health and Beauty Benefits in a Humble Brown Bottle

YOU'D BE SURPRISED WHAT YOU CAN DO WITH HYDROGEN PEROXIDE

By Dylan Roche

You've probably got a bottle of hydrogen peroxide sitting in your medicine cabinet in your bathroom right now. As it turns out, this multiuse chemical product has plenty of uses when it comes to feeling and looking your best. Because hydrogen peroxide is simply water with an extra oxygen molecule (its chemical make-up is  $H_2O_2$  instead of simply  $H_2O$ ), it is generally regarded as safe for most uses—though you do have to be careful in some situations, as we address later in the article. That extra oxygen molecule gives hydrogen peroxide the power to oxidize, thus killing germs and bleaching color out of porous surfaces.



*Wondering what you can safely do with hydrogen peroxide? Here are the top uses:*



Use it as a mouthwash by creating a 1:4 combination of hydrogen peroxide to water. Swish it around in your mouth for up to a minute. Do not swallow. Spit it out and rinse well with water. This mouthwash solution kills germs and can help prevent gum disease.



For superior whitening action on your teeth, combine hydrogen peroxide with baking soda in a 2:1 ratio so that it forms a thick paste. Apply this paste to your teeth and allow it to sit for one minute. Rinse with water. Repeat twice a week, but no more than three times a week—hydrogen peroxide can break down your tooth enamel if used too frequently.



Use hydrogen peroxide to bleach your hair by mixing it with equal parts water (1:1 ratio). Put in a spray bottle and spritz onto your hair, taking caution not to get the hydrogen peroxide in your eyes. Use high heat to stimulate bleaching, either by going outside in the sun or by drying your hair with a hot blow dryer.



Sanitize your makeup, nail, and other beauty tools by soaking them in a 1:1 mixture of peroxide and water for one to two minutes. Rinse with plain water and dry thoroughly.



Dilute hydrogen peroxide with water in a 1:1 ratio and put it in a spray bottle. Spritz your armpits with this mixture to naturally deodorize.



Create a footbath with a 1/4 cup of hydrogen peroxide per gallon of warm water. Soak your feet to prevent toenail fungus and keep infections like athlete's foot away.



While these methods are generally considered safe, there are some uses for hydrogen peroxide that have permeated our culture despite the fact that these uses aren't very good for us.

*Do not ever use hydrogen peroxide to:*

Fight pimples. Although benzoyl peroxide is a common ingredient in many acne treatments, it is not the same as hydrogen peroxide, which is too harsh for your skin and can end up leaving rashes or burns, thereby making breakouts even worse.

Clean wounds. Generation after generation has used hydrogen peroxide to clean cuts, scrapes, and other wounds. It turns out this isn't healthy. Hydrogen peroxide can irritate the skin and make your wounds take longer to heal.

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# Dining

116 TASTE | 118 SAVOR THE CHESAPEAKE | 120 DINING GUIDE



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# Always in the Family

By Tom Worgo  
Photography by Stephen Buchanan

It has always been a dream of the Cohen family to own an ice cream shop. They bought the Annapolis Ice Cream Company, located downtown on Main Street, several years ago and kept the name. But they didn't have plans to stop there. The Cohens expanded and rebranded more stores—in West Annapolis, Edgewater, and beyond as Always Ice Cream Company.

"We are careful with what we open," says Adam Cohen, who co-owns the business with his brother Mark, and father Ross. "We are not going to take on more than we can handle." The family kept the familiar Annapolis Ice Cream name at the Main Street location, but rebranded the new stores as Always Ice Cream.

Along the way, the Cohens have not only come up with some original ice cream flavors—S'mores and Cotton Candy for instance—they also gave the places a "Sleek, modern design." The company's website explains that the family had no interest in replicating what they described as the "same old-style ice cream parlor."

"We went to California and looked for modern themes," Adam says. "We went into coffee shops and ice cream stores. We decided on a black and white theme. We wanted a more modern, millennial atmosphere."

We recently talked to the brothers about what makes the business different, selling their product to restaurants and, potentially, grocery stores, and favorite customer flavors.



## Adam, what separates your place from other ice cream businesses?

Most people say it's homemade ice cream. We make it inhouse and we try to use as many fresh ingredients as possible. We use very few flavoring extracts. Our strawberry ice cream is actual strawberries blended into ice cream. No strawberry flavoring. A lot of places say they are homemade. They could be, they might not be. A couple of our vendors have tried to sell us products for ice cream. Cookie dough extra flavoring that you throw in cookie dough or strawberry liquids that enhance the flavor. You can save money, but we don't use them. There are other places that are much cheaper, but we are considered a super-premium product with the butterfat and ingredients we use.

## What are your top sellers?

We have a Cookie Monster [flavor] with blue ice cream, Oreos, cookie dough, and chocolate chips. It's for the cookie lover. If you like cookies, you are going to love this ice cream. Any cookie you can get is in the ice cream. It's amazing and a great mix. That's probably our most popular. Our Mint Chocolate Chip sells like crazy. It's really creamy and rich. You get the chocolate and mint in one bite, and you're like, "Woo, this is good!"

## Mark, why did you decide to buy an ice cream place?

We always wanted to own an ice cream store. We wanted a business for our family's future. We went to the beach every year in the Outer Banks. We went to all the ice cream stores down there and we loved it.

## ALWAYS ICE CREAM/ANNAPOLIS ICE CREAM CO.

196 Main Street, Annapolis | 443-714-8674 • 116 Annapolis Street, Annapolis | 443-775-5297 • 129A Mitchells Chance Road, Edgewater | 443-949-8309 • [alwayoicecreamcompany.com](http://alwayoicecreamcompany.com)

**What was behind the thinking of multiple stores?**

When we started in our business, we wanted to expand. We thought of a different brand. We bought Annapolis Ice Cream Company and kept the name. But we always wanted to open modern ice cream stores. We wanted to do something different than the old-fashion mom-and-pop ice cream companies.

**Do you plan to open more stores?**

We are comfortable where we are at. We want to start selling our ice cream in grocery stores. Our dream is to sell pints to grocery stores. It's a lot to do. We are trying to figure it out. It's a lot to go through the health department process. We need to get nutrition labels and go through inspections. Hopefully, next year we can do it. That's a goal of ours. We do sell to 45 restaurants.



**Adam, you say that you're tired of seeing the same, old style of ice parlors. What do you mean by that?**

When we are talking about an ice cream parlor, we are talking about the design and layout. When you go into an old school parlor like downtown, it has bright lights and gold roofs. It has tile flooring. We wanted to change that. We are more like a modern millennial type of ice cream shop. It's more of the visual that makes us more of a modern shop.

**Mark, why did you want to expand so quickly at the outset?**

We saw that the place downtown was so popular. Everyone loves ice cream

downtown, right? We figured there weren't many hard ice cream stores in the area. You have a lot of soft serve places and juice bars in the area. We thought it was a good time to take our recipes and expand our ice cream business.

**Adam, how did it go?**

I think we have a great staff in place. We have three amazing ice cream makers that make ice cream all day for us. We have three great managers at all the locations. We got a great guy who does all the sales stuff for us, and another who is out there all day, every day, delivering to restaurants and stocking our stores. Without these people, we couldn't handle all of this. With them, everything is possible.



▶ Annapolis Town Center is expanding with a new restaurant, **Urbano Mexican Fare**. The restaurant was welcomed to the 5,000-square-foot space with a Cinco de Mayo-themed street party on May 7th, which benefitted the nonprofit Feed It Forward D.C. Urbano has a contemporary design inspired by downtown Mexico City and will offer brunch, small plates, desserts, and cocktails. The plan is to be fully-open by early 2023. Find more information at [annapolistowncenter.com](http://annapolistowncenter.com).

# Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

July boasts Independence Day, barbeque, crushes, and crab feasts. This year we're going to have to practice our crab picking because there are two new crab houses opening near us! Plus, we offer alternatives to classic orange crushes, intel about more new restaurants to the area, and D.C.'s first ever Veg Restaurant Week.

## On the Restaurant Scene...

In February, Good Neighbors Group, a nonprofit in Severna Park, wrapped up its fifth **S(o)uper Bowl Food Drive** and, from the Thursday before the Super Bowl to its conclusion on February 13th, they collected almost 16,000 items to donate to food pantries. The event was able to help restock four pantries in the area and draw the community's attention to the need for donations. The pantries that benefitted were SPAN, ACAN, My Brother's Pantry, and the Anne Arundel County Food Bank. Since the event's inception, the S(o)uper Bowl drive has collected approximately 53,900 items. Donate to the food pantries and get involved with community food drives!



▶ A new crab house has opened in Washington, D.C. **Chesapeake** opened in May, just in time for Washingtonians to start the summer with an open-air crab shack and crush bar. Chesapeake is owned by Daniel Kramer, who also owns three Duke's gastropubs and U Street Korean barbecue Gogi Yogi, all in D.C. They keep it classic when it comes to crabs, offering steamed crabs to be eaten on paper-covered tables, but get adventurous when it comes to experimenting with fruits and spirits at their crush bar.

Washington, D.C., saw the first ever **Veg Restaurant Week** in early May. The week-long event celebrated eating clean and promoted healthy and climate-friendly eating choices by focusing on vegan restaurants and dishes. Restaurant Weeks are great ways for cities to boost local economies and to, most importantly, support many local restaurants, which have been hit hard and are still recovering from the pandemic. The event also celebrated the one year

anniversary of D.C. passing the Greed Food Purchasing Act, which restructures the purchasing practices in the city to reduce food-related greenhouse gas emissions. This will reduce the gas emissions by 25 percent by 2030.

Having mourned the closing of the original Phillips Crab House in Ocean City for more than a year, we've been eagerly awaiting word on the future of the iconic building on 21st Street. It was announced that **Union Chesapeake Seafood House** will be taking over the property. The main floor will be a full-service restaurant and crab house specializing in the finest seafood Maryland has to offer, while the second floor will feature an all-you-can-eat seafood, prime rib, and blue crab buffet. Union Chesapeake Seafood House also owns Fast Eddies in the Ocean City Square Shopping Center on 120th Street, bayside.

Looking for the charm of a tiki bar, fresh ingredients, beautiful potent cocktails, and those classic tropical vibes? Easton has the place for you. **Tiger Lily** recently opened on Washington Street and has a menu of sophisticated dishes that most tiki bars lack. This restaurant describes the cuisine as vegan to Asian fusion to Latin American flavors. I dare you to say you can't find something on this menu! Find the full menu and hours on their website: tigerlilyeaston.com.



## Shop Local Produce...

July is one of the prime months to support our local farmers and buy produce from stands and farmers markets. They are located all over and have the freshest, most flavorful fruits and vegetables, all grown in Maryland soil. Make sure to check websites and Facebook pages for updates, specific times, and available produce and goods! Here's a quick list of farmers' markets to get you started:

**Anne Arundel County (Annapolis):** 275 Truman Parkway; Sundays 10 a.m.–1 p.m. **Bowie:** Bowie High School Parking Lot; Sundays 8 a.m.–noon **Camden Avenue (Salisbury):** 1401 Camden Avenue; Tuesdays 2:30–6 p.m. **Centreville:** Centreville Plaza, Railroad Avenue; Sundays 9 a.m.–noon **Chestertown:** N. Liberty Street and Lawyers Row; Sundays 9 a.m.–noon **Crofton:** 1691 Crofton Parkway; Wednesdays 4–7 p.m. **Easton:** 100 North Harrison Street; Saturdays 8 a.m.–1 p.m. **Kent Island:** Cult Classic Brewing Company; Thursdays 3:30–6:30 p.m. **Piney Orchard:** Winding Stream Way; Wednesdays 2–6:30 p.m. **Salisbury Shore:** 221 E. Market Street; Saturdays 8 a.m.–noon **Severna Park:** Richie Highway & Jones Station Road; Saturdays 8 a.m.–noon **St. Michaels:** 206 N. Talbot Street; Saturdays 8:30–11:30 a.m. **Riverdale Park:** 6220 Rhode Island Avenue; Thursdays 3–6 p.m.

## Drink Up...

With Summer here, one of the most popular drinks in Maryland is *the Orange Crush*. There are many variations of the classic crush, from grapefruit- to bourbon- to, even, coconut rum-based. Though we think of crushes and mimosas as the go-to orange juice drink, there are plenty of delicious cocktails that highlight this refreshing juice.



## ◀ Endless Summer Punch

### Ingredients

1 part Cruzan Pineapple Rum  
1 part Cruzan Aged Dark Rum  
1 part Cruzan Coconut Rum  
2 parts Orange Juice  
2 parts Lemonade  
Pineapple Wedge or Orange Slice to garnish

### Instructions

Combine ingredients in a glass over ice and stir. Garnish with a pineapple wedge or orange slice. Or, for an easy group serve, simply multiply the parts by the number of people you are serving and combine in a pitcher.

*Photo and recipe courtesy of Cruzan Rum*

## Eastern Sour ▶

### Ingredients

2 ounces Patrón Añejo  
2.5 ounces fresh Orange Juice  
.75 ounces fresh Lemon Juice  
.25 ounces Orgeat syrup  
.25 ounces Simple Syrup  
Lemon Peel and Orange Peel for garnish

### Instructions

Combine all ingredients in a shaker with crushed ice. Pour into a double old-fashioned glass or short-stemmed goblet. Garnish with lemon peel and orange peel

*Photo and recipe courtesy of Patrón Tequila*



**Have culinary news to share?** Send an email to the editor at [editor@whatsupmag.com](mailto:editor@whatsupmag.com).

# Dining Guide

## Advertisers Listed in Red

Average entrée price  
\$ 0-14 \$\$ 15-30 \$\$\$ 31 and over

📞 Reservations

🍷 Full bar

👨‍👩‍👧 Family Friendly

🌊 Water View

☀️ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2022 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 \$\$ 🍷 🍷 🍷

## MISSION BBQ

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### 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 \$\$ 🍷 🍷 🍷 \* 🐾

### GameOn Bar + Arcade

114 West Street; 410-885-4589; gameonbararcade.com

### Lemongrass

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

### Level Small Plates Lounge

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 \$\$\$ 🍷 🍴 🍷 🐾

**Sailor Oyster Bar**

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

**Stan & Joe's Saloon**

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

**Tsunami**

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

**Greater Annapolis**

**Basmati**

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

**Bean Rush Café**

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

**Blue Rooster Café**

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

**The Brass Tap**

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

**Broadneck Grill & Cantina**

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

**Bruster's Real Ice Cream**

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

**Buffalo Wild Wings**

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

**Cantler's Riverside Inn**

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

**The Canton Restaurant**

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

**Cooper's Hawk**

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

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**Chevys Fresh Mex**

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

**Double T Diner**

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

**Eggcellence**

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

**Evelyn's**

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

**Full On Eats + Drinks**

247-A Solomons Island Rd 443-949-0203; fulloncraft.com; lunch, \*

**Giolitti Delicatessen**

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

**Gordon Biersch**

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

**Grapes Wine Bar**

1410 Forest Drive, Suite 6, Annapolis; 410-571-5378; Grapeswinebarannapolis.com; Mediterranean; lunch (Sat. only), dinner \$\$ 🍷 🍴 🌿 \*

**Herald Harbor Hideaway**

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

**Heroes Pub**

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

**InGrano Bakery**

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

**Italian Market & Restaurant**

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

**Jalapeños**

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

**Julep Southern Kitchen & Bar**

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

**La Sierra**

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

**LebTav**

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

**Lemongrass Too**

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

**Lures**

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

**Ledo Pizza**

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

**Maggianno'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; Redhotand-blue.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 \$\$ 🍷 🍴 🌿 🍷

**Sin Fronteras**

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

**Smashing Grapes Kitchen and Wine Bar**

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

**Soul**

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

**Stoney River Legendary Steaks**

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

**True Food Kitchen**

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

**Tuscan Prime**

1905 Town Centre Blvd, Suite 100; 443-572-4677; tuscan-prime.com; dinner, weekend brunch; \$\$

**Ziki Japanese Steakhouse**

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

**Eastport / Bay Ridge**

**Adam's Taphouse and Grille**

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

**Annapolis Smokehouse & Tavern**

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

**Bakers & Co.**

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

**Blackwall Hitch**

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

**Boatyard Bar & Grill**

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

**Bread and Butter Kitchen**

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

**Caliente Grill**

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

**Carrol's Creek**

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

**Chart House**

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

**Davis' Pub**

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

**Eastport Kitchen**

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

**Grump's Café**

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

**Jack's Fortune**

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

**Lewnes' Steakhouse**

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

**Main & Market**

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

**O'Leary's Seafood Restaurant**

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

**Rocco's Pizzeria**

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

**Ruth's Chris**

301 Severn Avenue, Annapolis; 410-990-0033; ruthschris.com; Steakhouse; dinner \$\$\$ 📞 🍷 🍴

**Sammy's Pizza Kitchen**

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

**Vin 909 WineCafe**

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

**Edgewater / South County**

**Adam's Taphouse and Grille**

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

**All American Steakhouse**

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

**Bayside Inn**

1246 Central Avenue, Edgewater; 410-956-2722; American, Seafood; breakfast, lunch, dinner \$\$ 🍷 🍴 🍷

**Broadneck Grill & Cantina**

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

**Chad's BBQ**

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

**The Crab Shack**

3111 Solomons Islands Road; Edgewater 21037; 443 837 6279; Thecrab-shackmd.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.dockside-restaurantmd.com; American, Seafood; breakfast, lunch, dinner \$\$ \*

**Edgewater Restaurant**

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

**Fuji Steakhouse**

169 Mitchells Chance Road, Edgewater; 410-956-8898; fuji-steakhousemd.com; Japanese; lunch, dinner \$\$ 📞 🍷 🍴

**Glory Days Grill**

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

**The Greene Turtle**

3213 Solomons Island Road, Ste. A, Edgewater; 410-956-1144; thegreenturtle.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 \$\$ 📞 🍷 🍴 🍷 \*

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DINING GUIDE

**The Pier Waterfront Bar & Grill**

48 South River Road, Edgewater; 443-837-6057; [thepierwaterfrontbarandgrill.com](http://thepierwaterfrontbarandgrill.com); Caribbean; lunch, dinner, late-night \$\$

**Rod N Reel Restaurant**

4160 Mears Avenue, Chesapeake Beach; 860-312-5596; [rnrresortmd.com](http://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](http://senorschile.com), Mexican; lunch, dinner, \$\$,

**Skipper's Pier Restaurant & Dock Bar**

6158 Drum Point Road, Deale; 410-867-7110; [skipperspier.com](http://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](http://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; [yellowfinedgewater.com](http://yellowfinedgewater.com); Steak, seafood; lunch, dinner, Sunday brunch \$\$

**Arnold / Severna Park / Pasadena & Beyond**

**Adam's Ribs**

589 Baltimore Annapolis Boulevard, Severna Park; 410-647-5757; [adamsgrillseverna-park.com](http://adamsgrillseverna-park.com); Barbecue; lunch, dinner \$\$

**Ashling Kitchen & Bar**

1286 Route 3 South Ste. 3, Crofton; 443-332-6100; [ashlingco.com](http://ashlingco.com); American; dinner \$\$

**Bella Italia**

1460 Ritchie Highway, Arnold; 410-757-3373; [bellaitaliaarnold.com](http://bellaitaliaarnold.com); Italian; lunch, dinner \$

**The Big Bean**

558 Baltimore Annapolis Blvd, Severna Park; 410-384-7744; [thebigbean.com](http://thebigbean.com); Coffee Shop

**Blackwall Barn & Lodge**

329 Gambrills Road, Gambrills; 410-317-2276; [barnandlodge.com](http://barnandlodge.com); American; lunch, dinner, weekend brunch \$\$

**Brian Boru Restaurant & Pub**

489 Ritchie Highway, Severna Park; 410-975-2678; [brianborupub.com](http://brianborupub.com); Irish; lunch, dinner, Sunday brunch \$\$

**Café Mezzanotte**

760 Ritchie Highway, Severna Park; 410-647-1100; [cafemezzanotte.com](http://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; [dailyscoopicecream.biz](http://dailyscoopicecream.biz); Ice cream and ice cream cakes \$

**Donnelly's Dockside**

1050 Deep Creek Avenue, Arnold; 410-757-4045; [donnellys-dockside.com](http://donnellys-dockside.com); Seafood; lunch, dinner \$\$

**Founders Tavern & Grille**

8125 Ritchie Highway, Pasadena; 410-544-0076; [founderstavernandgrille.com](http://founderstavernandgrille.com); American; lunch, dinner \$

**Gina's Cantina**

8779 Veterans Highway, Millersville; 410-923-8226; [ginascantinamd.com](http://ginascantinamd.com); Tex-Mex; lunch, dinner \$\$

**Ledo Pizza**

552 Ritchie Highway, Severna Park; 410-544-3344; [ledopizza.com](http://ledopizza.com); Pizza, pasta, sandwiches; lunch, dinner \$\$

**Lemongrass Arnold**

959 Ritchie Highway, Arnold; 410-518-6990; [lemongrassannapolis.com](http://lemongrassannapolis.com); Thai; lunch, happy hour, dinner \$

**Mi Pueblo II**

554-A Ritchie Highway, Severna Park; 410-544-4101; [mipueblo2.com](http://mipueblo2.com); Mexican; lunch, dinner \$

**Mother's Peninsula Grill**

969 Ritchie Highway, Arnold; 410-975-5950; [mothersgrille.com](http://mothersgrille.com); American, seafood; lunch, dinner \$\$

**Nonna Angela's**

2225-A Defense Highway, Crofton; 443-584-4038; [mammaas.com](http://mammaas.com); Italian; lunch, dinner \$-\$\$

**DINING GUIDE**

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**O'Loughlin's Restaurant**

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

**Pherm Brewing Company**

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

**The Point Crab House & Grill**

700 Mill Creek Road, Arnold; 410-544-5448; 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 \$\$ 🍷 🍷 🍷

**Senor Chile Cantina**

1264 Bay Dale Drive; Arnold; 410-421-1010; lunch, \$ 🍷 🍷

**Severna Park Taphouse**

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

**Sin Fronteras**

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

**Twains Tavern**

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

**Vida Taco Bar**

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

**Regional**

**Bistro St. Michaels**

403 Talbot Street, St. Michaels; 410-745-9111; Bistrostmichaels.com; Euro-American; brunch, 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 🍷 🍷 🍷 🍷 🍷

**Libbey's Coastal Kitchen**

357 Pier 1 Road, Stevensville; 410-604-0999; libbeyscoastalkitchen.com; American, seafood; Lunch, dinner 🍷 🍷 🍷 🍷



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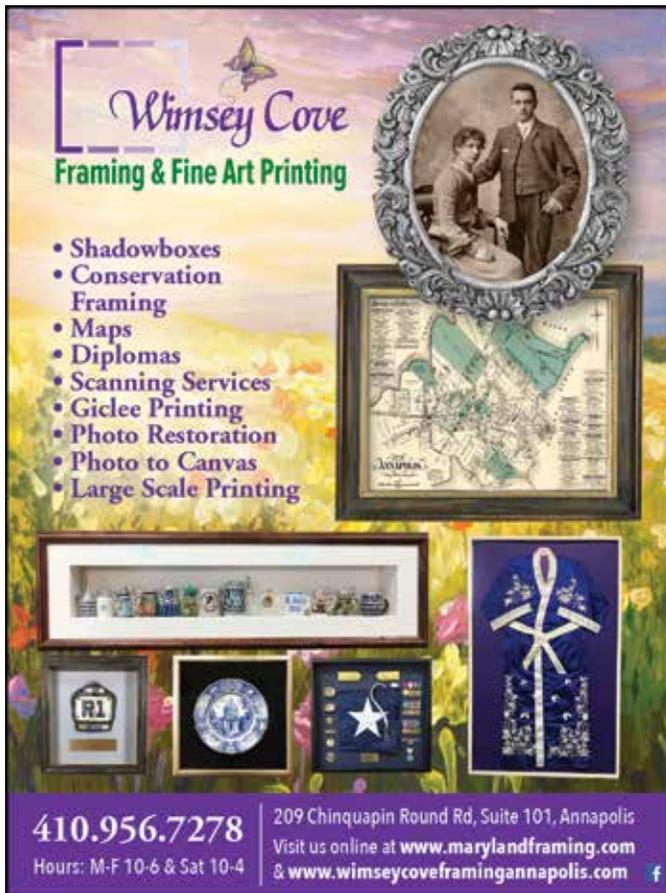


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Actions taken as a result of seeing print advertising\*

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looked for more information about the product/service	20%
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recommended the product or service	17%
visited a social media site/app	14%
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# Where's Wilma?

## FIND WILMA AND WIN!

It's peak season for all things summer: crab picking, ice cream, sandals, shades, swimming, and lounging by the Bay! So, our fave mascot Wilma is taking to the mid-summer sky this July, zipping to and from her favorite restaurants, shops, and services throughout the Chesapeake Bay 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 **Karen** of Annapolis, who won a \$50 gift certificate to a local restaurant or 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 \_\_\_\_\_  
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Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

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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 July 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.

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