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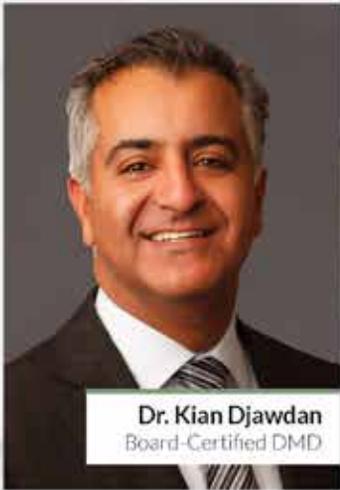
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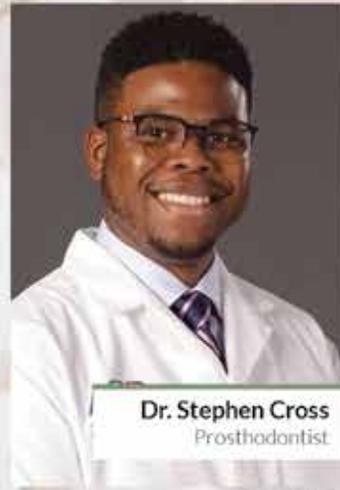
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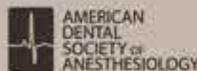
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Abby Geismar REALTOR®

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Abby has lived and worked in Annapolis for 11 years and loves helping her buyers find their dream homes. She uses her design skills and her own professional

staging to help her sellers get a quick sale at the right price. Abby dedicates herself to each client as if they were her only one and continues to be a friend and a resource to you in Annapolis long after you have bought or sold a home. She lives in Eagle Pointe with her husband David (USNA Class of '91) and their 3 children.



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Mary Clare Holder has been a Maryland Realtor for 35 years. She has expertly handled multiple changes in the real estate industry, greatly benefitting her buyers and

sellers. She co-owned a commercial insulation business in the Maryland, DC and Virginia areas for 25 years greatly enhancing her negotiating skills. Mary Clare is a past President of the Distinguished Sales Achievement Club of Anne Arundel County. Also, she has served as an officer on several local HOA/Condo Associations.



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Deborah has been selling real estate full time in Annapolis since 2005. She specializes in waterfront and luxury homes, new construction, and relocation

to the Annapolis area. Deborah formed Laggini and Associates and is the #1 Group at Annapolis Fine Homes. Prior to real estate, Deborah spent 20 years in corporate sales and marketing and received an MB from Pepperdine University. Deborah has two daughters and four grandchildren and currently resides in the City of Annapolis.



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Jennifer Siska REALTOR®

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Jennifer Siska is a 26 year Annapolitan who has over two decades of real estate experience. She has worked in many facets of real estate including

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On the Cover: We visit several local environmental nonprofits to learn about their youth programs. Design by August Schwartz. Contact *What's Up? Annapolis* online at whatsupmag.com. Please recycle this magazine.

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editor *From the*

Whether you fly fish the humble streams of the Middle Patuxent, stack commercial crab pots for a living on the Chesapeake, or go waterskiing on weekends in the Chester River, you likely agree these resources are worth protecting. In this month's feature article "Teach Your Children Well" you'll learn about several local, environmental organizations committed to improving the Bay watershed by means of varying and dynamic education programs. (Coincidentally—okay, maybe a bit by design—if you'd like to learn the history, culture, and geography of the Chester River, the next installment in "Our Scenic & Historic Rivers" article series offers this overview.)

Trudging waist-deep through Indian Creek, near the headwaters of the Severn River, with 15 or so other students—all of us straining the water with a seine net—yielded some interesting lifeforms when the net surfaced to reveal the catch. An abundance of tiny baitfish, a perch, small crabs, grass shrimp, a few clams, and strands of vegetation, if my memory recalls correctly. The revelation of *all this life* just below the water's surface was exhilarating.

The exercise was one of many during an outdoors retreat I enjoyed nearly 35 years ago. Back then—and as many programs do today—the activity focused on the environment that surrounds us. Its purpose to reveal and educate. In Chesapeake Bay country, you don't need to go far to experience aquatic life and its connection to our everyday existence. It's everywhere. And it's important.

Now, I'm pleased to see even more opportunities for our children and young adults to learn about and experience, firsthand, the ecology of the Bay and its feeder tributaries from the Piedmont plateau of Central Maryland to the low-lying plains of the Eastern Shore. Education is so vital to our youth—to inspire the next generation of advocates, scientists, and professional leaders with the willpower to restore, protect, and preserve our natural resources, so that, yes, we *all* can enjoy them.

Equally pleasing is how our regional private schools and colleges have integrated environmental studies into their curriculums. If you're considering private school for your children, Fall is a wonderful season to visit campuses, do your homework, and begin the application process for next semester or year. Our private school open house and visitation guide, "Top Class," offers timely information and upcoming dates to circle on the calendar for many of the area's exemplary schools.

There's much more to read, learn about, and enjoy in this month's issue. Our "Towne Athlete" profile showcases a real student-athlete making a difference on the field and in the community. Likewise, we applaud a local volunteer in our "Towne Salute" column. We also examine the impact the Baby Boomer generation is having on post-retirement endeavors such as philanthropy, social activities, and the economy in Part II of the "Chesapeake Retirement Guide." Of course, the number of events from Western Shore to Eastern picks up in the Summer and seems to peak in the Fall. September is chock full of them, and "Out on the Towne" highlights many excellent event recommendations. Beyond all of this, I'm willing to bet you'll pick up a thing or two along the way as you cover the magazine from first page to last. Thank you for reading!

James Houck,
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A graduate of the Naval Academy with a distinguished 27-year career of service, he began his medical training in Maryland at the Uniformed Services University of the Health Sciences. He did his residency training at the Naval Medical Center in San Diego, California and at Emory University Hospital in Atlanta, Georgia.

Dr. Howard is a board-certified plastic surgeon serving the greater Maryland area. Dedicated to helping his patients feel their absolute best, he is driven to provide comprehensive, compassionate, and state-of-the-art plastic surgery and reconstructive care to his patients.



"We are delighted to welcome Dr. Howard to the PSS team. His commitment to service, from providing critical medical aid through global conflicts to humanitarian aid missions, has led him to see firsthand the power of surgery. Helping people overcome obstacles and getting back their lives is not just what he does, it's who he is."

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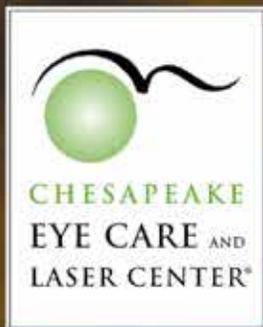
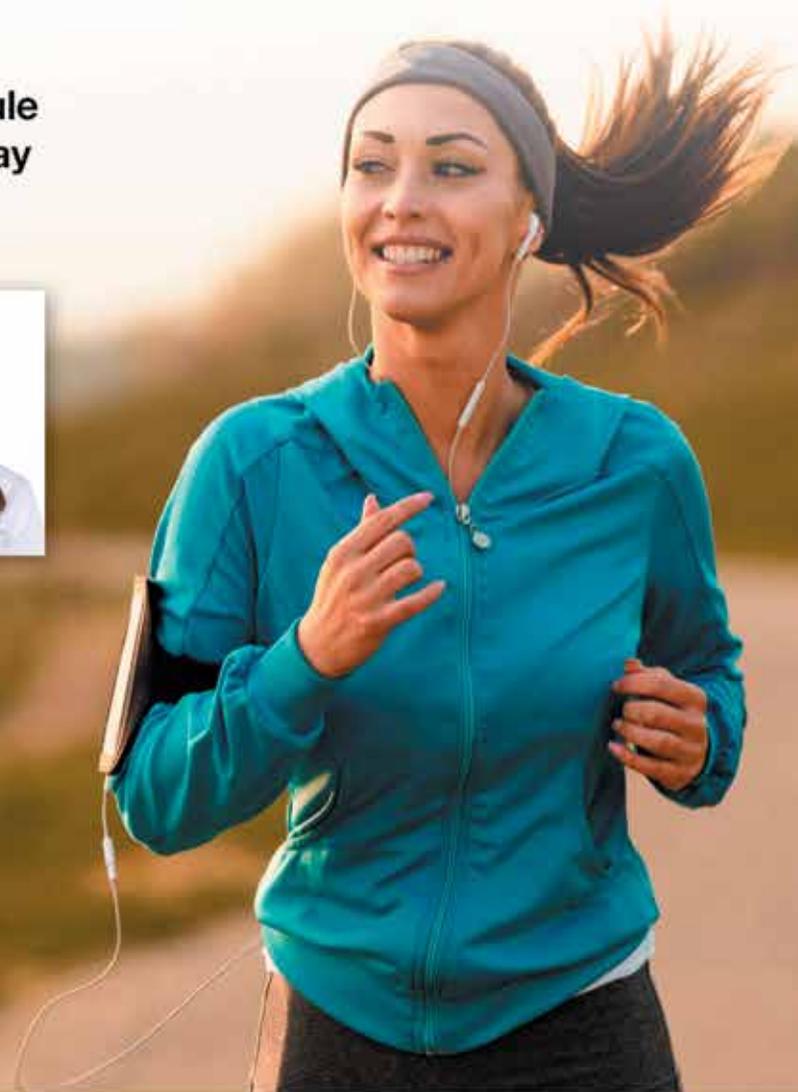
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46 SPOTLIGHT | 52 ATHLETE | 60 INTERVIEW

↓ **Maryland Renaissance Festival**

Get ready to go back in time to 1536 at the 2022 Maryland Renaissance Festival in Crownsville. As always, there is plenty of entertainment, jousting, turkey legs, and of course, outfits. Visit the website for special promotions, events, and full calendar. The festival will go on from 10 a.m. to 7 p.m. on September 3rd through 5th, 10th and 11th, 17th and 18th, and 24th and 25th, as well as weekends in October. Find more information at rennfest.com





↑ Maryland Seafood Festival

ABC Events is hosting the Maryland Seafood Festival on September 24th and 25th at Sandy Point State Park in Annapolis. This rain or shine event will host loads of seafood vendors, local shopping and vendor options, a fantastic beverage selection with lots of local craft beer, and tons of kids activities, all along the beautiful shores of the scenic Chesapeake Bay. Because of the limited availability of crabs and crab meat, be sure to pre-order crabs by September 15th. Find more information and pre-order crabs at abceventsinc.com.



Photo by Ken Tom



MARYLAND FLEET WEEK & FLYOVER

The Maryland Fleet Week & Flyover Baltimore returns in-person and better than ever September 7th through the 13th at the Baltimore Inner Harbor, North Locust Point, Fort McHenry, Fells Point, and Martin State Airport. This bi-annual event was virtual in 2020 and hasn't come together in person since 2018. This event celebrates the rich maritime traditions of the Chesapeake Bay and the contributions of Marylanders to the defense of the nation. There will be plenty of fleet week events including the flyovers, festivals, exhibits, and vendors stretching from the Maryland Science Center to the National Aquarium. This is a free and family-friendly festival. For more information, visit mdfleetweek.org.

↑ BLAZERS. BOURBON. CIGARS.

Historic Annapolis is hosting their 9th Annual Blazers. Bourbon. Cigars. networking event at the William Paca House and Garden in Annapolis on September 29th from 6 to 9 p.m. Enjoy an evening of fine bourbon and whiskey tastings, beer and wine, along with cigars, delightful food from the area's top chefs, and an array of vendors. There will be a VIP entry at 5 p.m. so be sure to get your tickets at annapolis.org.

Annapolis Run for the Lighthouse

Tie up your laces for the annual Annapolis Run for the Lighthouse at Quiet Waters Park in Annapolis on September 18th from 8 to 11 a.m. The Light House will provide a scenic half-marathon and 5K routes along the trails of Quiet Waters Park and through the beautiful Chesapeake Bay-front community of Hillsmere Shores. All proceeds from the race will benefit The Light House in Annapolis. Find more information and sign up for the race at annapolisrunforthelighthouse.org.



Photo by Cara Malfi Creative

↑ **Warriors in the Park**

On September 10th, from 4 to 9 p.m., see Jimmie's Chicken Shack, Pressing Strings, Honey Sol, and additional acts perform at Warriors in the Park at StageOne Park, the outdoor stage at MC3 in Annapolis. Bring your lawn chairs, umbrellas, blankets, and enjoy live music to honor the strong veteran community in Annapolis. In addition to the music, there will be a silent auction, multiple food and drink trucks, and local veteran organizations. Find more information at mc3annapolis.org.



ARTS ALIVE GLOBAL

“Come Sail the World” at Arts Alive Global on September 9th at Maryland Hall. This year, Arts Alive, Maryland Hall’s single largest fundraiser of the year, is going worldwide. The campus will transform into a mini-globe with trips around the world through entertainment, décor, art, food, and cocktails. Find more information at marylandhall.org.

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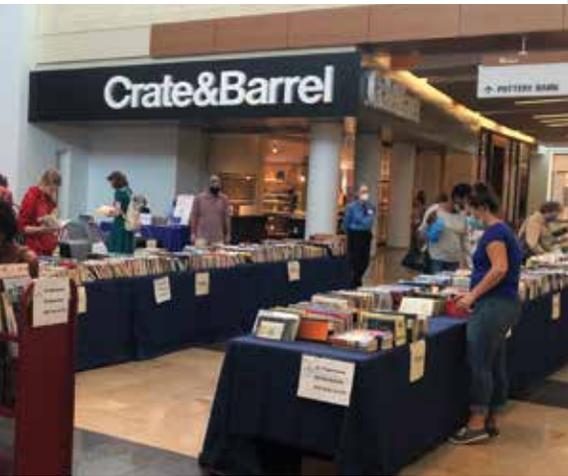
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Annapolis 9/11 Heroes Run

The 2022 Annapolis 9/11 Heroes Run is scheduled for September 18th at 2 p.m. at the Navy-Marine Corps Memorial Stadium. Each year, local volunteers come together to organize this run in Annapolis and in 90 other locations around the world. This year, the run commemorates the 15th KIA Anniversary of Marine 1st Lt. Travis Manion and Major Doug Zembiec and the 10th KIA Anniversary of Navy Special Warfare Operator 1st Class Patrick D. Feeks. Register at 911heroesrun.org/Annapolis.



↑ Anne Arundel County Literacy Council Book Fair

The 2nd Annual Anne Arundel County Literacy Council Book Fair fundraiser will be on September 24th from 10 a.m. to 4 p.m. outside Discoveries: The Library at the Mall at the Crate & Barrel Court in the Annapolis Mall. This fair will feature a large range of gently used books including children's books, cookbooks, best-sellers, romance novels, memoirs, mysteries, thrillers, historical fiction, and more. Find more information at icanread.org/bookfair

BAY BRIDGE PADDLE

September 25th is the Bay Bridge Paddle at Sandy Point State Park in Annapolis. Water enthusiasts of all ages and expertise are invited to the Paddle in the Chesapeake Bay. This race will bring together all levels of paddlers with multiple races available to support the Foundation for Community Betterment. Each race will present a different experience or challenge based on the bay's shifting conditions. Find more information and sign up at abceventsinc.com.



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From left to right: Laura Curry, Jon Gasior, Ayana Johnson, Alexander Pagnotta, and Beth Burgee

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Piney Orchard Street Festival

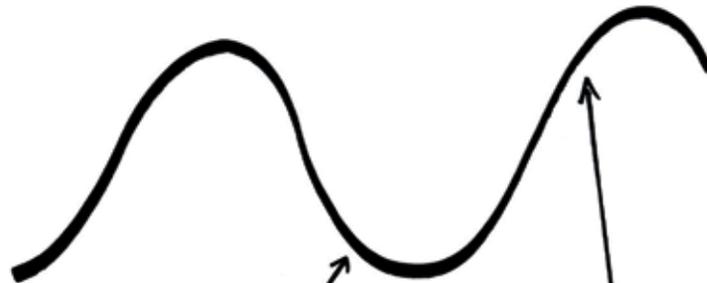
The 12th Annual Piney Orchard Street Festival will be back at 2400 Stream Valley Drive on September 10th from 11 a.m. to 6 p.m. The festival will have plenty of food vendors, as well as arts and crafts, franchise and general sales, ice cream, popcorn, beer, wine, entertainment, and so much more. Find more information at pineyorchard.com.



↑ BOATYARD BEACH BASH

The Boatyard Beach Bash is back on September 10th from 5:30 to 10 p.m. Jimmy Buffet's recording and touring band, the Coral Reefers, and other world-class musicians will perform to keep you in a Key West state of mind. The night will have great music, fantastic food, and signature cocktails on the scenic waterfront campus of Annapolis Maritime Museum in Annapolis. Find more information at amaritime.org or boatyardbarandgrill.com.

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Sailing Under the Stars

On June 11th, Arundel Lodge held its annual gala fundraising event—the first in-person event in two years—at the Byzantium Event Center in Annapolis. Dubbed “Sailing Under the Stars,” the nautically-themed event drew a large crowd that enjoyed an evening of games, dancing, dinner, and both live and silent auctions. The event raised funds for the nonprofit treatment centers of Arundel Lodge that serve more than 3,000 clients with mental health and substance use disorders in the region. To learn more, visit arundellodge.org.

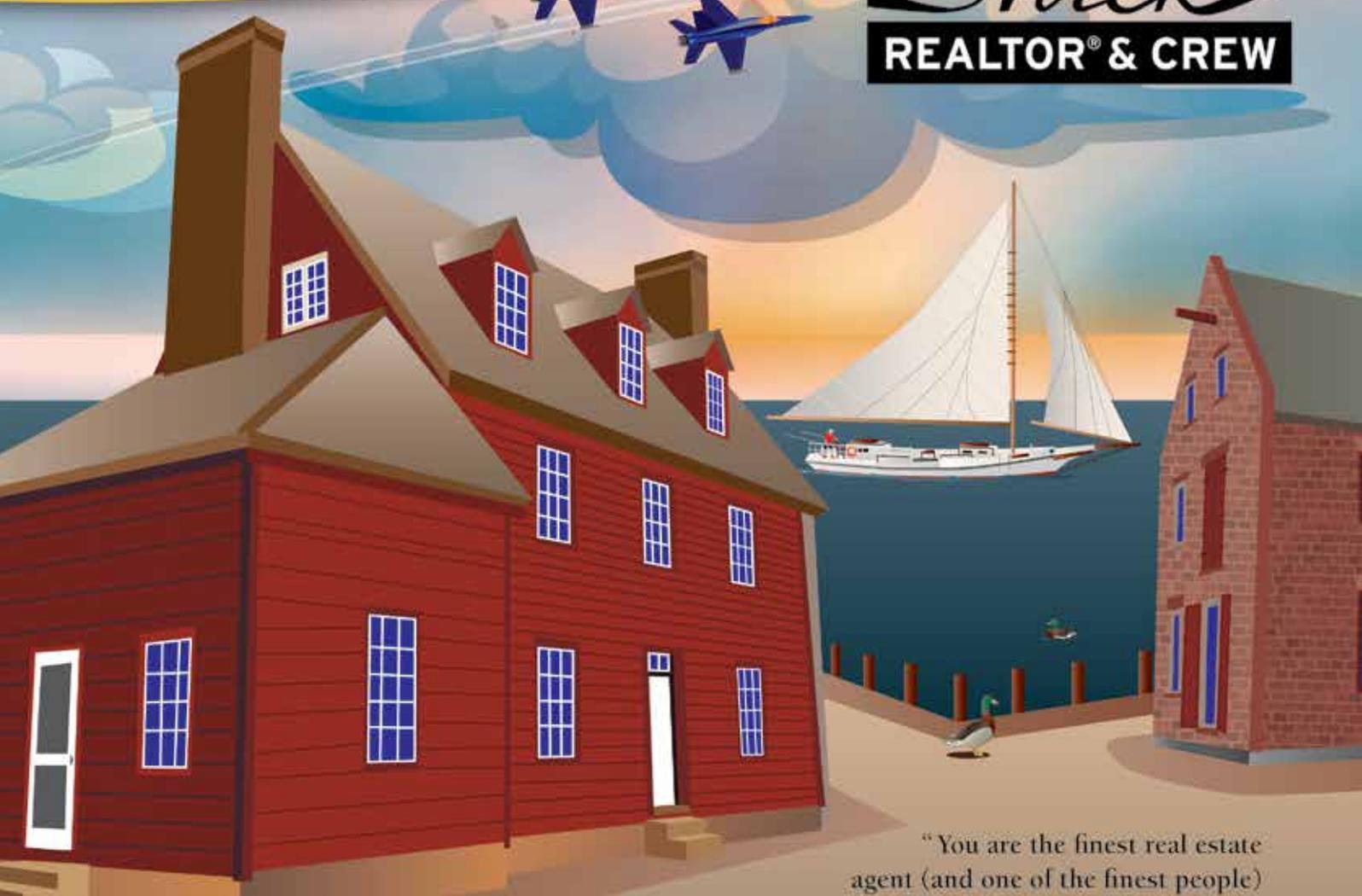
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Fashion for a Cause

A crowd of more than 350 attendees had fun and raised generous funds during the 12th annual Fashion for a Cause, bringing in over \$175,000 for Chesapeake Kids.

Held June 2nd at Porsche Annapolis, the event raised funds and awareness for the Hospice of the Chesapeake program which supports children living with and affected by advanced illness and loss. The fashion show featured looks modeled by 28 community members modeling summer fashions and accessories provided by Annapolis clothing retailers. For 40 years, Hospice of the Chesapeake has been caring for life throughout the journey with illness and loss. For more information, please visit hospicechesapeake.org.

Photography by Stephen Buchanan.





TOWNE SOCIAL

Drivers & Diamonds Golf Invitational

On June 3rd, Luminis Health hosted the Drivers & Diamonds Golf Invitational at Queenstown Harbor Golf. Sponsors and community partners who supported the event enjoyed a day on the golf course followed by an evening reception. All proceeds benefit mental health and addiction care services at both Luminis Health Anne Arundel Medical Center and Doctors Community Medical Center.

Photography by Sugar Farm Productions.

EXPERT OF THE MONTH

STEVEN ARCÉ

SALES MANAGER & WATERFRONT SPECIALIST, REALTOR®

Meet Steven Arcé, a licensed REALTOR and sales manager of Anne Arundel County's top waterfront sales team. He has been an integral part of the team's sales effort since 2017 resulting in \$400,000,000 worth of business.

Steven, please tell us about your journey into real estate and how you developed your passion for the industry.

Before the age of computers, my dad handed my hand-written assignment back to me and said, "Take pride in your work... your name is on it." He had me re-start from the beginning! That moment always stuck with me and, once I was old enough to work, I developed a passion for customer service. I spent many years in sales and the hospitality industry and built my career from bartending to restaurant management, selling wine to retail accounts, and assisting clients with home mortgages. It was a very natural trajectory to land in real estate! Through it all, I've kept a competitive mindset to obsessively strive for excellence.

What housing trends are you seeing, locally?

Buyers are still seeking that open floor plan with walls of windows that let in tons of natural light and allow for big views of the property. Many families have had a need for home offices and workspaces in the last couple of years. The buyers' creativity to carve out these spaces in homes with less square footage, or even figure out ways to make larger square footage really meet their needs, has been enjoyable to watch and experience. In terms of location everyone has a different checklist: big views, deep water depth, blue ribbon schools, or convenient commute location. Our area truly has something for everyone, and no one spot fits all buyers.

What can you tell us about the current market and reasons to have confidence?

The current market is still a strong market! People are still out there, selling and buying. There seems to be a misconception today that if you don't get the same "deal" that you would have had a year ago, it's not a good deal. That's simply not true. The fact is home values are still up and, while rates have increased slightly, buyers are no longer competing against five other buyers or offering huge escalation clauses when submitting contracts. It's a win/win for both sides today.

Please explain your role and principles as a real estate agent.

My approach has always been about honesty, even if what I have to say is not going to be popular! My goal is to have each client experience the smoothest transaction possible with exceptional customer service, in-depth knowledge of the industry, and transparency. I hope that every client looks back on the process and knows that I did everything I could to help facilitate the transaction with the utmost care, energy, and thoughtfulness. I believe that these principles are what brought me to this stage in my career and have afforded me the good fortune to work alongside, and have the support of, the highly experienced agents of The Mr. Waterfront Team.

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TOWNE SALUTE

Heather DeBuse

Impact100 Greater Chesapeake

By Lisa A. Lewis

When Heather DeBuse originally moved to Annapolis in 2001, she immersed herself in community service by joining Junior League of Annapolis. After living in Pensacola, Florida, for three years when her husband, Mark, was stationed there in the Navy, she returned to Annapolis in 2015 and was excited about pursuing other volunteer opportunities in the community. She had developed an interest in volunteering at a young age and wanted to continue to dedicate her time to significant causes.



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One nonprofit organization that was especially meaningful to DeBuse when she lived in Florida was Impact100. She had been involved in Impact100 Pensacola Bay Area and was inspired by its mission and its transformational impact on the community. So she wanted to join the organization in Maryland, but she faced one major obstacle. Impact100 didn't have a chapter in Annapolis. DeBuse was not discouraged by this setback; rather, she viewed it as an opportunity. She decided to unite with a group of like-minded women and create a chapter. After an extensive, time-consuming process, Impact100 Greater Chesapeake, a 501(c)(3) nonprofit organization, was officially launched in 2017.

"I saw a need for a chapter in Annapolis," says DeBuse, founding president and president emeritus of Impact100 Greater Chesapeake. "We can do so much more working collectively than we can individually. Nonprofits are essentially the backbone of the community. Impact100 allows us to make a huge impact on nonprofits and the community as a whole."

Impact100 Greater Chesapeake, which is the only chapter located in Maryland, is an all-volunteer women's philanthropic community whose mission is "[to improve] lives in Anne Arundel County, Maryland, by collectively funding transformational grants to local nonprofit organizations."

Inspired by Wendy Steele, who founded Impact100 in Cincinnati, Ohio, in 2001, Impact100

currently has 51 chapters in the United States and 10 chapters overseas. A new model of philanthropy, the organization operates on a simple concept: to recruit 100 women to donate \$1,000 each to fund a grant, which is awarded to a local nonprofit organization.

Every year, members of Impact100 Greater Chesapeake each donate \$1,000 toward an annual grant across five focus areas: arts and culture, education, environment, family, and health and wellness. The goal is to recruit 100 or more members. The process of selecting the winner is extremely rigorous and vetted. Eligible nonprofit organizations attend Request for Application (RFA) workshops and submit a grant application. The members then evaluate the applications, perform interviews, and conduct site visits in an effort to select the strongest applicant. Finalists from each focus area present their projects at the annual meeting, and members vote to select the overall winner.

"Without Heather, Impact100 Greater Chesapeake wouldn't exist," says Elizabeth Robb Janney, an Impact100 Greater Chesapeake board member. "She brought the idea, the awareness, the structure, and the organization as a whole to Anne Arundel County. Heather cares deeply about her community, and her passion is contagious. She is a leader, and when she comes to you with an idea, like creating Impact100 Greater Chesapeake, you can't help but be inspired and

committed to her vision. Heather is not only the founder, but she continues to play an integral role by being a board member, a sounding board, and the woman you call when you need help.”

Although DeBuse founded Impact100 Greater Chesapeake and has served as the president since its inception, she recently made the decision to step down from the position. She is still actively involved, but she felt that it was important to infuse new energy into the organization. Michele Burns assumed the role of president in 2022, and DeBuse believes that she is an asset to the organization.

“We have assembled an amazing team, and everyone plays a role,” DeBuse says. “Our dynamic board of directors and our passionate members include women from all backgrounds. They can devote as much—or as little—time as they want and can participate in activities that interest them the most—whether it’s conducting site visits or simply voting at the annual meeting. That’s the beauty of the organization.”

A fourth grade teacher at Indian Creek School, DeBuse and her husband live in Annapolis. In addition to Junior League of Annapolis, she also volunteers as a coach for Girls on the Run and as a mentor for Charting Careers.

“Being part of Impact100 Greater Chesapeake is such a rewarding experience,” DeBuse says. “The organization offers so many benefits—a concept that I refer to as ‘the impact of Impact.’ It’s not just about awarding the annual grant. Our members learn so much about the nonprofits in our area, and we help them become stronger, which also strengthens our community. It’s truly transformational.”

For more information about Impact100 Greater Chesapeake, visit impact100great-erchesapeake.org.

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Masterworks I, Sept 30 & Oct 1, 2022, 8pm

Aaron Copland *El Salón México*
Samuel Barber *Knoxville: Summer of 1915*, op. 24
Aaron Copland *Zion's Walls* from *Old American Songs*
Hale Smith *This Little Light of Mine* from *Four Negro Spirituals*
Janice Chandler-Eteme, soprano
Peter Boyer *Ellis Island: The Dream of America*
Collaboration with actors from the Classic Theatre of Maryland



DVOŘÁK SYMPHONY NO. 7

Masterworks II, Nov 4 & 5, 2022, 8pm

Franz Schubert *Rosamunde Overture*, D. 644
Lowell Liebermann *Concerto for Violoncello*, op. 132 (ASO co-commission)
Julian Schwarz, violoncello
Antonín Dvořák *Symphony No. 7 in D minor*, op. 70



BEETHOVEN'S EMPEROR CONCERTO

Masterworks III, Feb 3 & 4, 2023, 8pm • Series@Strathmore I, Feb 5, 2023, 3pm

Valerie Coleman *Seven O'Clock Shout*
Ludwig van Beethoven *Concerto for Piano No. 5 in E-flat major*, op. 73 "Emperor"
Jon Nakamatsu, piano
Juan Crisóstomo Arriaga *Overture to Los Esclavos Felices*
Dmitri Shostakovich *Symphony No. 1 in F minor*, op. 10



DOOMED: MAHLER'S TRAGIC 6TH

Masterworks IV, Mar 3 & 4, 2023, 8pm

Gustav Mahler *Symphony No. 6 in A minor "Tragic"*



TWO ROMANTICS—BRAHMS & PROKOFIEV

Masterworks V, Mar 31 & Apr 1, 2023, 8pm • Series@Strathmore II, Apr 2, 2023, 3pm

Behzad Ranjbaran *Esther*
Sergei Prokofiev *Concerto for Violin No. 1 in D major*, op. 19
Sayaka Shoji, violin
Johannes Brahms *Symphony No. 2 in D major*, op. 73



SAINT-SAËNS ORGAN SYMPHONY

Masterworks VI, May 5 & 6, 2023, 8pm • Series@Strathmore III, May 7, 2023, 3pm

Michael-Thomas Foumai *World Premiere*
Erich Wolfgang Korngold *Concerto for Violin in D major*, op. 35
James Ehnes, violin
Camille Saint-Saëns *Symphony No. 3 in C minor*, op. 78 "Organ"



200th Patriotic Quilt for Veteran Hospice Patients

Eight years ago, Millie Gentile of Pasadena learned of Hospice of the Chesapeake's Honor Salute program, wherein dying veterans were thanked for their service with a formal acknowledgement from military volunteers. Part of the heartwarming ceremony includes the gift of handmade patriotic lap blankets. The skilled quilter donated a red, white, and blue quilt she stitched and was so moved by the idea, she told her friends. Those friends happened to be the Downs Park Quilters. Donating quilts for this project fit in well with the club's mission of turning their love of quilting into love for the community. That was more than 200 patriotic quilts ago. Downs Park Quilters invited Hospice of the Chesapeake to its June 3rd meeting to personally receive and celebrate the most recent quilts that brought them to the impressive 200 mark. Besides stitching blankets for Veterans, the group also sews quilts for premature babies at local hospitals and pillows for breast cancer survivors. To donate quilts or learn more about the We Honor Veterans program, contact Hospice of the Chesapeake at volunteers@hospicechesapeake.org or call 410-987-2003.



↑ EYCF FOUNDATION'S STEM EDUCATION PROGRAM HELPS OVER 90 FIFTH-GRADE STUDENTS

In the first week of June, over 90 fifth-grade students from Eastport Elementary, Georgetown East Elementary, and Annapolis Elementary Schools participated in the Eastport Yacht Club Foundation (EYCF) STEM through the Sailing and Boating Program. After a two-year hiatus due to the COVID pandemic, the program resumed. Each class spent a day at Eastport Yacht Club (EYC) learning about tides, navigation, wind, mechanical advantage, ecosystem health, and spent several hours on the water with volunteer captains aboard boats. "Students were thrilled to put their new skills to the test on the water," says Meghan Hryniewicz, EYCF STEM Program Co-Chair. "For most, it was their first time on the Chesapeake Bay and it was so rewarding to see their faces light up." Learn more at eycfoundation.org.



↑ ANNE ARUNDEL COUNTY CASA RECEIVES \$40K GRANT

Anne Arundel County CASA, Inc. (AAC-CASA) has received a \$40,000 grant from the Community Foundation of Anne Arundel County (CFAAC) to support its efforts advocating for abused and neglected children in foster care, in Anne Arundel County. The award comes from the Anne Arundel Grant, a component fund of CFAAC. “On behalf of all of us at CASA, we are grateful for the ongoing support provided by the Community Foundation of Anne Arundel County,” said Rebecca Tingle, Executive Director of Anne Arundel County CASA. “This funding will allow us to serve children who do not have a CASA volunteer. Together, we can ensure that the most vulnerable children in our community have a voice and find safe, loving forever homes.” To learn more about CASA, visit aacasa.org.



30 Years in Business

Karen Renee Interior Design recently celebrated the company’s 30-year anniversary with a special ribbon cutting at its Severna Park office. Congratulations Karen! For more information, visit karenreneeinteriors.com.

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Historic Annapolis Announces New President & CEO

Historic Annapolis recently announced a succession in leadership to advance its core mission of protecting and sharing the legacy of one of America's founding cities. Karen Theimer Brown assumes the position of President and CEO of Historic Annapolis, serving as the day-to-day leader of the organization. Previously Senior Vice President of Preservation, Brown's promotion builds on six years of her demonstrated leadership at HA and a growing presence in community affairs.

The Board of Trustees unanimously approved the change of leadership Wednesday. Brown takes over from Robert C. Clark, whose role will shift to Executive Chairman of the organization.

The leader and public face of Historic Annapolis for a decade, Clark has overseen a tremendous period of growth recently capped with the opening of the Museum of Historic Annapolis and its permanent exhibition, Annapolis: *An American Story*. Learn more at annapolis.org.



↑ CRAB BREAKS GROUND ON NEW CENTER

Chesapeake Region Accessible Boating (CRAB) broke ground on the country's premier Adaptive Boating Center on June 7. The Adaptive Boating Center (ABC) is a \$5 million project supported by funding from the State of Maryland, Anne Arundel County, the City of Annapolis, and CRAB donors. The new facility is an essential part of CRAB's strategic plan to increase accessibility to the Chesapeake Bay for people with disabilities, recovering warriors, and youth from underserved communities. The ABC will be a 100 percent ADA-accessible indoor and outdoor educational facility. It is designed to provide an exemplary environment for guests with disabilities to fulfill new learning experiences. The Don Backe Learning Center, named to honor the legacy of CRAB's founder, is designed to be ability-focused. Assistive technologies will be integrated onto the property to remove barriers to guests' abilities and ensure that guests have access to every type of sailing and boating on the Chesapeake Bay. Learn more at crabsailing.org.

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



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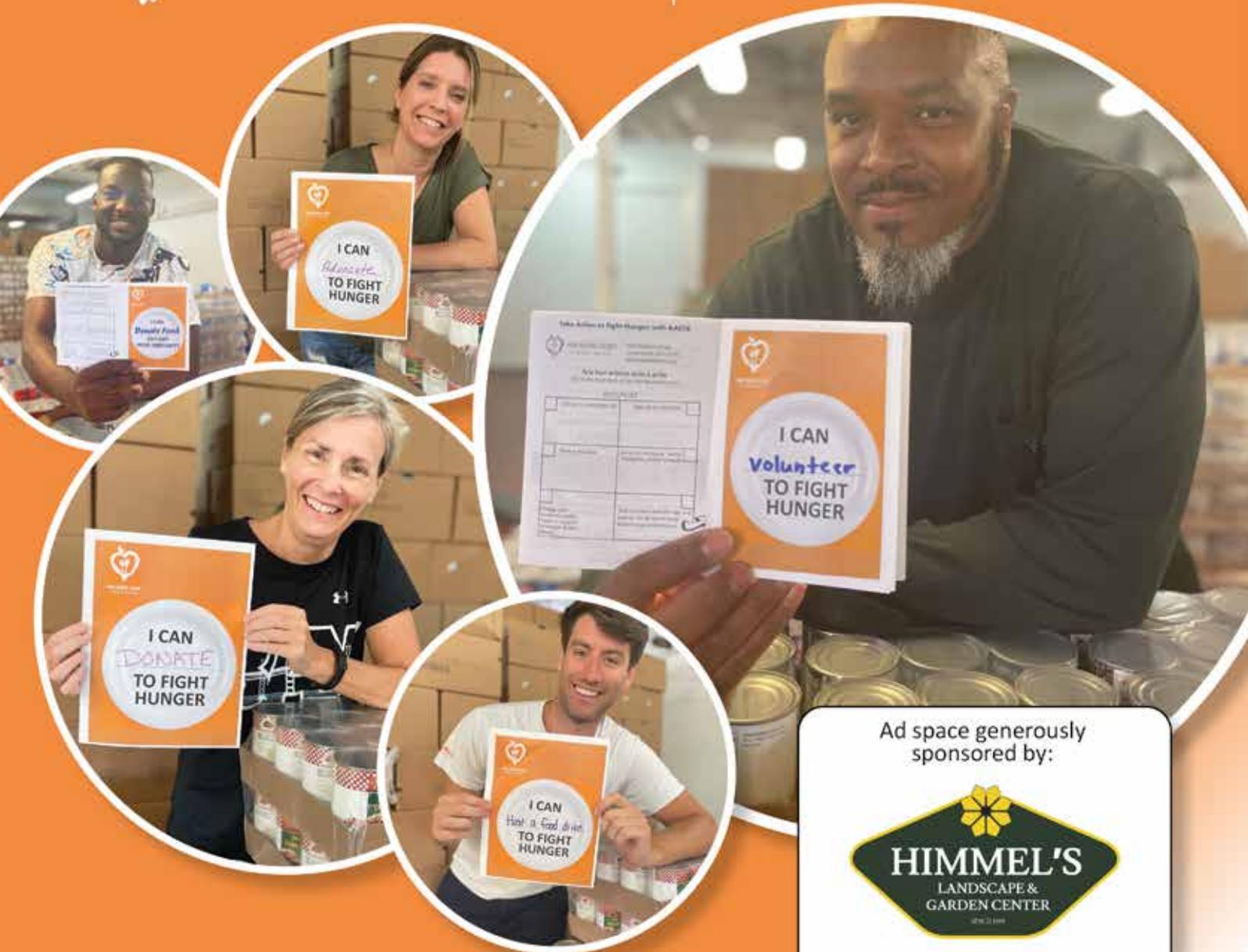


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TOWNE ATHLETE

Alyssa Chung

Severna Park High School
Lacrosse

By Tom Worgo

Making the Severna Park varsity girls lacrosse team meant a lot to then-sophomore Alyssa Chung last spring. After all, the Falcons rank among the best programs in the state, winning a state-record 14 Class 4A state championships since 1990.

With an elite set of skills and having played a few seasons for one of the nation’s best club programs, M&D Lacrosse, it would have been tough to bet against her.

“

SHE IS SUCH A HARD-WORKING PLAYER. AN HOUR BEFORE PRACTICE SHE’S WORKING ON HER STICK SKILLS. SHE WOULD ALWAYS COME UP DURING AND AFTER PRACTICE AND ASK, ‘WHAT CAN I DO? I WANT TO TRY THIS OR THAT.’ SHE IS ALWAYS PUSHING HERSELF TO BE BETTER EACH DAY.”

But Chung had a concern: she hadn’t played lacrosse since October of 2020, when she suffered a severe knee injury playing for her club team. She wasn’t sure how she would perform in tryouts.

“I was so nervous,” Chung recalls. “I was definitely anxious. I didn’t play for a year because I really messed up my knee. It was a step-by-step process. Three-fifths of our team is the 2023 class, and they are all really good.”

But everything worked out quite well. The 5-foot-8 Chung, now a junior, easily made the team and went on to have a memorable season. She earned *The Baltimore Sun* First-Team All-Metro honors.

“Alyssa blew us away in tryouts,” former Severna Park Girls Lacrosse Coach Kaitlyn Hines says. “She went on to lead the team in almost every statistic. As good as she is now, it’s crazy to think what having two more years of high school could do for her.”

College lacrosse has been a big focus of Chung’s

in recent months. She’s starting the process of picking a school. Coaches started contacting her in July, which is the opening of recruiting season. West Point and the Naval Academy were the first two schools that reached out to her, and she was thrilled. Chung, who carries a weighted 4.38 grade point average has had an interest in both prestigious schools for a few years. She’s interested in majoring in aerospace engineering.

“I really enjoyed talking to the military academies,” Chung explains. “They have been high on my list. The idea of serving my country is something I have been interested in. I am looking at schools that are good in engineering and they are very good engineering schools.”

M&D Lacrosse Coach John Brown expects the interest from colleges to be consistent. She’s played five years at mid-field and defense for the club. “There will be some top-10 or top-15 lacrosse schools in the country that will be interested in her,” he believes.



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The sport Chung will give a lot of time to this fall is field hockey. Severna Park didn't have a season in 2020 because of the pandemic and she spent the following season splitting time between varsity and jayvee.

The 17-year-old Chung also plans to play basketball this winter, and she ran track for a few years before high school. But her main focus come spring will be lacrosse. She plays for nine months of the year for M&D Lacrosse and another three for Severna Park.

And what a season she put together for the Falcons last spring. The attacker led Severna Park in goals (48), points (64), draws (84), caused turnovers (22), and ground balls (35). Chung, who grew up playing lacrosse in the Severna Park Green Hornets program, saved her best game for the Falcons' most important—the state championship. She totaled four goals and two assists in a closely contested 11-10 loss to Marriotts Ridge.

“She is such a hard-working player,” Hines says. “An hour before practice she’s working on her stick skills. She would always come up during and after practice and ask, ‘What can I do? I want to try this or that.’ She is always pushing herself to be better each day. I have been at the high school for eight years. I haven’t seen anyone like her.”

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



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TOWNE ATHLETE

Lilia Bailey

Rockbridge Academy
Lacrosse, Soccer

Rockbridge Academy magna cum laude graduate Lilia Bailey sometimes needed a peaceful break from her rigorous athletic and academic schedule. When she needed respite, she painted. Bailey has been painting for as long as she can remember—back to elementary school. And she’ll continue painting this fall at Massachusetts’ Gordon College, where she plans to study anatomical figure art while majoring in kinesiology. Bailey will also play Division III lacrosse on an academic scholarship.

“I do find it relaxing,” she explains of her artwork. “It’s nice to just slow down, focus on one thing, and see the beauty in it.”



SHE HAS A GO-GETTER ATTITUDE. SHE HAS BOUNDLESS ENERGY AND WAS VERY COMPETITIVE. SHE’S JUST A NATURAL ATHLETE.”

The Annapolis resident focuses on acrylic paintings and honed her skills in art classes at Rockbridge in Crownsville. “Through my art, I can express different things, show the beauty of creation, and reflect the beauty I see in nature around me or in people,” she says.

Bailey recently had two paintings on display in Gallery 57 West in downtown Annapolis. One was a still-life painting featuring oranges and jars with unique designs on them. The second depicted hydrangeas paired with a single rose. Rockbridge recognized this accomplishment by awarding her the Metropolitan Art Award for Excellence in Art, which is given to a student with an exemplary dedication to artistic excellence and for sharing their talent and time with the local community.

Bailey also has been a selfless volunteer within the community. For several years, she dedicated time to Students for Life of America, Vacation Bible School Recreation, Annapolis Pop-up Pantry Covid relief program, Lighthouse Shelter homeless relief program, and served as a youth group leader at her local church.

Beginning this fall at Gordon College, she’ll focus on painting as an element of her studies within the A.J. Gordon scholars program—created for students who are driven to pursue their emerging talents in step with professional development. Through this program, one has the opportunity to create a major. “I’m interested in medicine and the human body,” Bailey says. “I will complete the normal kinesiology major, but will also, hopefully, have the experience in the art department. I will have the science knowledge of dissections and cadavers, while having the anatomical knowledge through my art studies.”

Lacrosse at Gordon will soon become a big priority for the 5-foot-6 Bailey, who played midfield in high school. “When I visited the college, the lacrosse team was so welcoming,” she says. “The coach was very eager for me to be there. Coach (Lily Jones) really cares about each player. I think I will be really pushed and grow athletically.”

Jones says Bailey will have a chance to compete for a starting position next year. “She is a great athlete,” Jones says. “She’s very coachable and

I am excited to see her develop as a player.”

Bailey started three years for the Rockbridge Academy girls’ lacrosse team and led the 2021 squad to the Capital Area Lacrosse League championship game. She earned First-Team All-Conference honors and racked up 37 goals. Bailey co-captained the lacrosse team as both a junior and senior.

“She’s a real leader,” Rockbridge Athletic Director Tim Stewart says. “She worked with the younger players and really got the team focused.”

Bailey also excelled in soccer. She played as a goalie or defender and was named Second-Team All-Conference as a senior, while the team won the MISAL Championship. “She has a go-getter attitude,” Rockbridge Girls’ Soccer Coach Becca Knoll says. “She has boundless energy and was very competitive. She’s just a natural athlete.”

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



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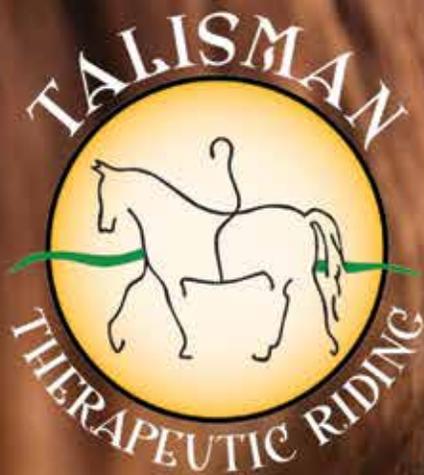
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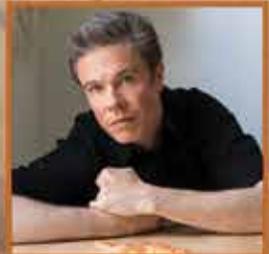
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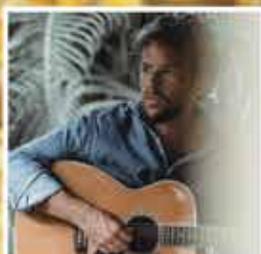
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Rashod Bateman

Baltimore Ravens' Wide Receiver

By Tom Worgo

Photography courtesy Baltimore Ravens

It's a constant search for the Baltimore Ravens: finding a No. 1 receiver. They like acquiring big-name free agents; in recent years, Derrick Mason and Anquan Boldin certainly fit that top receiver label. But Baltimore never seemed to get it right when drafting receivers—until Marquise Brown in 2019.

But Brown is gone. After emerging as a No. 1 last year with 91 catches, 1,008 yards, and six touchdowns, he requested a trade. Baltimore shipped him off to Arizona on draft day.

With Brown's spot open, second-year player Rashod Bateman appears poised to claim it. The 2021 first-round pick out of the University of Minnesota possesses the size (6-foot-1, 209 pounds) and speed (4.43 in 40-yard dash) to be elite. Bateman caught 46 passes last year for 515 yards in 12 games after missing two months with a groin injury he sustained in the preseason.

Bateman showed a glimpse of potential in a late-season loss to Cleveland, catching seven passes for 103 yards. "Marquise was traded, so I have a chance to step into his role," Bateman says. "I have all the confidence that it's going to happen."

Bateman has trained on and off the field to get ready for the jump. For nearly a week, he worked out with former league MVP quarterback Lamar Jackson—running routes and catching hundreds of passes—to improve their synergy.

Bateman, a Georgia native, who regularly works out four hours a day, on and off the field, says "I am bigger and faster. I am quicker, shiftier, and more mobile."

We talked to Bateman about running plays with Jackson, his NFL role model, his college experience, and how he splurged when he got his \$6.5 million signing bonus.

Did getting together with Jackson help you?

We worked out in Huntington Beach, California. We had talked about it prior to the season ending. We just wanted to get some work in because I would be taking on a bigger role this season. To get the work in and the chemistry down was great. I got to know him better in terms of what he's thinking on the field and him knowing what I do and think. Communication is a big thing in football between the quarterback and receiver.

What veteran or veterans have helped you in your career and have become your friends?

I would say (Oakland Raiders and former Green Bay five-time Pro Bowl wide receiver) Davante Adams. I have been

able to talk to him a lot and I have a great relationship with him. He is probably the only wide receiver I study. I model my game after him. Being able to learn from him and communicate with him has been very helpful. I met him through (Ravens) passing game specialist Kim Williams. Williams coached him at Fresno State and once I got to the Ravens, he introduced me to him.

What type of workouts do you do in the weight room and elsewhere?

I work out about four hours a day. I will be in the weight room for another two hours. When I get a break, I set up recovery time with my trainer and do yoga. Yoga was a big part of my offseason this year because I had a



AT THE BEGINNING OF THE SEASON, I GOT HURT. BUT I TOOK TIME TO LOOK AT THE WHOLE SEASON FOR WHAT IT REALLY WAS. I TOOK ADVANTAGE OF MY OPPORTUNITIES IN EACH GAME, AND I REALLY GREW. I FELT I SHOWED WHAT I REALLY CAN DO.

core muscle injury. I got more flexible, more range of motion, and worked on my hips.

What was your reaction to Marquise Brown getting traded?

I have a lot of respect for him because I had a great relationship with him. I was kind of sad. I thought about what could have been this season. After that, I thought about myself and how I can help the Ravens. It's my time to perform and step into the role.

You missed some time your rookie season because of the injury, but 46 receptions are something to build on.

At the beginning of the season, I got hurt. But I took time to look at the whole season for what it really was. I took advantage of my opportunities in each game, and I really grew. I felt I showed what I really can do.

Can you describe your relationship with your position coach, Tee Martin?

I have a really good relationship with him. I was in contact with him during the offseason a lot and let him know about what I was doing. He was giving me tips. It was a lot of communication on what I did last year and what I can improve on this year.

How did you end up at the University of Minnesota? What other schools were in the mix?

They were the first Power 5 School to offer me a scholarship, so I committed to them. There were a lot of SEC schools that offered me later: Georgia, Tennessee, and South Carolina. But I stayed committed to Minnesota.

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

I bought my mother a house and I bought myself a car. It's a Mercedes G wagon.





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NOVEMBER 5
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MIDDLE & UPPER SCHOOL
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Fall 2022 Guide to navigating school and college visitations, plus extracurricular learning centers and programs

For parents and students, researching and visiting schools or colleges can be life-changing experiences. Gaining first-person perspective, on-site optics, and meeting the administrations of potential schools are instrumental to making one of life's most important decisions—choosing the right school.

This guide provides tips for navigating your school search, as well as a comprehensive list of regional schools, colleges, and learning centers offering open house, campus tours, virtual seminars, and programs for all ages.

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

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



MAKE A LIST AND MAP THE SCHOOLS OUT Before the application process begins, curate a list of all potential schools, research them, and narrow them down. Once you have reduced your list to the top contenders, it's time to start planning your campus visits. Ideally, you'll want to visit every school you are strongly considering, so map out each school and plan accordingly.



ORDER MATTERS. Try to visit your top school(s) last. As you visit more campuses, you'll start to get a better idea of your likes and dislikes. Throughout the process, you will gain a better sense of questions to ask and places on campus you want to see and you will know what to look for by then.



TIMING IS CRUCIAL. Plan your visit while school is, hopefully, in session. Observing student life will give you an authentic view of the school and will (hopefully) help you envision yourself as a student there.



EXPLORE ON YOUR OWN. The official campus tour will highlight the school's best features, so make sure to spend extra time exploring parts of campus that weren't shown on your tour. This will be the best time to observe students, check out any departments you're interested in, or sit in on a class or lecture.



TALK TO CURRENT STUDENTS It's your tour guide's job to give the best impression possible of their school, making them a biased source. While the information your guide gives you is crucial, you may want to secure a more candid impression by talking to current students. Ask students anything that wasn't covered on the tour: What is student life like? Is it easy to meet and make friends? Is there a lot of diversity on campus? Is it difficult to adjust?



DOCUMENT EVERY VISIT If you plan to visit several schools, make sure to document each visit. Take pictures, jot down some notes, or record a voice memo to highlight your favorite—or least favorite—aspects of each school. Going on several tours within a short period of time can be chaotic, so this will help you separate and compare each visit.



KEEP AN OPEN MIND Your priorities during your initial school search may completely shift once you start touring, so remain openminded. Walk onto every campus with a positive attitude and save your judgments until the end of the tour.

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PRIVATE SCHOOLS

Annapolis Area Christian School-Lower

Annapolis Campus-710 Ridgely Avenue, Annapolis; Severn Campus-61 Gambrells Road, Severn; 410-846-3504; 410-846-3505; aacsonline.org; AACCS is an accredited K-12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Private tours available by appointment.

Annapolis Area Christian School-Middle

716 Bestgate Road, Annapolis; 410-846-3506; aacsonline.org; AACCS is an accredited K-12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Campus visits available by appointment.

Annapolis Area Christian School-Upper

109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org; AACCS is an accredited K-12 private, co-ed, school with four campuses in AA

County. We provide an excellent, distinctively Christian education. Private tours available by appointment. Shadow Days are scheduled starting in the month of October, through April during the school year.

Archbishop Spalding High School

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

Calvert Hall

8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; Calvert Hall is an independent, all-boys Lasallian Catholic college preparatory high school attracting students from more than 100 zip codes. "Cardinal for a Day" experiences open to 8th graders. Campus tours also available by registering online and appointment.

Divine Mercy Academy

8513 St. Jane Drive, Pasadena; 410-705-0778; divinemeracy.md; Divine Mercy Academy is an independent private day school in the Catholic tradition for children in Kindergarten through 8th grade. Shadow days available. Contact school directly for guidance on visitations, tours, etc. Open house dates 10/24 and 1/26.

Glenelg Country School

12793 Folly Quarter Road, Ellicott City; 410-531-8600; glenelg.org; Glenelg Country School cultivates a community that stimulates students to realize their highest potential. Outstanding academic and enrichment opportunities nurture a passion for lifelong learning, personal integrity, and respect for others. Discovery Days scheduled for 10/21, 11/8, 12/7, 1/5, 2/22, and 3/30. Private family tours and virtual introductions are also available.

Holy Trinity: An Episcopal School

13106 Annapolis Road, Bowie (Primary School); 11902 Daisy Lane, Glenn Dale (Daisy

Lane School & High School Prep); 301-262-5355 or 301-464-3215; htrinity.org; Holy Trinity features the Primary School campus for grades 1-4, while The Daisy Lane School and High School Prep campus houses preschool and kindergarten and grades 5-8. Virtual Open House events and weekly Virtual Drop-In Wednesdays available. Fall open house to be scheduled.

Indian Creek School

1130 Anne Chambers Way, Crownsville; 410-849-5151; indiancreekschool.org; Indian Creek is a co-educational, college preparatory independent school located on a 114-acre campus in Crownsville. Students in Pre-K3 through grade 12 receive a vibrant educational experience based on excellent academics steeped in strong student-teacher connections. Open house dates: 10/15 (Middle & Upper school students), 11/3 (Lower), 11/17 (Middle), and 12/13 (Upper). Personalized information sessions and tours also available.

Kent School

6788 Wilkins Lane, Chestertown; 410-778-4100; kentschool.org; Kent School is a regional, independent day school serving students from Pre-Kindergarten through 8th grade. Virtual campus tours available by appointment.

Key School

534 Hillsmere Drive, Annapolis; 410-263-9231; keyschool.org; Key School is a coeducational, progressive, college-preparatory day school with a picturesque 15-acre campus located in Hillsmere Shores and a 70-acre athletic park located in Annapolis Roads. In-person and virtual campus tours available. Fall Shadow Days, Open House dates, and Information Sessions to be determined.

McDonogh School

8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; Embracing diversity of background, culture, and thought, the school builds upon its founder's original mission to provide life-altering opportunities and to develop in students the will "to do the greatest possible

amount of good." Virtual open houses, fall tours, and recordings available.

Monsignor Slade Catholic School

120 Dorsey Road, Glen Burnie; 410-766-7130; mslade-school.com; Monsignor Slade is part of the Archdiocese of Baltimore and located in northern Anne Arundel County on a 10.5-acre campus. Open Houses for prospective families to be scheduled. Virtual Welcome Wednesdays available by appointment. Additional information sessions available.

Montessori International Children's House

1641 N. Winchester Road, Annapolis; 410-757-7789; montessoriiinternational.org; Recognized by the Association Montessori Internationale, Montessori International Children's House caters to students ages 18 months to 12 years on their 4.5-acre campus. Wednesday Morning tours available by reservation. Open houses might be scheduled this fall.

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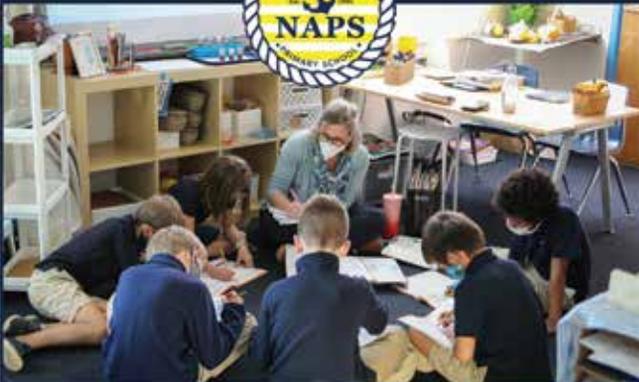
Thursday, January 26th, 7:00 pm - 8:30 pm

There will be a drawing for a \$1000 discount on tuition at the end of each event. One entry per family. Must be present to win.



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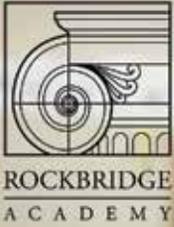


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SATURDAY, OCTOBER 15
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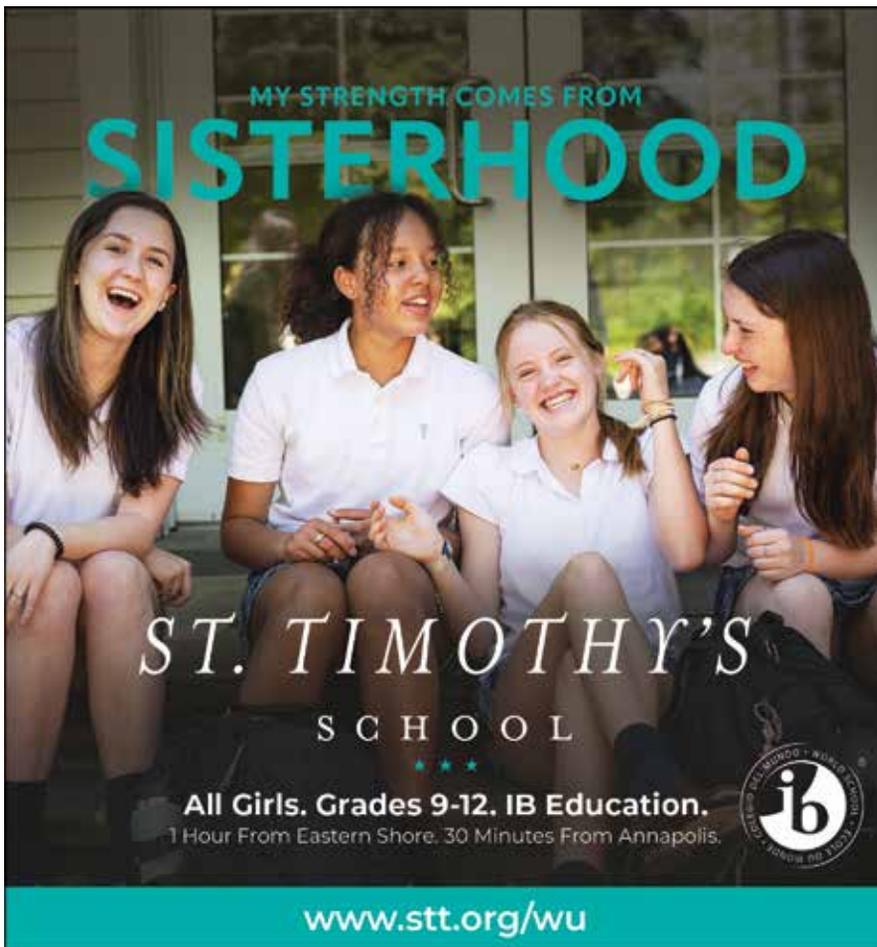
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Naval Academy Primary School

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

Odenton Christian School

8410 Piney Orchard Parkway, Odenton; 410-305-2380; ocs.odentonbaptist.org; Odenton Christian School follows the A Beka curriculum. In addition, OCS offers many real-world electives. Virtual Tour available online. Open house events to be determined.

Oldfields School

1500 Glencoe Road, Sparks Glencoe; 410-472-4800; oldfieldsschool.org; Oldfields is an all-girls boarding school located on 140 acres of Maryland's horse country. Open houses, personalized virtual visits, and in-person visits available.

Radcliffe Creek School

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

Rockbridge Academy

680 Evergreen Road, Crownsville; 410-923-1171; rockbridge.org; A K-12 classical Christian school based on the centrality of Christ in all things, including the education of children. "Using the trivium, an age-old proven classical methodology, outcomes speak for themselves. Root them in love; surround them in truth; ready them for the world. Come, join our loving, supportive community." Tour the new K-12 campus. Open houses one 10/10 and 11/14.



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High School

Sunday, November 6, 2022 at 2 PM

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FALL OPEN HOUSES

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Friday, October 14

Middle School Open House

Thursday, November 3

Severn Lower School

Wednesday, November 9

Annapolis Lower School

Thursday, November 17

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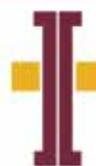
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St. Andrew's Day School

4B Wallace Manor Road, Edgewater; 410-266-0952; school.standrewsum.org; Saint Andrew's is an independent school located on a 20-acre campus and offers engaging After School Enrichment Programs. Open House scheduled for 11/5.

St. Anne's School of Annapolis

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

St. John the Evangelist School

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

St. Margaret's Day School

1605 Pleasant Plains Road, Annapolis; 410-757-2333; st-margaretsdayschool.org; St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children.

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St. Martin's combines aspects of the humanities, mathematics, arts, technology, and the sciences from encouraging students to discover their potential while learning with confidence, compassion, and character. Open House dates 11/3 and

1/25. Private tours may be scheduled on school days.

St. Mary's High School

113 Duke of Gloucester Street, Annapolis; 410-263-3294; stmarysannapolis.org; As a Roman Catholic, parish high school, St. Mary's is committed to honoring the dignity of each individual as a person created in the likeness of God. Single-family tours by appointment only.

St. Timothy's School

8400 Greenspring Avenue, Stevenson; 410-486-7401; An all-girls, episcopal boarding and day school for grades 9-12, offering the globally respected IB curriculum "in a community of inquiry, creativity, and kindness." In person and virtual visits available.

St. Vincent Pallotti High School

113 St. Mary's Place, Laurel; 301-725-3228; pallottihs.org; St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard,

Montgomery, and Prince George's counties. Fall open house date to be scheduled. Panther for a Day Shadow Visits (8th graders only) available by appointment, as are in-person tours.

Ss. Constantine & Helen Preschool

2747 Riva Road, Annapolis; 410-573-2078; sschool.org; SSCH provides comprehensive, hands-on curriculums that inspire curiosity and exploration. Live virtual tours offered every Tuesday.

Ss. Peter & Paul Elementary School

900 High Street, Easton; 410-822-2251; ssppeaston.org; Sts. Peter & Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade school on the Eastern Shore. Shadow days, personal tours, appointments, and open houses available.

Ss. Peter & Paul High School

1212 S. Washington Street, Easton; 410-822-2275; ssppeaston.org; Sts. Peter & Paul School is a college preparatory school, and is the only Catholic,

PreK-12th grade school on the Eastern Shore. Shadow days, personal tours, appointments, and open houses available.

School of the Incarnation

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

Severn School-Chesapeake Campus (Lower)

1185 Baltimore Annapolis Boulevard, Arnold; 410-647-7700; severnschool.com; Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion. Chesapeake Campus tours are scheduled every weekday beginning at 9 a.m.

Severn School-Teel Campus (Middle/Upper)

201 Water Street, Severna Park; 410-647-7700;

severnschool.com; Severn School's upper campus is situated on 19 acres, and offers the Stine Environmental Center, which is located along the Severn River. Teel Campus tours are scheduled every morning at 8:15 a.m. and 2 p.m. with Student Diplomats beginning in September.

The Boys' Latin School of Maryland

822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.com; Founded in 1844, Boys' Latin School of Maryland is an all-boys independent school serving boys in grades K-12. Open House scheduled for 10/16 at 10 a.m.; register online. Private tours available by appointment.

The Calverton School

300 Calverton School Road, Huntingtown; 410-535-0216; calverton-school.org; Founded in 1967, The Calverton School is an independent college preparatory school serving students from Pre-K3 through Grade 12. Private/virtual tours available by appointment.

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FALL OPEN HOUSE EVENTS

Upper & Middle Schools
(Grades 6-12)
Tue., October 25
6:30 - 8:00 p.m.

Lower School
(Pre-K3 - Grade 5)
Thur., November 3
9:00 - 11:00 a.m.

Middle School
(Grades 6-8)
Thur., November 17
9:00 - 11:00 a.m.

Upper School
(Grades 9-12)
Tue., December 13
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716 Goldsborough Street, Easton; 410-822-1935; countryschool.org; The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton. Discovery days, campus tours, and open house events to be scheduled.

The Gunston School

911 Gunston Road, Centreville; 410-758-0620; gunston.org; The Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience. Open house dates are: 10/16, 11/13, 1/22, and 4/23.

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664 E. Central Avenue, Edgewater; 410-798-0005; thesummitschool.org; Summit empowers bright students with dyslexia and other learning differences in grades 1-8. "Summit lays the foundation for success and students graduate from high school well above national averages. Find out what makes Summit's program exceptional for students who learn differently."

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

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

Washington College

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

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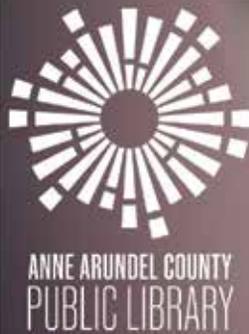
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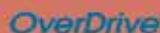
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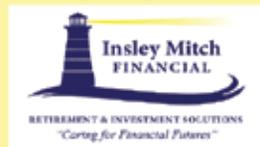
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CHESAPEAKE Retirement



Guide

Welcome to the second of three installments of the new Chesapeake Retirement Guide, a series of short articles, useful information, and resource listings to help you begin and enjoy your retirement journey. Enjoy!

The Big Boom

AS THE BABY BOOMER GENERATION AGES INTO RETIREMENT, THERE ARE OPTIONS APLENTY TO LIVE AN ACTIVE, CIVIC, AND VIBRANT LIFE IN MARYLAND

By Lisa Nolan

Baby Boomers, the generation that has been credited with changing the cultural landscape, is also shifting what growing older—and retiring—is all about. The baby boomers are considered the healthiest, best educated, and most affluent generation ever. Their impact on society has been huge—and now, they are taking that influence with them as they move into their retirement years.

It's clear that keeping baby boomers in Maryland is important. In fact, recent studies show that Maryland's 1.4 million baby boomers represent 24 percent of the state's population, according to census numbers. In 2023, the oldest boomers will be turning 77 and the youngest will be 59. For everything from housing to healthcare to entertainment and beyond, the baby boomer generation represents a tremendous economic asset to the state.





So, what is Maryland doing to keep them here? “Options, choices, and opportunities for living and aging well in our communities and the State of Maryland are what it’s all about,” says Maureen Cavaiola, who served as chair of Maryland’s Baby Boomer Initiative Council from 2010–2015. The Council was initially established 2007 to focus on building public-private partnerships geared towards developing a statewide strategic plan for Maryland’s baby boomer population.

“We looked at creating strategies not only to meet the needs of boomers, but also to capitalize on the group’s talents, skills, and energy to benefit the state’s economic and civic development,” Cavaiola notes.

One of the Council’s key areas of focus was workforce development efforts to allow workers to continue to contribute. During Cavaiola’s tenure, “Half of Maryland’s workforce became eligible to retire, creating a significant [employment] ‘drain.’ We looked at options to keep those people engaged and productive.”

Ideas include allowing older people who no longer can—or want—to be employed full-time to work at their own pace by, for example, offering part-time or teleworking opportunities. Other possibilities include mentorship programs, in which individuals are involved in training the next generation of workers. “It takes looking at things differently, so you keep retirees here and interested,” Cavaiola says. Bottom line: enabling baby boomers to remain active in the workforce can benefit both employers and older employees.

Civic engagement is another key area of interest for the Council and represents a significant economic driver for the state. A recent report released by the Corporation for National and Community Service found that 29.4 percent of Marylanders volunteer each year, totaling nearly 200 million hours of service, with a value of \$4.2 billion to local citizens and communities.

“When you are talking about baby boomers, we have all of this education and ambition—it’s essential to who we are,” Cavaiola says. “We may not want to focus on our career anymore, but we still want to contribute to things that are important to us. Those activities can be full-time jobs, even though they are not paid.”

Livable communities are also part of the Council’s focus. The American Association of Retired People (AARP) describes a livable community as having affordable and appropriate housing, supportive community features and services, and adequate transportation options. They combine personal independence with the ability for residents to maintain a strong civic and social life.

“With baby boomers, we are often looking at people who can retire anywhere, so in Maryland, we need to look at housing, transportation, and infrastructure because as people age, those things will be critically important for them to be able to stay,” Cavaiola suggests.

Ideas include modifying housing and rental laws that reflect boomers’ desire to stay in their own homes but perhaps rent to others and transportation options that enable older people to continue to get around easily and economically.

The Council also looked at health as a major factor in baby boomers’ ability to continue working or being involved in civic activities. “It’s in the State’s best interest to encourage boomers to maintain healthy lifestyles,” Cavaiola says, who sites her own choices of going to the gym and eating right as an important part of her desire to remain healthy and independent.

Medical care, at-home care, and healthcare facilities, as well as other services that people will need as they retire, are all critically important to keeping older residents in the state. The healthcare aspect and options of retirement are huge for baby boomers. (Note: For retirees and seniors considering aging-in-place options, please refer to the accompanying article “10 Things to Know About Assisted Living.”)

While the Council focused on improvements in these key areas, “When it comes to retiring and staying in Maryland, it really comes down to the quality-of-life factors that brought you here in the first place,” Cavaiola says. “Still, wouldn’t it be wonderful for Maryland to be a national leader in creating opportunities for boomers? What if younger people saw lifelong options for baby boomers and knew those options would be here for them when they retire? That would be great for the state and for Maryland’s baby boomers.”

10 THINGS TO KNOW ABOUT

Assisted Living

SPECIAL CONSIDERATIONS FOR TRANSITIONING TO SUPPORT-CARE FACILITIES



1. WHEN IS IT TIME FOR ASSISTED LIVING?

Deciding to move a family member into an assisted living residence can be a difficult situation. When a family member begins to require a level of care that you can no longer safely handle on your own, assisted living may be your best option. Assisted living provides an alternative for long-term care for your loved one who does not require skilled nursing care in a nursing home.



2. WHAT IS ASSISTED LIVING?

Assisted living is a type of housing for older adults that provides 24-hour supervision and support services to help individuals who require assistance with activities of daily living.



3. WHAT SERVICES ARE PROVIDED?

Meal preparation, household chores, medication management, and assistance with bathing, dressing, and grooming are some of the services an assisted living facility can provide. Assisted living facilities are required to contract with a licensed registered nurse to oversee the clinical care provided to its residents.



4. HOW DO I CHOOSE AN ASSISTED LIVING RESIDENCE?

Begin by speaking with family and friends to obtain information and personal recommendations. Next, make a list of features that will be important for your family member. Things to take into consideration include the price, location, and any amenities that are offered by the facility.



5. ARE THERE ANY RESOURCES TO HELP WITH FINDING AN ASSISTED LIVING RESIDENCE?

To help you narrow your search, you may want to contact the Assisted Living Program of your county's department of aging and disabilities or department of health. Staff are available to answer your questions and assist you with narrowing your choices based on your individual needs and preferences. Once you have a list of residences to visit, you can begin to set up appointments to take a tour.



6. WHEN SHOULD I SCHEDULE MY VISIT?

Consider visiting the facility during mealtime to get a better picture of the routine of the facility. It may also be beneficial to schedule a second visit at a different time in the day to observe activities and staff interactions with residents. Address any concerns with the assisted living manager.



7. WHAT SHOULD I LOOK FOR WHEN I VISIT?

When you tour a residence, be sure to request a copy of the residence's Uniform Disclosure Statement. This document provides information about which services the residence provides and whether the fee for that service is included in the monthly housing fee. It is important to know what is included in the base monthly rate, what services are available at an additional cost, and the circumstances under which fees may increase.



8. MY FAMILY HAS CHOSEN AN ASSISTED LIVING RESIDENCE. WHAT NEXT?

Request a copy of the Resident Agreement (contract). Be sure you understand the commitment you are making before signing. Consider having the Resident Agreement reviewed by an attorney.



9. ARE THERE ANY FINANCIAL RESOURCES?

Generally, the cost of assisted living is covered by the individual's income and savings. Long-term care insurance policies may cover some of expenses for a specific period of time. Veterans and their spouses may be eligible for the Aid and Attendance benefit to help with the cost of assisted living. For low-income seniors, the Medicaid Community Options Waiver and Senior Assisted Living Subsidy are two programs offering financial assistance.



10. IS THERE ANYTHING ELSE I NEED TO KNOW?

Do your homework. Take time to visit different residences, interview staff and residents, and check survey reports. Get all of your questions answered to your satisfaction by the assisted living staff and trust your instincts.

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TEACH YOUR

Children

Well

Story by **DYLAN ROCHE**



HOW LOCAL NONPROFITS ARE NURTURING THE NEXT GENERATION OF ENVIRONMENTAL LEADERS

“It’s hard to understand something you’ve never seen, and you can’t love something you don’t know.” This is why Mairin Corasaniti, education and outreach coordinator for ShoreRivers, says it’s so important for young people to learn about the environment—particularly in a hands-on way.

“I think it’s one thing to hear about something like severe erosion, or the excitement of catching a fish, or algal blooms, or dipping your oar in the water for the first time—but words can’t always capture reality the way experience can,” she explains. “Getting hands-on experience makes our environment, how much we depend upon it, and all of the stresses our ecosystems are facing so much more real and far more urgent.”

ShoreRivers is a nonprofit based on Maryland’s Eastern Shore that seeks to restore local waterways through science-based advocacy, restoration, and—of course—education. It’s one of several organizations throughout the area that recognizes the importance of getting young people involved in the effort for a greener, cleaner tomorrow.

By including children and teenagers in their mission, these nonprofits are not only setting up the next generation of environmental advocates but also giving these young people valuable skills they’ll be able to use throughout their lives.

Talk to any of the education specialists within these organizations, and most of them will note that the first step is getting young people to appreciate nature, to create what Noelle Chao, director of education and equity initiatives for the Watershed

“Connecting kids directly to these tributaries is the first step in encouraging them to care about local environmental issues that impact the Chesapeake.”



Stewards Academy, calls “positive, meaningful, hands-on experiences in the outdoors.” Similarly, Erin Howard Valentine, communications coordinator for Scenic Rivers Land Trust, talks about helping people make “a meaningful connection with the natural world when you are young.”

The big challenge here? Some of these kids just don’t have many other opportunities to be outside. Although Jessica Hammond, a student with ShoreRivers, says, “I have always preferred to be outside with dirty hands than inside,” her experience isn’t universal.

Chris Cerino, vice president of the Sultana Education Foundation, says some of the 10,000 students his organization works with annually aren’t connected to the local tributaries. “Many of our local youth here on the Eastern Shore do not have access to the water, despite the fact that they often live right down the street from a navigable stream or river,” he says.

Therefore, Sultana Education Foundation offers hands-on experiences aboard its namesake schooner as well as a fleet of canoes and kayaks. “Connecting kids directly to these tributaries is the first step in encouraging them to care about local environmental issues that impact the Chesapeake,” he says.

Through the programming these nonprofits offer, youth have in-person interaction with native plants and animals. They’ll see how native plants can slowdown stormwater runoff that brings pollution into the waterways they’ve just explored by boat, or they might get to hold a fish or a crab that calls that tributary home.

That means more time in nature and less time at home in front of a screen. “Competing with screen time is tough,” Chao says. “And it’s always important to recognize that not everyone thinks being outdoors is fun. In fact, for those who have spent a limited amount of time in green spaces with dense tree canopy, being in a forested environment might feel overwhelming; for folks with allergies or sensory sensitivities, the outdoors can feel very unsafe.” To overcome this challenge, Chao says Watershed Stewards Academy focuses on making sure its environmental educators check their own biases and remember that their programming needs to appeal to young people who might not think nature is amazing from the very beginning, instead building that enthusiasm about (and emotional connection to) nature in a strategic way.

Some youths are even outright scared of nature at first. Karen McDonald, education specialist with the Smithsonian Environmental Research Center, refers to this as biophobia. “Oftentimes when we do get students and teachers to our site, we have to spend a lot of time just allowing them to get comfortable outside, feeling sand, waves, and water, hearing insects, and feeling secure in nature,” she says. “Often the need to build security and comfort outside can overtake curriculum content or academic learning.”

Despite these challenges, many of the youth are responsive to the lessons. In the case of Hammond with ShoreRivers, who prefers the outdoors to the indoors, she’s eager to share her experience with others. “The more people who learn about the environment, the more likely they are to make changes and impact the people around them to also make changes,” she says.

Hammond refers not only to her peers but also to adults—including elected officials. “Youths should join the fight because the more of us there are, the more powerful we can become as we force adults and the government to hear and actually listen to us, which could lead to changes,” she says.

This points to another important aspect of these nonprofit missions: developing leadership and other life skills. Corasaniti says that problem solving is a major skill she sees youth with ShoreRivers pick up. “Science education encourages all of us to think critically and to act on our desires to make things better in the world around us, and that helps us grow from students to stewards,” she explains.

Chao agrees with this notion, saying children want to do the right thing, and environmental education empowers them in that way. “They understand—perhaps better than many adults do—that people need to be part of the solution, and they are eager to get involved and adopt best practices for a healthier environment,” she says.

But learning about environmental stewardship isn’t just for youth. These organizations depend on adults to take on volunteer positions and mentorship roles so that these opportunities for kids continue to exist. “Mentoring is also super important, because we need adults to help students see themselves in STEM careers such as science, mathematics, engineering, and research,” McDonald says. “This is especially true for students in underserved communities, girls, and women.”

And while adult involvement is important primarily because these organizations are dependent on it, adults shouldn’t lose sight of the fact that they’ll feel gratified that they’re paying it forward. The adults involved now are the ones who learned when they were young.

“Everyone on our team had pivotal experiences with nature as a child,” Valentine says. “Those experiences are wide ranging—fishing and crabbing our local waterways, going camping with friends and family, attending outdoor school, visiting state and national parks—and they are part of the reason that we do the work that we do.”

“Science education encourages all of us to think critically and to act on our desires to make things better in the world around us.”



To learn more about these and other environmental nonprofits in the area, visit them online and reach out about educational opportunities for young people:

Sultana Education Foundation; sultanaeducation.org

Smithsonian Environmental Research Center; serc.si.edu

Chesapeake Bay Environmental Center; bayrestoration.org

Watershed Stewards Academy; aawsa.org

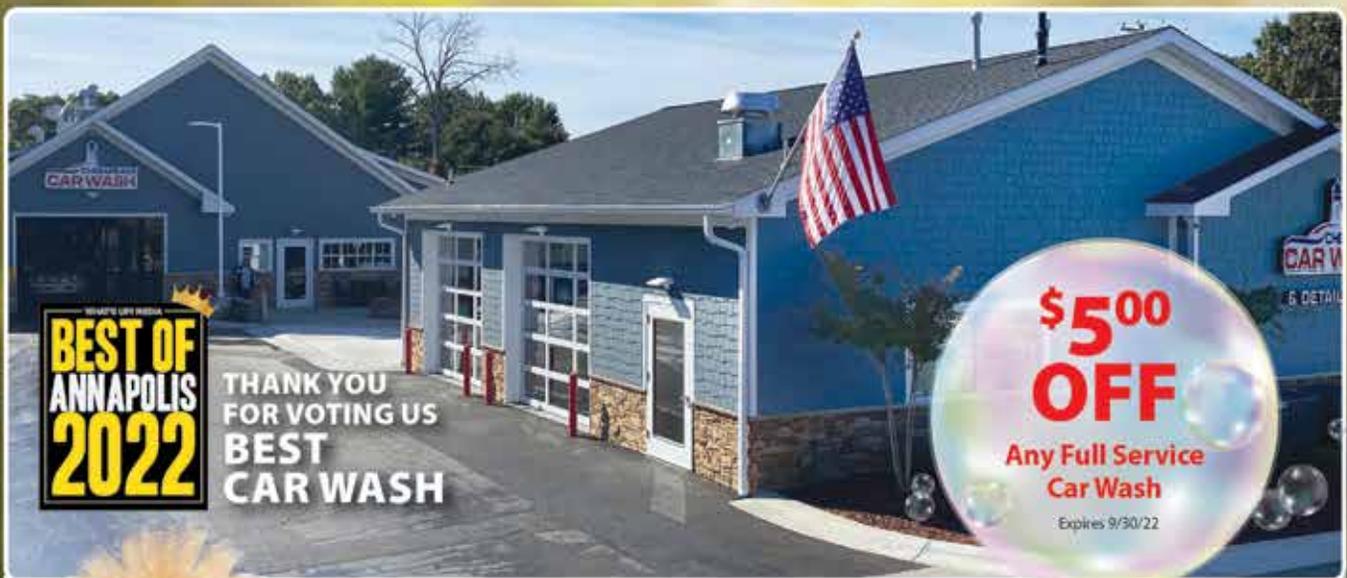
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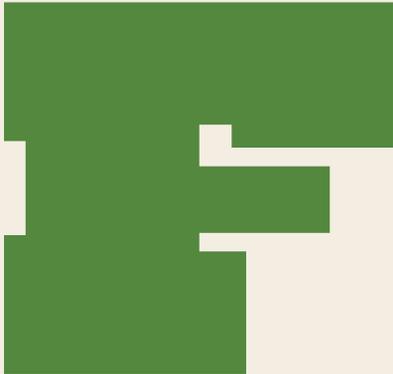
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The Chester River
harbors colonial
history, quaint towns,
natural resources,
and recreational
opportunities

BY ELLEN MOYER



Forty-two rivers crisscross Maryland. The Chester River on our state's Eastern Shore is one of them. For 43 miles, it flows through Kent and Queen Anne's counties' prosperous farmland, beginning near the town of Millington and widening to three miles at its confluence with the Chesapeake Bay. It is a river rich with fish, wild game, and, at one time, oysters, which attracted Native Americans to the region for thousands of years. Signs of their villages can be seen in oyster middens emerging from ancient shorelines. Thankfully 2,300 acres of the ecosystem on the river's southern end are untouched and protected as the Eastern Neck National Wildlife Refuge sanctuary for migratory birds.

In 1670, however, along Grays Inn Creek on Eastern Neck, one of 30 creeks that feed into the Chester, two colonists, James Ringgold and Samuel Tovey, laid out the first planned town in the New World. A courthouse and other public buildings became New Yarmouth, but tobacco harvests from surrounding farmland demanded better river access and encouraged a new town to be built along the Chester.



The new town would be founded in 1706 as Chestertown, a Royal Port of Entry, and government seat of Kent County. The town grew quickly as four years of tax freedom was promised to skilled artisans. A center for planter merchants and a harbor busy with sloops and schooners fueled a wealthy populous, who built magnificent homes along the waterfront. These homes are visible today in one of the best-preserved colonial seaports.

Prior to the American Revolutionary War, Chestertown also staged a tea party revolt. The town was also an important gathering place for national leaders from Virginia and Maryland moving by ferry from Annapolis across the Chesapeake Bay to Rock Hall, en route to Continental Congress meetings in Philadelphia. It was the route followed by Tench Tilghman to announce Cornwall's surrender in the 1781 Battle of Yorktown. A replica of a Royal Navy 1768 schooner, *The Sultana*, that patrolled the river coastline during the war years, sits in the harbor today; a center for storytelling and educating 5,000 students annually on the years of struggle for a new

LEFT PHOTO:

The Chester River flows through Queen Anne's County. Photo by Will Parson/Chesapeake Bay Program with aerial support by LightHawk.

ABOVE PHOTO:

A rower scoots along the still waters of the Chester River at dawn.

nation. In 1789, Washington College was founded by and named for America's new president.

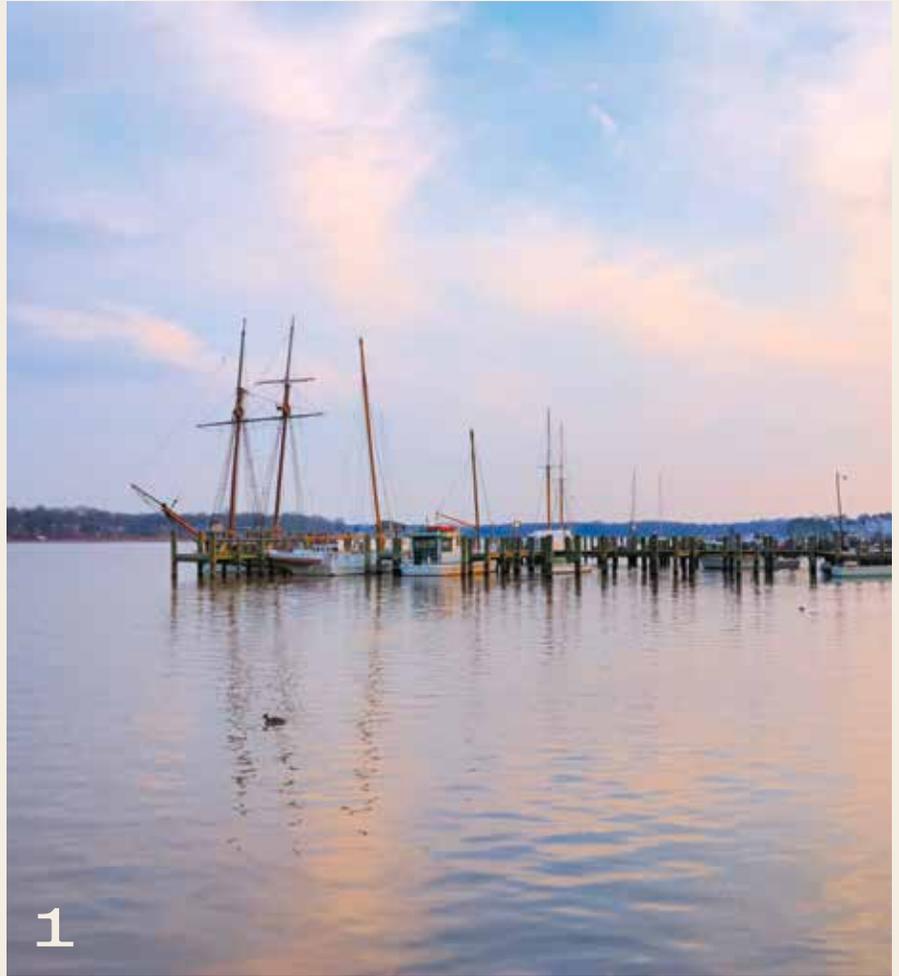
Upriver from Chestertown is the town of Crumpton. It too was a port town and a mill town serving the grain farmers. Here, Henry Callister, an indentured servant, ran a ferry across the narrowing river in 1753. Later, the steamboats, including *Dreamland*, known as the fastest boat on the Bay, would carry passengers to Crumpton, a center for peach harvests. But when the peaches developed a fungus and died, steamboats stopped running to the town, and by 1923, Crumpton slowed down its wild ways. Then, famously, Crumpton began its open-air antique markets and auctions, which replaced the peach or-

chards. Though the covid pandemic recently shut down the energized bidding on antiques, this year there has been 25 auctions scheduled—a welcome return for patrons.

Further upriver, Millington is as far as one can navigate the Chester. A village of 549 souls (just 200 more than its 1860 population) houses the John Embert farm, identified as a historic site built in 1800 and described as an “exceedingly rare and almost pristine example of a small-scale Tidewater house.”

That the Chester is home to many historic structures is not surprising. It enters the Chesapeake Bay on the northern boundary of Kent Island—the 31-square-mile island is the largest in the Bay. Settled in 1631, it is the original colonies’ third oldest permanent settlement, after Plymouth, Massachusetts, and Jamestown, Virginia. Captain John Smith, who charted 3,000 miles of waters around the Chesapeake Bay, noted Eastern Bay and the mouth of the Chester. Today, the Capt. John Smith Chesapeake National Water Trail, under the direction of the National Park System, follows his journey of discovery.

Kayakers and canoers can explore 100 miles of water trails along the Chester from its mouth at Love Point (once a hotel jumping off point for a train to Ocean City), up its many creeks or toward the Corsica River at Centreville. Interested water trail buffs can book guided water tours or put in at sites identified in maps





1: Chestertown dock at dusk with boats, including the *Schooner Sultana*. **2:** Historic estates of Chestertown, some of which date back to the colonial period, line the waterfront. **3:** Fanel Branch, a tributary of the Chester River, is bordered by a mature riparian forest buffer separating the water from surrounding farmland in Kent County. Photo by Will Parson/Chesapeake Bay Program with aerial support by LightHawk. **4:** The Chester River wraps around Eastern Neck National Wildlife Refuge in Kent County, Maryland. Photo by Will Parson/Chesapeake Bay Program. **5:** Birdwatching is a popular activity at Eastern Neck National Wildlife Refuge.

by the Maryland Department of Natural Resources. Walking trails also parallel the river. The Wayne Gilchrist Trail, named in honor of the local congressman and environmentalist, follows an old railway through Chestertown to Washington College. And the Eastern Neck preserve includes a

10-mile circumference water trail, as well as walking boardwalks to view the wildlife it protects.

In nearby Rock Hall, watermen focus on plentiful fish and crabs, supplying many of the local restaurants that offer the bounty of the bay and the river for all to enjoy.

The diversity of ecosystems that Native Americans enjoyed is still in place along the historic Chester River. It is a river enjoyed for leisure and for those who make their living on the water. It is a river with many stories to tell about the people that settled along its shoreline. It is a river to be enjoyed.



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LEADERSHIP BEACONS

HOW ONE-TIME STUDENTS OF LEADERSHIP
ANNE ARUNDEL ARE, NOW, LEADING THE
ORGANIZATION, ADAPTING TO A CHANGING
WORLD, AND BUILDING COMMUNITY RESOLVE

BY DYLAN ROCHE



IT

Left: Kris Valerio Shock speaks at the LAA 25th Anniversary celebration. **Top Right:** Current LAA President & CEO Kris Valerio Shock with former LAA President Griff Hall. **Bottom Right:** Nancy Hartzell and Kris Valerio Shock.

was March 12, 2020. Kris Valerio Shock, newly hired to her position as president and CEO of Leadership Anne Arundel, the county's premier leadership training and networking institute, was observing Law and Public Safety Day with more than 50 leadership students by visiting the Emergency Command Center in Glen Burnie, where county leaders go if and when some sort of crisis arises.

"And people's phones started going off," Shock recalls. "The very next day, the county executive was there declaring a local state of emergency because of COVID."

Suddenly, Law and Public Safety Day took on a whole new meaning. Shock and her peers were getting what she describes as "a front seat in seeing how our key leaders were leading us through this crisis."

Like nearly every other organization, Leadership Anne Arundel went virtual that spring. Its Class of 2020, only a couple of months away from finishing the institute's September–June program, switched to virtual platforms. And Shock saw Leadership Anne Arundel's mission become much more important.

"Our role as an organization was to be able to provide the kind of community and connection to allow them to support one another," she says, noting that Leadership Anne Arundel brings together for-profit businesses, nonprofit organizations, private citizens, and government employees—in short, pretty much everyone who values and wants to learn successful, proactive leadership skills.

As a 2006 graduate of the program herself, Shock first encountered LAA when she was working for the Anne Arundel County Chamber of Commerce and describes the experience as a "very swift way to get a 360-degree understanding of the community." When she accepted the position of president and CEO nearly a decade and a half later, she had all kinds of fresh ideas of what she wanted to do. Those ideas included an alumni development program to keep graduates of the programs—approximately 1,600 to date—involved even after they finish, as well as outreach efforts to bring in new people who wouldn't otherwise know about Leadership Anne Arundel.



Griff Hall, LAA graduate of 1996 who served as president and CEO while Shock went through the program in 2006, sees her and Nancy Hartzell, director of operations, as a dream team for pushing the organization forward. "Kris is the right person—she's got the right skills, she's got the right background, she's got the right approach," he says. "And I give Nancy a lot of credit because she's been with the organization now for a long time, and I just think it's at new heights. They're willing to try out new things. You've got to experiment. If you're going to be adaptable, you must experiment."

Adaptable is a fitting word. In fact, Shock prefers using the word "adapt" as opposed to "pivot," which seemed to be the word of choice for so many other businesspeople during the worst of the pandemic. But when the world changed, leadership wasn't about changing direction—leadership had to change tactics to continue pushing through in a different environment.

While adaptability has always been an important leadership quality, Shock believes it's one that is much more highly appreciated in a post-pandemic world. "I think we've all had to adapt, and we've really gotten inside how challenging that is," she says. "Especially for small organizations, when you're already stretched to a certain point to be able to do what is needed to do, to be adaptable is challenging."

Hall says that although Leadership Anne Arundel's mission remains the same as it was before COVID changed the world, there is now a greater opportunity. "The definition of leadership

to me, the one that I really ascribe to, is really mobilizing people to tackle tough problems and tough issues. Well, we still have those,” he says. “Those tough issues show up in different ways, sometimes in unimaginable ways. But the idea is to mobilize people into actions, positive actions. So, for me, the definition doesn’t change. How we go about it clearly does.”

Leaders with skills developed by the program proved to be real changemakers. Shock acknowledges Monica Alvarado, owner of Bread & Butter Kitchen in Eastport, who launched the Feed Anne Arundel initiative during the pandemic. The collaboration on the part of local restaurants; the Anne Arundel County Partnership for Children, Youth & Families; and Anne Arundel Connecting Together (ACT) helped address food instability while stabilizing the shaky foodservice industry by raising donations so local restaurants could distribute meals to people in need. It was, in Shock’s words, “just one incredible example” of the leadership demonstrated in Anne Arundel County during a time of uncertainty. Alvarado not only kept her own business alive but also “created a whole other organization that was able to solve a big problem,” Shock explains.

Leadership Anne Arundel ultimately teamed up with Feed Anne Arundel, along with the Anne Arundel County Food Bank, to hold a food drive in November 2020. The event gave movers and shakers throughout the community a chance to gather in a safe, outdoor environment after months of isolation to work together toward solving a problem. More than 40 volunteers came together to collect about 3,000 pounds of food from about 75 donors.

“Our types of organizations, these community leadership organizations, are now playing such a key role in helping people get on the other side of this pandemic and figuring out how we adapt and change moving forward,” Shock says.

Leadership Anne Arundel was also able to build on its Leadership Speaker Series, part of its alumni development program, with guest speaker, Dr. Nilesh Kalyanaraman from the Anne Arundel County Department of Health, who stepped into his role as health officer only six months before the pandemic. Shock explains that Kalyanaraman was able to talk about his experience as a leader and how that changed in the face of crisis.

“In discussing the opportunity with Dr. Kalyanaraman, we

explained, ‘We don’t really want an update on COVID; people can get that from you a lot of different ways. We want you to come talk about what it’s like to be brand new in this leadership role and have something like a global pandemic on your plate,’” Shock says. “It was such a neat conversation because he was really able to dig into his challenges. That was exactly the type of programming that I had hoped we would do one day when I was interviewing for this role: Getting a key leader in our community to not just talk about the specifics of their industry but their journey as a leader.”

After so much change in the past two years, it’s nearly impossible to predict what other ways Leadership Anne Arundel will continue meeting the needs of the community, but the organization has proved it’s ready to adapt to anything.

And its value as an organization is clearly resonating with people—so much so that people aren’t just enrolling because of work. They’re doing it just because of a simple interest in learning. “In the past,” Hall says, “many companies would often send many of their employees or their leadership team through the course... and they might foot the bill. Now there’s a lot more people in the community who aren’t depending on a company to do that. They’re doing it on their own.”

Learn more about Leadership Anne Arundel and how to enroll in the program at leadershipaa.org.



Top Right: In March of 2020, LAA’s Class of 2020 visited the Emergency Command Center in Glen Burnie the day before state and county Covid-19 pandemic quarantining and safety precautions were enacted. **Left and Bottom Right:** Anne Arundel County Health Officer Dr. Nilesh Kalyanaraman talks to LAA students about his experience as a leader and how his role was affected by the pandemic.



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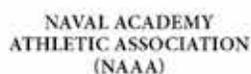
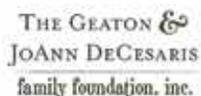
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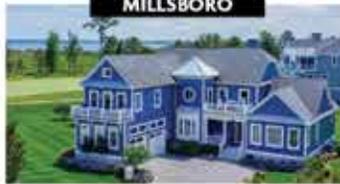
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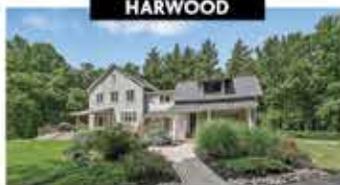
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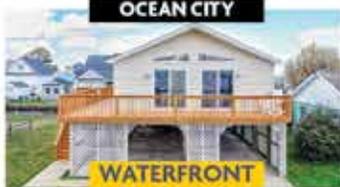
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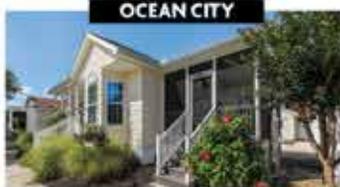


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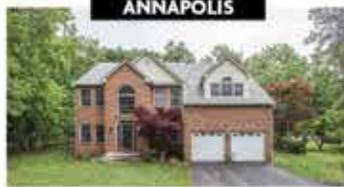


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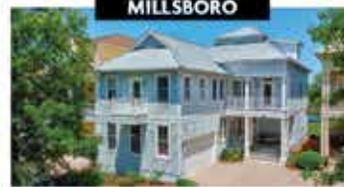
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LEWES

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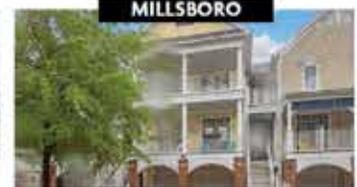
13 64TH STREET #103



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36334 THRASHER LANE



MILLSBORO

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Bespoke Goals

DESIGNING THE ULTIMATE PERSONALIZED KITCHEN

By Lisa J. Gotto

Photo courtesy of Abimtis.com



Save that cookie cutter for the holidays because your kitchen can be like no one else's when you choose to go bespoke.

Bespoke. It's an interesting term. Used to define the design and creation of tailored wardrobe items for a specific individual, the term has been used in recent years to define specified design within the home, as well. In no other space has this become more applicable than the kitchen.

And while you may already have a kitchen with customized aspects like cabinetry, design experts caution that the terms "custom" and "bespoke" are not necessarily interchangeable.

Fueled by Imagination

Bespoke denotes a level of specificity that goes beyond customization, however. While a customized kitchen designer will optimize your workspace and use exceptional materials to accomplish that end, bespoke designers take things to the next level. For instance, did you know that stainless steel can be painted and look remarkably luxurious? Bespoke designers can offer many more options to their clients because they don't just work within ranges of high-quality options.

Another great example would be consumer options for countertop heights. In the mainstream marketplace, countertop heights are standardized. In the customized market, consumers can choose within a range. In the bespoke market, your countertop height can be the exact height you require; down to one-sixteenth of an inch, if need be.

Accordingly, if you are working with a space or room that has less than standardized configurations, you also won't become frustrated having to work with an appliance that just "sort of" fits into a tricky corner or inadequate working space under a slanted ceiling. Which leads us to an added bonus of going bespoke—your kitchen can be ergonomically optimized just for you.

So, if you can and are willing to pay the considerable up-charge for this service, your only limitation is your imagination. But for many with means, the ends justify the means.



Photo courtesy of Abimtis.com

Before proceeding, however, you will want to create a wish list. Now, before heading to your favorite online inspiration board, experts recommend that you start by considering the kitchen you are currently using and even those you have worked with in the past. What shortfalls did they have? In what specific areas did they not meet your expectations? What problems did they cause? This is your opportunity to address everything that wasn't just as it should be. Recall the times you moved into an existing home and had to make do with the kitchen as it was for whatever reason.

Once you have nailed down those detailed logistics, you can consider what your style must-haves will be. Again, online inspiration boards are great for this if you are not already certain, but experts caution that in the bespoke world they could actually restrict you. Bespoke designers create within the realm of the limitless, so bring your imagination, as well as photo examples, to your bespoke consultations.



in-depth look at what they can offer to consumers who have a new-found understanding how their home's interiors can affect mood and productivity. Samsung, for example, who has introduced an entire bespoke movement for the home, is currently offering consumers their version of the personalized kitchen with their Bespoke Design Studio.

This line seeks to address both style sensibilities and function with its Kitchen Suite of Bespoke options. Skirting the true definition of "bespoke" this high-end options package offers a range of appliances, including three- and four-door French Door refrigerators with interchangeable glass color panels. Going for a sleek, two-toned or even three-toned look? For \$2,500 you can "design" your French fridge to have clementine-colored upper carriage doors, a white center freezer compartment, and an emerald-green bottom freezer door, if that suits your aesthetic. And from the looks of things, consumers continue to opt for customization when offered.

Understated by Design

Perhaps the most remarkable kitchen industry trend we've seen that seems perfectly suited to bespoke design because it is so unlike anything else, is the non-kitchen, kitchen. While most of us are completely comfortable with a room that is clearly defined with elements that evoke the true culinary utility of the space, there are some consumers who wish to re-think what this part of the home should look like entirely. And that said, they aren't totally averse to functionality, they just want a more seamless meld with their adjacent living area. The result is a space that can be understated as well as dramatic. A bespoke designer is uniquely qualified to find your sweet spot between style and substance.



Photo courtesy of Alimtis.com

"We're thrilled with the response to Bespoke appliances since their introduction to American families last year," says Shane Higby, Head of Home Appliance Business, Samsung Electronics America. "Bespoke brings a new level of personalization and choice that wasn't offered in home appliances before, and we're excited to see how people express their unique style with our new products this year."

The manufacturer is offering 12 color options for their glass panels that provide an aesthetic range from bright contrast, to warm tones, to a more traditional look. The panels are also available for their Bespoke line of range and dishwasher options, as well.

While the true definition of bespoke is indeed being stretched in this regard, Samsung's approach is an opportunity for more consumers to get creative in the kitchen.

Should you decide, however, that your personalized desires require the full-room approach, do your homework and consult with an expert, because an investment in true bespoke means you will want for nothing after that last precious piece of tile is set.



Photo courtesy of Future.com

Enhanced by Necessity

The ever-increasing interiors trend toward customization fueled by the pandemic and millennial sensibilities even has manufacturers of appliances and technology taking an

Nancy Almgren

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SOLD

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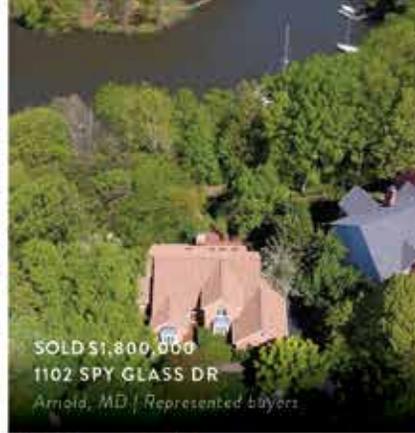
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A Few Exotic Suggestions for Your Garden

By Janice F. Booth

Looking back over the summer's rich bounty in my garden, it occurred to me that I've relied almost exclusively on plants and shrubs that are "sure things." I know the habits and requirements of these old friends, and they're pretty happy in their places in my garden. Perhaps, it will be fun to shake things up a bit—visually. Why not add a few surprises to my lovely, familiar ferns and asters?

So, if you're ready to take a few chances, make a few changes, here are some suggestions for unusual and exotic beauties to delight the eye and pique the curiosity of admirers.



Let me begin with a few cautionary suggestions.

Potting: Since you and your exotics will be getting to know one another's requirements, I recommend you pot the new plants. Handsome or pretty pots give you the flexibility to move your new plants if they seem unhappy and need to a change from less to more sun, from breezy to protected spots. Additionally, keeping your exotics in pots allows you to bring them indoors when cold weather arrives—into your sheltered garage or your family room, where they can be admired and looked after.

Records: Since exotics are sometimes rather finicky, keep a simple diary or notebook. Record the names and where and when you received these plants. Note any recommendations concerning the plant's care: sunlight, watering, fertilizing, pruning, tolerance of heat and cold. As time goes on, you can update your records and take a few pictures along the way. If, heaven forbid, your exotic begins to droop, you can take your diary and photos to a botanist or master gardener for some advice.

That said, let's look at some types of exotics you may want to adopt. Think of them as **House Plants**, visiting indoors until spring. Since autumn is roaring down upon us, you may want to choose an exotic plant that will fit into your décor—perhaps a sleek palm or plump cactus for a modern look, or a lush fern in a more traditional room.



Hanging Plants: Here's where it gets fun! If you can identify a low tree limb or a ceiling hook, indoors, there are some lovely plants that trail and vine beautifully.



String of Pearls and String of Bananas: These two succulents are easy to grow, unusual, and pretty, either hanging or situated on a surface where there's room for the "strings" to trail. The plant keeps its lovely green color and responds well to pruning. When spring comes, hang them outdoors, after all danger of frost has passed.

These are just some of the dramatic or exotic plants you might want to introduce to your garden and your home. Gardening is an art as well as a craft. Experimentation is part of the fun.



Variegated Spider Plant: We've probably all been given spider plants at some point. They seem to grow without any need for assistance and produce pretty stems that cascade down with tiny, new spider plants dangling from each stem. You can find some exotic varieties with variegated colors—green edged with crème or pink. And, when they're set outdoors, hanging from the branch of your dogwood, they grow lush and full, readying themselves for another indoor winter.



Dramatic Plants: For that low flowerbed with its pretty creeping phlox and petunias, you might want to introduce a vertical, dramatic plant, something that will lift the eye and add a bit of pizzazz.



Palms: An obvious choice for a bit of razzle-dazzle is a palm. There are lots of varieties. Usually, they are sold potted, so you need only drop the pot into a temporary hole in the ground or a handsome pot, and you're set. Fan and Majesty Palms are the most familiar types, with fronds emerging from the base. Parlor Palms resemble miniature bamboo, with clusters of stems each topped with fronds. Ponytail Palms are fun, looking like an overly curled hairdo. They require a bit more room to show off properly.



Yucca: These very dramatic and less familiar beauties do require floor space and room in the garden. The Color-Guard and Variegated Yuccas produce firm, sharp leaves that burst out of the plant's core. They will discourage animals from getting too close, if you're trying to get Rover to stop running through the flowerbeds. Indoors, the yucca will be handsome in a broad, open area where it can be admired from a distance.



Bromeliads: Bursting with drama—leaves and blossoms or the Bromeliad can be pink, purple, gold, or orange. While these exotics are slow to bloom—up to three years before they mature—they are undemanding plants and the colorful leaves alone make them noteworthy additions to your home and garden. The only cautions I'd give you for these beauties; be careful to fertilize them during the nine months of growing season, and don't overwater.



Orchids: Finally, we come to those gorgeous and most exotic of flowering plants, the orchid. There are countless articles and books explaining how to grow orchids, so I won't even attempt to advise you. The Moth Orchid or Phalaenopsis is the most cooperative variety with its pretty "face" and undemanding temperament. The Lady Slipper Orchid or Paphiopedilum is almost as easy to grow as any other houseplant. And of course, there are lots of other varieties, as well as orchid growers' clubs and competitions to win prizes for your orchid.



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Sweet Southern Living

By Lisa J. Gotto | Photos by Tony J Photography

Best described as a premier waterfront residence, this property located on Church Creek is a quintessential retreat from daily stressors. The 6,700-square-foot, brick, colonial-style home offers traditional appeal with luxurious modern amenities.

“This timeless ‘Southern Living’-style home offers a superior level of craftsmanship and amazing attention to detail. Truly, not a corner was cut in the materials, design, or construction throughout,” says Listing Agent, Brent Allen of Long & Foster Annapolis Fine Homes.

An impressive tree-lined drive and circular driveway make a stately first impression, as does the large front porch with its grand architectural columns, bluestone pavers underfoot, and charming beadboard ceilings above.

Once inside the custom Mahogany front door, guests are greeted to a large, formal entry with its majestic, architectural staircase and random-width, old-growth hardwoods that flow into a spacious formal dining room with custom, built-in cabinetry framing a lovely brick-front fireplace on either side.

Just adjacent is the stunning gourmet kitchen with two-tone cabinetry of cherry wood and offsetting, black and white painted wood cabinets. A cherry center island with dark granite to match the rest of the countertops, heated limestone flooring, and a statement-making carved wood hearth of cherry are just some of this room’s attractive and practical appointments. A stainless-steel appliance package including a six-burner commercial-grade gas stove with stainless-steel hood and patterned stainless backsplash completes the space for any gourmet chef.

A large architectural archway leads into the adjoining family room. An expansive, 16-foot-wide barrel window treatment above a series of French doors, allows natural light to stream into the welcoming informal space. The room is also warmed with lovely hardwood floors and an attractive stone fireplace.

From here the new homeowners can access their courtyard that leads to a soul-soothing outdoor living area with several adjacent gardens, mature and expertly maintained landscaping, and a glorious, heated, multi-season pool with waterfall features and a retractable cover.

Back inside, this home features two separate offices on the main level, as well as a formal living room with custom built-ins and another attractive brick-front fireplace.

The home's luxurious primary suite is a spacious retreat with a fireplace and a separate seating area with a wet bar/entertainment area that leads out to a roomy upper balcony. The primary bath features an over-sized soaking tub, dual vanities, heated limestone floors, and a steam shower.

Primary Structure Built: 2003

Sold For: \$3,400,000

Original List Price:

\$3,675,000

Bedrooms: 5

Baths: 6 Full, 2 Half

Living Space: 6,700 Sq. Ft.

Lot Size: 3.92 acres



This second level of the home also offers a guest suite, and an entire guest wing; all offer *en suite* baths. A well-appointed, third-level guest suite is also available for larger overnight family gatherings.

Outside, the property boasts a private pier with multiple slips, two boat lifts, 10-plus feet of depth, and 138 feet of shoreline on the protected waters of Church Creek with eyes just out to the South River.

“This was the first home we viewed when my buyers casually started considering the idea of moving to Annapolis from D.C.” says Buyers’ Agent, Amie Chilcoat. “The combination of charm, location, privacy, and layout made a lasting impression.”

Listing Agent: Brent Allen; Long & Foster Annapolis Fine Homes; 145 Main St., Annapolis; o. 410-263-3400; m. 410-349-7764; brent.allen@longandfoster.com; longandfoster.com **Buyers’ Agent:** Amie Chilcoat; Long & Foster Real Estate; 2300 Calvert St., N.W., Washington, D.C.; o. 202-483-6300; m. 410-903-8859; amie@inf.com; longandfoster.com

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Move-In Marvel

By Lisa J. Gotto

Just walk in and say “wow,” because otherwise you will be speechless entering this exquisite modern farmhouse residence that offers nearly 6,000 square-feet of living space in one of Naptown’s most prestigious waterfront neighborhoods.

The architecturally-stunning, open-plan great room features vaulted ceilings with warming Mahogany beams, and attractive skylights. The entire space, which offers window-after-window of picturesque views of Little Aberdeen Creek, is adorned with sandy-colored hardwoods keeping the space light, bright, and beautiful, and seamlessly connecting it to the outdoors. Stunning finishes on fixtures, doors, and trim can be found throughout.





Primary Structure Built: 2019
Sold For: \$7,000,000
Original List Price: \$7,000,000
Bedrooms: 5
Baths: 5 Full, 1 Half
Living Space: 5,803 Sq. Ft.
Lot Size: 1.08 acres



Straight ahead is the home's spacious prime dining area, and to the left is a gourmet chef's kitchen with an eye-catching center island topped with a sumptuous layer of marble with waterfall edge detail. The integrated neutral cabinetry tastefully blends with the home's contemporary coastal vibe. A convenient and sleek butler's pantry located nearby is equipped with a prep sink, wine fridge, and lots of space to conceal top-of-counter appliances.

To the opposite side of the large room is the prime living area with its statement-making floor-to-ceiling stacked stone fireplace. The true beauty of the space is how it effortlessly connects with the ultra-modern outdoor living area, with its raised IPE deck platform and covered lanai. Its clever, rail-less design provides for unobstructed views, but its scope allows space for a fully-equipped outdoor kitchen with integrated firepit, an extended seating area, and a waterside, saltwater Pebble Tec pool.



Listing & Buyer's Agent: Brad Kappel; TTR Sotheby's International Realty; 209 Main St., Annapolis; m. 410-279-9476; o. 410-280-5600; brad.kappel@sothebysrealty.com; ttrsir.com



The pool makes for the perfect morning eye-opener with its creek backdrop from the home's first floor primary suite. This room also features views out to the property's pier and a spa-like primary bath retreat with huge separate vanities, and a gorgeous, free-standing soaking tub. There are four attractive and roomy bedrooms located on the home's second floor, and all offer their own *en-suite* baths.

Back outside, the new homeowners will enjoy expertly manicured gardens and pathways that lead down to their private deep-water pier with eight feet of Mean Low Water, multiple slips, two boats lifts, two jet ski lifts, and a one-of-a-kind integrated hammock setup that offers sunset views across the water.



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Health & Beauty

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Are Omega-3s Still a Nutritional Alpha?

By Dylan Roche

One of the biggest nutritional crazes of the past 20 years, omega-3 fatty acids were hailed as being able to do everything from boosting brain power to protecting your skin from ultraviolet rays. It wasn't enough to just eat foods rich in omega-3s either—supplement brands started making omega-3 pills so consumers could get as much omega-3 as they could.

Is the hype still around today? Not so much—it's given way to other health trends. But just because omega-3 fatty acids aren't being hailed as miracle workers in 2022 the way they were in the past, doesn't mean they don't have health benefits. And yes, you *should* be including them in your diet.

It's important to note that omega-3s aren't the cure-all people used to think of them as. They won't cure any disease, and they won't magically make you healthy despite other foods in your diet. (Take note—whenever anything is hailed as a “superfood” or a miracle cure, it probably isn't.) Omega-3 fatty acids are a specific strain of polyunsaturated fats, which lower your blood cholesterol levels, ulti-

mately reducing your risk of heart disease. Omega-3s also play a role in the membranes of cells all over your body, making your cells receptive to extracellular molecules.

There's growing evidence to support the idea that omega-3s can help fight inflammation. And although they cannot cure any disease, some research indicates that certain types of omega-3s will boost the effectiveness of chemotherapy in fighting cancer. They're good for mental health too, as they are able to boost mood and alleviate symptoms of clinical depression.

What makes consuming omega-3 fats especially important is that your body is not able to make them on its own. You need to get them from your diet. Food sources of omega-3s include fatty fish, such as salmon, sardines, and tuna, as well as nuts and seeds, such as walnuts, flaxseeds, and chia seeds. While there's nothing wrong with supplemental pills, your body will absorb omega-3s more readily from food sources. If you do decide to go with a pill, consult your doctor first.



Sclerotherapy

WHAT TO KNOW ABOUT SPIDER VEIN REMOVAL

By Dylan Roche

If you're looking to clear away the spider veins that have been troubling you for years, your doctor may recommend sclerotherapy, the most common treatment option for this condition. Although spider veins don't pose a particularly high risk, their appearance can put a damper on a person's confidence.

Nicknamed such because they can sometimes look like extensive purple spiderwebs across a person's leg, spider veins are formally known as varicose veins. They develop when the walls of your blood vessels weaken and blood collects in them, causing these veins to enlarge and become prominent.

For some people with varicose veins, or spider veins, the cause could be hereditary. They could also be caused by hormonal fluctuations, such as those you would experience during pregnancy or menopause, or they could develop from long hours of standing, which is required in professions like nursing and teaching.

Complications associated with varicose veins include discomfort as well as risk of blood clots.

Doctors have used sclerotherapy for close to 100 years, so its success is well established. The procedure entails injecting a chemical solution into the vein via a needle. When this solution enters the vein, the veins close up and the blood is then redirected to other, healthier veins. The closed-up vein is then absorbed into any body tissue surrounding it.

The procedure is minimally invasive and usually takes less than an hour—sometimes as little as 15 minutes. While some varicose veins might require repeated administration, many can be treated with just one injection. The most complicated part of recovery could be minor discomfort immediately following, and in the weeks afterward, your doctor could instruct you to wear compression socks, as these will help with swelling and overall healing.

Fitness Tips

START A CYCLING ROUTINE

By Dylan Roche

You've got a bike—now what?

Getting into cycling is probably a lot easier than you think. And that's good news for people who have been out of the habit of physical activity for a while, because cycling provides all the benefits of aerobic exercise while still being familiar, relatively low risk, and lots of fun. If you learned how to ride a bike as a kid, there aren't any new skills you need to develop. You just need to brush up on your cycling safety rules, invest in the right gear, and develop a plan.

What makes cycling a great workout is that it's something you can do solo (no need to sign up for a class or wait for a facility to open) but it's also something that can be made social if you need the accountability.

When you're cycling, you're able to control the intensity of your workout by going at your own preferred pace. An advanced cyclist can push themselves to a vigorous speed to get their heart racing, but even a moderate pace constitutes aerobic activity and offers the health benefits you're looking to get from exercise, such as increased energy, reduced risk of disease, better weight maintenance, and improved stress levels.



PRE-CYCLING

CHECKLIST

If you're getting serious about cycling, there are several tips you should keep in mind to ensure your ride is the safest and most rewarding it can be:

For starters, keep your tires pumped up. This will make it easier to ride and reduces the risk that a tire can deflate midway through a workout. Carry a puncture repair kit with you in case you hit a nail or a piece of glass somewhere along your route.

Always wear not only a helmet but also proper eyewear. It's also smart to bring fuel and hydration with you if you are going on a long ride. If you will be out for 90 minutes or more, you'll want light snacks to keep your energy levels up.

Take your bike to a repair shop at least once every six months to make sure everything is working properly. You may need to replace your brake pads, tires, or chain, and it's easier to be proactive about replacing these instead of waiting until you're in trouble.

Unlike other methods of aerobic exercise, such as running, cycling is much lower impact, so it's easier on your joints. This makes it ideal for people who have arthritis, back pain, or similar conditions. Some health experts even say low-impact activities can *improve* joint health. Cycling works all the major muscle groups in your lower body, strengthening your glutes, hamstrings, quads, and calves. Cycling also requires balance, and it will engage your core while you're riding. However, cycling doesn't work your upper-body muscles to the extent that it works your lower, so it's best to cross-train with resistance exercise to maintain or build strength.

Finally, cycling is an activity that is easy to keep fresh and exciting. You can always explore different roads and trails, so you're more likely to stick with this routine instead of abandoning it because of boredom. And because riding your bike doubles as a transportation method, whether it's as a way of getting to work or just doing errands around town, there are more opportunities to get your exercise in beyond your designated workout time.

SET A SCHEDULE

If you're not an avid cyclist but you want to get into distance cycling, don't be afraid to start small. A few short rides a week can help you build aerobic endurance very quickly. Here's an eight-week sample plan to help you go from a newbie to someone who is going for hour-long rides three times a week:

Week 1-2: 15-minute cycle twice a week, 30-minute cycle on the weekend

Week 3: Cycle 30 minutes once a week, cycle 1 hour on the weekend

Week 4-5: Cycle 30 minutes twice a week, cycle 1 hour on the weekend

Week 6: Cycle 45 minutes once a week, cycle 1 hour on the weekend

Week 7: Cycle 45 minutes twice a week, cycle 1 hour on the weekend

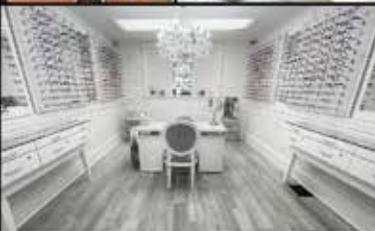
Week 8: Cycle 1 hour three times a week

If you want to cycle more frequently, go for it! Aim to increase your time or mileage by 10 percent each week, allowing yourself 1–2 rest days throughout the week. Remember, if you need accountability or just want to make your workout more social, seek out a weekly group ride with a cycling club in your area.

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Food With Friends

By Rita Calvert | Photography by Stephen Buchanan

Sharing is what it's all about at Knoxville's Table within The Inn at Chesapeake Bay Beach Club in Stevensville. Of course, there are food and drinks to share, but don't miss a walkabout through the Bay-conscious landscaped grounds or the Queen Anne Garden with produce for the restaurant and herbs for exotic cocktails.

Indoor dining has a subtle ambiance with tawny monochrome colors while the adjoining bar area pops with brightly colored blue chairs and a lively pitch. We were delighted to sit at a choice outdoor table—a fabulous setting for our samplings from Knoxville's menu section named “Food with Friends.” We were seated under an umbrella with the huge stone fireplace on view along with immense planters filled with rosemary, sage, parsley, and brightly overflowing nasturtiums.



Server Bobby had many local anecdotes about The Inn, which kept us entertained. When I asked if the gardens still provided herbs for the signature cocktails, he said not only for the cocktails, but the food as well.

And about libations, Knoxville's Table has a massive collection of whiskey, bourbon, rye, Scotch whisky, and Irish whiskey. My post-review call to chat with restaurant manager, Bill Redmond, explained why such a huge whiskey menu! The beverage buyer, John Michael Fromart, works closely with distributors to obtain bottles no one else will be carrying. And yes, those bottles do sell. With a wedding celebration or special event, the party could burn through bottles in a weekend. In addition, Whiskey Wednesdays feature special whiskeys from around the world.

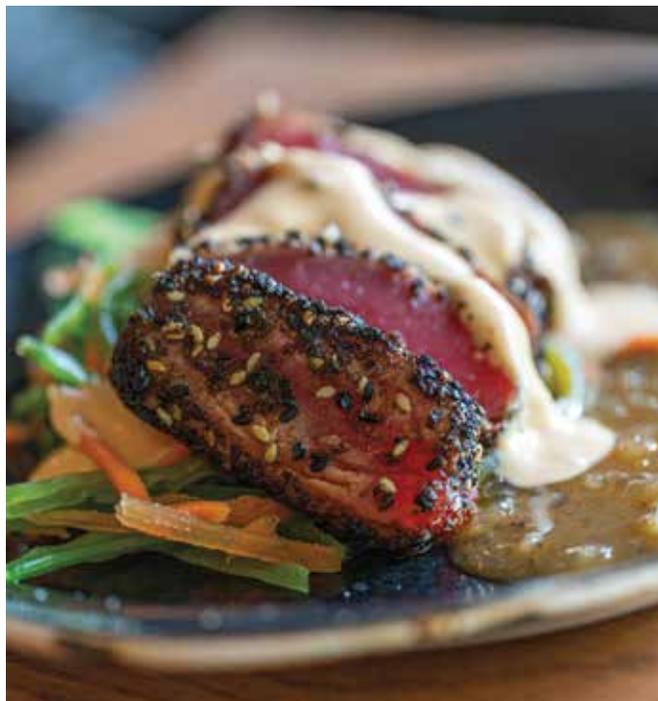
There are eight creative signature cocktails, and every ingredient is edible including flowers from the garden. Sixteen draft beers are offered including the Ballroom Blitz, which is brewed with hops grown at The Inn. It was a hot night, and we knew we'd opt for seafood, so we took a close look at the eight champagne/sparkling options (including two by the glass) and the five rose options. The Hayes Ranch rose was a good choice, balancing crisp strawberry, peach, and citrus notes without losing the dry character we had hoped for. It's a blend from several California vineyards' grapes including Grenache and Mourvèdre, aged in steel. The vintner's wit is apparent in calling it “dangerously drinkable.” Not surprisingly, the domestic and global white and red options were more extensive, and offered several each in popular categories like Cabernet, Pinot Noir, Chardonnay, Sauvignon Blanc, and Pinot Grigio. Plus, single offerings of Petit Syrah, Moscato, Riesling, and several blends.

KNOXIE'S TABLE
THE INN AT CHESAPEAKE BAY BEACH CLUB

180 PIER ONE ROAD, STEVENSVILLE | 443-249-5777
BAYBEACHCLUB.COM/FOOD-DRINK/KNOXIES-TABLE

And the food? Chef Paul Shiley has been overseeing The Inn since opening six years ago after serving a long period at The Tidewater Inn. He keeps the offerings fresh with Spring/Summer and Fall/Winter menus. Bobby mentioned that Chef Shiley keeps his creative recipes under wraps, and that he will *never* share his crab cake recipe, which some folks drive two hours to eat. Or the secret to the creaminess of his house-made Champagne Vinaigrette on the Roasted Beet Salad.

Knoxie's Table offers a hefty menu of starters, including three soups, three salads, and at least ten "Food with Friends" options sized to share, so it's not easy to decide. In addition to the evening's regular menu, there were specials like fresh oysters on the half-shell and local rockfish. Think you'll narrow it down by skipping the calamari because it's served at so many places? Think twice. This inventive version is a refreshing update! A huge portion of not-overly breaded calamari had a pleasing, crisp crunch with sweet balsamic glaze, along with delightful bits of tempura-fried zucchini and deconstructed caponata—pepperoncini, roasted cherry tomato, and bright green olives—all nestled on a bed of shredded lettuce. Even the creamy, lemony champagne vinaigrette dressing was perfect enough to inquire about its ingredients, but, alas, it's one of chef's secrets.



Roasted Beet Salad was an old favorite, and this was nicely done. Simple beet batons top arugula with quality goat cheese and toasted pepitas (pumpkin seeds). The same delicious dressing appeared here, and we were glad our server quickly retrieved extra for us. The star of this dish, however, was the crabcake that we splurged to add when it was listed as an optional add-on, along with three other choices: seared salmon, grilled shrimp, or chicken. It was entirely lump meat with no noticeable filler—we can't even guess how it held together. Fear not about ordering the crabcake here; it's worth every pretty penny to savor this outstanding "done right" recipe.

Ocean-fresh scallops are a favorite and we were delighted with the Seared Scallops. Three large golden crusted scallops sat atop creamy yellow grits, which tasted very corn-like, as if they had been prepared with a corn broth. A corn salad dotted with red and green bell peppers was sprinkled around the scallops and pooled with Cajun Cream. Micro greens perched on top.

The Sesame Crusted Tuna may sound like another "common" offering, but it too had a nice

surprise—exceptionally bright, crunchy wakame seaweed salad, with sweet red pepper and carrot slivers for a pretty pop of color. The five unusually large sesame crusted tuna slices made for a generous dish to share, and the coral colored Sriracha aioli had a nice kick to it. Just know the tuna is more "medium" than the customary rare.

As a side dish, we decided to try Roasted Exotic Mushrooms yielding a large portion of baby bellas, oyster, shiitake, and maitake. This would perfectly complement the steak on the entree menu.

For dessert, the Smith Island Coconut Cake. All of the Smith Island cakes are delivered daily to The Inn. Years ago, I had gifted this coconut cake to a couple and that entire cake was devoured in a weekend! The nine-layer cake sandwiched coconut filling between each, while the frosting on the top was a half-inch thick... dense, delicious, and perfect to share forkfuls with friends!

Rita Calvert has close to three decades in the food, media production, marketing, and public relations fields. She has created myriad programs, events, cooking sessions on national television for corporations, the stage for cookbooks, and founded the original Annapolis School of Cooking.

Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

So much has been going on in our area, keeping us on our culinary toes. New restaurants have opened, old favorites have closed, and food festivals are taking place. What new foods are you going to try this month? And what cocktail are you going to pair it with?

On the Restaurant Scene...

Are you ready for another brand-new restaurant in Annapolis? **First Watch** is here. Set to open in August, First Watch will take place of Chuy's Tex-Mex restaurant in Festival at Riva next to Buffalo Wild Wings. First Watch is a brunch eatery that will feature fresh fruits and vegetables as well as muffins and French toast with a toast batter made from scratch. Find more information and a full menu at firstwatch.com.

After two years of serving pies to our community, **Dangerously Delicious Pies** has officially closed their doors. The pie shop was located on West Street. Instead of having a store front, they have announced that they will be offering their pies in select farmers' markets. As of now, the farmers' markets that they can be found at include Anne Arundel County, Crofton, Kent Island, and Severna Park.

As the Village at Waugh Chapel expands, the original Waugh Chapel location is getting some major updates. **Mod Pizza** opened at the end of June in the vacancy left by Pier 1. The pizzeria had a grand opening on June 23rd and is the 19th Mod site in Maryland, the 3rd in Anne Arundel County. The pizzeria offers made-to-order classic pies and salads, with more than 40 toppings and 8 finishing sauces. Find more information and a full menu at modpizza.com.



Sprout owners Emily and Ryan Groll

◀ Another great addition was made to Annapolis Plaza in July. **Sprout**, an eatery that prides itself on cooking healthy meals with local and organic ingredients, opened on July 12th. This is the third location of Sprout, with the other two on the Eastern Shore in St. Michaels and Easton. In the winter of 2016, Sprout started as a food truck. There are plenty of dairy- and gluten-free options as well as a great vegan selection. Check it out for breakfast soon! Visit eatsprout.com for details.



Experience Local...

We love a good food-based event just as much as we love dinner with a view. Best is that the Chesapeake Bay region offers both of those things.

Make some plans with the following events:

One of the best things about living in Maryland is our access to seafood. ABC Events is hosting the **Maryland Seafood Festival** at Sandy Point State Park on September 24th and 25th. This festival hosts loads of seafood vendors, local shopping, and other vendor options. There will also be a large local craft beer selection and plenty of kid's activities, all along the beautiful shores of the scenic Chesapeake Bay. Find more information at abceventsinc.com.

Wildberry Farm + Market in Crownsville is always having something going on. This time around, they are teaming up with Graze Gourmet for a **Farm to Table Series**. The meal will be made by Chef Adrienne Shoots of Graze Gourmet with ingredients sourced completely from Wildberry Farm and dinner will be hosted under the shade of the mature trees on the farm. Each ticket includes a

three-courses plated meal and a complimentary Mint Tea, a famous Wildberry recipe. Get tickets at wildberryfarmmarket.com.

▲ All summer and fall, you can enjoy your dinner in Annapolis in the beauty of the night. **Dinner Under the Stars** continues along the first block of West Street through September 24th. Every Wednesday and Saturday, try a new restaurant to enjoy. Participating restaurants include Luna Blu Ristorante, Tsunami Sushi Bar and Lounge, 49 West Coffeehouse Winebar & Gallery, Stan and Joe's Saloon, and Rams Head Tavern. Dinner Under the Stars also includes culture and fun. Take a game room challenge at Mission Escape Room and check out the new art exhibits at The Annapolis Collection Gallery, Gallery 57 West, 49 West Coffeehouse, Tsunami, and Level. Find more information at dinnerunderthestars.org.

Drink Up...

September is here and has my favorite weather of the year—the time when I enjoy a nice, light cocktail on the front porch and read my latest book. Enjoy these refreshing cocktails to complement your September day.



Minty Mandarin Bourbon Smash

Ingredients

- 2 ounces Bourbon of your choice
- 4-6 dashes Aromatic Angostura Bitters
- 1 heaping bar spoon Sugar
- 4 segments fresh Mandarin Orange
- 4 leaves fresh Mint
- Sparkling Mineral Water

Instructions
In a large mixing glass, add a bar spoon of sugar. Pour 4 dashes of Angostura Bitters over the sugar. Toss in the mandarin orange and mint leaves. Muddle thoroughly until everything is crushed, and mint leaves release their fragrance. Add a good amount of ice and bourbon, stir until cocktail is well-mixed and nicely-chilled. Strain into a rocks glass over fresh ice and top off with a splash of sparkling mineral water. Garnish with mandarin orange slices and fresh mint.

Photo and recipe courtesy of redwinedragons.com



Peach Limoncello Bourbon Sour

Ingredients

- 1/4 Peach diced
- 1.5 ounces Bourbon
- 1/2 ounce Limoncello
- 1/2 large Lemon
- 1/4 ounce Maple Syrup
- Spring of Sage and Peach slices for garnish

Instructions

Add peach to a cocktail shaker and muddle until broken down. Add bourbon, limoncello, lemon juice, maple syrup, and ice. Shake until chilled. Strain into a glass over fresh ice and garnish with peach slices and sage sprig

Photo and recipe courtesy of thesocialsipper.com

Have culinary news to share? Send an email to the editor at editor@whatsupmag.com.

Dining Guide

Advertisers Listed in Red

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

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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

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; Mgarveysannapolis.com; American; lunch, dinner, late-night, Sunday brunch \$\$ 🍷 🎵 🐾

Middleton Tavern

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

Mission BBQ

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

O'Brien's Oyster Bar & Restaurant

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

Osteria 177

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

Preserve

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

Pusher's Caribbean Grille

80 Compromise Street, Annapolis; 410-626-0004; pushersannapolis.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; carpacciotuscankitchen.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 \$\$ 🌿 🍴

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; gordonbierschrestaurant.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; lemongrasstoo.com; Thai; lunch, dinner \$\$ 🌿 🍴 🐾

Lures

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

Ledo Pizza

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

Maggiano's Little Italy

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

The Melting Pot

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

Mi Lindo Cancún Grill

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

Mission BBQ

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

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 \$\$ 🍴 🌿 🎵 🐾 🏠

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Pasticcio Fresh Italian Kitchen

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

Rams Head Roadhouse

1773 Generals Highway, Annapolis; 410-849-8058; ramsheadroadhouse.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$ 🍴 🌿 🎸

Red, Hot & Blue

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

Riverbay Roadhouse

1374 Cape St Claire Road, Annapolis; 410-757-2919; Riverbay-roadhouse.com; Steak, seafood; breakfast, lunch, dinner \$\$ 🍴 🌿 🎸

Royal Karma

302 Harry S. Truman Pkwy, Suite K, Annapolis; 410-266-5006; royalkarmaannapolis.com; Indian; Lunch buffet, dinner \$\$ 🍴 🌿 🍵

Sakura Japanese Steak & Seafood House

2625 Housley Road, Annapolis; 410-573-0006; Sakurasteakhouse.com; Japanese; lunch, dinner \$\$ 🍴 🌿 🍵

Sandy Pony Donuts

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

Seafood Palace Buffet

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

Severn Inn

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

Sin Fronteras

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

Smashing Grapes Kitchen and Wine Bar

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

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; tuscanprime.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; Adamsgrilleannapolis.com; Barbecue; lunch, dinner \$\$ 🍴 🌿

Annapolis Smokehouse & Tavern

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

Bakers & Co.

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

Blackwall Hitch

400 6th Street, Annapolis; 410-263-3454; 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; Jackfortune1.com; Chinese; lunch, dinner \$ 🍴 🌿 🍷

Lewnes' Steakhouse

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

Main & Market

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

O'Leary's Seafood Restaurant

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

Rocco's Pizzeria

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

Ruth's Chris

301 Severn Avenue, Annapolis; 410-990-0033; ruthschris.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; Theallamericansteakhouse.com; American; lunch, dinner \$\$ 🍴

Bayside Inn

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

Broadneck Grill & Cantina

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

Chad's BBQ

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

The Crab Shack

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

Deale Umai Sushi House

657 Deale Rd, Deale; 410-867-4433; Sushi, lunch, dinner \$\$ 🌿

Dockside Restaurant & Sports Bar

421 Deale Rd, Tracy's Landing; 410-867-1138; www.docksidereaurantmd.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-steakhouse.com; Japanese; lunch, dinner \$\$ 🍴 🌿 🍷

Glory Days Grill

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

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 \$

Jesse Jay'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 \$\$ 🍷 🍴 🍺 🍻

The Pier Waterfront Bar & Grill
48 South River Road, Edgewater; 443-837-6057; thepierwaterfrontbarandgrill.com; Caribbean; lunch, dinner, late-night \$\$\$ 🍷 🍴 🍺 🍻

Saigon Palace
10 Mayo Road, Edgewater; 410-956-0505; Vietnamese; lunch, dinner \$ ¥ 🍴 🍻

Señor's Chiles
105 Mayo Rd, Edgewater; 410-216-2687; señorschile.com, Mexican; lunch, dinner, \$\$, 🍷 🍴 🍺 🍻

Skipper's Pier Restaurant & Dock Bar
6158 Drum Point Road, Deale; 410-867-7110; Skipperspier.com; Seafood; dinner \$\$ 🍷 🍴 🍺 🍻

South County Café
5690 Deale Churchton Road, Deale; 410-867-6450; American; breakfast, lunch, dinner \$\$ 🍴 🍻

Stan & Joe's Saloon South
173 Mitchells Chance Road, Edgewater; 443-837-6126; Stanandjoes-saloon.com; American; lunch, dinner, late-night \$ ¥ 🍷 🍴 🍺 🍻

S & J Riverside
4851 Riverside Drive, Galesville; 410-867-7200; Seafood; lunch, dinner \$\$ ¥ 🍷 🍴 🍺 🍻

Yellowfin Steak & Fish House
2840 Solomons Island Road, Edgewater; 410-573-1333; 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; adamsgrilleseverna-park.com; Barbecue; lunch, dinner \$\$ ¥ 🍴 🍻

Ashling Kitchen & Bar
1286 Route 3 South Ste. 3, Crofton; 443-332-6100; Ashlingco.com; American; dinner \$\$ 🍷 🍴 🍺 🍻

Bella Italia
1460 Ritchie Highway, Arnold; 410-757-3373; BellaItaliaarnold.com; Italian; lunch, dinner \$ ¥ 🍴 🍻

The Big Bean
558 Baltimore Annapolis Blvd, Severna Park; 410-384-7744; thebigbean.com; Coffee Shop

Blackwall Barn & Lodge
329 Gambrills Road, Gambrills; 410-317-2276; Barnandlodge.com; American; lunch, dinner, weekend brunch \$\$\$ 🍷 🍴 🍺 🍻

Brian Boru Restaurant & Pub
489 Ritchie Highway, Severna Park; 410-975-2678; Brianborupub.com; Irish; lunch, dinner, Sunday brunch \$\$ 🍷 🍴 🍺 🍻

Café Mezzanotte
760 Ritchie Highway, Severna Park; 410-647-1100; cafemezzanotte.com; Italian; lunch, dinner \$\$ 🍷 🍴 🍺 🍻

The Crab Shack
1260 Crain Hwy Crofton 21114; 443 302 2680

Daily Scoop
3201 Mountain Road, Pasadena; 410-437-2667; dailyscoopice-cream.biz; Ice cream and ice cream cakes \$ 🍴 🍻

Donnelly's Dockside
1050 Deep Creek Avenue, Arnold; 410-757-4045; Donnellys-dockside.com.com; Seafood; lunch, dinner \$\$ ¥ 🍴 🍻

Founders Tavern & Grille
8125 Ritchie Highway, Pasadena; 410-544-0076; Founders-tavernandgrille.com; American; lunch, dinner \$ 🍷 🍴 🍺 🍻

Gina's Cantina
8779 Veterans Highway, Millersville; 410-923-8226; Ginascantinamd.com; Tex-Mex; lunch, dinner \$\$ ¥ 🍴 🍻

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

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

Mi Pueblo II
554-A Ritchie Highway, Severna Park; 410-544-4101; Mipueblo2.com; Mexican; lunch, dinner \$ ¥ 🍴 🍻

Mother's Peninsula Grill
969 Ritchie Highway, Arnold; 410-975-5950; Mothersgrille.com; American, seafood; lunch, dinner \$\$ ¥ 🍴 🍻

Nonna Angela's
2225-A Defense Highway, Crofton; 443-584-4038; Mammaas.com; Italian; lunch, dinner \$-\$\$\$ 🍴 🍻

O'Loughlin's Restaurant
1258 Bay Dale Drive, Arnold; 410-349-0200 O'loughlinspub.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 \$ ¥ 🍴 🍻

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

Vida Taco Bar

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

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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

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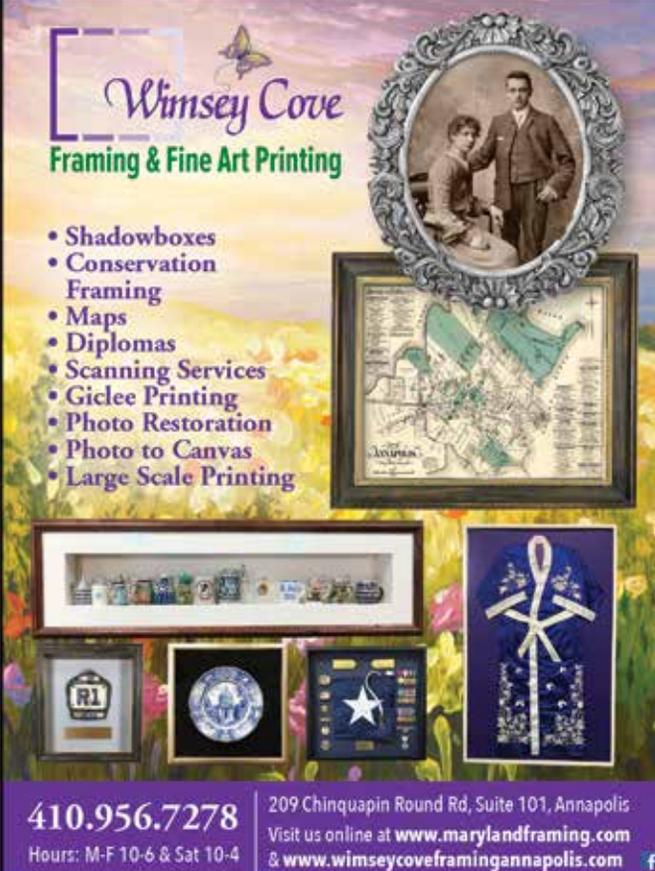
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Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one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

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

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



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