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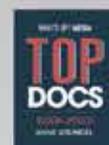


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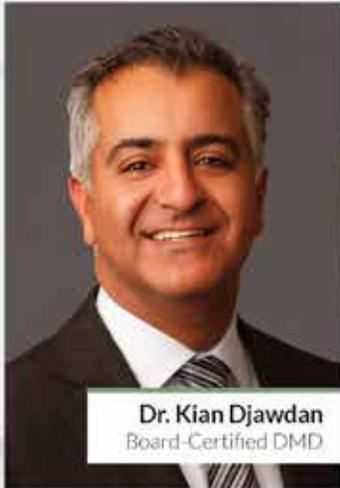
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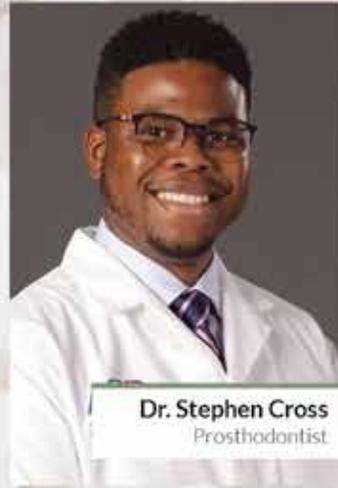
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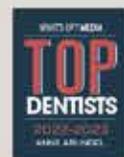
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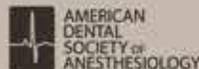
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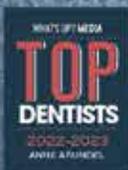
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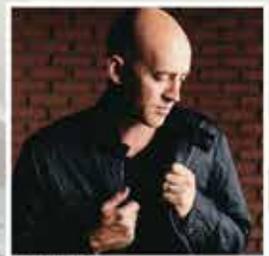
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OCTOBER 4
TUCK & PATTI
ACCOMPLISHED JAZZ DUO



OCTOBER 5
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OCTOBER 8
TYRONE WELLS
W. NATHAN COLBERG



OCTOBER 9
THE ORCHESTRA
STARRING FORMER MEMBERS OF ELO



OCTOBER 10
TIFFANY
80's POP ICON



OCTOBER 11
RUFUS WAINWRIGHT
SINGER SONGWRITER



OCTOBER 12
THE MAN IN BLACK
A TRIBUTE TO JOHNNY CASH



OCTOBER 13
MACY KATE
POP SINGER SONGWRITER



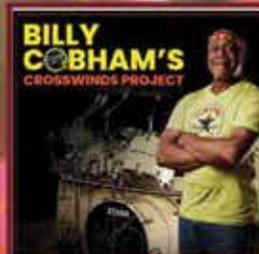
OCTOBER 14
JOCELYN AND CHRIS
ALT-ROCK DUO



OCTOBER 16
OLETA ADAMS
JAZZ VOCALIST



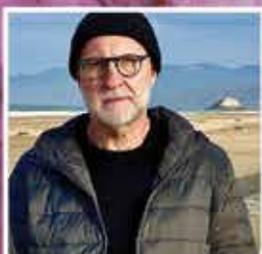
OCTOBER 18
CRYSTAL BOWERSOX
W. ADEEM THE ARTIST



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BILLY COBHAM
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OCTOBER 20
FIREFALL TRIO
COUNTRY SOFT-ROCK



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BOB MOULD:
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EVERYTHING
W. JIMI HANA



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JIM MESSINA
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Brent Allen, a respected member of the Maryland real estate community who continues to cultivate a loyal, ever growing, and wide-ranging clientele following his start

in real estate in 2005. Known for his innovative use of technology and video in real estate and cutting edge marketing tactics. His keen negotiating acumen, patience, and honesty are evident throughout his referrals and repeat clients. Brent is a lifetime sailor and an avid boater, and he enjoys sharing his appreciation for the Chesapeake Bay with his family, friends and clients.



Emily Bell

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o 410 263 3400
c 412 979 3710
Emily.Bell@lnf.com

Our homes are no longer just where we live. They are where we work, have school, host friends and connect remotely. Now more than ever, we need to ensure that

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Melissa Blohm

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c 410 991 5967
MelissaBlohm3@gmail.com

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

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



Teresa Dennison

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Working in real estate is fun but it is also a lot of hard work. Each day Teresa is charged with the responsibility of managing the details that are inherent in any real

estate transaction, nurturing relationships & doing everything to ensure that each transaction is smooth. Enthusiasm, attention to detail & tenacity have served her clients well, but what has really made the difference is listening & understanding her clients needs. An Annapolis resident for over 28+ years, Teresa knows the Annapolis area, its culture, its history and its futures.



Rachel Frentsos

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Since 2002, I've been helping people find their first, next or forever home in Annapolis and the surrounding areas. In addition to being a Realtor, I am also an

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Liz Heinsohn

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o 410 263 3400
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Liz Heinsohn, an Associate Broker at Long & Foster in Annapolis Maryland, has over 20 years, of experience.

An expert negotiator, she can help you accomplish your goals Real estate is her full-time focus. Her commitment to her clients helps them secure the best deal - whether they are buying or selling. She loves working with people and often forms lasting friendships with her clients, helping them over the years with their real estate needs. She is a lifetime resident of Maryland, and has lived in Anne Arundel County for the past 30 years.



Peggy Love

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o 410 263 3400
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As an experienced real estate agent specializing in relocating clients aged 50+, I work for the love of home. I am also an attorney skilled in listening, negotiating

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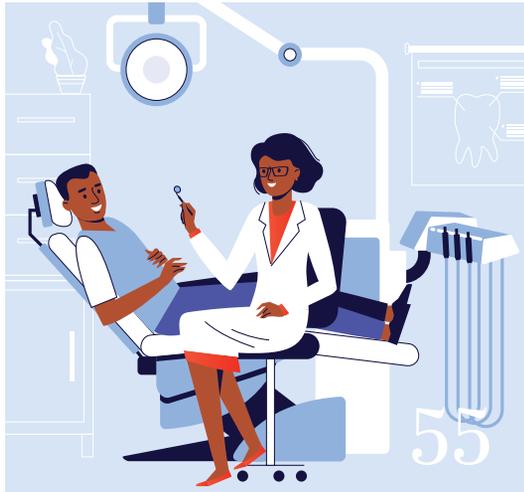
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As a Top Producing Realtor® in the Annapolis Area, Jennie brings a wealth of knowledge and expertise to the buying and selling process. Jennie is dedicated

to personal service and providing extensive market expertise. Before real estate, Jennie enjoyed 15 years as marketing consultant designing/managing direct marketing campaigns. Jennie has always been a Top Achiever and will bring this same "Can Do" spirit to your real estate needs.

On the Cover: Cavity from candy this season? Meet this year's class of Top Dentists to help with all your dental needs. Design by August Schwartz. Contact *What's Up? Annapolis* online at whatsupmag.com. Please recycle this magazine.

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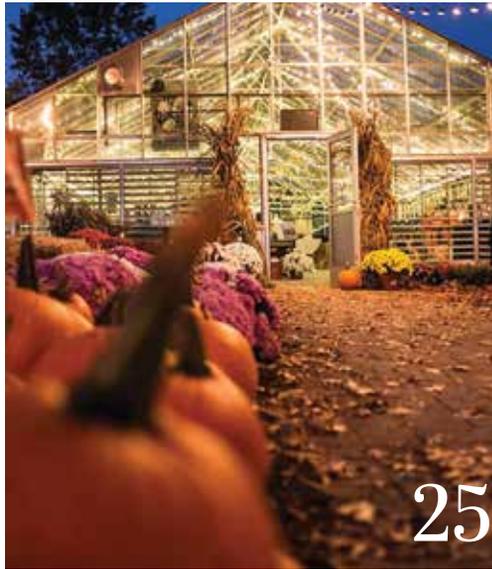
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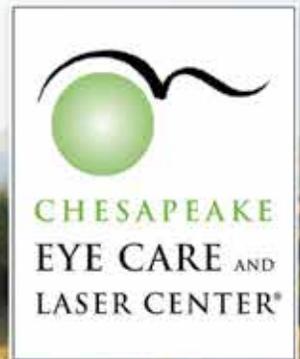
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editor *From the*

The abundance of
NATURAL RESOURCES IN OUR REGION
 is remarkable and should be
APPRECIATED BY ALL.

miles in/out to enjoy the bayfront beach and fossil hunting; (4) and took the boat out on the Severn River at sunrise to catch striped bass and white perch.

Not touting here; just trying to impress the point that there's magnificent opportunities within quick reach to experience nature and nurture one's appreciation for all that we have. That is, if we continue to collaborate and make protecting these resources a priority. Please read what our riverkeepers have to say about what they're seeing on the frontline—the shorelines if you will—and how we can help.

There's an important article in this month's issue. Well, there's more than one, but allow me to digress for a moment. I'm specifically referring to "Riverkeepers on the Frontline" written by Lisa Hillman. This is a discussion piece about habitat and environment issues as seen and told by several of the Chesapeake Bay region's riverkeepers—the leaders and organizations that monitor, patrol, and advocate for the health and preservation of our local tributaries. Their work is tedious and never ending, but critical to fulfilling the dream of restored rivers and our precious bay.

I'm hoping and believing this dream will become reality in my lifetime. The abundance of natural resources in our region is remarkable and should be appreciated by all.

Consider this: during the last week of summer before the kids went back to school, my family spent our staycation exploring state parks and outdoor experiences. In just one week's time and within an hour's drive of our state capital, we: (1) waded and fished the cool, cobblestone streams and waterfalls of Little Patuxent River at Savage Mill; (2) ventured to Patapsco Valley State Park and hiked six miles in the riverfront foothills; (3) drove to Calvert Cliffs State Park, hiking four

In about five weeks, you'll have the opportunity to vote in leaders at the state and county levels who will shape environmental policy for the years ahead. The Gubernatorial election is upon us, and Maryland will have a new governor. Our political correspondent, Mark Croatti, has written the primer, "Prelude to the War for 2024," on the candidates vying for your votes and what's at stake in *this November's* election—the results of which will have far-reaching implications in the national elections just two short years away.

If the political landscape has you—like me at times—wanting to scream into a pillow, let's take a breather together and enjoy everything this season offers. Autumn weather is swooping in, Halloween events and harvest activities are gearing up, football and hockey are back, fireplaces see first flames, it's "Rocktober" on the bay...I could on and on, but I think you get the point. And it's all packed into this issue, along with the results of our biennial Top Dentists survey (get those cleanings and consultations in before the holidays!). Happy health and happy trails!

James Houck,
 Editorial Director





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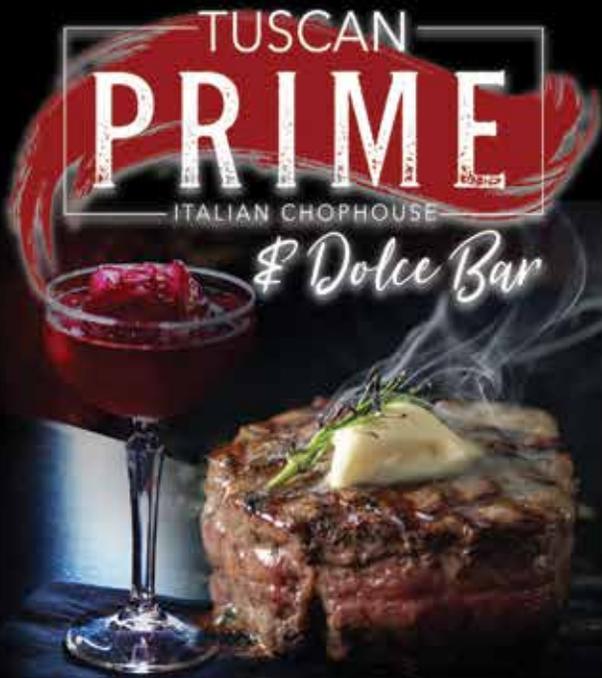


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Serenity on the Severn

This picturesque waterfront home, situated on the banks of the Severn River, was perfect for the couple relocating from New York, amidst the Covid crisis. However, when they took possession of the house, they quickly realized that it would need a lot of work to become the home they had always dreamed about. Mueller Homes worked collaboratively with the homeowner and architect, Purple Cherry, to craft a plan that would help achieve their goals.

The homeowner reflected, "After some challenges with other contractors, we were scared to start a renovation project of this size and scope, but the team at Mueller Homes came through over and over again!"

To view more photos and read the full story behind the project, click the QR code or visit www.MuellerHomes.com



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-Jha



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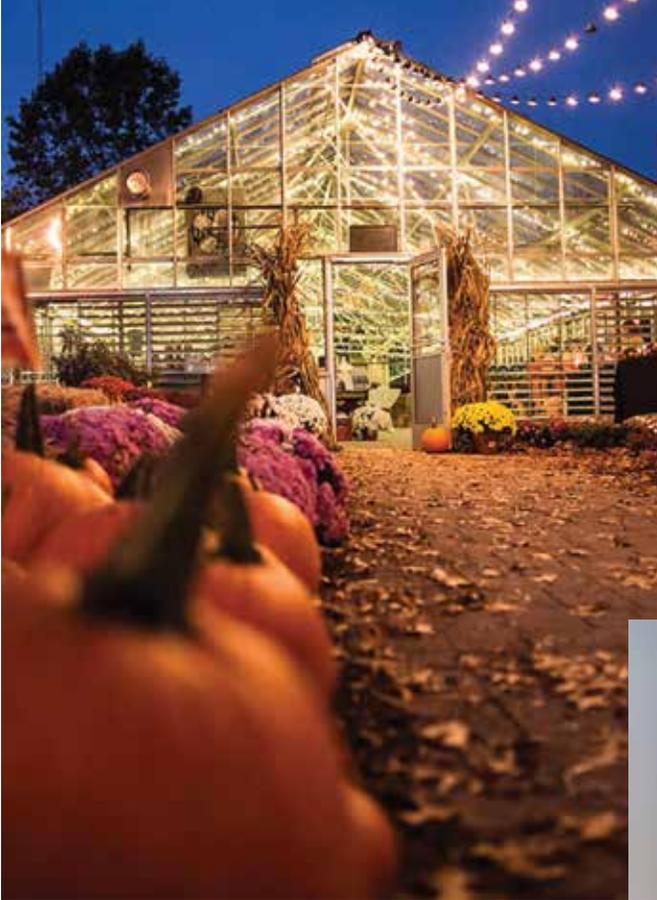
25 EVENT PICKS | **32** SOCIAL | **34** SALUTE | **38** SPOTLIGHT | **42** ATHLETE



Photo by Josh Davidson

U.S. Powerboat and Sailboat Shows

The U.S. Powerboat and Sailboat Shows are back this October. The Powerboat Show will be at Annapolis City Dock from October 6th through 9th. The Sailboat Show will take place one week later, October 13th through 17th. These shows are for all boat lovers to explore a variety of new and used boats as well as supplies, fishing gear, marine accessories, and much more. Find more information at annapolisboatshows.com.



↑ Providence Center's Harvest Bash

The original Harvest Bash is back. On October 15th, Providence Center is hosting their 8th Annual Harvest Bash at Providence Center's Greenhouse and Gardens in Arnold. The bash will feature a feast of fall bounty, signature cocktails, raw oyster bar, custom donuts, live music, auctions, and so much more, all under twinkling lights and a canopy of stars in the greenhouse and gardens. This fundraising event raises critical funds to support over 300 people with intellectual and developmental disabilities to discover and live their best lives in Anne Arundel County. For more information, visit providencecenter.com.



WHAT'S UP? MEDIA'S BRIDAL EXPO ↓

Get everything checked off your wedding to-do list at What's Up? Media's one-stop shop on October 23rd at The Atreum at Soaring Timbers in Annapolis. From cake tastings to beauty makeovers, we will have plenty of options for you to plan your perfect wedding. Plus, brides will receive a complimentary swag bag! Sample delicious desserts while visiting with wedding pros, get inspired at the fashion show, have fun in the photo booth, and enjoy live demos and exclusive wedding savings. Whether you are just starting your planning, finishing up last details, or anywhere in between, you will find exactly what you are looking for here! Find more information at whatsupmag.com.



INTERNATIONAL EDGAR ALLAN POE FESTIVAL AND AWARDS

Experience mystery, intrigue, and the Macabre at the 5th Annual Poe Fest International on October 8th and 9th at the Edgar Allan Poe House & Museum in Baltimore. The free festival will be from 11 a.m. to 4 p.m. each day and feature Edgar Allan Poe themed performances, vendors, readings, music, and more. For more information, visit poeffestinternational.com.

GiGi's Playhouse Golf Outing

GiGi's Playhouse Annapolis hosts their 3rd Annual Golf Outing at The Cannon Club in Lothian on October 17th starting at 9 a.m. This day on the golf course is to support individuals with Down syndrome, their families, and the community. In addition to a beautiful day of golf, the day will include breakfast, lunch, and post-game appetizers, beverages, a swag bag, and a longest drive and closest to the pin contests. Find more information at gigisplayhouse.org/Annapolis.



Annapolis Baygrass Music Festival

Get ready for a beach-front music festival with a mission to protect and restore the Chesapeake Bay. This weekend of music will feature 14 progressive bluegrass bands on two stages at Sandy Point State Park in Annapolis. This festival will feature locally sourced food, regional micro-brews and wines, paddle boarding, yoga classes, local vendors, and kids' activities. Baygrass blends the finest progressive bluegrass music with the perfect views of our Bay. The event will take place October 1st and 2nd. Find more details at baygrassfestival.com.

A VETERAN'S NARRATIVE

Through October 27th, the Gallery at MC3 continues to host A Veteran's Narrative through Music and Art while partnering with Warrior Music Foundation. The project highlights six local artists and six local veterans that have been paired with each other to interpret the veteran's story through artwork.

MC3 has selected artists specializing in various mediums. MC3 will be hosting the reception for this exhibit on October 20th from 6 to 8 p.m. Find more information at mc3annapolis.org.



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Art @ The Park

On October 15th and 16th, Quiet Waters Park is hosting the 32nd Annual Art @ the Park arts festival, featuring a variety of original visual arts along with demonstrations and live musical performances. All proceeds from the festival will go toward events and programs that are held in the park. For more information, contact festival@fqwp.org.



↑ LIFELINE 100 COMMUNITY RIDE

On October 2nd, Anne Arundel Department of Recreation & Parks, Anne Arundel County Police, and Bicycle Advocates for Annapolis and Anne Arundel County (BikeAAA) are hosting the 8th Annual Lifeline 100 Community Bicycle Event. There will be a 100- and 65-mile scenic route option with views of the Severn River, Chesapeake Bay, historic Annapolis and more, or there will be paved trails for a flat 30- or 15-mile trail.

Proceeds support local nonprofits including Anne Arundel Crisis Response System, Friends of Anne Arundel County Trails and Kinder Farm Park, and BikeAAA. All courses will start at Kinder Farm Park in Millersville. Register and find more information at lifeline100.com.



↑ FRIENDS OF THE LIGHT HOUSE BOUNTIFUL HARVEST

Saddle up for Friends of the Light House Bountiful Harvest: Boots & Bling! This fundraiser will be on October 15th from 6 to 10 p.m. at The Atreum at Soaring Timbers in Annapolis. The event will include cuisine, an open bar, live and silent auctions, and live music by Misspent Youth. Show up in your country or cocktail attire to raise money for The Light House: a homeless prevention support center. Find more information at friendslhs.ejoinme.org.



Dragonfest Raffle & Party!

Annapolis Dragon Boat Club is kicking off Breast Cancer Awareness Month with a street party and raffle, after a morning of paddling for a purpose. The fundraiser party will be held at Pier 4 Marina in Annapolis on October 2nd. The day will be filled with live music, great food, local beer, amazing oysters, raffles, auctions, and so much more. Find more information at annapolisdragonboatclub.org.



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EXPERT OF THE MONTH

GEORGE GAVRILA, MD

Founder, ProMD Health

The founder of ProMD Health, George Gavrila, MD, strives to improve patients' confidence, appearance, and mental health through his full suite of aesthetic and wellness services. He created and personally trained a team of innovative professionals who all pride themselves in the most advanced skills and techniques to help their patients Look and Feel great. ProMD Health specializes in cutting edge and in-demand procedures including facial rejuvenation, Botox, dermal fillers, Sculptra, laser treatments, hormone optimization therapy, IV Therapy, thread sculpting, body contouring, and vaginal rejuvenation. They tout some of the most advanced devices such as EMSculpt Neo, Viveve, HydraFacial, and Sciton Halo. ProMD Health now has a five-star spa at the Annapolis and Timonium locations curated to meet each patient's unique skin goals with the help of our highly trained skin coaches. ProMD Health uses its tools and expertise to cater to each patient's individual needs to help them Look Younger on the outside and Feel Younger on the inside. Whether your goals are prevention, facial rejuvenation, treating a particular condition, or looking or feeling like you did 10 years ago, ProMD Health has something for everyone. "The unique intersection between patient care, artistic expression and medicine captured my interest and continues to excite me to this day," Dr. Gavrila says.

Dr. Gavrila, please tell us about your professional journey in medicine and what inspired you to develop your business.

As the son of an immigrant mother fleeing communism for a better life, I saw first-hand how important the freedom of self-expression is. My mother's commitment to the free and open expression of health and beauty became indoctrinated within me. She herself was the daughter of a renowned cardiologist who passed on the importance of integrity, gratefulness and taking care of others, which she instilled in me.

What can we expect from ProMD Health in 2023?

ProMD is slated to open three new offices next year, and I'm also developing succession plans for all employees, as well as an online training curriculum to educate existing and future providers on how to be first in class. The ProTox Methodology is another venture I'm excited to divulge next year which will enhance the ProMD provider's ability to deliver consistent and custom outcomes that supersede what our industry is accustomed to. Aside from our growth, patients can expect the latest and most innovative treatments and products to have you looking and feeling your absolute best.

How do you keep yourself involved in the local community?

Philanthropy and community involvement means everything to me and is a huge part of ProMD, my ethos, and why I started ProMD Helps. ProMD Helps presently supports numerous local and national charities through direct contributions, gifts of services, and staff volunteering. Large or small, human or animal, we look to improve our community as best we can.

ProMD Health

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CRAB Cup

On August 20th, Chesapeake Region Accessible Boating (CRAB) held its largest annual fundraising event, the CRAB Cup and Shore Party, at Eastport Yacht Club in Annapolis. The event featured skippers and crew sailing for a great cause and awards, with everyone enjoying the afterparty, complete with live music, live auction, games, and delicious food and drink. Learn more about CRAB at crabsailing.org.

Photography by Stephen Buchanan.



October is Learning Disabilities Awareness Month



What is a Learning Disability?

A learning disability is a brain-based condition that affects the way children learn how to read, spell, write, and/or do math. It's not just about academic learning, though. A child with a learning disability may have difficulty with short term memory, with speed of processing information, and with executive functions (which includes planning and organization).

Research has established that a learning disability does not indicate difficulties with intellectual abilities. Children with learning disabilities can achieve to their highest potential - but they need an educational setting and teachers that understand their needs and can provide instruction that does not necessarily follow traditional and conventional teaching methods.

Many educational professionals prefer to use the term "learning difference" instead of learning disability. Children deserve to understand that their learning challenges do not define them. Rather, it is important for children to understand their learning differences so they will be confident that even though they may struggle in school, that they can achieve academically.

Are there resources in our area for learning disabilities?

Luckily, here in Anne Arundel County, we have the expertise of The Summit Resource Center and The Summit School.

The Summit Resource Center provides diagnostic testing, benchmark testing, and tutoring for students outside of Summit's school program. Diagnostic testing results in a comprehensive report including assessment results, test scores, diagnosis, and recommendations for moving forward. The final report is essentially a roadmap to help parents and educators better meet the child's needs.

The Summit School is an independent school for grades 1-8 specializing in educating bright students with dyslexia and other learning differences. Summit teachers teach differently because Summit students learn differently. Summit's unique program incorporates highly-trained teachers who implement research-based instructional strategies with multi-sensory lessons. Small class sizes enable teachers to differentiate instruction for students, when needed.

Essential learning outcomes are identified, monitored, and measured at The Summit School. Students receive progress monitoring and benchmark testing as tools for teachers to address areas of weakness. Teaching strategies are modified to meet the needs of the child. Communication with parents is frequent and transparent.

Summit's program is life-changing. The national average high school graduation rate for students who have been classified with a specific learning disability is 71%. The national average high school graduation rate for all students is 84%. The high school graduation rate for Summit students is 98%. Even though Summit's program ends at 8th grade, parents and alumni credit The Summit School with giving them the confidence, strategies, and learning tools they needed to succeed. Summit alumni are now engineers, teachers, artists, doctors, psychologists, financial analysts, entrepreneurs and more. With a strong foundation, the possibilities are endless.



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What are the signs of a learning disability?

Contrary to popular belief, writing letters backwards is NOT the definition of dyslexia. Signs of dyslexia and other learning differences are not always obvious. Parents are often the first to notice that "something doesn't seem right." One or more of the following warning signs can be normal but if you notice several of these characteristics over a long period of time, consider the possibility of a learning disability. Diagnosis is the first step to intervention and success in school.

Preschool

- May speak later than most children
- May struggle with the ability to find just the right word
- Often has difficulty rhyming words
- Often has trouble with learning numbers, alphabet, days of the week, colors, shapes
- Fine motor skills may be slow to develop

Grades K-4

- Slow to learn the connection between letters and sounds
- Makes consistent reading and spelling errors including letter reversals (b/d), inversions (m/w), transpositions (felt/left), and substitutions (house/home)
- Transposes number sequences and confuses arithmetic signs (+, -, x, /, =)
- May have trouble learning about time
- May struggle with math concepts

Grades 5-8

- Slow to learn prefixes, suffixes, root words, and other spelling strategies
- Avoids reading aloud, reads slowly and inaccurately
- Trouble with word problems
- Avoids writing assignments
- Slow or poor recall of facts
- Has trouble doing homework independently

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TOWNE SALUTE

Mandy Memmel

The Well

By Tom Worgo

Mandy Memmel helps at-risk individuals transition from life on the streets of Northern Anne Arundel County and South Baltimore. She mentors women who have been traumatized and are at a crisis point in their lives, which often involves prostitution, drugs, domestic violence, poverty, homelessness, or a combination of these hardships.

“We believe the way to overcome trauma is a healthy community,” Memmel says. Through hours, months, and years of mentoring, she helped about 120 women find their way back to healthy and productive lives. Her clients range in age from 12 to 68.

“I am doing work that many people wish would get done, but nobody dares do,” Memmel says. “So, I saw a need. Instead of sitting back and saying, ‘Someone needs to do something,’ I did something. When I meet people, I accept them. I am not a savior. I don’t see myself as a superhero in a cape. I think helping people is all that we should be doing.”

The 52-year-old Memmel started off small by helping the needy—giving out food and clothes as a volunteer at the former New Hope Church in Pasadena. Her volunteer role expanded when she began mentoring women and, later, becoming a women’s ministry director at the church—a role she held for many years.

Memmel, who worked as a nurse for five years at St. Agnes Hospital in Baltimore in the 1990s, before getting heavily involved in church volunteer work—including at the Elvaton Baptist Church in Millersville—saw an even bigger need to help women and started the support group Women of Hope in 2004, which meets weekly.

That led to Memmel to create the nonprofit, The Well, in 2013 and based in Curtis Bay, which often connects women to counseling and therapy. The organization also offers skill-building programs, workforce development, financial training, family coaching, spiritual development, rehabilitative and psychiatric help, housing, clothing from its own store, Hope Chest, and employment training from another organizational store, Hon’s Honey.

The organization describes itself as “a community of women being transformed through long-term relationships, practical programs, and the healing power of love.”

“I would say with The Well’s wrap-around service, and with Hon’s Honey, we are pretty rare,” says Sarah Batley, senior director of Hon’s Honey.

The women coming to the center often take an instant liking to Memmel. You could

say she’s everybody’s friend and just wants to help people.

“She just loves everyone,” The Well’s Administrator Manager Alison Guy says. “There is not a person she meets that she doesn’t love. She has such a heart for people. She cares deeply about people and wants to enter their lives and just love them. No one is a stranger to her. You instantly want to become her friend.”

A lot of her friends appreciate the innovative ideas she’s developed at The Well. One is the clothing store Hope Chest. Another is Hon’s Honey, a store that is considered an organizational employment program. Fourteen women work part-time at Hon’s Honey—a health, home, and body goods store—that are part of The Well’s COR Life Development Program.

Right now, the organization provides housing for three people, including a baby. That should change next year, though, as soon as the house they are in is officially turned over to the organization. “As soon as the house gets donated to us by the end of the year, which is their commitment, we will expand our housing and turn it into transitional housing,” Memmel says. “We are hoping to expand it to six to eight women.”

Many of the women Memmel has mentored call her first when they are in trouble. Many times, she’s ready to help right away. “She is amazing. She is like mother and sister,” Batley says.

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

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SATURDAY, OCTOBER 29, 2022



OYSTERFEST

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CBMM's OysterFest features oysters served a variety of ways, along with other local fare, craft beer, and spirits; live music on two stages; cooking demonstrations, Chesapeake Bay retriever and oystering demonstrations; children's activities, and more.



For more information on OysterFest or the Chesapeake Bay Maritime Museum visit cbmm.org or call 410-745-2916

Rotary Club Raised \$40K for Let's Chow ↓

The Rotary Club of Annapolis raised \$40,000 to benefit Let's Chow, a nonprofit organization supporting military veterans' transition from the service to employment and careers in the culinary industry. Co-chairs of the annual Black Tie & Diamonds gala, Sue Weber and Chera Howey, hosted the sold-out glittering event June 11th at The Atreem at Soaring Timbers. Each year a single organization is selected to receive proceeds from the fundraiser in order to make a significant impact toward its mission. Let's Chow was founded by Jordan Foley USNA '12, to help bridge the gap for individuals leaving the service and successfully developing skills and businesses in food service, food trucks, catering, and restaurants. Chow focuses on long-term individual outcomes for veterans and military spouses. COO Charlie Magovern thanked everyone for their goodwill for Chow and reported that proceeds from the gala will enable the organization to purchase an additional food truck to enhance its Annapolis fleet. Learn more about Let's Chow at letschow.org.



↑ NEW FACIAL & RECONSTRUCTIVE PLASTIC SURGERY PRACTICE

Dr. Namita Murthy, MD, a board certified, fellowship-trained facial plastic surgeon and hair restoration specialist announces the grand opening of her Annapolis based practice. Murthy Facial Plastic Surgery is devoted exclusively to cosmetic services, reconstructive procedures, and aesthetic treatments for the face, neck, and scalp. "Our mission is to deliver high-quality, natural results through conscientious and personalized care in a brand-new, state-of-the-art facility," Murthy emphasizes. "Our new location offers easy access, ample parking, and no-wait consultations with a board-certified surgeon." Visit murthyfacialplasticsurgery.com for more information.

Charlie Magovern and his family with the Let's Chow food truck



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It was 120 years ago this past July 18, when Annapolis Emergency Hospital treated its first patient. Today, the hospital, now known as Luminis Health Anne Arundel Medical Center, has grown from a small community hospital into a regional medical center. Hospital leaders and staff celebrated the major milestone with a special birthday cake for employees. Learn more about the hospital's history, expansion, and services at luminishealth.org.





↑ PSS Introduces New Team Surgeon

Plastic Surgery Specialists, which has offices in Annapolis, Easton, and southern Maryland, is excited to introduce Dr. Robert Howard as the newest member of the PSS team. Dr. Howard is a board-certified plastic and reconstructive surgeon serving the greater Maryland area after a distinguished career with the United States Navy. He is driven to provide comprehensive, compassionate, and state-of-the-art plastic surgery and reconstructive care to his patients. 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 to help people overcome obstacles and get back their lives. To learn more about PSS and its surgical team, visit plasticsurgeryspec.com.

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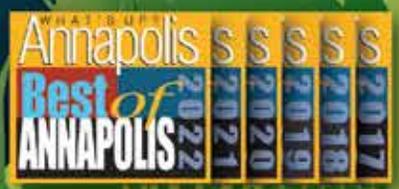
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TOWNE ATHLETE

Ayden Wheless

Broadneck High School Football

By Tom Worgo

In his 25 years of coaching high school football, Broadneck’s Rob Harris never felt so exuberant about seeing a prospect for the first time when he met then-sophomore Ayden Wheless.

Wheless’ potential seemed unlimited with his size (6-foot-3, 275 pounds) and tremendous athletic ability. He played basketball and baseball for 12 years, including both at his previous high school, Western Alliance in North Carolina.

Wheless, a recent Broadneck graduate, never competed in football before, but that didn’t matter to Harris, the Bruins’ head football coach. He saw an athlete with incredible promise in Wheless, who also participated in basketball, indoor track, and track and field at Broadneck.

“I was smiling ear to ear,” Harris recalls of that first meeting. “And super excited. We were just so glad to have him. I thought the first time I saw him, that he had a chance to become a Division I player. Truthfully, I thought with his size and athleticism, he would be a lock.”

It turned out Harris was right. Wheless, now 6-foot-4 and 295 pounds, will play football at the Naval Academy in the fall.

The first time Wheless, an offensive tackle, worked out for the Navy coaching staff in July of last year, they offered him to join the team in 2022. At the time, Wheless had only started one game as an offensive lineman because of inexperience and the fact that Covid wiped out most of the 2020 season.

“I truly believe he is an absolute steal in this recruiting class,” Harris says bluntly. “Covid impacted a lot of players. Coaches couldn’t get out and see them.”

Wheless had offers from Morgan State University and the Virginia Military Institute and two Division II schools in West Virginia, Fairmont State University and Wheeling University. But the 18-year-old Wheless, an Annapolis resident, had little interest in these other schools.

“I had other offers before I decided to commit,” says Harris, who agreed to go to the Naval Academy in late December. “I waited to see how I felt about it. I fell in love with the academy and the coaches. Everything about the place told me I had to go there. I didn’t think there was any other place for me.”

Wheless, who carried a 4.37 weighted grade-point average, plans to major in Aerospace Engineering. His dream job is to work at NASA. “I am fascinated by space exploration, building rockets, and how they get out there,” Wheless explains. “I really want to go as far as I can with the aerospace track. For the Navy, you can work with the pilots and jets and how they function and move. They work on ships and submarines, too.”

Wheless started 11 games as a senior at right tackle and what a season it was. He earned *Washington Post* First-Team All-Met honors and also was named an All-County First-Team selection as the

Bruins went 10-1. Broadneck used Wheless on defense, too. He started seven games as a nose tackle as a sophomore, then played three games at the same position as a senior.

“He is very light on his feet and has great hands,” Harris says. “He is very big and is a tremendous athlete. He is a sponge. He learns quickly. He is a coach’s dream. He is polite and a captain. He is everything you want in a player, and he wants to be great.”

Wheless played five different sports at the two high schools he attended. He took up baseball and basketball at Western Alamanace. Then at Broadneck as a sophomore, he suited up for football, basketball, and track and field. Wheless competed in indoor track and track and field as a senior.

He wasn’t just a participant. Wheless won a shot-put Class 4A state championship indoors as a senior and finished second in the same event in the spring of 2021.

“When he came to Broadneck, he considered himself more of a baseball player,” Broadneck Offensive Line Coach Dan Burke says. “As a coaching staff, we always identify players from certain other sports. We said, ‘You might do alright in football at the next level, but you can do something special if you come and play offensive line for us.’”

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



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Prelude to

**THE
WAR
FOR
2024**

By Mark Croatti

A Preview of the 2022 U.S. Midterm and Maryland Gubernatorial General Election



against the backdrop of the televised January 6 hearings in Congress last July, Maryland's 2022 Primary Election results were interpreted by many as a victory by former President Donald Trump in his proxy war against Governor Larry Hogan when Trump-endorsed State Delegate Dan Cox triumphed over Hogan's choice, former Commerce Secretary Kelly Schulz, to become the Republican nominee for governor. However, as the hearings and primaries competed for the public's attention, you might have missed the major electoral reforms being proposed that, if passed, will significantly change how future elections are held. By either granting or denying specific powers to the many state officials in charge of not only how a state's electoral process works but also, by extension, how Electoral College votes are then certified by a state, the reforms will directly affect who controls the national government. Thus, the often overlooked, ignored, or misunderstood role that states have in determining the levers of power at the national level has become the new battleground not only in Maryland, but across the United States, alongside the usual concerns about the status of the economy.

The 2020s have not been kind to the world, the United States, or to Maryland. Typically, the party that controls the White House loses support in a midterm election, especially if the public believes there have been major economic setbacks since that party took office. But because there has been more than one administration in charge since the start of the decade, who to, actually blame may be difficult. According to the World Health Organization, over half a billion people, including almost a hundred million in the U.S., have gotten Covid-19 since the outbreak was first reported. Over six million people have died, with Americans accounting for over a million deaths. Unemployment skyrocketed nationwide to roughly 15 percent when the outbreak first spread, although it had dropped to less than 4 percent both in the U.S. and in Maryland by the summer of 2022. However, hopes for a quick economic recovery was obliterated by Russia's invasion of Ukraine last February. Since then, the annual global inflation rate has soared to close to 10 percent, the highest figure since the 1980s. Gasoline sold for close to \$5.00 a gallon in Maryland—even higher in other states—and increased prices for food, housing, and utilities, all reflecting approximately 10 percent cost increases, prompted the Federal Reserve to pump up interest rates to try and avoid a recession. As stock markets plummeted, mass shootings became an everyday occurrence, the Supreme Court began to wade into the culture wars, and measurements of U.S. consumer confidence have plunged to the lowest in a decade, according to Bloomberg. This boiling cauldron of economic and political frustration will have repercussions well beyond the choices voters will make on November 8; the ripple effect will directly impact the 2024 Presidential Election.

The Electoral Count Act and the 2020 Election

According to the 1948 United States Code of Laws, Title 3, Chapter 1, Section 15, originally published in 1926 with subsequent changes, after

the Electoral College votes, the results are officially but ceremoniously tabulated by Congress in a session led by the Vice President whose role, under the previous 1887 Electoral Count Act, has historically been interpreted as being merely procedural. Under the U.S. Code, Electoral College votes can be challenged but are difficult to change. First, at least one member of the House of Representatives and the Senate must dispute the votes of one or more states. If that happens, a decision to change the results would then be voted on by each chamber, and then any decision to change the outcome in one or more states would need to be approved by both.

Therefore, if one party doesn't have majorities in both chambers, the chances of reversing the election mostly disappear (unless members of the other party cooperate with the challenging party). However, if one party did control both chambers, approved the challenges, and enough Electoral College votes were disqualified so that no presidential candidate received a majority, then the presidency would be decided in the House of Representatives, where each state's delegation in the House casts a single vote, as they did after the 1824 Election.

In 2020, Republicans had a majority in the Senate but not the House, even though they held a delegational advantage of 26–23. Therefore, the only way to force a House delegational vote would be to do something—like Vice President Mike Pence rejecting Electoral College votes himself—not provided for in the U.S. Code, which would have been immediately challenged in court as to whether the Vice President has such power, which is what some of Trump's lawyers such as John Eastman, Sidney Powell, and Rudy Giuliani wanted the Supreme Court to decide.

However, under the 1887 Electoral Count Act, there are penalties for illegally interfering with that process, so would Pence be committing a crime? Only if the Supreme Court ruled that the Vice President does not have such power, which meant that there were very real legal risks involved. When the Vice President's lawyers, along with some of Trump's other lawyers, such as Eric Herschmann, cautioned Pence that the Supreme Court would not rule in his favor, Pence chose not to act outside of a ceremonial role on January 6, 2021.



Electoral Count Act Reform and the 2022 Election

The debate didn't end there; instead, the new fight is over proposed changes to the Electoral Count Act and/or the U.S. Code to either enable such a scenario to occur or prevent even the possibility that it could. Last July, a bipartisan group of senators proposed a broad spectrum of Electoral Count Act reforms contained in two separate bills. After using specific language that the Vice President has nothing other than ceremonial power, there are two major reforms that, if passed, are directly related to who controls Congress and state governments, and that's the connection to the 2022 elections.

2022 Midterm Election Legislative Races

The first major proposed reform focuses on Congress; instead of a single member in either chamber being able to challenge the Electoral College results, one fifth of each chamber's membership must object to start the process in either body, which would be 87 members of the House and 20 members of the Senate. This means that who is elected to Congress becomes even more important, not just in regard to being able to change Electoral College votes, but also because should the 2024 Presidential Election subsequently get thrown into the House of Representatives, votes would be cast by state delegations, not by individual members. In 2020, going by who was elected in 2018, the Republicans held a 26–23 delegational advantage in the House, despite being in the overall minority, which means Donald Trump would've won had Joe Biden not received an Electoral College majority. Which party will have the delegational advantage in the House after the 2024 Presidential Election will be determined by the 2022 Midterm Elections, not the 2024 elections.

U.S. SENATE

Democratic incumbent Christopher Van Hollen will face Republican Chris Chaffee, a private business owner who has been running for Congress since 2010.

HOUSE OF REPRESENTATIVES

One of the two most anticipated General Election showdowns will focus on *District 1*, where incumbent Andy Harris, a Republican trying to win his seventh two-year term, faces Democratic challenger Heather Mizeur. The other is in *District 4*, where Democrat and former Prince George's County State's Attorney Glenn Ivey, who defeated Donna Edwards' bid to regain her old seat, and Republican Jeff Warner, a Prince George's County pastor, will vie for the vacant seat left by Anthony Brown.

2022 Maryland Gubernatorial Election Legislative Races

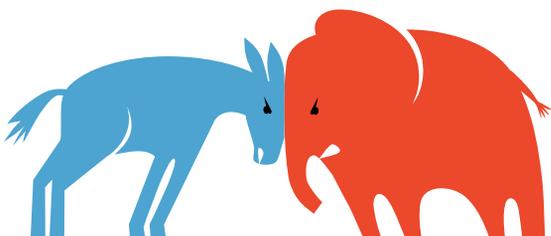
GENERAL ASSEMBLY

State Senate: In *District 30*, incumbent Democrat Sarah Elfreth will go head-to-head with Republican Stacie MacDonald; In *District 32*, Democrat Pam Beidle will face Republican Kimberly Ann June. In *District 33*, Republican incumbent Sid Saab squares off against Democrat Dawn Gile.

House of Delegates: In *District 30A*, appointed Democratic incumbents Shaneka Henson and Dana Jones will compete with Republicans Doug Rathell and Rob Seyfferth while in *District 30B*, Republican incumbent Seth Howard will take on Democrat Courtney Buiniskis.

ANNE ARUNDEL COUNTY

County Council: In *District 4*, it's Republican Cheryl Renshaw vs. Democrat John Dove, Jr., while in *District 7*, Republican Shannon Leadbetter is up against Democrat Shawn Livingston.



2022 Maryland Gubernatorial Election Executive Races

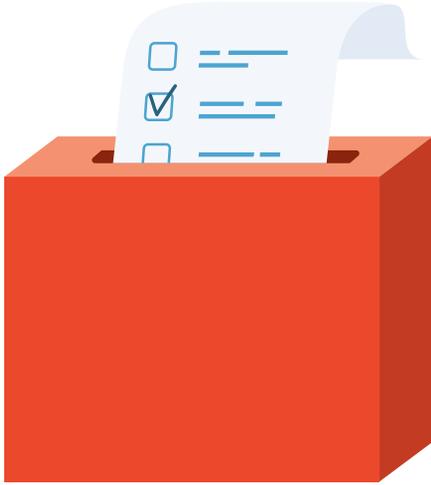
GOVERNOR

The second major proposed reform is that only governors would be able to certify their state's electors to Congress, which makes control of the governor's office a crucial variable. Currently, there are 28 Republican governors and 22 Democratic chief executives, with 36 states, including Maryland, choosing a governor in 2022 (20 of those positions are currently held by Republicans, 16 by Democrats). A second focus is on secretaries of state, the officials in charge of state elections; in almost half the country, those positions are up for re-election. In many of the states both where a majority of people still question the legitimacy of the 2020 Presidential Election, as well as the states shaping up as key battlegrounds for 2024, some of the leading candidates looking to win this office believe that Trump won in 2020. In Maryland, the Secretary of State position is appointed by the governor.

On November 8, the Democratic nominee, author and non-profit executive Wes Moore, will go head-to-head with the Republican candidate, State Senator Dan Cox. While Maryland has yet to elect a woman or an African American governor, Cox, too, faces historical obstacles as the Republican Party has not only failed to win more than two straight Maryland gubernatorial elections, Marylanders have never elected two consecutive Republican governors. Aside from both candidates drawing expected party support—and the election no longer being a proxy war between Hogan and Trump, who still supports Cox—Moore has lined up several celebrity endorsements that include talk show host and author Oprah Winfrey and actor and director Spike Lee.

2022 Maryland Gubernatorial Election Legislative Races

Currently, Republicans control the governorship and both chambers of the state legislature in 23 states: Alabama, Arizona, Arkansas, Florida, Georgia, Idaho, Indiana, Iowa, Mississippi, Missouri, Montana, Nebraska, New Hampshire, North Dakota, Ohio, Oklahoma, South Carolina, South Dakota, Tennessee, Texas, Utah, West Virginia, and Wyoming.



Democrats control all three in 14 states: California, Colorado, Connecticut, Delaware, Hawaii, Illinois, Maine, Nevada, New Jersey, New Mexico, New York, Oregon, Rhode Island, and Washington. Divided government, where one party has the governorship but the other party controls one or both chambers of the legislature, exists in 13 states: Maryland, Alaska, Kansas, Kentucky, Louisiana, Massachusetts, Michigan, Minnesota, North Carolina, Pennsylvania, Vermont, Virginia, and Wisconsin. Below is an update on the major races that we highlighted in our 2022 Midterm and Gubernatorial Primary Election Preview:

ATTORNEY GENERAL

Democrat Anthony Brown, a former Lt. Gov. and congressman, will face Republican Michael Peroutka, a former Anne Arundel County Councilman.

COMPTROLLER

Democrat Brooke Lierman, a two-term Delegate, is running against Republican Barry Glassman, the two-term Harford County Executive.

COUNTY EXECUTIVE

Democratic incumbent Steuart Pittman will face Republican Jessica Haire., an Anne Arundel County Councilwoman who is married to Dirk Haire, the Chair of the Maryland Republican Party.

Referendum Reminder: Marijuana

As we wrote in our Primary Election Preview, Marijuana is fully legal (decriminalization plus recreational and medical use) in the nearby District of Columbia and 18 states, including two on

Maryland's border (Virginia and New Jersey), while 10 other states such as Maryland and Delaware decriminalized it and allow medical use. In nine states (two more on Maryland's border, West Virginia and Pennsylvania), marijuana hasn't been decriminalized but medical use is allowed. In 2022, Maryland and six other states will allow voters to legalize recreational use through a ballot initiative.

Approaching the 2024 Election Together

While in Maryland, Democrats are expected to win the governorship, control both chambers of the General Assembly, win seven of the eight congressional seats, and re-elect U.S. Senator Christopher Van Hollen on November 8, nationally, many forecasters such as Larry Sabato's Crystal Ball at the University of Virginia's Center for Politics are predicting that the GOP will come out of the 2022 Midterm Elections with the most to show for it. Republicans are expected to have more governors, more control over state legislatures, and a majority in both houses of Congress, including delegational control of the House of Representatives, should the 2024 Presidential Election be decided there.

Ultimately, no matter which party wields power, whether at the state or national level, some of the toughest political and economic challenges the U.S. and, indeed, the planet have faced since the last world war are waiting to be addressed. Issues that can only be successfully resolved not by choosing a particular party to hold all offices simultaneously but rather by electing people who are committed to finding the best practices available and then implementing them by cooperating with anyone they can. It is time to choose which path Maryland and the United States will take as we speed ahead to the 2024 Presidential Election—either more culture wars and a failure to solve a variety of major crises or collectively doing the most amount of good for the highest amount of people as often as possible.

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

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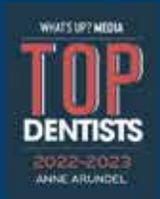
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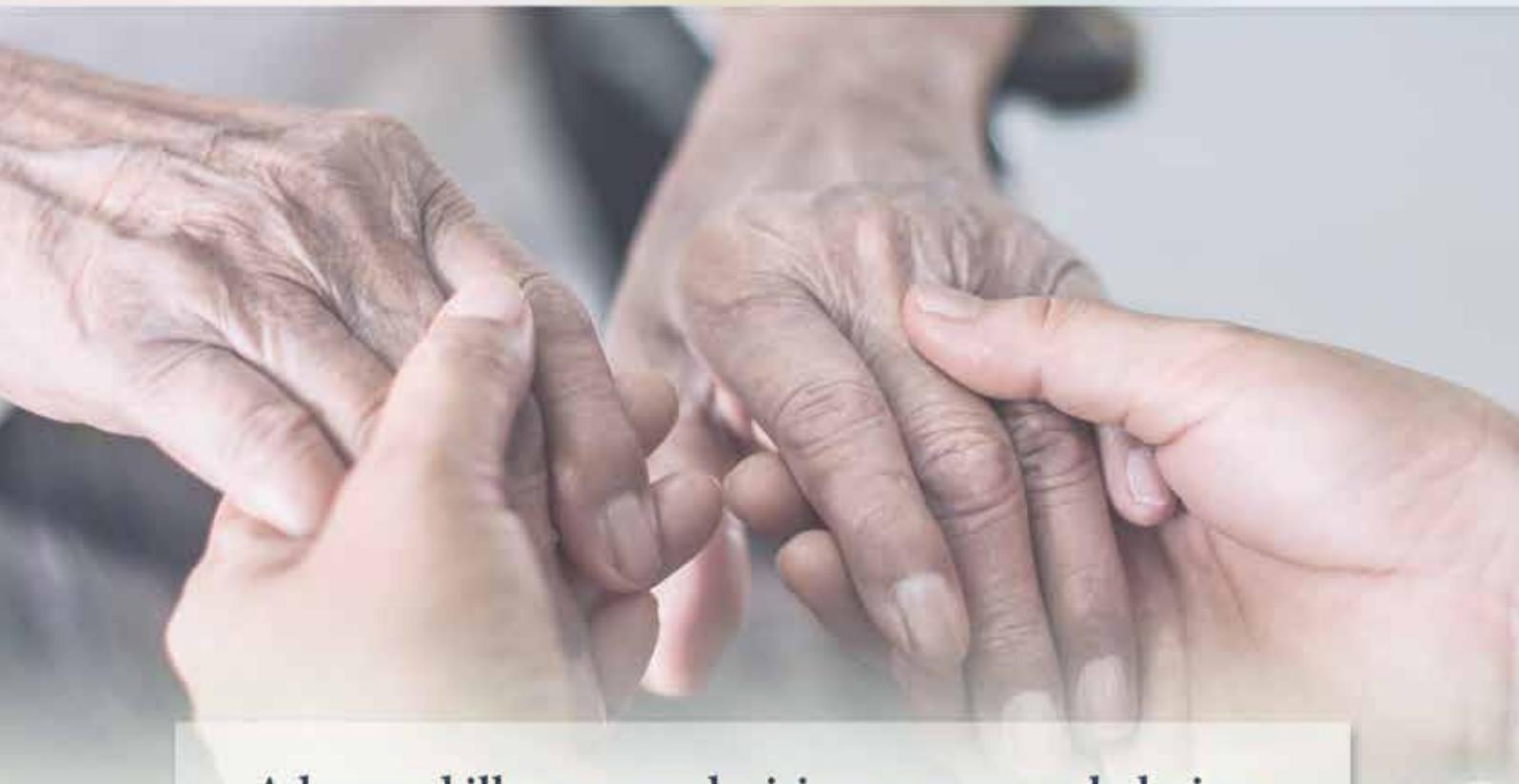


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Last spring, we called upon all dentists practicing in Anne Arundel County, Prince George's County, and throughout the Eastern Shore counties of Queen Anne's, Kent, Caroline, Talbot, and Dorchester and asked them, "If you needed to recommend a dentist (other than yourself) to a friend or loved one, which dentist(s) would you recommend in the following specialties?"

We listed more than 10 areas of dental specialty on the digital survey. Dentists could vote for up to three candidates per specialty. Only one survey entry was allowed per dentist. The response was impressive and gratifying and we want to thank the many dentists who took the time to fill in all the categories.

Please note that these results represent those individuals who clearly received the most *substantial* number of nominations. Some categories saw more voting activity than others—and that is reflected in the higher number of winners in some specialties.

Congratulations to the following dentists, listed alphabetically by first name under each respective dental specialty category.





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Henrik L. Anderson, D.D.S.; 269 Peninsula Farm Road, Sts. A-C, Arnold, MD 21012; 410-923-6866; henriklander-sondds.net

Dr. Jason Denise
Denise Dental Studio; 2661 Riva Road, #611, Annapolis, MD 21401; 443-949-8449; annapolisdds.com

Dr. Sun Park
Odenton Smiles Dentistry; 1223 Annapolis Road, Unit A, Odenton, MD 21113; 410-674-7400; odentonsmiles.com

ENDODONTICS

Dental specialty dealing with diseases of the tooth root, dental pulp, and surrounding tissues. Root canal procedures are commonly performed by endodontists in order to alleviate pain and to save the tooth.

Dr. Charles P. Herbert
Endodontics, P.A.; 888 Bestgate Road, Ste. 220, Annapolis, MD 21401; 410-224-6150; annapolis-rootcanals.com

Dr. Frank Parreira
Chesapeake Endodontic Center; 888 Bestgate Road, Ste. 213, Annapolis, MD 21401; 410-224-7556; chesapeakeendo.com

Dr. Jeffery Luzader
Chesapeake Endodontic Center; 888 Bestgate Road, Ste. 213, Annapolis, MD 21401; 410-224-7556; chesapeakeendo.com

Dr. Kenneth Mangano
Kenneth Mangano, D.D.S., PA Endodontic Specialists; 8221 Ritchie Highway, Ste. 201, Pasadena, MD 21122; 410-647-3453; kmendo.com

Dr. Louis H. Berman
Annapolis Endodontics; 200 Westgate Circle, Ste. 104, Annapolis, MD 21401; 410-268-4770; annapolisendodontics.com

Dr. Mark D. Lentz
Annapolis Endodontics; 200 Westgate Circle, Ste. 104, Annapolis, MD 21401; 410-268-4770; annapolisendodontics.com

GENERAL DENTISTRY

A general dentist caters to a wide variety of dental health concerns for patients of all ages by preventing and/or treating both straightforward and complex conditions.

Dr. Albert Lee
Lee, Bonfiglio, Vesely & Associates; 1606 Forest Drive, Annapolis, MD 21403; 410-989-8298; myannapolisdentist.com

Dr. April Calton
About Smiles Dentistry; 507 S. Cherry Grove Avenue #A, Annapolis, MD 21401; 410-990-4700; aboutsmilesdentistry.com

Dr. Chris Anderson
Annapolis Family Dentistry; 914 Bay Ridge Road, Ste. 110, Annapolis, MD 21403; 410-267-7713; annapolisfamilydds.com

Dr. Christopher Wolf
Churchton Dental Care; 5570 Shady Side Road, Ste. A, Churchton, MD 20733; 443-203-4945; churchtondentalcare.com

Dr. David W. Handelsman
David W. Handelsman, D.D.S.; 116 Cathedral Street, Annapolis, MD 21401; 410-268-3347; davidwhandelsmandds.com

Dr. Earl L. Chambers, III
Chambers Family Dentistry; 621 Ridgely Avenue, Ste. 206, Annapolis, MD 21401; 443-214-3119; chambersfamilydentistry.com

Dr. Edward Vesely
Lee, Bonfiglio, Vesely & Associates; 1606 Forest Drive, Annapolis, MD 21403; 410-989-8298; myannapolisdentist.com

Dr. Eric Gabriel
Churchton Dental Care; 5570 Shady Side Road, Ste. A, Churchton, MD 20733; 443-203-4945; churchtondentalcare.com

Dr. Gary Goodman
Goodman Dental Care; 2530 Riva Road, #201, Annapolis, MD 21401; 410-849-6247; goodmandentalcare.com

Dr. Graham Dersley
Churchton Dental Care; 5570 Shady Side Road, Ste. A, Churchton, MD 20733; 443-203-4945; churchtondentalcare.com

Dr. Holly Green
Blue Heron Dental; 600 Ridgely Avenue, Ste. 225, Annapolis, MD 21401; 410-224-9608; blueherondental.com

Dr. Jason Denise
Denise Dental Studio; 2661 Riva Road, #611, Annapolis, MD 21401; 443-949-8449; annapolisdds.com

Dr. Jeremy Goodman
Goodman Dental Care; 2530 Riva Road, #201, Annapolis, MD 21401; 410-849-6247; goodmandentalcare.com

Dr. Maria Colucciello
West Annapolis Family Dentistry; 101 Ridgely Avenue, #20, Annapolis, MD 21401; 410-263-3700; westannapolisfamilydentistry.com

Dr. Meredith Esposito

Chesapeake Dental Arts; 1509 Ritchie Highway, Arnold, MD 21012; 410-757-6200; chesdentartarts.com

Dr. Michelle Perez

Annapolis Smiles; 1460 Ritchie Highway, Ste. 203, Arnold, MD 21012; 410-989-7132; annapolisdentistdds.com

Dr. Oneal F. Russell

Oneal F. Russell, DDS; 166 Defense Highway, Ste. 201, Annapolis, MD 21401; 410-263-4300; ofrdds.com

Dr. Ryan McCarty

Southern Maryland Family Dental; 1438 Defense Highway, Gambrills, MD 21054; 410-774-0706; somdfamilydental.com

Dr. Scott Finlay

Annapolis Smiles; 1460 Ritchie Highway, Ste. 203, Arnold, MD 21012; 410-989-7132; annapolisdentistdds.com

Dr. Thomas Bonfiglio

Lee, Bonfiglio, Vesely & Associates; 1606 Forest Drive, Annapolis, MD 21403; 410-989-8298; myannapolisdentist.com

ORAL & MAXILLOFACIAL PATHOLOGY

This specialty is concerned with diagnosis and study of the causes and effects of diseases of the mouth, jaws, and related structures, such as salivary glands, temporomandibular joints, facial muscles, and perioral skin (the skin around the mouth).

Dr. Borek L. Hlousek

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Christopher B. Chambers

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Clifford S. Walzer

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com



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Dr. Cornelius J. Sullivan

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Ziad E. Batrouni

Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-897-0111; mosa4os.com

ORAL & MAXILLOFACIAL SURGERY

This specialty deals with the diagnosis and surgical treatment of diseases, injuries, and defects of the teeth, mouth, and face. Procedures range from removal of wisdom teeth to surgical treatment of facial trauma.

Dr. Borek L. Hlousek

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Christopher B. Chambers

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Clifford S. Walzer

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Cornelius J. Sullivan

Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; annapolisoss.com

Dr. Edward Zebovitz

Edward Zebovitz D.D.S. Oral & Maxillofacial Surgery; 4311 Northview Drive, Bowie, MD 20716; 301-352-6311; drzebovitz.com

Dr. Richard Garden

Chesapeake Oral Surgery Associates; 555 Benfield Road, Severna Park, MD 21146; 410-647-0079; drrichardgarden.com

Dr. Ziad E. Batrouni

Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-897-0111; mosa4os.com

ORTHODONTICS AND DENTOFACIAL ORTHOPEDICS

This specialty deals with the diagnosis, prevention, and correction of improperly aligned teeth and abnormal jaw structures. Treatment can be for functional and/or aesthetic reasons.

Dr. John A. Benkovich, III

Benkovich Orthodontics; 1616 Forest Drive, Ste. 7, Annapolis, MD 21403; 410-268-1700; drbenkovich.com

Dr. Julie Langguth

Annapolis Orthodontics; 129 Old Solomons Island Road, Annapolis, MD 21401; 410-266-8880; annapolisorthodontics.com

Dr. Mairead M. O'Reilly

Mairead M. O'Reilly, DDS, MS; 888 Bestgate Road, Ste. 301, Annapolis, MD 21401; 410-266-0025; annapolisortho.com

Dr. Ora Reinheimer

Philbin & Reinheimer Orthodontics; 802 Bestgate Road, Ste. B, Annapolis, MD 21401; 410-216-4164; marylandbraces.com

Dr. Philip Philbin

Philbin & Reinheimer Orthodontics; 802 Bestgate Road, Ste. B, Annapolis, MD 21401; 410-216-4164; marylandbraces.com

Dr. Robert G. Winnard

Winnard Orthodontics for Children & Adults; 1606 Forest Drive, Annapolis, MD 21403; 410-551-9531; drwinnard.com

Dr. Robert P. Bolton

Pediatric Dentistry and Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 757kids.com

Dr. Stephen Labbe

Labbe Family Orthodontics; Locations in Annapolis, Gambrills, Bowie, and Greenbelt; 410-267-7300; labbefamilyortho.com

PEDIATRIC DENTISTRY

This is an age-defined specialty that provides primary and comprehensive preventive and therapeutic oral health care for infants and children through adolescence.

Dr. Beverly A. "Sissy" Jimenez

Annapolis Pediatric Dentistry; 41 Old Solomons Island Road, Ste. 103, Annapolis, MD 21401; 410-573-0691; annapolispediatricdentistry.com

Dr. Devin Langguth

Naptown Smiles; 129 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-224-0018; naptownsmiles.com

Dr. Gregg T. Behling

Pediatric Dentistry and Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 757kids.com

Dr. Jessica Lee

Naptown Smiles; 129 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-224-0018; naptownsmiles.com

Dr. Michelle M. Decere

Pediatric Dentistry and Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 757kids.com

Dr. Tyson Bross

Naptown Smiles; 129 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-224-0018; naptownsmiles.com

PERIODONTICS

This specialty deals with the tissue that supports and surrounds the teeth—including gums, jaw, and roots. This effort often includes salvaging the teeth and jawbone from gum disease.

Dr. Angela Miele

Annapolis Periodontics; 888 Bestgate Road, Ste. 300, Annapolis, MD 21401; 410-224-0500; annapolisperiodontics.net

Dr. Cary Bly

Capital Periodontics of Maryland; 104 Forbes Street, Ste. 101, Annapolis, MD 21401; 410-268-5103; laserperiodontist.com

Dr. David A. Mugford

The Mugford Center for Periodontics & Dental Implants; 1660 Village Green, Crofton, MD 21114; 410-721-7801; mugfordcenter.com

Dr. Deborah Odell

Annapolis Periodontics; 888 Bestgate Road, Ste. 300, Annapolis, MD 21401; 410-224-0500; annapolisperiodontics.net

Dr. Duane Bennett

Prestige Periodontics; 4201 Northview Drive, Ste. 501, Bowie, MD 20716; 240-245-3174; prestige-perio.com

Dr. Robert Bouffard

South River Periodontics; 104 Forbes Street, Ste. 204, Annapolis, MD 21401; 410-295-1000; southriver-periodontics.com

PROSTHODONTICS

This specialty centers on the function, comfort, and health of patients with missing or deficient teeth caused by congenital disorders and those caused by trauma or decay. Treatment may involve the creation of dentures, crowns, and/or dental implants.

Dr. Arezoo A. Bahar

Annapolis Prothodontic Associates; 200 Westgate Circle, Ste. 106, Annapolis, MD 21401; 410-268-7100; apadentistry.net

Dr. John Davliakos

Annapolis Prothodontic Associates; 200 Westgate Circle, Ste. 106, Annapolis, MD 21401; 410-268-7100; apadentistry.net

Dr. Robert Cook

Annapolis Prothodontic Associates; 200 Westgate Circle, Ste. 106, Annapolis, MD 21401; 410-268-7100; apadentistry.net

Dr. Stephen Cross

Djawdan Center for Implant and Restorative Dentistry; 133 Defense Highway, Ste. 210, Annapolis, MD 21401; 443-569-8764; smileannapolis.com

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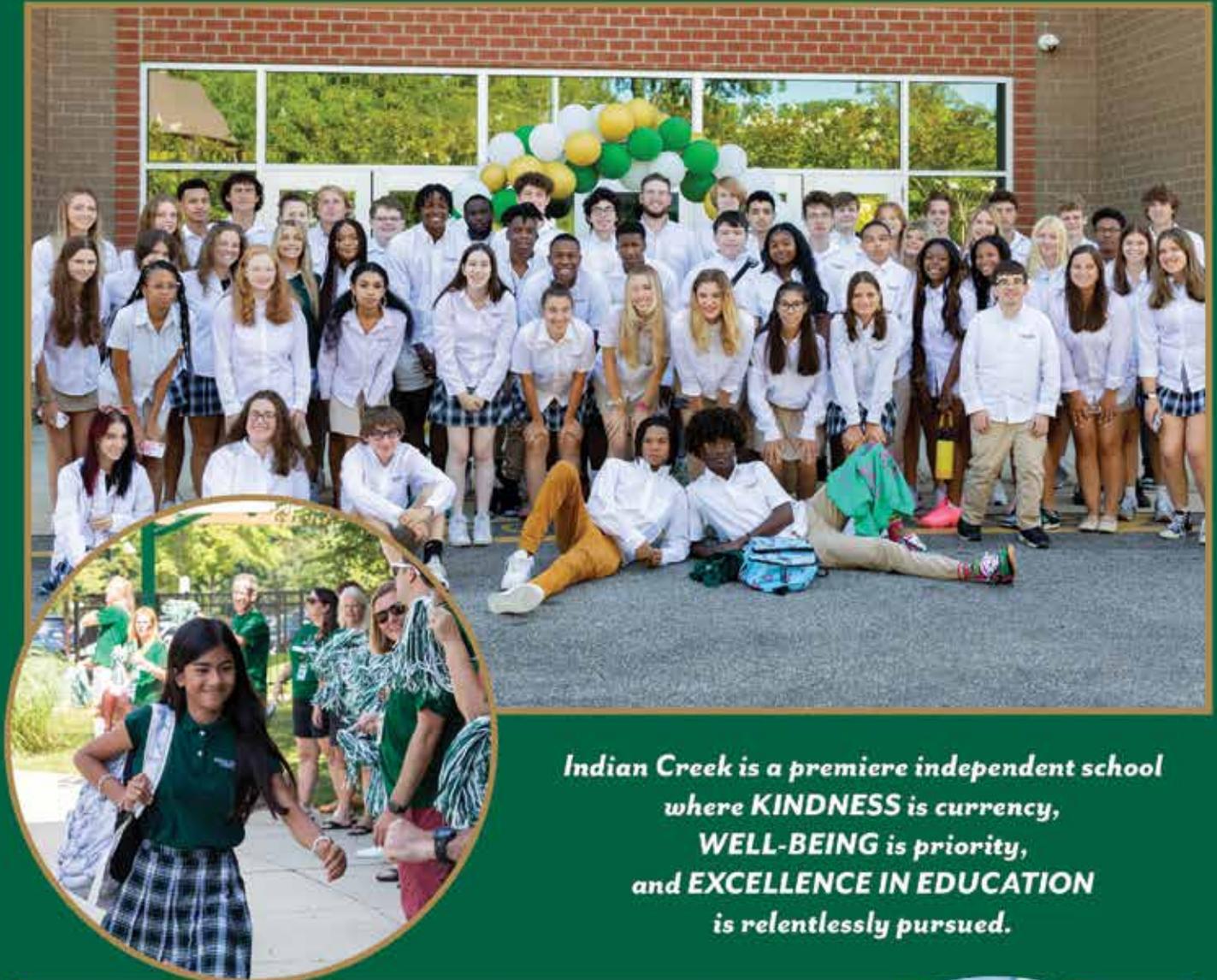
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FALL OPEN HOUSE EVENTS

**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
6:30 - 8:00 p.m.



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Community Wellness Day

at Park Elementary School

Join us for a **FREE**, family-friendly fall health and resource fair to start your journey to good health.

Saturday, Oct. 15, 2022 | 10am - 1pm

Park Elementary School

201 East 11th Avenue | Baltimore, MD 21225

umbwmc.org/wellnessday



Health Services

- Flu shot vaccinations for ages 3 and up
- Blood pressure screening
- A1C testing
- BMI screening
- Vision screening
- Body composition screening

Education tables

- Nutrition
- Mental health
- Car seat safety
- Family emergency preparedness
- Lung health

And more!

- Face painting
- Exercise demonstrations
- Kids activities
- Hungry Harvest produce boxes
- "To-go" boxed lunches



LEADING HEALTHCARE PROFESSIONALS

In the following section you can discover helpful information about a wide variety of healthcare individuals, organizations, and services that could provide the exact assistance you require. Keep this valuable resource handy throughout the year.





SCOTT FINLAY, DDS, FAGD, FAACD

ANNAPOLIS SMILES

Choosing the right professional to care for the health of your family's smile is an important decision. Dr. Scott Finlay will provide you with the best dentistry has to offer. For more than 35 years, Dr. Finlay and his team at Annapolis Smiles have been providing the highest level of dental care for individuals and families in the greater Annapolis area.

Dr. Finlay is recognized as one of the premier cosmetic and restorative dentists in the country. He is one of only 100 dentists that has been vetted as an Accredited Fellow by the American Academy of Cosmetic Dentistry, the Gold Standard for Excellence in cosmetic dentistry. He was recently appointed as a Director on the American Board of Cosmetic and Esthetic Dentistry, the governing body focusing on cosmetic dentistry in the US. He has written the book that serves as the primary reference for the evaluation of smile design in the credentialing process and has been published in several nationally and internationally distributed professional journals. Dr. Finlay is also the Resident Expert in Emeritus for the Dawson Academy and a Fellow in the Academy of General Dentistry.

As a leading cosmetic dentist, Dr. Finlay offers a comprehensive approach for each patient to ensure their dental treatment plans balance the complexities of smile design to produce optimal results. Aesthetics are important aspects of smile design, but more importantly, Dr. Finlay is focused on enhancing the form, function and health of the mouth. Smile enhancement can be as simple as teeth whitening or dramatic as a complete smile makeover. Whether dental concerns are due to disease, trauma or congenital conditions, the impact of a smile on someone's life can be as significant to the individual as to those around them.

Annapolis Smiles has been consistently voted the Best Cosmetic and Restorative Dentist in Annapolis consistently thanks in part to its tenured team of caring dental professionals, five-star service and commitment to exceptional care. Dr. Finlay and his team are available to share their talent and distinguished skill with patients looking for a dental treatment that considers comfort, function, and long-term stability, utilizing state of the art dental technologies. If you are interested in creating a beautiful smile to last the test of time or become a patient to an experienced, sophisticated practice, make your appointment now.

WHO I AM

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

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

2. WHAT I LOVE MOST ABOUT BEING A DENTIST

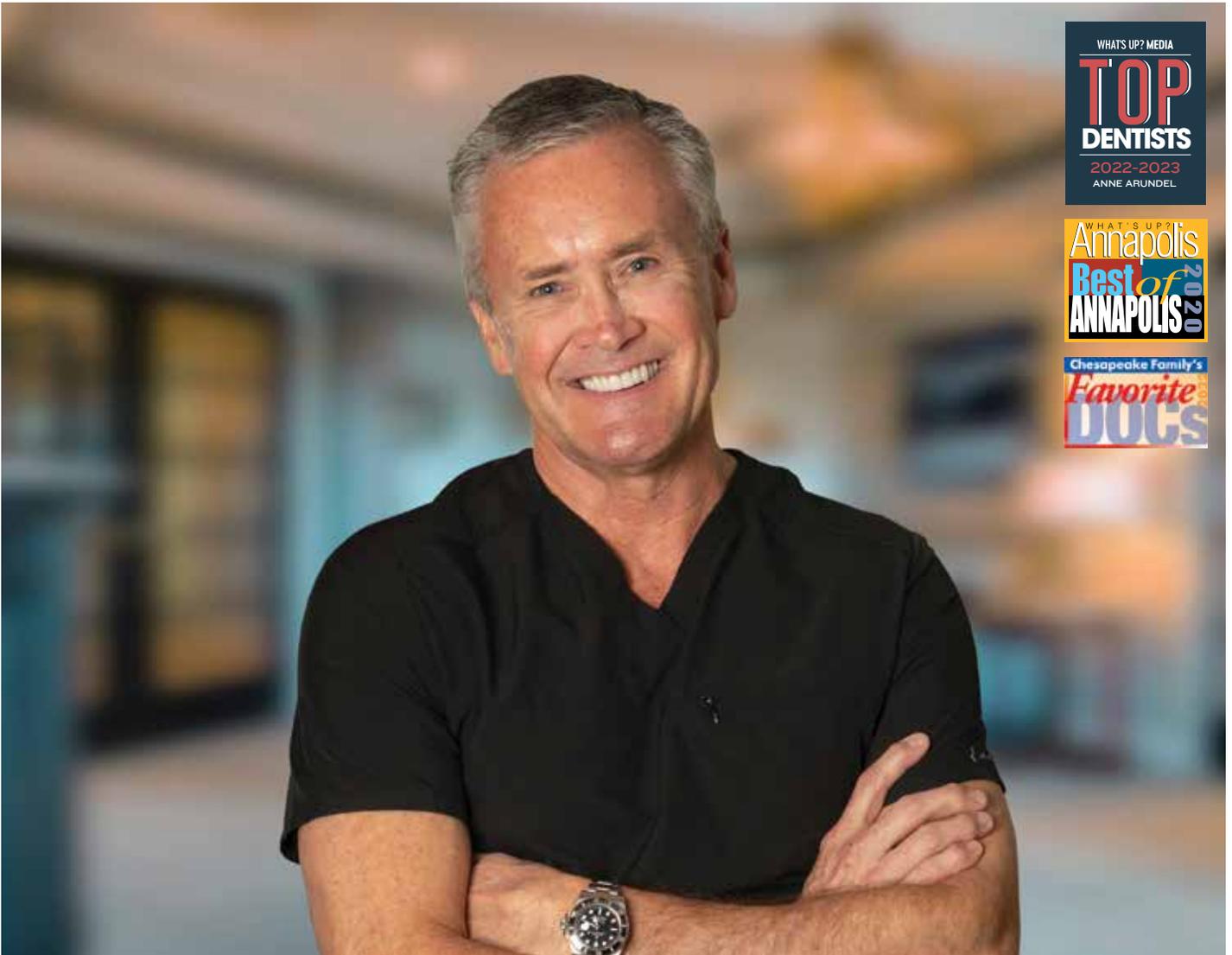
The thing that I love the most about practicing dentistry is the profound effect that enhancing an individual's smile has on their life. It is undoubtedly underestimated until it is reflected upon after the smile lift has been completed. The positive effect on the self-esteem, confidence and general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

3. FAVORITE SPORTS TEAM

Baltimore Ravens.

4. WHAT I AM MOST PROUD OF

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



ABOUT DR. FINLAY

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



DR. FINLAY'S CREDENTIALS

Dental Degrees

Boston College
University of Maryland, Baltimore College

Board Certified

DDS, FAGD, FAACD,
Accredited Fellow of the American
Academy of Cosmetic Dentistry
Diplomat of American Board of Cosmetic
and Esthetic Dentistry



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LEADING HEALTHCARE PROFESSIONALS



Wrinkles look good on Winston,
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ProMD HEALTH

LOOK YOUNGER. FEEL YOUNGER.

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



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WHAT DOES COMMUNITY MEAN TO YOU?

Philanthropy and community involvement means everything to me and is a huge part of ProMD, my ethos and why I started ProMD Helps. ProMD Helps presently supports numerous local and national charities through direct contributions, gifts of services, and staff volunteering. Large or small, human or animal, we look to improve our community as best we can.

- Dr. George Gavrila



WHAT SETS ProMD HEALTH APART FROM OTHER PRACTICES?

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

- Amy Fleming, PA-C



HOW WOULD YOU DESCRIBE BEAUTY?

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

- Skyla Barnett, CRNP



HOW SHOULD I SWITCH UP MY SKINCARE ROUTINE NOW THAT THE WEATHER IS GETTING COLDER?

Our Halo laser is the perfect refresh after a summer of sun exposure. We also recommend starting back up with medical grade retinol (our favorite is SkinMedica Retinol Complex), moisturizing twice a day, and continuing to apply SPF. We have a few other tricks up our sleeve that we would love to share with you during a free aesthetic consultation!

- Kelly Battista, RN



WHAT IS A SKIN COACH?

At ProMD Health, our Skin Coaches help you achieve the best skin of your life! If you're not fully in tune with your skin type and its needs, you're bound to make a few wrong choices. Our Skin Coaches guide you in choosing the right products, treatment, and regimen for your unique skin and goals.

- Katarina Markulin



SANDEL DUGGAL CENTER FOR PLASTIC SURGERY & MEDSPA

DR. HENRY D. SANDEL IV

Dr. Henry D. Sandel IV is a double board certified, facial plastic and reconstructive surgeon. In 2008, Dr. Sandel returned to Annapolis, MD to open his center which specializes in facial plastic surgery and skin care. In March of 2015, he relocated his practice to West Annapolis, and in early 2016, partnered with Dr. Claire S. Duggal, board certified plastic surgeon and reconstruction specialist. Following their partnership, The Sandel Duggal Center for Plastic Surgery and MedSpa was formed. In July of 2016, the development of their state-of-the-art ambulatory center - West Annapolis Surgery Center was completed and is conveniently located within the same facility as their practice.

“EXPERIENCE, EDUCATION AND TRUST SHOULD BE AT THE HEART OF EVERY PATIENT ENCOUNTER. WE HAVE GAINED A REPUTATION IN THE COMMUNITY FOR PROVIDING CONSISTENT, LONG LASTING, AND NATURAL RESULTS WITH A FRIENDLY AND KNOWLEDGEABLE STAFF THAT IS SECOND TO NONE!”

-DR. HENRY D. SANDEL IV

The Sandel Duggal Center for Plastic Surgery & MedSpa offers a comprehensive range of plastic and reconstructive surgery options for face and body, along with the latest in nonsurgical cosmetic procedures and laser treatments. All treatments are uniquely tailored to meet your lifestyle and your specific aesthetic goals. Our mission is to deliver the highest quality in care in a single, state-of-the-art center and provide you with natural looking, long lasting results.

WHO I AM

1. YOUR MOST OFTEN SAID GENERAL ADVICE TO PATIENTS

Do something that makes you feel good about yourself. It's not about what other people think.

5. DESCRIBE YOUR OPERATING ROOM STYLE/BEDSIDE MANNER?

Relaxed and precise.

2. WHAT ARE YOUR MOST REQUESTED PROCEDURES?

Facelifts, Cosmetic Eyelid Surgery, Rhinoplasty, Laser Skin Rejuvenation and Injectables (Botox and Fillers)

6. WHAT IS YOUR PERSONAL “MANTRA”?

Be the best person you can be. Whether it's in my personal or profession life, I always try to do the right thing, treat people with humility and respect, and excel in my responsibilities.

3. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

I love the relationships I develop with my patients. It's amazing to see how a physical change in someone's appearance can bring out their inner spirit.

7. WHAT DOES FAMILY MEAN TO YOU?

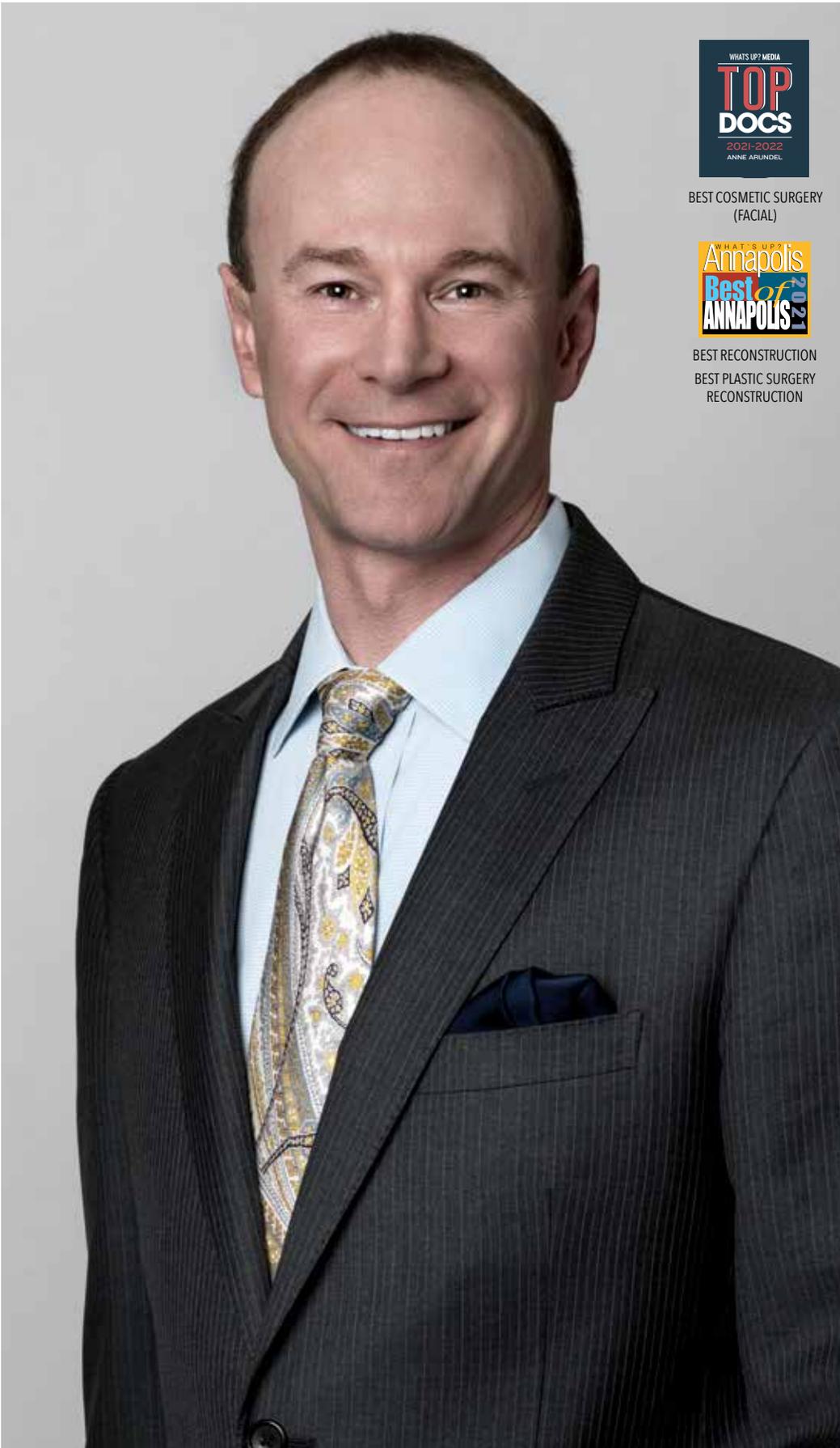
My family is the most important thing to me in the world. Everything I do is for my beautiful wife and kids.

4. WHAT EXCITES YOU MOST ABOUT THE FUTURE OF YOUR PRACTICE?

Having less invasive procedures that result in minimal downtime. We can do things now that weren't available a short time ago.

8. FAVORITE SPORTS TEAM

I'm a big fan of college football. The South Carolina Gamecocks are my team.



BEST COSMETIC SURGERY
(FACIAL)



BEST RECONSTRUCTION
BEST PLASTIC SURGERY
RECONSTRUCTION



ABOUT DR. SANDEL

Dr. Henry D. Sandel IV is a double board certified, facial plastic surgeon. After completing his residency at Georgetown University Hospital in Head and Neck surgery, Dr. Sandel continued on to the most prestigious fellowships in Facial Plastic and Reconstructive Surgery. With his career dedicated to surgical and nonsurgical treatments to the face and neck, Dr. Sandel strives to provide his patients with exceptional care within a single, state-of-the-art and relaxing environment.



MY CREDENTIALS

Board Certified

Facial Plastic and
Reconstructive Surgery

Otolaryngology – Head &
Neck Surgery

Fellowship Trained

Facial Plastic &
Reconstructive Surgery



CONNECT

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ALL STAR PAIN MANAGEMENT AND REGENERATIVE MEDICINE

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

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

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

We are also pleased to announce that our practice is continuing to grow. With the addition of our new office in Bowie, which opened in September, we now offer three convenient locations to provide the care you need.

Regenerative medicine offers a wide range of treatment options that are designed to help you regain your previous quality of life with minimal side effects and downtime. We offer platelet-rich plasma (PRP) therapy and alpha-2 macroglobulin (A2M) therapy, and we were the first practice in the area to provide bone marrow concentrate treatments for orthopedic problems. In certain conditions, we use microfragmented adipose tissues, which are known to have great regenerative potential.

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

WHO WE ARE



ABOUT DR. ZED

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

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



ABOUT DR. MATA

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

Dr. Mata received a B.S. degree with honors from The Ohio State University and an M.D. degree from Wright State University. He then completed his residency in Physical Medicine and Rehabilitation at Case Western Reserve University's MetroHealth Medical Center, where he was selected as Chief Resident. In addition, he also subspecialized in a Pain Medicine fellowship at Case Western Reserve University.



ABOUT OUR TEAM

Janet Ascione, NP-C, has been a member of the All Star team since 2017. She holds a B.S. degree in nursing from the Notre Dame of Maryland University and a master's degree in nursing with a specialty in Adult/Gerontology Primary Care. She is certified through the American Academy of Nurse Practitioners.

The newest addition to the All Star team is Monica Leid, PA-C, who has extensive experience in the field of pain management.



CONNECT

Annapolis Office
166 Defense Hwy Ste 300
Annapolis, MD 21401

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

Bowie Office
4201 Northview Drive
Suite 502
Bowie, MD 20716

443-808-1808
allstarpainmanagement.com



DJAWDAN CENTER FOR IMPLANT & RESTORATIVE DENTISTRY

KIAN DJAWDAN, DMD, DABOI, DICOI, FAAID, FAGD

Board Certified by the American Board of Implantology/Implant Dentistry, Dr. Kian Djawdan is considered an expert in implant dentistry. Dr. Djawdan is specially trained and licensed to administer IV sedation for any surgical and restorative dental procedure. Dr. Djawdan is among a small group of dentists with the advanced training, experience, and credentials to handle both surgical and restorative dental goals.

We embrace change and technology to offer our patient's precision and accuracy in diagnosis and treatment. In 2005, we were one of the first dental practices in the world to have an in-office dental CT scan. With a dental CT scan and 3-D imaging software, we can fully visualize the placement of dental implant(s) in a real 3-D environment and then design a surgical and restorative plan. In June of 2015, we incorporated our own on-site dental lab with the most advanced CAD/CAM digital imaging and milling units to design and fabricate anything from single crowns to dental implant supported full-arch bridges.

WHO I AM

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

Having the opportunity to restore hope and confidence for patients.

2. WHAT ARE YOUR MOST REQUESTED PROCEDURES?

IV sedation, implant dentistry (surgical & restorative) and same day crowns.



ABOUT DR. DJAWDAN

Dr. Djawdan completed his graduate program at Tufts University in Boston. After receiving his D.M.D. degree in 1992, he completed a two-year residency program at the VA Hospital and Medical College of Virginia. His residency program training focused on IV sedation, surgical placement, and restoration of dental implants. He is board certified by the American Board of Implantology/Implant Dentistry. He earned his Diplomate with the International Congress of Oral Implantologists, Fellowship with American Association of Implant Dentistry.



CONNECT

133 Defense Hwy.
Suite 210
Annapolis, MD 21401
410-266-7645
www.SmileAnnapolis.com



ANNAPOLIS FYZICAL THERAPY & BALANCE

**DIZZY? UNSTEADY? AFRAID OF FALLING?
YOU'RE NOT ALONE.**

If you or someone you know suffers from dizziness or imbalance, keep in mind that intervention is key. There are steps you can take to improve your balance and decrease chances of falling!

FYZICAL'S treatment and recovery protocols include utilizing cutting edge equipment which isn't available at any other outpatient physical therapy or treatment center in the area. FYZICAL incorporates a Safety Overhead Support System utilizing a harness suspended from ceiling-mounted rails. This means it is impossible for you to fall and hit the ground, allowing you to exercise safely without the fear of falling!

WHO WE ARE

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?



I became a PT so that I could make a positive impact on the lives of my patients. Being able to help someone regain their independence and confidence in their balance is extremely rewarding.

-Erica Hood

2. WHAT EXCITES YOU MOST ABOUT THE FUTURE OF YOUR PRACTICE?



So many people live with dizziness and imbalance. I'm so glad vestibular rehabilitation is becoming more familiar to the general public, and people are finally realizing that they don't have to.

-Victoria Appler



ABOUT OUR FACILITY

FYZICAL Annapolis is a medical and scientific-based physical therapy and fitness organization with a broad range of expertise. Spelled different because we are different! Founded in collaboration with a medical doctor, physiologists, licensed therapists and service business experts, we provide prescribed physical therapy and medically-based physical fitness. Yet we are much more than your typical physical therapy clinic. Our goal at FYZICAL is to help you discover how to achieve the pinnacle of healthy living, expand your boundaries, feel younger and revitalize your health.



CONNECT

166 Defense Hwy, Suite L101,
Annapolis, MD, 21401
410-224-0350
annapolisfyzicalDIV11@cadentcare.com
www.fyzical.com



**BRYANT T.
AMBRO, MD, MS**

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

ANNAPOLIS PLASTIC SURGERY

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

WHO WE ARE

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

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

—Dr. Ambro

2. WHAT EXCITES YOU MOST ABOUT THE FUTURE OF YOUR PRACTICE?

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

—Dr. Chappell



ABOUT DR. AMBRO & DR. CHAPPELL

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

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



CONNECT

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

annapolisplasticsurgery.com



LEADING HEALTHCARE PROFESSIONALS



MARYLAND ONCOLOGY HEMATOLOGY ANNAPOLIS

The physicians and staff at Maryland Oncology Hematology Annapolis have been serving patients in the local community for over 30 years. We have a state-of-the-art facility providing comprehensive cancer and hematology care close to home. We also offer access to cutting edge clinical trials and genetic counseling in the community. Our on-site laboratory and infusion center provides the utmost convenience for our patients. In addition to infusions for the treatment of cancer, we also offer intravenous infusions for non-cancer diagnoses.

WHO WE ARE

1. WHY CHOOSE MARYLAND ONCOLOGY HEMATOLOGY ANNAPOLIS?

Maryland Oncology Hematology Annapolis physicians have trained at some of the leading cancer institutions in the country. We are able to provide expert subspecialized care in a community setting.

2. WHAT ADDITIONAL SERVICES DO YOU PROVIDE?

In order to help patients navigate and cope with the complex world of a new cancer diagnosis, Maryland Oncology Hematology Annapolis has a dedicated patient navigator and social worker on-site.

3. IS THERE ANYTHING EXCITING HAPPENING AT MARYLAND ONCOLOGY HEMATOLOGY ANNAPOLIS?

Maryland Oncology Hematology Annapolis is excited to welcome Drs. Ben Bridges, Carol Tweed and David Weng to the Annapolis office starting the week of October 31, 2022.



CONNECT

Annapolis Office
810 Bestgate Road
Suite 400
Annapolis, MD

Bowie-Glenn Dale Office
12200 Annapolis Road
Suite 118
Glenn Dale, MD

410-897-6200 | www.Marylandoncology.com



MAIREAD M. O'REILLY DDS, MS, PA

ORTHODONTICS AND DENTOFACIAL ORTHOPAEDICS

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

WHO I AM

1. WHAT DISTINGUISHES YOU FROM OTHER ORTHODONTISTS?

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

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

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

2. WHAT ARE YOU MOST THANKFUL FOR?

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



ABOUT DR. O'REILLY

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



CONNECT

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



DR. MOLLY WALTERHOEFER

CURRENT DERMATOLOGY AND COSMETIC CENTER

Are you searching for a better dermatology experience? Board-certified and cosmetically trained dermatologist, Dr. Molly Walterhoefer, is here to bring our community just that! At Current Dermatology and Cosmetic Center, they are committed to providing a more well-rounded approach to skin care by ensuring that all your medical, surgical, and cosmetic needs can be addressed seamlessly by one expert doctor, at one convenient location. Founded on the principles of expertise, innovation, and convenience, you can expect easy online booking, longer appointment times, convenient in-office prescription dispensing, and the most advanced aesthetic treatment offerings.

Wherever you are on your skin care journey, whether wishing to maintain your skin health or looking for a refresh, Dr. Molly and her team are here to help. In an industry of abundance, let them be your simplified skin care destination.

WHO I AM

1. WHAT INFLUENCED YOUR DECISION TO BECOME A DERMATOLOGIST?

My aunt died of metastatic melanoma at the age of 51, encouraging me to pursue dermatology and making me a strong proponent of annual skin cancer screening exams.

2. WHAT PERSONAL ATTRIBUTES OR VALUES ALLOW YOU TO EXCEL AS A DERMATOLOGIST?

I am a great listener and prioritize spending time with my patients. I want every patient I see to feel heard, respected, and involved in decisions surrounding their care plan.



ABOUT DR. MOLLY

Dr. Molly is a board-certified dermatologist with formal training in dermatologic surgery and cosmetics. She started her career at a renowned cosmetic and general dermatology practice in the DC area, but after years of commuting wanted to come back to serve her hometown community. She recognized the need for non-private equity-based dermatology care in Annapolis and is committed to providing a better, more intimate patient experience.

She thrives in combining her medical expertise with a strong doctor-patient relationship to help patients develop more personalized and strategic skincare plans. She has a special interest in helping patients comprehensively address their skin issues, combining medical care with state-of-the-art aesthetic technology. She believes in practical treatment solutions and natural looking cosmetic results.



CONNECT

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Suite 450
Annapolis, MD 21401
410-384-3045
frontdesk@currentderm.com
www.currentderm.com



PHILBIN & REINHEIMER ORTHODONTICS

DR. ORA REINHEIMER

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

Our expertise and experience have allowed us to provide over 2,000 lifetime patients with beautiful smiles. That's why we are the Invisalign Platinum Provider in the Annapolis, Stevensville and Kent Island area!

Philbin & Reinheimer Orthodontics, we treat the orthodontic needs of children and adults of all ages, we have patients in their 80's!

With more than 18 years of success, Dr. Ora Reinheimer has earned a reputation for offering an unparalleled level of compassion and excellence in orthodontic care. It is one of our top priorities to make your experience with us as comfortable as possible.

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

WHO WE ARE

1.

WHAT IS THE GOAL OF YOUR PRACTICE?

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

2.

WHAT IS YOUR MOST ASKED ABOUT TREATMENT?

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

3.

WHAT EXTRA AMENITIES DO YOU PROVIDE?

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

4.

WHAT DO YOU LIKE MOST ABOUT YOUR JOB?

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



CONNECT

Annapolis
802 Bestgate Road, Suite B

Kent Island
101 St. Claire Place, Suite 104

410-263-5600 • marylandbraces.com



DR. NAMITA MURTHY

MURTHY FACIAL PLASTIC SURGERY

Why should you trust your face to a Facial Plastic Surgeon? With many types of aesthetic providers in practice today, it is important to make an informed decision when choosing elective or reconstructive procedures on the face or scalp. Dr. Namita Murthy, a board-certified Facial Plastic Surgeon has spent more than a decade in rigorous surgical training to achieve this level. At Murthy Facial Plastic Surgery, we have a high level of commitment to providing excellent, individualized facial aesthetic services to help you look and feel your best. Dr. Murthy's comprehensive surgical training covered a wide breadth of experience including cosmetic facial aesthetic surgeries, facial fracture repair, skin cancer reconstruction, facial feminization surgery, facial rejuvenation procedures and hair restoration.

WHO I AM

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

The time and attention I am able to give each patient. Having experienced the time pressures on both patients and physicians in today's healthcare environment, I wanted my practice to offer unrushed, thoughtful consultations allowing for both education and solutions. We use an innovative, fully HIPAA compliant platform that allows direct, immediate physician access.

2. WHAT MADE YOU CHOOSE FACIAL PLASTIC SURGERY?

I firmly believe that feeling confident in your own skin affects how you approach every challenge in life. I've had the privilege of boosting confidence and improving the overall quality of life for many patients who didn't even realize surgical correction was an option for their aesthetic concerns. My practice strives to educate patients on every option available so they can make the best treatment decision that fits into their busy lives.



ABOUT DR. MURTHY

Dr. Murthy is a native of the DMV growing up in Northern Virginia. She attended the Madeira School before earning her undergraduate degree and graduation with distinction at The University of Virginia. Dr. Murthy spent two years at the National Institutes of Health before completing her medical education at Boston University School of Medicine. She continued her surgical training in Otolaryngology-Head and Neck Surgery at Boston University Medical Center before moving to Birmingham, Alabama to complete an American Academy of Facial Plastic and Reconstructive Surgery fellowship with specialized training in a variety of facial cosmetic and reconstructive procedures including hair restoration.

Dr. Murthy is the founder and owner of Murthy Facial Plastic Surgery, a full-service clinic and medical spa offering a wide range of facial plastic surgery procedures to adult and pediatric patients in a refined atmosphere. Our mission is to deliver high-quality, natural results through conscientious and personalized care in a brand-new, state-of-the-art facility. Our new location offers easy access, ample parking, and no-wait consultations with a board-certified surgeon.



CONNECT

443-333-8083
2629 Riva Road, Suite 108-109
Annapolis, MD 21401
www.murthyfacialplasticsurgery.com
@drnamitamurthy



CHURCHTON DENTAL CARE

DR. GRAHAM DERSLEY
DR. CHRIS WOLF
DR. ERIC GABRIEL
DR. KENDALL MURPHY

You need to be able to trust your Dentist. You need to know that they will listen to your concerns. You need to know that they will care for you the same way that they will care for their family.

We strive to provide high quality dental care in a comfortable setting. We accommodate our patient's needs with flexible appointment times and budget-friendly payment options. Our state-of-the-art technology helps us provide advanced treatments for our patients in a comfortable setting.

We could not be happier to do what we love doing in our beautiful home of South County.



CONNECT

5570 Shady Side Road, Suite A
Churchton, MD 20733
(443)-203-4945
www.churchtondentalcare.com



WHO WE ARE

1. WHAT'S THE MOST IMPORTANT PIECE OF EQUIPMENT IN YOUR OFFICE?

Our "Secret Sauce" is our people. Our team of employees care about our patients and want them to feel trusted with our care. We have the CT machine and all the other high tech equipment, but all of that is nothing compared to our people.

2. DO YOU ACCEPT INSURANCES AND WHAT DO YOU DO IF SOMEONE DOESN'T HAVE INSURANCE?

Yes, we participate with all major PPO insurances. For our patients that don't have dental insurance we offer our own in office plan that allows two cleanings per year and gives a 15% discount on all services with no limitations or waiting periods.



ABOUT OUR DOCTORS

Dr. Graham Dersley | Dr. Dersley is a Prosthodontist, which means he is a dentist that specializes in the reconstruction of people's ability to chew and smile. He holds degrees from the University of Michigan, University of Columbia and the University of Maryland.

Dr. Chris Wolf | Dr. Wolf grew up in Davidsonville and played lacrosse at South River High School. He holds degrees from the University of Maryland. Go Terps! He loves serving the community where he grew up!

Dr. Eric Gabriel | Dr. Gabriel graduated magna cum laude from the University of Richmond with a BS in biology and chemistry and his dental degree is from Virginia Commonwealth University. Dr. Gabriel resides in Annapolis with his wife and dog and enjoys being out on the water.

Dr. Kendall Murphy | Dr. Murphy is a Southern Maryland native who now calls Annapolis home. She graduated top of her class from the University of Maryland School of Dentistry and also holds a Masters degree in Public Health. She used to teach sailing and enjoys helping our patients.



LEADING HEALTHCARE PROFESSIONALS



SEAN MULVANEY, M.D. JAMES LYNCH, M.D.

REGENERATIVE ORTHOPEDICS AND
SPORTS MEDICINE ANNAPOLIS

Our treatment philosophy: We want to restore you to pain-free activity so you can enjoy a good life.

Dr. Sean Mulvaney and Dr. Jim Lynch practice Restorative Medicine to treat a range of injuries and conditions, including but not limited to:

- Spine
- Hip
- Knee
- Shoulder
- Elbow
- Hand
- Wrist
- Foot
- Ankle
- Nerve Injuries

See hundreds of 5-star patient reviews on Healthgrades.com, Vitals.com, and Google reviews.

WHO WE ARE

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

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

2. WHAT IS UNIQUE ABOUT YOU?

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



ABOUT DR. MULVANEY

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



ABOUT DR. LYNCH

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



CONNECT

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



WHATS UP? MEDIA
TOP
DENTISTS
2022-2023
ANNE ARUNDEL

ABOUT SMILES DENTISTRY

DR. APRIL CALTON

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

WHO I AM

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

My amazing coworkers and interacting with my patients.

2. WHAT ALTERNATIVE OCCUPATION WOULD YOU CHOOSE?

To be one of the Real Housewives.

3. COOK AT HOME OR DINE OUT?

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

4. WHAT DOES FAMILY MEAN TO YOU?

Bliss and chaos.

5. FAVORITE MUSIC/BANDS

Pitbull and Latin Dance music.

6. WHAT IS YOUR PERSONAL MANTRA?

Work hard, play hard, laugh often.



ABOUT DR. CALTON

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



CONNECT

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

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

www.aboutsmilesdentistry.com

New Patients Welcome



JOHN D. MARTIN, MD, MBA, FACS

UNIVERSITY OF MARYLAND VASCULAR CENTER

The University of Maryland Vascular Center can accommodate next-day appointments, which means patients can usually get in to see a vascular specialist within 48 hours. Same-day testing and diagnosis are also available.

As one of the top vascular surgery programs in the region, University of Maryland physicians are unmatched at diagnosing and treating all aspects of vascular disease. The team is highly skilled at using the latest techniques in screening, diagnosis, treatment, and follow-up care to tackle a range of vascular conditions:

- Abdominal Aortic Aneurysm
- Aortic Disease
- Aortic Dissection
- Carotid Artery Disease
- Cerebrovascular Disease
- Coronary Artery Disease
- Deep Vein Thrombosis (DVT)
- Dialysis & Vascular Access
- Limb Salvage
- Mesenteric Artery Ischemia
- Non-Healing Wounds and Ulcers
- Peripheral Artery Disease (PAD)
- Popliteal Artery Entrapment Syndrome
- Ports, Catheters and Stents
- Renal Artery Disease/Renovascular Hypertension
- Thoracic Aortic Aneurysm
- Thoracic Outlet Syndrome
- Thoracoabdominal Aortic Aneurysm
- Venous Insufficiency/Chronic Venous Disease

WHO WE ARE

1. WHAT IS UNIQUE ABOUT YOU?

In joining the University of Maryland, I've become part of a university-based regional health care system focused on serving the health needs of people throughout Maryland. We bring innovation, discovery, and research to the care we provide, while educating future physicians and health care professionals. The goal is to put this advanced level of care within reach of everyone living in Maryland.

2. WHAT IS DARE TO CARE?

The new University of Maryland Vascular Center in Annapolis is next door to Dare to CARE, a free vascular screening program that began right here in Annapolis many years ago and has since expanded across the country. The goal of the program is to educate people about their risks for vascular disease, identify people at risk through screening, and ensure those people get the appropriate care to help prevent or manage vascular disease. Since Dare to CARE began in 2000, more than 100,000 people have been screened, many of whom had diseases detected and have since received life-saving procedures. To schedule your free screening, call 410-573-9483.



ABOUT DR. MARTIN

Dr. Martin is a clinical assistant professor of surgery at the University of Maryland School of Medicine and an experienced vascular surgeon at the University of Maryland Medical Center. Having spent most of his career serving the Annapolis community, he is thrilled to have recently joined the University of Maryland and continue providing excellent vascular care in the place he calls home. Dr. Martin is also the founder and president of the non-profit Heart Health Foundation and the free Dare to CARE vascular screening program.



CONNECT

University of Maryland Vascular Center
116 Defense Highway, Suite 100
Annapolis, MD 21401
410-571-5545
umm.edu/vascular



DR. ZIAD BATROUNI

MARYLAND ORAL SURGERY ASSOCIATES

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

WHO I AM

1. BIGGEST CHALLENGE YOU'VE OVERCOME

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



ABOUT DR. BATROUNI

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



CONNECT

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



LEADING HEALTHCARE PROFESSIONALS



ANCHORED HOPE THERAPY

Feeling successful in therapy is often about finding a good client/therapist match to do the work. We acknowledge that trauma often happens in relationships and healing can happen within a therapeutic relationship with a trained, empathetic, and qualified provider. Finding the right “fit” matters. Collectively, the experience of trauma is felt by many, though sometimes not acknowledged. Trauma does not affect each of us the same way. There are no right or wrong ways to experience stress and challenges. Our bodies may feel tired, our nervous systems are often on either “high alert” or “shut down” from exhaustion and managing constant change. At Anchored Hope Therapy, we believe in acknowledging the body and the toll that chronic stress has on the body.



CONNECT

443-291-8090
info@anchoredhopetherapy.com
Follow us on @anchoredhopetherapy
Follow us on @anchoredhopetherapyllc



WHO WE ARE

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



WHAT MAKES US UNIQUE

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



DR. CHARLES HERBERT

ENDODONTICS, PA

Dr. Charles Herbert of Endodontics, P.A. in Annapolis gets to the “root of the problem” quickly without the “ouch!” This top dentist specializes in non-surgical and surgical root canal treatments.

Dr. Herbert's endodontic (treatment inside the tooth) procedures treat cracked teeth, traumatic injuries involving dislodged, or avulsed teeth, and provide much-needed relief with non-surgical root canals or surgery. Dr. Herbert offers Cone Beam Computed Tomography system (CBCT), which allows for a more accurate diagnoses for tougher cases (cracked teeth, failing root canals, apical surgery) and more predictable treatment outcomes. Generally, a root canal is all that is needed to save teeth with injured pulp from extraction. Occasionally, endodontic surgery is performed to locate fractures or hidden canals that do not appear on x-rays, but still manifest a great deal of pain.

“When someone comes in with the worst pain of their life and leaves pain-free, it really makes my day. Seeing actual radiographic healing secondary to a successful root canal procedure never gets old. It's amazing how well the body can heal and regenerate once a tooth is cleaned!”

– Dr. Charles Herbert

WHO I AM

1. WHAT IS YOUR HAPPY PLACE?

Simply spending quality time with my family. We're so busy running the kids around to their activities, that time together has become very tough to come by.

2. FAVORITE SPORTS TEAM

The Mets are still my favorite baseball team - and this seems like it might be their year!



ABOUT DR. HERBERT

Dr. Herbert studied biology at Johns Hopkins University and received his Bachelor of Science in 1990. He received his Doctorate of Dental Surgery in 1995 from The University of Maryland School of Dentistry. In 1997 he earned his certificate in Endodontics from the University of Illinois in Chicago. While in Chicago, Herbert completed a three-year endodontic residency, studied endodontic literature extensively, and treated thousands of endodontic patients. He joined Endodontics, P.A. in 1997 and has been a partner since 1999.

Dr. Herbert is expertly trained to deal with some of the most troublesome oral health issues — like teeth that have smaller, calcified canals with severe curves. He has completed over 30,000 root canals. Endodontics, P.A. is equipped with state-of-the-art surgical microscopes to increase visualization, adding greatly to their positive health outcomes. The office adheres to rigorous standards of infection control advocated by state and federal agencies, the Centers for Disease Control, and the American Dental Association. Dr. Herbert and his colleagues use autoclave and barrier techniques to eliminate any risk of infection, so each and every visit is as safe and effective as possible.

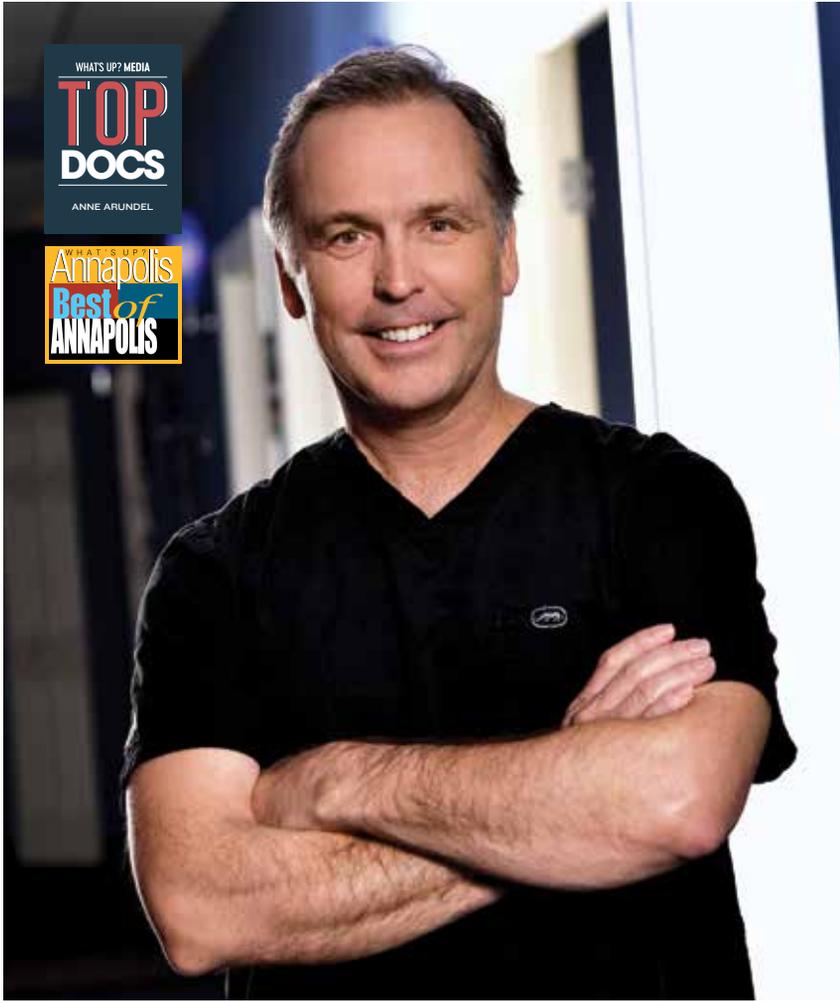
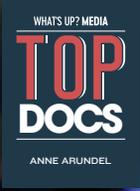
Dr. Herbert is married to his wonderful wife and has 2 children – his daughter, a sophomore at Dickinson College plays lacrosse and his son, an athletic sophomore at Mount Saint Joseph HS in Baltimore who plays lacrosse and runs cross country.



CONNECT

888 Bestgate Road
Suite 220
Annapolis, MD
410-224-6150

www.AnnapolisEndo.com



SAMUEL F. BOLES, MD

ANNE ARUNDEL EYE CENTER

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

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

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

WHO I AM

1. YOUR MOST OFTEN SAID GENERAL ADVICE TO PATIENTS

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

2. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

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



ABOUT DR. BOLES

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



CONNECT

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

www.AnneArundelEyeCenter.com



MEET OUR DOCTORS

WAFD has a clinical team of three providers who lead their own specialty clinic as well as practice general dentistry.

Dr. "Ishi" Rahman is a Fellow at the International Congress of Oral Implantologists. She is passionate about continuous learning to be at the cutting edge of technological innovation. Dr. Rahman provides immediate implant placement after extraction to reduce recovery time, takes a neuro-muscular approach to smile design, and treats patients with temporomandibular joint (TMJ) disorder.

Dr. Maria Colucciello is an experienced cosmetic and restorative dentist and a pioneer of sleep apnea treatment. She is also a guardian and mentor to our doctors and the lifeblood of WAFD family.

Dr. Deborah Caruso-Apter is a leading cosmetic dentist who leads our clinic for therapeutic Botox. She is a member of the American Association of Facial Esthetics. She helps patients with severe TMJ issues, clenching, grinding, and headache receive immediate relief from pain.

WEST ANNAPOLIS FAMILY DENTISTRY

ISHITA RAHMAN, DMD
MARIA COLUCCIELLO, DDS
DEBORAH CARUSO-APTER, DDS

West Annapolis Family Dentistry has been serving the greater Annapolis community for over four decades. We strive to provide our patients with a worry-free experience, same-day dentistry, and one-stop service for all your dental needs.

We understand the needs of patients who require a gentle touch due to dental phobia. All dental care, be it routine care or implant surgery, can be done under sedation for a calming experience.

WAFD has recently established a dedicated office for specialty services such as sleep apnea treatment, care for temporomandibular joint (TMJ) disorder patients, and major surgical cases such as full-arch restoration.



CONNECT

410-263-3700
101 Ridgely Ave #20
Annapolis MD, 21401
www.westannapolisfamilydentistry.com
info@email-wafd.com





CHESAPEAKE DENTAL ARTS

DR. MEREDITH ESPOSITO

See what Dr. Esposito can do for your smile!



Before



After

WHO I AM

WHAT DO I LOVE MOST ABOUT MY PRACTICE?

It's small and intimate and many of my staff and patients have been with me a long time. We try very hard to get to know our patients and spend time listening and addressing their concerns.



ABOUT OUR OFFICE



Chesapeake Dental Arts is a family, implant, and cosmetic dental office located in Arnold, MD. As a member of the Advanced Implant Dental Study Club, Dr. Esposito stays up to date on the most current trends in implant dentistry. From a single front tooth to fixed or removable teeth on multiple implants, Dr. Esposito has the knowledge and skill to care for you. She understands the complexity

of your bite and is able to fabricate beautiful, realistic veneers and crowns. But most importantly she brings her patience and kindness to even the most simple dental procedures. As a mom of 16 years and a dentist for over 20, she understands the needs of your family. At her side is Dr. Lani Yap-Encomienda, a graduate of the University of Maryland Dental School and Johns Hopkins General Practice Residency. In addition, Dr. Esposito has a caring team to walk you through the procedures and help navigate appointments and insurance. Stay tuned for the launch of her updated website showcasing her cosmetic and implant work.



DR. ESPOSITO'S CREDENTIALS

General Practice Residency - Albert Einstein Medical Center, 2002

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

College - The College of NJ, 1997



CONNECT

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

www.Chesdentalarts.com



ABOUT SLEEP APNEA

1. WHAT IS SLEEP APNEA?

Sleep Apnea is characterized by periodic breathing throughout the night that prevents restful and recuperative sleep.

2. HOW DO I KNOW IF I HAVE SLEEP APNEA?

Snoring and excessive daytime drowsiness are the most prominent signs of sleep apnea. As well as fatigue, dry mouth, and waking up gasping for breath.

**ABOUT
DR. COLUCCIELLO**

Dr. Colucciello is a family dentist with four decades of training and experience in providing comprehensive dental services to patients of all ages. She is a 1982 graduate of the University of Maryland School of Dentistry. She enjoys all aspects of dentistry and has a special interest in providing beautiful smiles through cosmetic dentistry. She is also an expert in providing sleep apnea relief through custom-developed appliances.

Professional affiliations:

American Dental Association (ADA)
Maryland State Dental Association (MSDA)
Anne Arundel County Dental Society (AACDS)
The Chesapeake Implant Study Club
Swain Dental Study Club
Donated Dental Society

**CONNECT**

West Annapolis Family Dentistry
101 Ridgely Avenue, Annapolis, MD
410-263-3700
www.westannapolisfamilydentistry.com

**DR. MARIA
COLUCCIELLO****WEST ANNAPOLIS FAMILY DENTISTRY**

Dr. Maria Colucciello earned her dental degree in 1982 from the University of Maryland Dental School. She regularly attends advanced courses at the prestigious Panky Center and Dawson Academy in Florida. With over four decades of training, experience and continued education, Dr. Colucciello believes if you live and work in the community, then "you give back to the community." She participates in the state's "Donated Dental Services Program" and volunteers her time and skills at the Stanton Center, a community outreach program located in Annapolis.

Dr. Colucciello enjoys all aspects of Dentistry but is an expert in providing Sleep Apnea relief through custom-developed appliances. Oral appliances serve as an easy and effective treatment option that simply "clip" over your teeth while sleeping. Oral appliances offer a more practical and effective alternative to treat Sleep Apnea which one third of Americans suffer from.

Dr. Colucciello has been voted by her peers and is consistently recognized in *What's Up? Annapolis*, as one of Annapolis' Top Dentists.



LEADING HEALTHCARE PROFESSIONALS



DR. ELIZABETH NICHOLS

MARYLAND PROTON TREATMENT CENTER

The Maryland Proton Treatment Center is the only proton treatment facility in Maryland, and the first in the region. We treat more patients than anyone in Maryland, DC and Northern Virginia – more than 3,500 to date. Our state-of-the-art center is one of only a few proton centers in the nation to offer advanced “pencil-beam scanning” in every treatment room. And we’re proud to be affiliated with the University of Maryland’s Marlene and Stewart Greenebaum Comprehensive Cancer Center.

If you or someone you know has been diagnosed with cancer, it’s worth a consultation. Visit AskForProtons.com.

ABOUT PROTON THERAPY

1. WHAT EXACTLY IS PROTON THERAPY?

It’s a powerful tool in fighting cancer. Unlike traditional radiation, proton therapy precisely targets the tumor itself. That helps us spare healthy tissue and organs, which often means far fewer side effects. Our goal is to help patients get back to their lives more quickly.

2. CAN PROTON THERAPY TREAT BREAST CANCER?

Yes, and many other cancers! It’s ideal for localized, solid tumors that are near critical organs. For someone with breast cancer, this means radiation exposure is minimized to the heart and lungs – lowering the risk of potential complications such as heart disease and secondary cancers.

3. WHAT ABOUT RECURRENT TUMORS?

Proton therapy is the preferred option for recurrent cancers. If you’ve already had traditional radiation to treat a specific area of the body, it’s unlikely the area can be treated again the same way. But proton therapy is different. It gives patients a viable opportunity for treatment and hope.



ABOUT DR. NICHOLS

Dr. Nichols is a radiation oncologist at the Maryland Proton Treatment Center, and Vice Chair of Clinical Affairs in the Department of Radiation Oncology at the University of Maryland School of Medicine.



CONNECT

850 West Baltimore Street
Baltimore, MD 21201
410-705-7018
www.mdproton.com



Q: What can dental implants do for me?

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

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

SCOTT FINLAY, DDS, Annapolis Smiles



Q: I heard about something on TV called "teeth-in-a-day", can you tell me more?

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

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

DR. MEREDITH ESPOSITO, Chesapeake Dental Arts



Q: What has been the biggest change in your practice in the last couple of years?

A: We added intra oral scanners that allow us to image the mouth instead of using bulky, gross tasting impression material that gags the patients. This allows us to send images instantly to

our lab partners to make clear aligners, nightguards, crowns, veneers, and retainers. Another great benefit of the scanners is that the image of their teeth appears instantly on a large screen the patients can see and discuss with us, our patients love it!

DR. APRIL CALTON, About Smiles Dentistry



Q: Is it a myth? Is root canal treatment painful?

A: It is absolutely a myth! Modern technology, better local anesthetics, and advancements in endodontic therapy have made the root canal procedure as efficient as a dental filling. Years ago, it would take several visits

and hours in the chair to adequately perform a root canal. Today, with digital radiographs, surgical operating microscopes, rotary instrumentation, and improved filling methods, most of these procedures can be completed in less than an hour, with little or no discomfort for the patient. I'm here to change the painful root canal perception one tooth at a time!

DR. CHARLES HERBERT, Endodontics, PA



Q: How do I choose the right plastic surgeon?

A: There are 3 steps to take in order to find the right surgeon for you. First, do your research online. Look for plastic surgeons in your area that specialize in the procedure you're most interested in. Learn

about them from their website and look at their videos and before and after photos. Second, ask your friends and neighbors, or even your family doctor, about the surgeon's professional reputation. Third, schedule a consultation and meet your surgeon personally. This face-to-face meeting will reveal how well you will be taken care of by your surgeon as well as the nurses and staff in the office.

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



Q: What is your belief as an office?

A: We see so many people living a life that isn't their best. This could be because of pain, because of fear and because for so long, they've been afraid to smile. Every day in our practice, we meet patients who are afraid or embarrassed to smile. We also see patients who have just never liked the

appearance of their teeth, or felt confident in their smile. We want you to know that when you can smile with confidence, chew comfortably and have a healthy mouth, life is better. If your smile is holding you back from the life you want, if you've been putting off going to the dentist because of fear or anxiety, or if you're simply looking for the perfect dental home for yourself and your family, you're in the right place. We promise no lectures or judgments ever, no matter how long it has been, or the condition of your mouth. We believe that with a healthy smile, life is better.

DR. CHRIS WOLF, Churchton Dental Care



Q: What are porcelain veneers?

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

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

SCOTT FINLAY, DDS, Annapolis Smiles



Q: I have many missing teeth and I've tried partials which haven't helped at all. What can be done for me?

A: The best solution for your situation is dental implants. Implants are a tooth root substitute made of titanium that attaches into

the jaw bone creating a stable foundation for solid, new teeth. This means your new teeth feel, look, and perform like natural teeth. Because there are no longer any painful stresses put on your gum tissues, denture and partial pain is completely eliminated. The best news is that the 'New Teeth in One Day™' Dental Implant procedure takes you from a situation with missing or hopeless, problem teeth to having new, comfortable, stay-in the mouth teeth that look great on the very same day as surgery.

KIAN DJAWDAN, DMD
Djawdan Center for Implant & Restorative Dentistry



Q: Can you share an industry secret?

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

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

DR. AMY FLEMING, PA-C, ProMD Health



Q: You made my eyes beautiful already. What less-invasive options are there for my face and body?

A: While laser eyelid lifts have earned me the Best Oculoplastic Surgeon vote, total rejuvenation requires more:

I make you youthful by the artful use of Fillers, Botox, BBL, Laser peels, and Thermage, which are customized for you to create the contours and skin of your younger self.

DR. ELBA M. PACHECO
Adoro Medical Spa @ Center for Eye & Laser Surgery



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

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

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

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

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



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

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

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

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



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

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

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

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



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

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

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

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



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

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

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

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



Q: What type of sunscreen do you recommend?

A: I like to recommend sunscreens that are at least SPF 30 or higher, offers broad-spectrum protection against both UVA (primary cause of skin aging/wrinkles) and UVB (main cause of sunburn) rays, and are water resistant

(meaning the sunscreen will maintain its SPF level for 40 or 80 minutes while swimming or sweating). Physical sunscreens (which contain zinc oxide or titanium dioxide) may be better for young children or those with sensitive skin. The most important thing to remember is re-application! Sunscreen does not last all day, so I recommend reapplying at least every 2-3 hours throughout the day, and sooner while swimming or sweating.

DR. ALICE HE, Annapolis Dermatology



Q: How do you treat Sleep Apnea?

A: As with virtually all health disorders, there is more than one treatment option for people suffering from Sleep Apnea. In addition to invasive surgery (UPPP) which can involve a painful and difficult recovery,

there is the use of a Continuous Positive Airway Pressure (CPAP) machine and oral appliance therapy. The traditional method uses a Continuous Positive Air Pressure (CPAP) mask. While proven effective, a substantial number of CPAP users abandon this therapy due to embarrassment or discomfort. Oral appliances or occlusal guards offer a more practical and effective alternative to treat mild to moderate cases of sleep apnea.

MARIA COLUCCIELLO, DDS, West Annapolis Family Dentistry



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

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

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

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

DR. STEPHEN LABBE, DDS, Labbe Family Orthodontics



LEADING HEALTHCARE PROFESSIONALS



Q: What can patients expect from your office?

A: Not only are you greeted with a warm and inviting environment with lush sofas and a beverage bar but you will be more than pleased with the level of service our team provides. Our top priority is to care for each patient as an individual. We

get to know each of you personally, and not in a distant manner as if you were another set of teeth, a chart, or just another patient. Every patient at every appointment will have our competent and attentive team giving you the best dental care in a warm and friendly manner. From your very first visit, you will notice the difference.

DR. CHRIS WOLF, Churchton Dental Care



Q: I'd like fuller lips. Is lip filler my only option?

A: No! The position and size of your lips are a combination of the skin above and the pink portion of the actual lip. Lip filler only augments the pink portion of the lip and is limited by the

natural size and shape of your lip. A lip lift is a surgical procedure where the space between your nose and upper lip is shortened so that more of your pink lip is visible and lifted. Your mouth appears slightly fuller and taller. This is a minimally invasive procedure performed with very little downtime and long-lasting results.

DR. NAMITA MURTHY, Murthy Facial Plastic Surgery



Q: What is the advantage of seeing a dermatologist for cosmetic procedures such as Botox, filler, or laser?

A: Injectables and laser treatments are medical procedures and therefore best to be performed by a medical doctor to ensure your safety. Dermatologists are medical doctors and skin experts, making them most

capable of addressing aesthetic concerns accurately and comprehensively. In many cases a patient's concern is more than meets the eye, requiring first and foremost an astute diagnosis, followed by a cohesive plan combining both medical and cosmetic treatments. By seeing a dermatologist for your procedures, you can ensure your investment is going towards the most appropriate treatment for your concern, while also ensuring safety and optimal results.

DR. MOLLY WALTERHOEFER
Current Dermatology and Cosmetic Center



Q: I would like to look younger, but I'm not ready for surgery yet. What are my options?

A: I like to think of the changes that happen over time in our faces as having 3 components: skin (fine lines, pigment changes, laxity), wrinkles associated with repeated muscle movements (number "11's" between the eyebrows, forehead lines, crowsfeet), and wrinkles or

changes from losing fullness in areas of the face (around the mouth, the cheeks, and under the eyes). Each of these factors can be addressed separately in non-surgical ways to restore youthful features without looking "done" or unnatural. A combination of skin care, Botox® (for movement-related wrinkles), and conservative use of fillers such as Juvederm® and Restylane® (for restoring fullness) can target the 3 aspects of aging when you are not yet ready for surgery.

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



Q: What are Dental Implants?

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

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

NEIL SULLIVAN, DMD, Oral Surgery Specialists



Q: What conditions can be treated with regenerative medicine?

A: Common conditions treated with regenerative procedures include osteoarthritis, shoulder injuries, such as rotator cuff tears and labrum

tears, tennis and golfer elbow, Achilles tendinitis and partial tears of the Achilles tendon, plantar fasciitis, degenerative disc disease, hamstring injuries, and certain types of ACL tears.

DR. ZVEZDOMIR ZAMFIROV, All Star Pain Management



Q: How do cataracts form?

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

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

DR. SAMUEL BOLES, Anne Arundel Eye Center



Q: How does exercise help breast cancer prevention and recovery?

A: For people at risk for breast cancer, exercise can help with prevention, post-surgery survival and reduce side effects during and after treatment. One study of breast cancer survivors found that those who were the most physically active had a 40% lower

risk of death from breast cancer than those who were the least active. Light exercise pre-operation can also lead to a smoother surgery and easier recovery.

To start, aim for 30-minutes of exercise a day for five days a week. If you're not very active, try splitting the time into fragments and choose activities you enjoy, such as walking or gardening.

Learn more: umms.com/Breast-Cancer-Exercise-BW

DR. CYNTHIA DROGULA, MD

Medical Director of the Aiello Breast Center at UM Baltimore Washington Medical Center



Q: Why would I take my child to the orthodontist at age 7 or before, when they still have mostly baby teeth?

A: Orthodontists will recommend your child be seen by age 7 to prevent problems with jaw growth, spacing for permanent teeth, protruding teeth, bite issues and deleterious habits like thumb/finger sucking or tongue thrusting. Failure to recognize and treat misaligned

jaws early will undoubtedly lead to long term bite anomalies and TMJ dysfunction, often requiring surgical correction. Making enough room at an early age for the permanent teeth before they come in can reduce the need for braces or clear aligners later on. Uncorrected thumb, finger or tongue habits can seriously affect the position of erupting permanent teeth, leading to damage of the teeth as well as periodontal and gum issues later in life. As the saying goes "an ounce of prevention is worth a pound of cure"!

MAIREAD M. O'REILLY, DDS, MS

Dr. Mairead M. O'Reilly Orthodontics



Q: Who is a candidate for sedation dentistry?

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

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

KIAN DJAWDAN, DMD

Djawdan Center for Implant & Restorative Dentistry



Q: How has your industry changed over the years?

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

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

DR. GEORGE GAVRILA, ProMD Health



Q: What is the most exciting advancement in the treatment of cancer?

A: Immunotherapy has changed the approach to the treatment of many types of cancer. Immunotherapy enables your own immune system

to fight cancer. It can be used alone or combined with other drugs to enhance the potential for response. With immunotherapy treatments, patients can often have durable responses with minimal side effects. In the future it is expected that the role of immunotherapy in the treatment of cancer will continue to expand.

DR. BENJAMIN BRIDGES, Maryland Oncology Hematology



LEADING HEALTHCARE PROFESSIONALS



Q: At what age should I take my child to their first orthodontist appointment?

A: As the American Association of Orthodontist recommends, we'd like to see children come in for their first appointment

around the age of 7. By that time, children have a good mix of primary and permanent teeth. This initial visit is important because the jaw and face are growing, and the permanent teeth are taking the place of primary teeth which gives us a wealth of information. Whether there's an existing problem or if one is developing, we can come up with a treatment plan that best suits your child.

DR. ORA REINHEIMER, Philbin & Reinheimer Orthodontics



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

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

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

JAMES E. CHAPPELL, MD, FACS
Annapolis Plastic Surgery



Q: What sets your physical therapy office apart from other physical therapy offices?

A: Fyzical has equipment not available at other outpatient physical therapy offices. We use a Safety Overhead Support System which uses a harness suspended from ceiling mounted rails making

it the safest and most effective way to exercise without falling. We also utilize CDP technology (Computerized Dynamic Posturography) to individualize your treatment and determine the most effective way to improve your balance.

ERICA HOOD, PT, DPT, CDNT, Physical Therapist
Annapolis Fyzical Therapy & Balance



Q: What happens after a tooth is extracted?

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

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

ZIAD BATROUNI, DDS
Maryland Oral Surgery Associates



Q: Are "painkillers" also known as opioids the only way to treat my pain?

A: Treatment of pain first comes with accurately diagnosing the problem, which sometimes can be challenging. Imaging such as X-rays and MRI's are helpful in identifying

potential sources of pain. At Clearway Pain, we specialize in various treatments that not only help to diagnose the cause of pain, but also treat it at its source, all without having to rely on opioids.

WAI LEONG FOO, DO, Clearway Pain Solutions



Q: What is Neuro-Muscular Dentistry and how does it affect my treatment?

A: How your bite is aligned translates throughout your posture. For most patients, it is not top of mind when they visit the dentist with imminent pain, noticeable dental condition, oral

discomfort, or cosmetic goals. This limits the dental service to simple, symptom-driven treatment. Neuro-muscular dentistry is an advanced area in dentistry that takes an integrated approach to teeth, muscles (and associated nerves), and joints. It brings together different tools and treatments to investigate the root cause of occluso-postural abnormalities. The treatment goal is to restore dental form and function as well as bring postural balance and harmony.

DR. ISHITA RAHMAN, West Annapolis Family Dentistry

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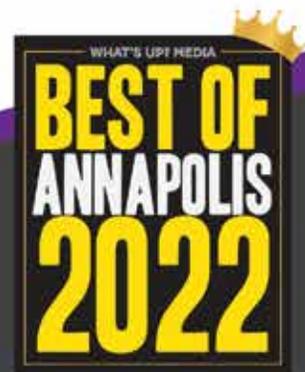
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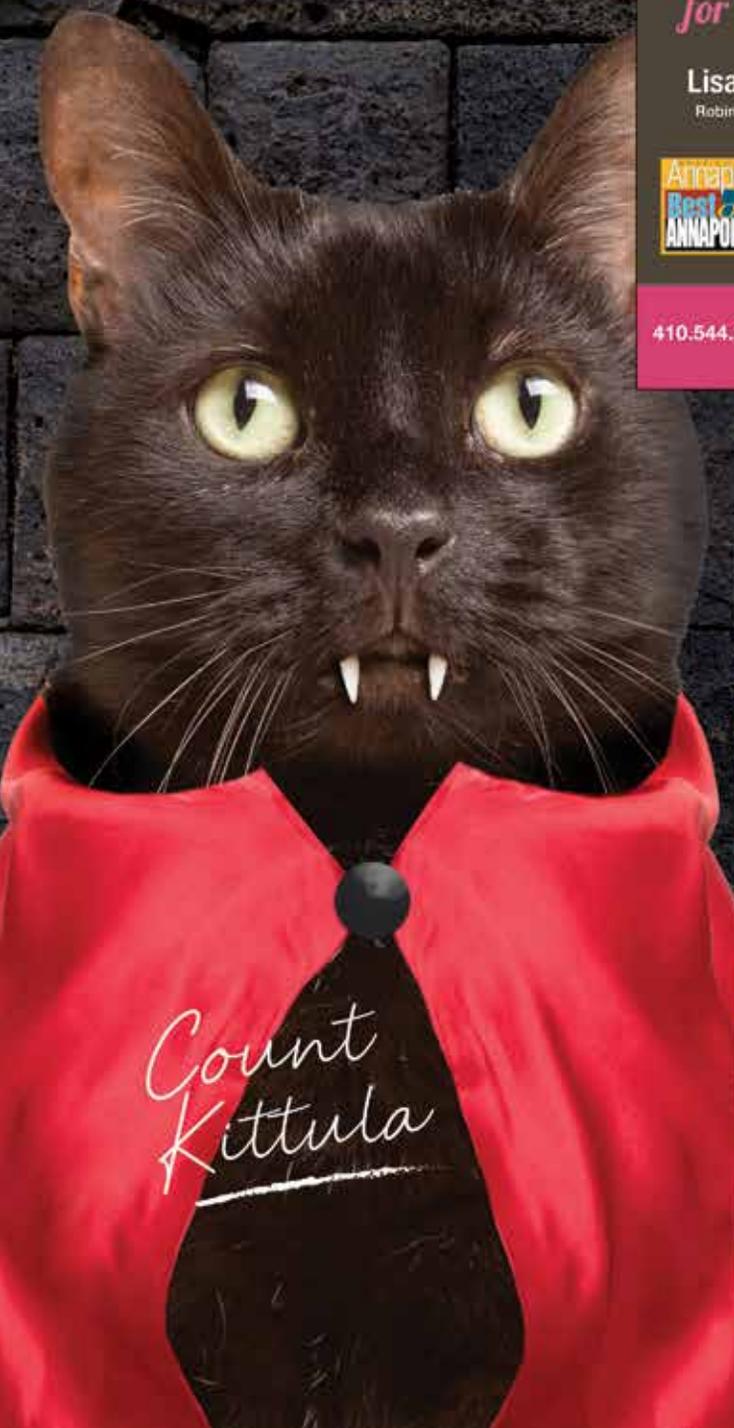




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Riverkeepers

ON THE Frontline

Meet several protectors of our waterways, the environmental challenges they face, and the real solutions they put into practice

— *By Lisa Hillman* —

It's one of the coolest job titles anywhere. Meet someone who has it and you don't know whether to say, "Thank you" or ask, "What do you do?"

It's almost reverential: Riverkeeper.

"Riverkeepers are sentinels watching out for the health of rivers. They are the voices of the rivers, especially wherever there is not a large advocacy group to speak for them," states Erik Michelson, Deputy Director of Board of Public Works, Anne Arundel County, and Director of the County's Bureau of Watershed Protection and Restoration.

With hundreds of creeks, streams, and rivers across Central Maryland and the Eastern Shore, riverkeepers work to protect their waterways by monitoring and finding solutions to keep them healthy. Often invisible to the public, they display a passion for their work and fierceness to fight decades of degradation.

In this article, we interviewed four professionals who spend days on—and in—local rivers. What they see, record, and recommend offer lessons for everyone who lives, works, or plays within their rivers' reach.

Four Voices

Matt Pluta serves a merged organization. Pluta is Director of Riverkeeper Programs for ShoreRivers, which was formed five years ago with the merger of Midshore River Conservancy and the Chester River and Sassafras River Associations. He also is the Choptank Riverkeeper and oversees policy and advocacy efforts for several rivers, including the Sassafras, Chester, Choptank, Miles, and Wye. ▶



◀ **Sara Caldes** assumed the role of Riverkeeper for the Severn Riverkeeper Program three years ago after serving as its Restoration Manager since 2004. Like ARF and ShoreRivers, Severn Riverkeeper is a member of the Waterkeeper Alliance, an international organization that licenses riverkeepers who meet specific standards.

“Every river is different,” Sara says, “but our main goal is to stop pollution and advocate for methods that succeed.”



▲ **Jennifer Carr** calls riverkeepers “the eyes, ears, and mouth of the waters they protect.”

Unlike its sister organizations, the Magothy River Association (MRA) has no paid staff and does not have a licensed Riverkeeper program. Its voice, however, is strong. **Paul Spadaro**, MRA’s president since the mid-1990s, likes to say he has been a “riverkeeper” longer than most.

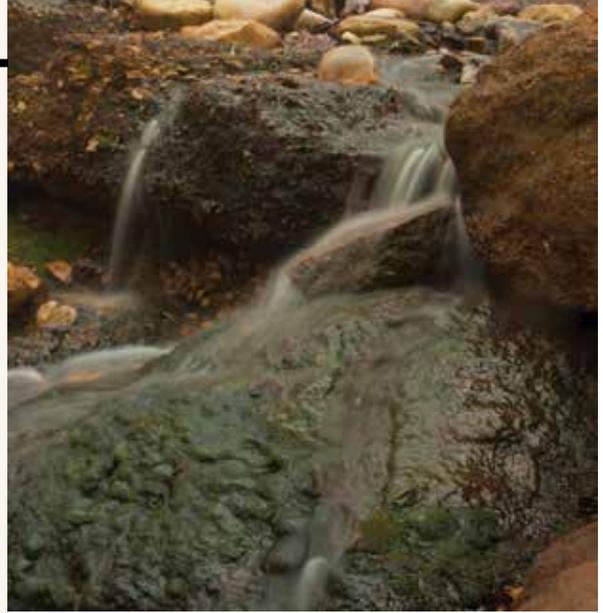
“Our volunteer base is people who live here. This is our home. And that’s why we’ve been so effective.” ▶



Carr is Director of Restoration for the Arundel Rivers Federation (ARF). Established in 2019 with the consolidation of the South River Federation and West Rhode Riverkeeper, Inc., the Federation is currently assessing what it needs in a riverkeeper.

“A riverkeeper is unique to its river,” explains Carr, who typically executes what the riverkeeper needs, “but they all must meet the core principles of being the voice of the river.”

Severn Riverkeeper Sarah Caldes at far left with environmental engineer Keith Underwood, Severn Riverkeeper's Executive Director Fred Kelly, and a patron on site at a restoration project located behind Annapolis Bowl off Generals Highway.



“Our main goal is to stop pollution and advocate for methods that succeed.”

—SARAH CALDES

What They See

Local riverkeepers belong to relatively small nonprofit organizations. They spend an average of one to two full days each week on the river monitoring water quality. Caldes visits some 20 stations in the Severn River where she monitors temperature, pH levels, water clarity, and oxygen levels. She takes readings at several points along a column deep into the water.

“Since 2006, we have consistently seasonally monitored the Severn River,” she explains. “By 2011 it was evident that we had a persistent seasonal dead zone in several areas of the river that had not been documented. This has been a wake-up call for those of us who care about the health of the river, and we responded by dedicating our program to restoration projects that reduce the stormwater run-off.”

On the Eastern shore Pluta has been collecting water samples from the same 20 sites on the Choptank since 2013. “My monitoring on the Choptank over the years has proven to me that legacy pollution



from agriculture has a long-term effect on the River. Year-to-year variations in water quality are mostly influenced by local weather patterns and how much precipitation we receive in the region.”

Riverkeepers also spend time patrolling the shoreline. A common refrain is “what happens on land happens to the water.” Consequently, they face common challenges. The biggest is pollution from stormwater run-off caused by development or as Spadaro says, “Over-development.”

“Most people don’t see the loss of tree cover, or the dead fish or algae,” Spadaro says. “But if you look at Routes 2 and 3 over the past 20 to 30 years, you see the increase of cars. Every new home that’s built puts two more cars on the road every day.”

Carr decries the expansion of impervious surfaces which give “the water nowhere to go.” This forces polluted stormwater to flow into local waterways. The sediment it carries contains chemicals and “bad stuff,” covering habitat with a layer that blocks out sunlight and harms the growth of healthy under-

water vegetation. Even manicured lawns pose problems, she says. Instead of seeping into the soil as nature intended, water rolls over the grass and gushes into creeks and streams.

Like a dark cloud coming from the west, the threat of increased development on the Eastern Shore concerns Pluta. He cites a proposed project to build 2,500 homes in Trappe in Talbot County, which the Virginia-based company describes as “the largest development on the East Coast.” In part, Pluta blames Covid.

“As a result of the pandemic, people want to leave cities and live in rural areas. That’s putting tremendous pressure on the Eastern Shore. I’ve seen ten years of development proposals come through in just one year.”

Still, the major threat to ShoreRivers today is industrial agriculture. About 60 percent of the Shore’s industrial land use is farming. While Pluta lauds farmers and their critical place in society, he worries over the “double-hit” to rivers from the poultry industry: run-off from chicken manure at poultry farms *and* run-off from manure that fertilizes crops to feed the industry.

A Looming Challenge

Like all environmentalists, riverkeepers are keeping a wary eye on climate change. More intense and frequent rain causes more run-off. A warmer climate prompts a longer growing season and a longer period for fertilizing fields.

Says Pluta, “Because of climate change, we expect a 22 percent increase in nitrogen pollution by the end of the century.”



“Communities that push back win back. If you don’t fight, you don’t win.”

— PAUL SPADARO

Meanwhile, sea-level rising threatens riverbanks and coastal areas. According to Spadaro, the Magothy River is “99 percent armored” which means bulkheads or rip rap—rocks or rocky material that bolster shorelines, bridges, and steep slopes—line most of its shoreline. He notes, “All those piers out in the river are on the verge of being underwater.”

Solutions

If riverkeepers see problems, they also see solutions. Just as each river is unique, each riverkeeper approaches solutions differently.

Jennifer Carr laughs at the idea of artificially-intelligent beavers working to clean-up the South River. “Maybe someday,” she muses. ARF’s restoration project of Caffrey Run Stream in Quiet Waters Park is set with a series of small pools designed to filter rainwater and help clean Harness Creek. The pools mimic the work of beavers as natural dam builders. It is just one of dozens of restoration projects Carr says are “cleaning up decades of development, recovering from the sins of our past.”

In addition to restoration, ARF advocates for holding Anne Arundel County government accountable to enforce laws requiring developers to implement best stormwater management practices.

With the motto “One Creek at a Time,” Caldes focuses on restorative methods while also advocating for policy and regulatory changes. One such method she employs is to create “living shorelines.” These natural buffers help to restore areas where the shoreline is eroded or hardened, for example, by bulkheads. The organization’s largest living shoreline project is Kyle Point in Herald Harbor, completed two years ago after private owners sought to preserve their property. Another is the Living Shoreline in Pines on the Severn which took only six weeks to build with local tree limbs and large boulders, but many months for design and permitting.



Magothy River Association President Paul Spadaro holds a water-loving plant that will be floated with others on “islands” that allow the plants’ roots to clean the water below. Such demonstration projects are critical to developing larger scale mitigation plans for river restoration.

“[Riverkeepers] must meet the core principles of being the voice of the river.”

—JENNIFER CARR



Director of Restoration for the Arundel Rivers Federation Jennifer Carr, far right, with the organization's leadership during a site visit to a restoration project in the Annapolis Landing community.

Caldes describes the Severn as a “short stumpy river with short stumpy creeks.” She says it’s not enough to work at the shoreline. “You need to go as high into the uplands as possible” to capture water in small pools or little dams and create a curved path to slow the water and allow it to seep in as it flows. Known as “regenerative stormwater conveyance,” the method can be adapted in other areas as well, even parking lots.

The best solution on the Eastern Shore for Pluta is to take a strategic approach and be proactive to eliminate known sources of pollution. He tries to identify farmers who have large drainage off their lands.

Through the project “Envision the Choptank” he secured a \$1 million grant to help offset costs to farmers who utilize more conservation methods, such as putting in a wetland or forest buffer on their property.

“The goal is to work together to improve water quality while sustaining productive farm fields. The goal is to be friends first.”

When these approaches don’t work, Pluta isn’t hesitant to report a farmer to the Maryland Department of the Environment or Agriculture. He’s also pursued litigation. In one case it resulted in the state closing a poultry rendering facility.

Spadaro has a one-word answer for his preferred solution: litigation. “It seems to work for the Magothy.” A self-described strong competitor who ran track in high school and college—“I never ran to finish second”—he is proud that the MRA has taken a case to the Supreme Court and won.

Closer to home, he has succeeded before the County Board of Appeals. A case that may come before the Board is Mount Misery, a steep piece of property in Severna Park overlooking both the Severn and Magothy Rivers. Spadaro lined up neighbors to defeat a developer’s plan to build homes on part of the site that, he says, was once used as a Union fort during the Civil War.

“Communities that push back win back,” he says. “If you don’t fight, you don’t win.”

He also believes lack of public water access is a real problem. As he says, “Why should I care if I can’t even get to it?” He works closely with the County to provide public access wherever possible, as he did at Beachwood Park to allow access to the Magothy.

Convinced that more communities and organizations need to fight harder, he is putting together a “playbook on how they can be more effective” to deal with such issues as subdivision approvals. The goal is to “affect change, if not kill it.” It will include specialists who have been helpful, “engineers, lawyers, what’s free, and other resources.” But he continues to rant at the area’s overdevelopment.

“At some point, even the best hotel has to put up a No Vacancy sign.”

“The goal is to work together to improve water quality while sustaining productive farm fields. The goal is to be friends first.”

— MATT PLUTA



Matt Pluta serves as Director of Riverkeeper Programs for ShoreRivers. The organization represents environmental advocacy, projects, and education for the Sassafra, Chester, Choptank, Miles, and Wye rivers.



The Long View

If riverkeepers are great problem-solvers, they also are innately optimistic. On the Eastern Shore, Pluta is on the water weekly and walks the land and streams daily. He observes that “communities are starting to recognize the importance of clean rivers—whether it’s their kids in the water, boating, or just sitting nearby and witnessing an algae bloom.”

Pluta also understands the need to educate the public and involve more advocates: “We will never achieve healthy waterways on our own. We need the voice of others.”

For Caldes the completion of each project energizes and enthuses her. She reflects on how “we’ve evolved from a piped infrastructure in the 1900s to

the 21st century focus on promoting nature-based projects that are resilient and strong and allow us to filter the water before it becomes tidewater.”

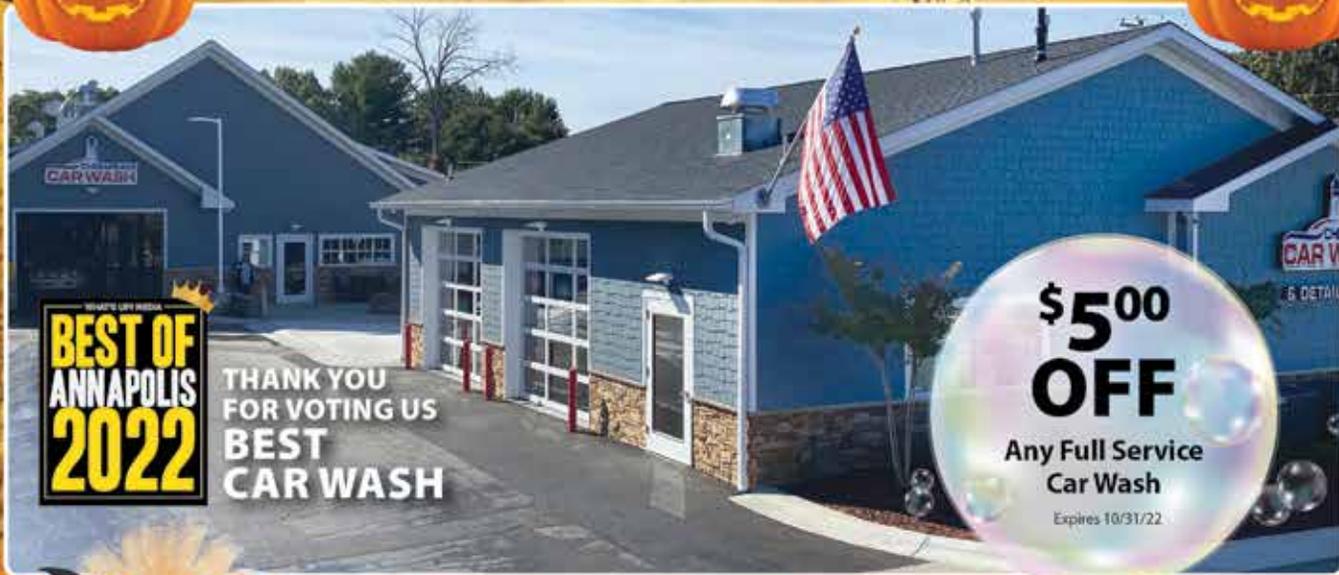
She admits “it is slow, incremental work” but she “loves getting projects in the ground,” and working with volunteers, regulators, and advocates who “get it.”

Even Spadaro, with his forthrightness and candidly competitive nature, believes there is still time “to turn it around.” He looks forward to new, fresh leadership in local river organizations and is planning a summit soon to work on common issues. “We all can do a better job.”

Maybe that’s why, after decades fighting for a river’s survival, he still signs all his correspondence with “Moving forward.”



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Choosing the Right School

Having spent most of my career in private school admission and consulting, I have met thousands of families searching for the right school for their students.

Many students and parents find the search process stressful, but it doesn't have to be. Here are a few tips I give all families as they navigate the admission process:

THINK BIG PICTURE

The road to finding the right school starts with asking big-picture questions. What are you looking for in a school for your student and family? Consider diversity, religious affiliation, teaching philosophy, culture, size, and student outcomes. Ultimately, you will know which environment best aligns with your family's needs and values.

DO YOUR HOMEWORK

Websites do a great job conveying information, but nothing beats visiting an open house, touring campus with an admission counselor, seeing classes in session, and talking with current families. Take your time and do your homework.

IT'S ALL ABOUT FIT

Every student is different, and so is every school. Being in "the best" school won't matter if your student feels disconnected, incapable or bored. The goal is for them to be in an environment that nurtures their talents and interests and sets them up to succeed in school and life.

APPLY!

There is only one way to find out whether your student will be accepted or if you qualify for financial aid-apply! Caring admissions counselors at every school can walk you through the process.

As you begin your search, I hope you will consider Key School and attend our Open Houses. But most of all, I hope you find a school that provides your student the exceptional education they deserve.



Tom Rossini

Director of Enrollment and Outreach
Key School

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TAKE IN THE ARTS

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ARE WORTH
VISITING AGAIN
AND AGAIN**

One of the great attributes of Annapolis is its comfortable atmosphere for walking around. Every block has something of interest to see. Visitors and residents alike are happy to amble through our streets. Over the past few months, I spent time walking and visiting several intriguing art galleries and museums. There

is a surprisingly long list of galleries that are ready to welcome visitors. Each one seems to have a different personality, or should I say, niche. Some galleries follow a theme and others offer an eclectic mix of art.

For most admirers, acquiring works of art depends on individualistic tastes. In our house, I have accumulated a collection of marine art mixed in with some unusual pieces that just jumped off the wall of an art gallery. It is great fun to mix and match works of art that tell a story or are built around a theme. Of course, artwork enhances

the decor of any house, office, boat, store, or public facility. Hang something of interest and people are bound to look at it. On that note, I encourage you to spend some time visiting the art galleries of Annapolis.

I find that gallery managers are happy to see you. I like to ask about specific pieces and about the artist who created it. You will receive an overview of the life of the artist and what was contemplated for a piece of art. Some works have hidden meanings, others play with the eye, and I especially like works that invite you into the scene. A famous marine artist, the late John Mecray, once told me a good work should look good from a distance and get better as you move closer to it. He painted works with accurate detail. You could easily picture yourself on one of his painted yachts. Artwork can be compared to classic music in that it can take you in many different directions. Ever notice that many art galleries will have classic music playing in the background? Music and art go hand in hand because they are created from a blank piece of canvas.

One of the most important galleries in Annapolis is the Mitchell Art Gallery on the St. John's College campus. The gallery is currently going through a renovation. During a calendar year the Mitchell Gallery will present different exhibits featuring an artist or theme. I took our grandchildren to one exhibit focused on children's artwork from story books and movies. I planned to visit for about 30 minutes and ended up staying for two hours.

Further down King George Street, the U.S. Naval Academy Museum on the grounds of the U.S. Naval Academy attracts over 100,000 visitors each year. The museum displays thousands of Naval artifacts on two floors. There is inspiring artwork throughout the museum. The mission is "to collect, preserve, and exhibit the Navy and the Academy" with the goal of inspiring current and future midshipmen to serve in the Navy.

Across town, The Michael E. Busch Center for the Arts at Maryland Hall is a center for art classes and exhibits. Maryland Hall features films, orchestra concerts, ballet, and classes for all disciplines of the arts. Galleries within Maryland Hall exhibit works of art that are often juried and for sale.

Annapolis' Main Street is home to several galleries. The McBride Gallery has been an Annapolis staple for over 40 years. Cynthia McBride and her staff represent artists who focus on the Chesapeake Bay, period houses, maritime scenes, interesting characters, birds, animals, and sea creatures. Most of the gallery is dedicated to original works of art but they include prints by prominent artists. A skip away, Margaret Lee is an artist and owns the Main St. Gallery. The gallery sells art, sculptures, and pottery. And the newest gallery in Annapolis is the Kim Hovell Gallery, also on Main Street. Hovell opened her gallery in March of this year. She offers whimsical artwork for the home that includes oysters, crabs, sailboats, and Annapolis city scenes. The colors of her artwork provide a calming effect for the home. Adjacent to Main Street and within City Dock, the Annapolis Marine Art Gallery has been offering marine art since 1979. Owner Jeff Schaub displays a full collection of artist John Barber's prints and some original works. Willard Bond's work is also featured in the gallery.

Pat and Melanie Murphy run The Annapolis Pottery store on State Circle that dates to 1969. Their ceramic works likely occupy space in many cupboards around Annapolis and well beyond. Colorful birds, crabs, serpents, and seaweed imagery adorn mugs, plates, and bowls. Originally,

the store was located on Cornhill Street and eventually found a high-profile location on State Circle that has been a mainstay in Annapolis. The Maryland Federation of Art (MFA) is also located on State Circle. The MFA was established in 1963. Since that time the gallery reports that 6,328 artists have exhibited works at the gallery. The nonprofit gallery receives a share of sale proceeds.

Maryland Avenue seems like a quiet part of downtown Annapolis and yet it is the vibrant home to pubs, a barber-shop, antique stores, a book shop, massage studio, and Jo Fleming Contemporary Art. Jo Fleming's own artwork is included alongside other artists with unique styles using vivid colors and happy scenes. Nearby, Maria Dawson owns Maria's Picture Place, also located on Maryland Avenue. It has been in operation since 1981. Her specialty is selling photography and paintings of historic and contemporary images of Annapolis, the Naval Academy, and the Chesapeake Bay. She also offers a collection of nautical charts and many other works by local artists.

Along the first several blocks of West Street, there are notable galleries. Nancy Hammond exhibits her works at her own gallery on West Street, Nancy Hammond Editions. She paints with bright, pleasing colors featuring sea life, birds, waterfront scenes, boat yards, and sail boats. Katherine Burke runs the Annapolis Collection Gallery, which features historic photographic images in black and white by Marion Warren, Aubrey Bodine, and Charles Emory. A more contemporary photographer, Jay Fleming, adds to the collection for sale. The gallery is located in an 1865-circa building that was at, one-time, a shoe store. Burke provided a series of large 1930s images to Graul's Market. Next time you visit Graul's check out the photographs on the upper walls. Next door, Gallery 57 West bills itself as "a fusion of the arts" and is home to the Annapolis Arts Alliance, a nonprofit group "dedicated to all the arts in Annapolis, Maryland, and the surrounding neighborhoods." Many of their members' works hang in the gallery.

Throughout town, the walls of buildings have become locations for large scale photographs and paintings showcasing the history of Annapolis. When some of the works first appeared, there was a little pushback by a few residents. The noise seems to have quieted down and the artwork has blended nicely into the fabric of the Annapolis.

Last summer artists from around the United States traveled to Maryland for Annapolis Art Week. Artists and their easels were seen all over town. This fall, take time for a walk and you just might find something special.



Top Left: The McBride Gallery on Annapolis' Main Street has showcased local, regional, and national artists for more than 40 years. Bottom Left: The Maryland Federation of Art Circle Gallery, located on State Circle, is the nonprofit's showcase gallery in Annapolis. Middle Right: The Annapolis Collection Gallery on the first block of West Street features historic photographic images in black and white by Marion Warren, Aubrey Bodine, and Charles Emory. Top and Middle Right: Gallery 57 West is one of the newer galleries to open in Annapolis. It houses the Annapolis Arts Alliance, a nonprofit group dedicated to all the arts in Annapolis, Maryland, and the surrounding neighborhoods.



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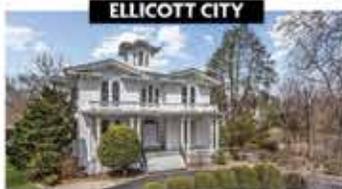
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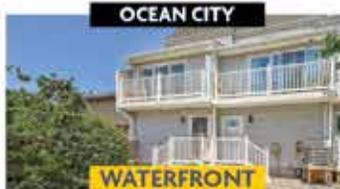
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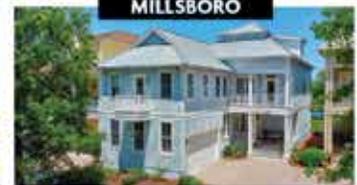
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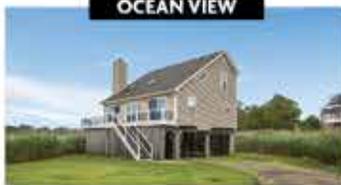
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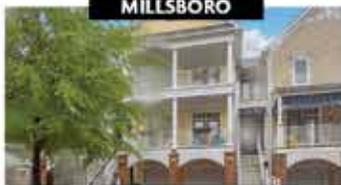
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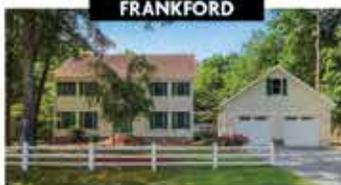
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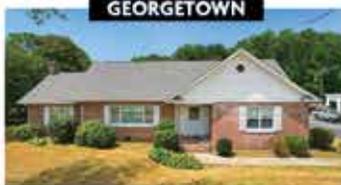
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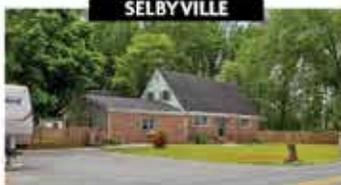
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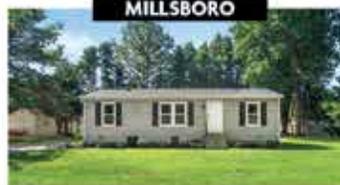
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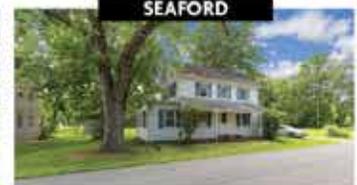
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Photo courtesy of ballarddesigns.com

Raising the Bar

5 REASONS WHY HOME BARS HAVE ACHIEVED MAIN-LEVEL LIVING STATUS

By Lisa J. Gotto

Remember those groovy, lower-level recreation rooms we grew up with, with the rich wood paneling, gold Berber wall-to-wall, and the “man of the house” basement bar with the adjacent dart board? Pretty cool, right? Back in the day it was the norm to banish adult beverages to the basement; sometimes out of necessity, but usually because Dad’s idea of a “bar” didn’t often complement Mom’s Pfaltzgraff collection.

We say it’s about time to raise that bar out of the basement because today’s designers have so many ways to fashionably and functionally integrate this popular home feature into almost any main-level living scheme. And here are five reasons why:

← They Can Be Safe

Because in some households it is prudent that certain consumables are kept in an out-of-sight, out-of-mind location and secured so those with curious minds and palates are unable to access them, a locking liquor cabinet may be in order. And while we are certainly not unfamiliar with the device, they surely did not look like this when we on the hunt for the key! This swanky, yet subtle version offers an elegant design, a stemware rack, an eight-bottle wine rack, and a sassy, mirrored backsplash insert. The upper cabinet locks, the lower cabinets offer additional space for bar glasses and accessories, and a lower shelf provides a great place to stash your stylish serving tray.



Photo courtesy of ballarddesigns.com

↑ They Can Be Glamorous

Empty nesters rejoice! The kids are grown and now you can opt for all-out glamour if you so choose. If you’re in the process of designing a new home, make sure you leave a little space to get creative, and if you’re in your forever home, it isn’t hard to re-dedicate and re-imagine a space in a main living area that mimics your favorite, classy cocktail lounge. Sometimes it’s just a matter of adding a few new pieces, and a gorgeous, stand-alone bar is a great way to start. These pieces often come with storage capability underneath for larger items, but you may wish to consider embellishing the space with some well-chosen accessories like pendant lighting, attractive shelving, and reflective elements, such as a classic mirror, to lend the space panache.



Photo courtesy of lovethepic.com

They Can Be Functional

And sometimes it's just a matter of shaking up the status quo, and stirring in a little imagination to take a wasted space and turn it into one of the most popular spots in your home. Many existing homes already have an under-utilized wedge of dead space under a stair. This is a great example of what can happen when some thought is given to everything one may want their at-home bar to provide and then adding a layer of utility and polish so nothing looks like an afterthought. In keeping with the fundamental style of the home, this is a prep place option that does not include any bar stools that would detract from its sensible, yet fabulous functionality.

They Can Be Tasteful

Here's a contemporary, kitchen-y take on the at-home libation station that really makes sense for the way we live today. While its tones and overall look may be subdued, this option packs a lot of utility into a small space and does so beautifully. And like a butler's pantry, it's functional and there's a place for everything. But unlike a butler's pantry, there's no need to keep an attractive space like this behind closed doors!



Photo courtesy of styleblueprint.com

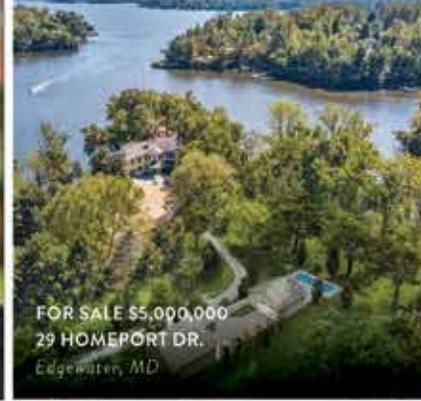
They Can Be Camouflaged

If the thought of a stand-alone bar and all its essentials seems too busy for your space, there's some self-contained options out there you may wish to consider. This custom option is the height of sophistication when opened, yet still offers a convenient sink surrounded in luxe marble, and an ample space for bar wares and slicing those all-important lemon and lime garnishes. Self-contained, ready-to-buy units are also available from quality interiors manufacturers, as well, so all you have to do is arrange for delivery and stock it up with your favorite glassware and libations.

May we see the cocktail list, please?



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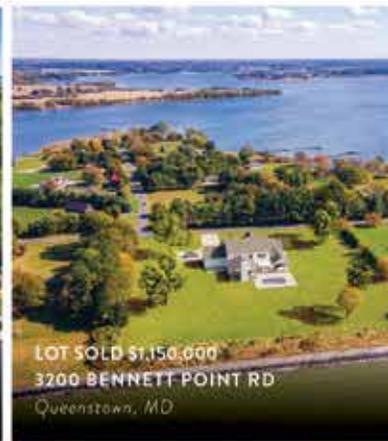
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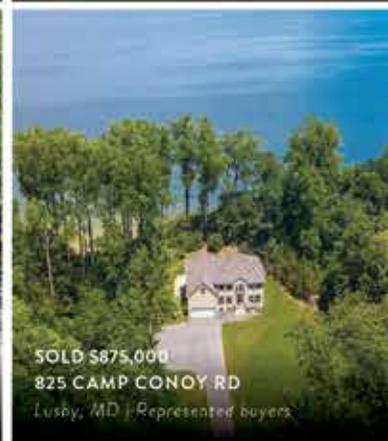
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Talkin' Dirt

CONVERSATIONS WITH YOUR GARDENER

By Janice F. Booth

It's not easy keeping up with the weeds, or those hardy Weigela shrubs or the Pampas grass. And then there's the watering and edging, and trimming, and dividing and replanting that gardens require. Whew! I'm exhausted just trying to come up with the lists of regular tasks to maintain a healthy garden. Perhaps you have help, or maybe you're planning on engaging someone to shoulder some of the work.

If you have interviewed a company or an individual to take on your garden maintenance, you probably know what you want from this important

assistant. But during those conversations you may have been befuddled and just a bit intimidated by the concepts and the lingo employed by professional gardeners. To help you prepare for your next encounter with an enthusiastic horticulturalist, let me offer you two lists; one list of topics or issues to resolve when you engage a gardener, and the second a small terminology and vocabulary reference that you can read over and discard, or keep around for future reference. You'll be happier with the services your gardener provides if you have clearly communicated your wishes—what you expect of your gardener.

Let's start with a list of 6 general topics and issues you might want to discuss with your gardener or potential gardener:



Timing: How often do you want your gardener to tend your lawn and gardens? Are there restrictions about time of day? Caution: Don't forget to discuss weather's impact on the prescheduled gardening. (I've watched neighbors' gardeners come in the rain and "cut" the lawn. How close or even do you think that cutting will be? And, what about ruts in the lawn from the mowers?)



Trimming: Is "edging" included with "trimming?" Will hardy mums and lanky phlox be trimmed as needed? Will the shrubs be kept to their current size and shape? Or, do you want them to cut back the shrubs a little or a lot?



Clippings and detritus: Will the clippings and random leaves and grasses be collected and bagged or taken away each time the gardener tends the garden? Do you want this material to go into a compost pile somewhere on your property?



Liability: Your homeowner's policy may cover any injury, but perhaps not. Be sure to check with your insurance agent before your gardener begins. (Some gardening companies have their own injury insurance.)



Laborers: Do you mind if the gardener brings additional laborers to work in your gardens? Do you want the gardener to remain with the workers while they're on site?



Maintenance tasks: Will the gardener "dead-head" and divide bulbs and plants that seem to need attention? Do you want to make the decisions, or will you allow the gardener to decide? While working on your garden, do you want the gardener to be "on the lookout" for specific invasive weeds or vines? I'm fighting a losing battle with Liriope or monkey grass; so I want every blade, every tuft out of my garden! (It's never going to happen, I fear.) But, if your gardener knows to be on the lookout for specific invaders, you'll be happier with the care and maintenance your garden receives.

I urge you to occasionally revisit some of these issues with your gardener. Make sure you both remain clear on what will and won't be done on a regular basis.

Okay, now on to **terminology**. Here are some of the gardener's jargon, common terms that get tossed around. You won't have to bat an eye when your gardener throws one your way.

CEC: Cation Exchange Capacity measures how much fertilizer your soil can hold and gradually release. (High CEC is good; the soil will hold and slowly release fertilizer.)

Compost: organic matter, such as fruit peel and coffee grinds, break down and decompose to form nitrogen rich fertilizer: designed to breakdown based on soil temperature.

Deadheading: snipping off dead blossoms, to encourage more prolific flowering

EC (electrical conductivity): the measurement for the salt content in soil. High EC is dangerous to plants.

Fertilizer – Controlled-Release also called **Time-Released:** new, more effective formulas that release nutrients based on soil temperature rather than microbial activity.

Genus: first part of a plant's scientific name. (plural: **Genera**)

Harden off: preparing a plant for winter through the gradual chilling temperatures—typically autumn's weather.

Head-space: in container planting, the area from the top of the soil to the rim of the pot.

Height of plants: the general terms for average



size: *short plants* 10" or less; *medium plants* 10–24"; *tall plants* 24" or more.

Heirloom Plants: These are old-fashioned, usually hardy plants, fruits and vegetables that reproduce from their own seeds. Apples tomatoes and watermelon are popular heirloom specialties.

Micro-climate: areas of a garden where conditions differ from the general garden climate. (ex: a soggy spot or an area warmed by a brick wall)

NPK: the ratio of Nitrogen to Phosphorus to Potassium (K) in fertilizer.

Perennial / Annual: perennials usually become dormant over the winter months but re-emerge when warmer weather returns; annuals usually do not survive the cold

winter months and must be grown from seed or cutting in the spring.

Root-bound: potted plants whose roots circle the pot on the outside of the soil, indicating time for replanting.

Senescence: the characteristic of decay and deteriorating as plants age (even perennials)

Spillers and Fillers: as the names suggest, spiller plants gracefully trail over edges while filler plants are used to fill in spaces between more dramatic plant specimens in a flowerbed or pot.

Toxicity: unhealthy conditions in a plants environment, such as too much fertilizer, too much sun or shade, too many insects, etc.

Trace elements: nutrients needed in small quantities for healthy plant growth. For example: Boron, Copper, Iron, Magnesium, Zinc. Most fertilizer products contain small quantities of these elements.

Variegated foliage: plant leaves that may be veined or edged in a color different from the primary leaves.

Xeriscape: landscaping with drought-resistant, native plants.

Toss off a few of these questions and terms during your planning session with your gardener and she/he'll be so impressed that she/he will try extra hard to dazzle you with their efficient maintenance of your yard and garden.





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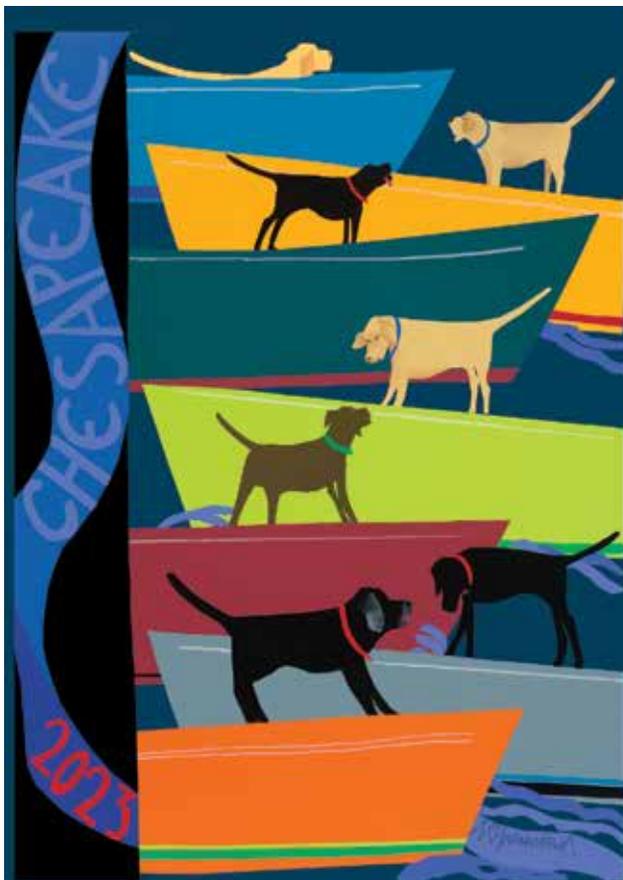
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Tranquil & Bright

By Lisa J. Gotto | Exterior Photos by Michele Sheiko

Casual elegance mixed with quintessential charm might be the best way to describe this 3,700-square-foot Annapolis-classic home. Located in Eastport just minutes from the historic downtown, this traditional coastal-style home originally built in 1920, has been marvelously updated over the years to include many contemporary creature comforts.

Just walking up to the entrance with its inviting porch and swing for two, visitors will know they arrived somewhere special. Inside, one notices the impeccable floors of white oak, which flow throughout the home, and the tranquility of the color palette with walls of white and appointments curated in hues of blue.

The home's living room with its white Federal-style fireplace and crown molding gains an abundance of natural light from its sets of huge windows





Primary Structure Built: 1920
Sold For: \$2,015,000
Original List Price: \$1,895,000
Bedrooms: 5
Baths: 4 Full, 1 Half
Living Space: 3,700 Sq. Ft.
Lot Size: .18 acres



facing the front and side of the home, as well as from a lovely set of French doors with glass panel sidelights. A handsome formal sitting room is also located on this floor adjacent to the entry, leading to the home's formal dining room.

A short hallway leads to the home's showpiece, it's all-white kitchen, embellished with accents of shiplap-enhanced integrated cabinetry. A center island that seats four for breakfast is topped with honed Carrara marble and a series of windows over the farmhouse sink allows for a wealth of natural light into the space. A stainless-steel, six-burner gas range with architectural hood treatment, Carrara marble backsplash, and attractive, above-counter shelving, make the room fashionably functional.

All of the home's generously-sized bedrooms are located on the second floor, with the primary suite exquisitely adorned with grass cloth wallpaper and custom window treatments. The primary bath offers a spa-like soaking tub and marble-topped vanity.

An additional guest bedroom and suite is located above the property's two-car carriage house and is adorable in its own right. Another charming porch swing welcomes guests that will feel right at home with this private space outfitted with a kitchenette, full bath, and lovely living room with sliding barn door to the roomy guest bedroom. Custom-milled German Lap siding evokes a cozy cottage vibe.





“Living in Eastport for the past 10 years and my 30-plus years of real estate experience, gave me an edge to get my D.C. buyers under contract. This was the perfect house for them! I have been working for them for a while and when the property was for sale in 2019, I called them and said, ‘I have the perfect property for you.’ Unfortunately, at that time, they were not ready to purchase,” says Buyers’ Agent, Ani Gonzalez-Brunet. “But when this property came back on the market, and I called my clients again...they were ready to put in an offer.”

Listing Agent: Kathryn Wheeler
Stephan; Engel & Volkers Annapolis; 138 West Street, Annapolis; m. 443-370-6015; o. 443-714-5303; katie.stephan@evrealestate.com; evrealestate.com

Buyers’ Agent: Ani Gonzalez-Brunet;
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Amped Up Charm on Clements Creek

By Lisa J. Gotto

Just a bit of sweat equity turned this 2,000-square-foot property on the protected waters of Clements Creek into a show-stopping must-see.

“This home had been on the market last year with another agency and did not sell. The sellers did some work over the winter and called us to help them this spring. The house showed beautifully, and the deep-water dock was a real draw. We were able to set a higher price and happily got them even more than list price,” says Steven Arcé with the Mr. Waterfront Team.

The home is now a sweet, dream come true for its new owners, who will enjoy all the benefits of contemporary waterfront living. Just inside the front door, a large foyer welcomes guests to the home’s sunny disposition with its gleaming, wide-plank hardwood floors and center hall that leads you through the home’s main level, open-plan living area.

On the way you will pass the main level bedroom suite that could be used as the primary suite. This room is large enough to have a separate seating area and offers large, sunny windows. Just across the hall is a newly remodeled bathroom with mar-

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Buyers' Agent: Theresa Boeckmann; Northrop Realty | Long & Foster Real Estate; 900 Bestgate Road, Annapolis; m. 410-382-2691; o. 410-295-6579; theresaboeckmann@northroprealty.com; northroprealty.com



ble finishes, heated floors, a walk-in tile shower with two shower heads, and an upgraded vanity.

Once in the main level living area, you'll be treated to amazing creek views from a series of large windows and a lovely set of glass panel doors that lead to the home's adorable Juliette balcony overlooking the water. A living space with a central, white brick wood-burning fireplace and a separate reading nook, lends coziness to the large space.

This area flows into the generous dining space and an all-white, totally remodeled kitchen with custom Decora cabinetry. A center prep island topped with stone seats three for breakfast.

Two additional bedrooms, including the primary suite, are located on the home's walk-out lower level. The primary suite offers direct access to the home's amazing waterside deck and a newly remodeled bath with heated floors and a tile accent shower. An additional bedroom on this level also offers big water views and access to the waterside deck.



Primary Structure Built: 1922
Sold For: \$1,500,000
Original List Price: \$1,495,000
Bedrooms: 3
Baths: 2
Living Space: 2,176 Sq. Ft.
Lot Size: .11 acres



A wood-burning fireplace can be found in the lower-level den that could also be used as a home office, den, game room, or another bedroom.

Outside, the property boasts sandy beach access, a private pier with deep water access, and a gorgeous paver patio space.

“My clients were staying at a VRBO on vacation from their hometown of Houston, Texas, and loved the community of Epping Forest,” says Buyer’s Agent, Theresa Boeckmann. “They always talked about having a second home on the water and found that this home and community checked all the boxes for them.”



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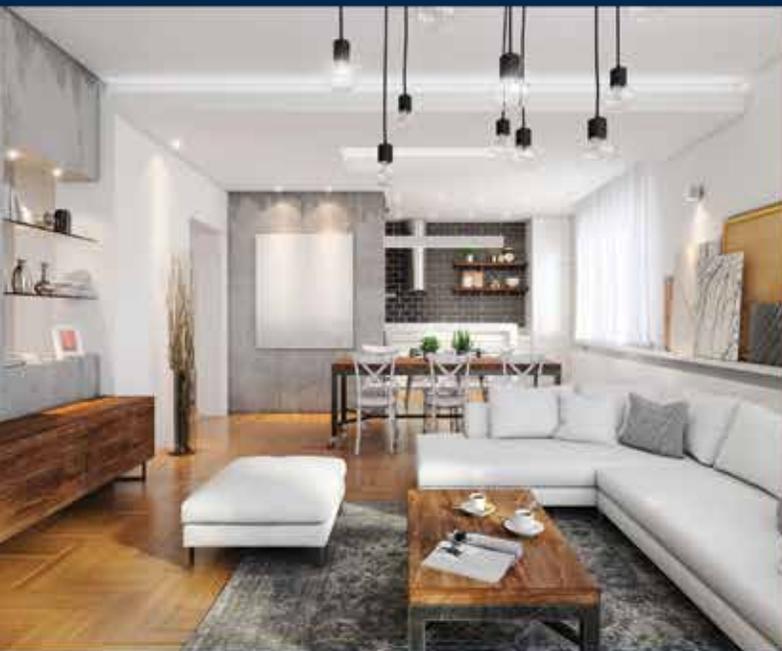
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The 1st Annual Home Excellence Awards will be revealed in the February issues of What's Up? Annapolis, What's Up? Eastern Shore, and March edition of What's Up? Central Maryland.

Health & Beauty

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Fresh Take

DATES

By Dylan Roche

Think of them as nature's candy: The Middle Eastern dried fruits known as dates might be packed with sugar, but they're a much healthier alternative to the processed confectionary you'd find in a colorful wrapper on a store shelf. In fact, dates are a potent source of nutrients that benefit your entire body, helping to boost your energy, fend off aging and illness, and even replace some of the added processed sugar in your diet.

Most of the time, fruit is a low-calorie option, but dates (like other dried fruit) are an exception. Dates naturally shrivel up as they ripen on the tree, maintaining only about 30 percent water content—compare that with the 80–90 percent water content you would see with other fruits like peaches, strawberries, or pineapple. Because they have less volume (that is, they take up much less space), dates have more calories and nutrients in a much smaller serving size than you would see with other fruit.

In some cases, this is convenient—a little bit goes a long way. But it's easy to overdo it. A single date can sometimes have around 100 calories, and because most of those calories are from complex carbohydrates, they'll provide long-lasting energy. Studies show that dates are a low-glycemic index food, thanks to their high fiber content, so you even though they taste super sweet, you aren't suf-



fering from any blood sugar crashes, which is especially good news for people with diabetes.

All that fiber content is also good for improving digestive health, lowering cholesterol, and helping you stay full between meals. Dates are also fat free.

They're rich in potassium, which is lacking in most American diets. Potassium is an electrolyte important for maintaining fluid balance and staving off hypertension. It can counteract the effects of high sodium, which most people consume too much of. Additionally, dates are full of vitamin A for eye health and vitamin C for radiant skin, plus iron for transporting oxygen to every cell in your body.

Most people with a taste for dates will tell you they're incredibly versatile. They make a great snack on their own, but they can also be stuffed with soft cheeses or nut butters. Some people prefer to chop them up to use in salads, or puree and mix them into smoothies and baked goods.

If you're looking to reduce the amount of processed sugar in your diet, you can make a date paste by pureeing pitted dates in your blender with a little bit of water until it reaches a smooth consistency. Use this date paste in equal amounts as a substitute for sugar in recipes.

Here are a few more date recipes to help you use this fruit as a standout snack, appetizer, or side dish.

Stuffed Dates

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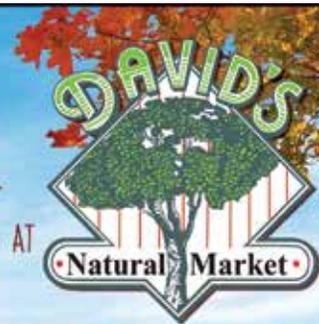
2 dozen dates
4 ounces chevre, softened at room temperature
1/4 cup toasted almonds
1 tablespoon honey
Pinch of salt, pepper, cinnamon

Slit the dates lengthwise with a knife and scoop out the pits. In a small bowl, combine chevre, honey, salt, pepper, and cinnamon. Crush the almonds into fine pieces and stir into the chevre. Spoon the chevre-almond filling into the middle of the pitted dates. Finish with a drizzle of extra honey if desired.

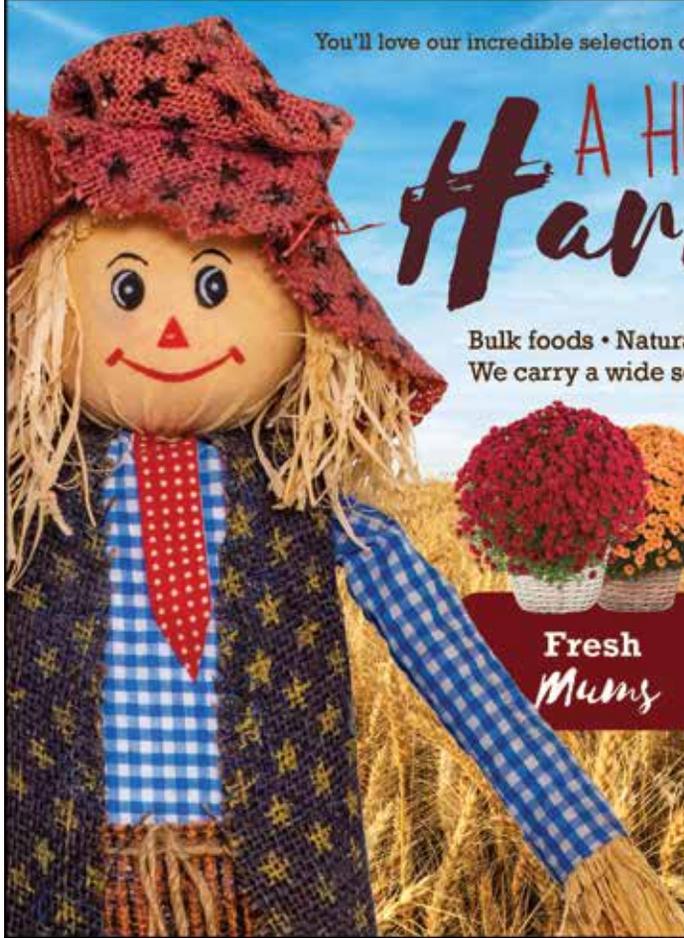
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Fitness Tips

TRAIL RUNNING VS. ROAD RUNNING

By Dylan Roche



Maybe this is the fall season that you're committed to starting a running routine, or maybe you've been running for years. Either way, you keep hearing people talk about trail running. And you find yourself thinking, "Wait, what's the difference between that and regular running? Is trail running the type of running I should be doing?"

Well, it depends. Trail running is a completely different beast compared to road running, or the type of workout that comes to mind when most people think of running. Road running entails running on paved surfaces like roads and sidewalks, whether you're going through your neighborhood or along a greenway or bike trail. On the other hand, trail running entails running unpaved courses, usually through the woods or other natural areas.

And while both activities would be categorized as running, anyone who does both will find that they're very different workouts—and present very different benefits and drawbacks.

So, what does all this mean for a runner or a potential runner who is considering all options? Here's what you should know:

Trail running's terrain is much more challenging. When you're running an unpaved trail, you're going to be going to be moving over dirt, tree roots, rocks, wet leaves, and anything else you might find on the forest floor. It can be tough to maintain your footing and balance, which makes it much harder not only physically but also mentally. After all, you have to constantly be alert and thinking about where you're placing your next step. If this kind of challenge appeals to you, trail running is worth a try!

It's easier to maintain a steady pace with road running. The reality of trail running is that there are times when you'll have to slow down—such as when you're facing a particularly rocky hill. In some situations, you might even have to walk for a few minutes. This can be frustrating to somebody trying to maintain a consistent pace or who is training for time. With road running, it's easier for you to run at a steady, fast pace for the duration of your workout without having to slow down intermittently.

You have to consider which injury risks you'd rather accept. Trail running poses plenty of injury risks—you're much more likely to trip and fall, resulting in scrapes, bruises, or sprains. But because pavement has a greater impact, road running tends to carry a greater risk of overuse injuries like shin splints or ITBS. (It's also worth noting that if you're a trained road runner, you may face some soreness the first few times you do trail running because of the different muscles it engages.)

Road running tends to be more convenient because it requires less gear and exploration. Trail running requires not only specific running shoes that are made to handle the uneven terrain better but also gear like hydration packs and headlamps. Running a trail can sometimes require a much longer time commitment, and it's smart to carry items like nutrition (even if it's something as simple as gels) and basic first aid supplies. This is why trail runners will often carry a small pack or wear a vest with pockets. Most road runners can get away with just their shoes and whatever attire the weather calls for. Trail running can also demand a little bit of exploration or travel for people who don't live with easy access to nature. It's not as convenient as slipping out the door and going for a run around the block. If you're getting into trail running, check out listings on [alltrails.com](https://www.alltrails.com), where you can find reviewed information on nearby trails and times of the year when it's best to run them.

Running is still a great workout either way. Sure, you could consider the pros and cons of trails versus roads all day, but when it comes down to it, running is running. It's still a great workout that improves your aerobic endurance, strengthens your heart, and works muscles all over your body. Many runners switch back and forth between trail running and road running depending on their mood and what option is available. The best running workout is one that you'll be able to stick with consistently.

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This is Your Brain on Music?

By Dylan Roche

Turning on some tunes might be your go-to way to relax or unwind, but science says there's much more to the way your brain processes music than most of us realize—it provides mental stimulation and can, actually, keep your mind sharp and healthy throughout your life.

Health experts (and educators) have been fixated on the relationships between music and brain activity for decades. Much of the mainstream focus started in the early '90s after a study found classical music, specifically Mozart, could boost brain power, even helping people achieve higher IQ scores. That study has since been debunked, but not before creating a widespread cultural interest in how listening to music affects mental activity. And subsequent studies have shown that, yes, listening to music is good for your noggin.

As Johns Hopkins Medicine puts it, music is like exercise for your brain. This doesn't just apply to classical music either. Any kind of music is good for you! Whether you prefer jazz, rock, pop, R&B, heavy metal, or hip-hop, listening to music will activate a broad range of networks in your brain.

It starts when the vibrations enter your ear canal and hit your ear drum. From there, signals go through your auditory nerves to your brain. Your brain then starts doing a kind of computation as it tries to understand the relationships between the different musical notes. Even if you don't realize it, this is a challenge for your brain—and it makes your brain stronger.

If you listen to music, you probably already know that you have all kinds of reactions to it. It makes you emotional. It stimulates memories from association with music you've heard in the past. You might even feel your motor system impulsively moving along to the beat. Harvard Medical School



explains that all these reactions are thanks to the way music activates a broad network in your brain.

Maybe you've heard a song before that you didn't like at first, but it started to grow on you. That's because the first time you hear it, your brain might be struggling to understand it. As you listen to it over and over again, you have an easier time processing it mentally. It's now a pleasant experience to hear it.

Surveys show that people who frequently listen to music throughout their life report greater confidence in learning and retaining information, as well as elevated mood and sense of confidence. Starting young gives your mind a head start (all the more reason to make music available to children from infancy), but even adults who weren't exposed to music when they were little but became frequent listeners later in life tend to have better cognitive function than those who don't listen to music at all.

So go ahead and start up your favorite playlist—it's good for you!

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Autumn Up Your Wardrobe

By Dylan Roche

If you feel as if your fall schedule is always full, you're not alone—between football games, back-to-school activities, bonfires, Halloween parties, and whatever else is happening, it's a season when everyone loves to be out and about. This fall, make a statement at any event you attend (even if it's just a lunch date with a friend) by autumning up your wardrobe with looks that are perfect for this time of year.

Pick Your Colors



↑ Reds and Oranges

These warm tones fit the fall vibe perfectly. If you're feeling bold, go for bright shades that match the changing leaves. You can also tone these colors down by choosing shades that are more neutral (such as a rusty shade of red) or muted (like honey orange). Be careful though—going for soft shades like coral or salmon will look very summery. Because reds and oranges are so bright and warm, they look great paired with neutral likes gray and brown. Bear in mind that pairing orange and black will look very much in the spirit of Halloween. If that's the look you're going for, great! But it might look a little over-eager any time except for the last week of October.

↓ Brown

A comfortably neutral tone that goes with pretty much any color, brown has an earthy vibe that's perfect for outdoor fall excursions. Darker shades of brown like chestnut look dignified, but you can also tone your outfit down a little bit and soften your look with some lighter shades, such as copper or sepia. If you're pairing multiple brown pieces together, make sure you're choosing distinctive shades, then give them a pop of color somewhere in the outfit—maybe that looks like a coffee-colored shirt with tan pants and a blue jacket. Speaking of blue...



↓ Dark Blue

Blue is a safe way to bring color to any outfit no matter what the season, and after wearing light blues like cyan or a stately dark navy all summer, you might be ready to find a different shade of blue for fall. Midnight blue and Egyptian blue give a deep richness to an outfit that will make you stand out among the warm, earthy tones that many people wear this time of year. Make blue the focal point of your outfit by pairing it with neutrals and complementing it with a warm-colored accessory, such as a red or orange scarf or hat.





↑ Olive

The great thing about olive is that it's a safe neutral that makes a little bit more of an impression than plain brown or gray. It's a shade of green that brings color to an outfit without screaming for attention, so it's good for making accessories stand out, whether that's a scarf, a tie, or a belt. The only color that really doesn't look great with olive? Another shade of green. Instead, stick with blues or grays. If you're feeling a little bit wary about olive green (you know it's neutral, but it doesn't feel like a true neutral), then you can opt for simple touches of olive, which will manage to stand out without overwhelming your outfit. Olive also tends to look great with pretty much any skin tone, so if you're disappointed to see your summer tan fading a little bit, you can count on olive to bring out those warm undertones.



↑ Off-White

It's not the true pure white that traditionalists swear you should wear only between Memorial Day and Labor Day (even though that fashion rule is considered outdated and unnecessary these days). Nor is it the winter white that most people will be wearing come December. Instead, a simple off-white in a shade like ivory or cream will give a fall outfit some lightness while still maintaining an element of dimension and interest.

WHAT FABRICS ARE YOU WEARING?

Let's be real—there are some cozy fabrics you've been waiting all summer to don as soon as the weather turns cool enough. The thing about fall is that the weather tends to be a little unpredictable. Days that start off crisp and cool could easily become too warm for a sweater by midday. Avoid anything super heavy and instead layer up with midweight fabrics.

Flannel is always a great fall choice, particularly ones with plaid or tartan patterns. Flannel is durable and takes on character as it ages, so you don't have to worry about getting it dirty at the pumpkin patch—you can easily launder it as many times as you need to. Flannel is great for layering because a flannel shirt is lighter than a jacket, plus it's easy to shuck on and off. If you have a day that calls for serious layering, count on flannel to make a great layer between a T-shirt and a jacket.

If you want to make a statement without looking like you're trying too hard, **tweed** gives your outfit an element of distinction without looking too fussy. This textured wool is often associated with academic settings, so you can look as if you're busy with fall semester at an Ivy League school even if you're just hanging out with friends.

Finally, don't be afraid to try **corduroy**. Sure, it's retro, but retro is in. This heavy-duty ribbed cotton works great for pants and jackets, but because it tends to be bulky, you must make sure you're going for more modern fits instead of truly vintage pieces. (If you do have an article of vintage corduroy clothing, consider having it tailored to fit you better.) The best part about corduroy is that it works well in any colors, whether you're going neutral or bold.



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An Exceptional Experience

By Rita Calvert | Photography by Stephen Buchanan

Tuscan Prime took the cautious route with a soft opening in February while the pandemic still made dining out unpredictable. But word flew quickly on social media and many diners became anxious to celebrate a dynamic new concept across town from its sister restaurant, Carpaccio. Brunch was quickly added Friday through Sunday and the buzz is still going strong.

Diners can't help but be impressed by the grandness of Tuscan Prime, located in the former Paladar spot within Annapolis Town Center. The sleek, sophisticated dining room is dressed in modern black-and-white, with glam wallpaper, white leather banquettes, and black tabletops with white napkins. Not to be missed



is the 20-foot petrified olive tree in the center of the dining room. Notice the small touches, like bright red acrylic salt and pepper grinders. In the bar area, the decor is pure drama with pebbly red leather upholstery on the bar stools, which cozy up to a large marble bar or black tables, and chic wall artwork (some 3-D) that is eye-catching. The glamor even continues into the ladies' room with lots of attention to detail.

Tuscan Prime has solid financial and conceptual backing as part of Michele and Gennaro DiMeo's Monte Restaurant Development Group, which owns and operates 13 restaurants in Maryland, Virginia, and Washington, D.C.

Dolce, in the restaurant's name, caught my attention with visions of cannoli and rich espresso dancing through my head. Our server Lorenzo was truly a professional and a master at explaining that "Dolce" means "sweet" along with describing items on the menu. If he didn't know about something we asked, he dashed off to find the answer. He paid great attention to the pacing of our dishes, which was perfect.

An Italian meal certainly calls for a classic Italian beverage to start. My dining companion chose the house Prime Prosecco. Unlike many unremarkable "house" offerings elsewhere, this dry Prosecco hit the mark and was perfectly chilled with tiny sipping-size bubbles. Nice enough to hope we might learn where it

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could be purchased. Alas, it's a custom label produced in Italy just for Tuscan Prime. There are plenty of other wines from around the globe for varied palates. An impressive wine room is on full display.

In short time, a basket of warm, crispy bread promptly arrived with a saucer of olive oil dolloped with tomato tapenade—great for dipping and nibbling as we perused the menu.

Reduced happy hour prices were welcoming on all 20 starters featuring some Italian classics like Arancini (fried rice balls), Bufala Mozzarella, Calamari, or Sausage Arrabiata. Even oysters on the half-shell were on the substantial appetizer menu. With Lorenzo's helpful descriptions guiding us, we chose Beef Carpaccio and the appetizer portion of Lobster Ravioli for starters. We restrained ourselves as other options tempted us—we'll certainly be thinking about the Seafood Tower for next time, with shrimp, oysters, clams, and lobster. And for another eve, one of the ten or so creative Prime cocktails with witty names like "Smoking Man" and "Please Don't Tell." Alas, we knew to save some room for our entrees.

First choice for us to share was the famous Carpaccio starter (also served at Tuscan Prime's sister restaurant). Filet mignon is the star of the large Carpaccio platter, so expertly sliced it can be described as paper thin. Inside the ring of beef slices was a large bed of arugula with roasted mushrooms scattered around. We could detect the truffle flavor in the olive oil drizzled all over. Shavings of quality parmesan were abundant on top, beside crisp bubbly parmesan toasts. Our second choice, the Lobster Ravioli was perfection. Housemade ravioli transported us to the Italian seaside with a delicious smooth coral lobster filling, dressed with deluxe brandy cream sauce, cherry tomato halves, and chives. We knew we'd want to order the larger entree version sometime, which offers an option of adding shrimp.

Next, we split the BLTA Salad ahead of our meaty entrees, as it ever-so-slightly edged out other salads and vegetable options like Parmesan Asparagus, Honey Dijon Brussels Sprouts, and Truffle Fries. Very nice: Boston bib and romaine leaves generously adorned with chunky bacon cut from thick slices, red onion, tomatoes, provolone, two avocado slices, and a light Gorgonzola dressing.

Out popped Lorenzo, asking, "Hello angels, would you like to order entrees?" One of the restaurant's most popular entrees is Lamb Osso Bucco—my first choice. A large flat bowl housed the long shank of the seven-hour roasted lamb meat, easily falling off the bone. Lamb au jus was thickened with a bit of tomato to add a rich essence



and color and surrounded the bed of polenta. Bright green al dente broccolini nestled alongside the lamb.

My dining companion went with a classic Rigatoni Al Porcini with the pasta and sausage dressed in a tomato, porcini, and parmesan sauce. It was a tough choice among other dishes like Squid Ink Linguini with shrimp and crab in Fra Diavolo sauce, or the Striped Bass with tomatoes, crispy chickpeas, olives, capers, crab, and crostini. And let's not forget the five classic steak cuts that do call for a try, along the intriguing menu note suggesting that one "should ask about our secret cuts of the week." It also was pleasing to see several vegetarian dishes, with options for various optional protein add-ons. Something for everyone.

The pasta called for a nice glass of red. St. Hubert's "The Stag" Cabernet from California's Central Coast fit the bill. Bold, fruity, with oak and tobacco hints moderating the sweetness, the generous pour complemented the pasta well.

Service is a highlight here and kudos are easily earned to the overall fine service as General Manager, Faris Albakheet, circulated inside and out to ask if everything was to our liking.

And for the Dolce? We considered Tiramisu to explore this version at Tuscan Prime. But with Lorenzo's tip that the Beignets here were the "word" all over Annapolis, we went for the Beignet Wheel. A circular "beignet carriage" sported six platforms carrying the warm fluffy dough pillows coated thickly with confectioners' sugar. We decided the beignets were irresistible on their own but in case one wanted to enhance them... three small sauce pitchers carried fudge, white chocolate, and strawberry toppings. The freshly brewed decaf coffee was much appreciated, and the perfect send-off to an exceptional dining experience.

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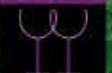
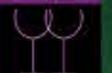
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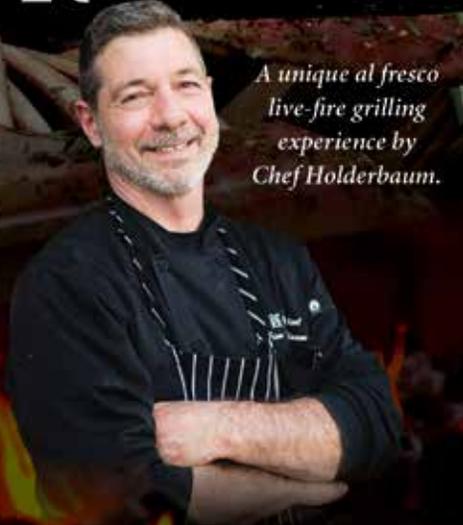
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ANAPOLIS BEST OF ANNAPOLIS 2022

Fresh Italian

By Tom Worgo | Photography by Stephen Buchanan

Lino Chiaro knows you can't stay static in the restaurant business. That's one reason he dined in fine establishments in different places around the world last year in search of new dishes for his menu. And that's why first-time and returning customers will find some intriguing surprises next time they eat at Bella Italia Annapolis.

Chiaro gets excited talking about the three new items on the menu, as of this past January: arancini, tagliolini, and saccottini. More specialty dishes and pastas are coming. The restaurant will roll out more than a half dozen as the year goes on. "I think we needed some new stuff," says Chiaro, an Arnold resident. "The new items give customers more choices." Chiaro hopes these dishes could become as popular as other customer favorites like pizza, pasta, and salads.

The 46-year-old Chiaro, who owns Bella Italia with his wife's brother Luca Assande, is carrying on the tradition of cooking the old-fashioned way that goes back three generations to his Italian grandmother. She taught him how to cook. "Every time she cooked, it was like a beautiful dish and something special," Chiaro says. Later, he worked 10 years as a chef in Italy and another three at restaurants in New Jersey and, finally, Maryland.



We recently talked to Chiaro about the reasons for the menu changes, the Naval Academy community as his prime customer base, the ingredients he imports from Italy, and how the pandemic has affected his restaurant.

Why did you decide to update the menu?

Customers can buy something different than the same old thing. You can't always have the same things. And I try to make dishes you can't get at other places. The things that are not selling anymore I can remove from the menu. I want some dishes that are (popular) for other customers.

Can you explain how eating in restaurants overseas has helped you come up with plans for new items?

If I go to a restaurant, see something I like, I take the ideas and figure out a dish. When I was in the Caribbean, I found a nice dish made with rice that I want to incorporate into my restaurant, and make some changes.

There are a lot of Italian restaurants in the area. How do you keep the customers coming back? What separates Bella Italia from others?

If the food is good, they will keep coming back. We always try to improve the food. If we find something

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better, I change my old way of doing something to a different way. If I have to spend more money to buy better ingredients, I do it. For example: chicken. For every salad, I don't just get chicken breasts. I get chicken tenderloins that cost more than double than breasts. It's better, juicier, and doesn't dry out.

Can you talk about the ingredients and products you purchase from overseas?

The tomatoes we buy are very, very expensive. We make the pizza and pasta sauce from them. We probably pay 60 percent more than for other tomatoes. We get them from Italy. We also get prosciutto from Italy for sandwiches and appetizers and shredded parmesan cheese. Our cannoli come from a bakery in Sicily.

The Naval Academy is within walking distance to Bella Italia. Talk about the customers who come from there and how big a part of this is your business.

We get the midshipmen, teachers, contractors, and the other people who work over there. Everybody from there comes to our restaurant. We get big catering orders from the sports teams. Football, lacrosse, basketball, and many other sports teams. The catering business has grown a lot over the years and it's a huge part of our business. We work with everybody. Schools, hospitals, and offices. It's about 30 percent of our business.

How did the pandemic affect your business and what changes did you make to keep sales up? Did you make an effort to retain your employees?

I would say business last year was very good. I try to keep my workers forever. I don't try to let anybody leave and make it comfortable in this place for them. It's easier to work with people when they have been around for a long time. I have great relations with my employees. That's why they never leave. Most of them have been here for years. It's always been busy with the carryout during the pandemic. It's the thing that keeps us going. During the pandemic, carry out was 90 percent of our business.





Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By Megan Kotelchuck

October is here, Halloween is near, the weather is perfect, and your taste buds should be satisfied. Our area has a new cookie stop open, ramen in Gambrills, and so much more. Once again, we are blessed to live where we live, so let me prove it to you.

On the Restaurant Scene...

As much as we *love* our hometown eateries, we also love to see them grow and flourish. In 2014, **Mason's Famous Lobster Rolls** opened their first location in Annapolis. From there, Mason's added locations all over the East Coast as well as in Colorado, Texas, and Arizona. On August 4th, Mason's took their staple warm lobster roll all the way to Downtown Seattle with their very first West Coast location. This location is just a short walk from the famous Pike Place Market. Mason's now has 22 locations, including an Arlington, Virginia location opening soon.

This summer, **Playa Bowls** opened in Annapolis Harbour Center. On July 23rd, they celebrated the grand opening of the tropical attraction by giving out free food bowls and t-shirts to the first 50 customers. Playa Bowl has plenty of bowls, smoothies, juices, and coffees to choose from. It is the perfect way to feel summer, even in the fall. Order online today at playabowls.com.

Akira Ramen & Izakaya opened their sixth location this past June. The restaurant opened at the Waugh Chapel Shopping Center in Gambrills right next to the Regal Waugh Chapel movie theater. There is an assortment of base broths to choose from at Akira which can be paired with beef, seafood, vegetables, and more along with noodles that are made in-house each day. Find a full menu at waughchapelakiraramen.com.

Get ready for a little extra Mexican food in Downtown Annapolis. **Picante Cocina Mexicana** opened late this summer at 48 West Street. Picante is a family restaurant run by, you guessed it, the Picante family. Fernando Picante came to Annapolis 20 years ago from Oaxaca, Mexico, and has been working in the local restaurant industry. He has created a menu inspired by the traditional recipes that have been passed down through generations in his family, bringing Mexican flavors and Oaxacan specialties to Annapolis. Find more information and a full menu at picanteannapolis.com.

The name Tobias Dorzon may sound familiar if you follow professional football. Dorzon played in the NFL for the Tampa Bay Buccaneers and the Tennessee Titans, as well as in the Canadian Football League. We can now add the title "Chef" to Dorzon's name. After his athletic career, Dorzon received national attention for cooking on Guy Fieri's *Tournament of Champions*. Chef Dorzon is from Riverdale and in early September he opened **Huncho House** right next to his hometown in Hyattsville. Huncho House will provide exquisite, upscale private dining that will elevate your palate and your standards. Find more information at hunchohouse.com.

One thing that we will never have control over is the weather. Dave Calkins, the owner of **Brew Belly** in Olney, went out of his way in August to help the people of Kentucky who lost their homes, businesses, and more in the recent flooding. Calkins drove eight hours to cook meals for thousands of people alongside other volunteers from across the country. On the first day, everybody chipped in to make a couple thousand pounds of meatballs with penne pasta, all made in a food truck. Calkins said that it wasn't easy work, but he volunteered because he loves his country.

Drink Up...

Let's make this whole month about Halloween! 'Tis the season for Halloween parties, ghosts, ghouls, and haunted houses. Here are some special spooky cocktails to enjoy dressed as whatever crazy character you want.



Hocus Pocus Fizz

Ingredients

- 1.5 ounces Rum
- 1.5 ounces Cranberry Juice
- 1/2 ounce Simple Syrup
- 1/2 ounce Orange Juice
- Orange Zest
- Prosecco

Instructions

1. Start off by dipping the rim of your cup or martini glass in a little bit of the chilled simple syrup. Dip it very lightly into orange sugar. Set this aside on the counter or in the freezer to set.
2. Now prepare your cocktail. In a shaker or mixing glass, add ice and combine rum, cranberry juice, orange juice, simple syrup, and orange zest in a cocktail shaker. Cover and shake until thoroughly chilled through.
3. Strain the mixture into your orange sugar rimmed cocktail glass, top off with chilled Prosecco and garnish with an orange twist.

Photo and recipe courtesy of redwinedragons.com

Witches Brew

Ingredients

- 1 ounce Vodka
- 6 ounces Pineapple Juice
- 1/2 ounce Blue Curacao
- Eyeball ice cubes for spooky effect

Instructions

- In a rocks glass filled with ice add vodka, pineapple juice, and blue curacao and stir until mixed. Add a few eyeball ice cubes and enjoy!

Photo and recipe courtesy of creativeramblingsblog.com



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

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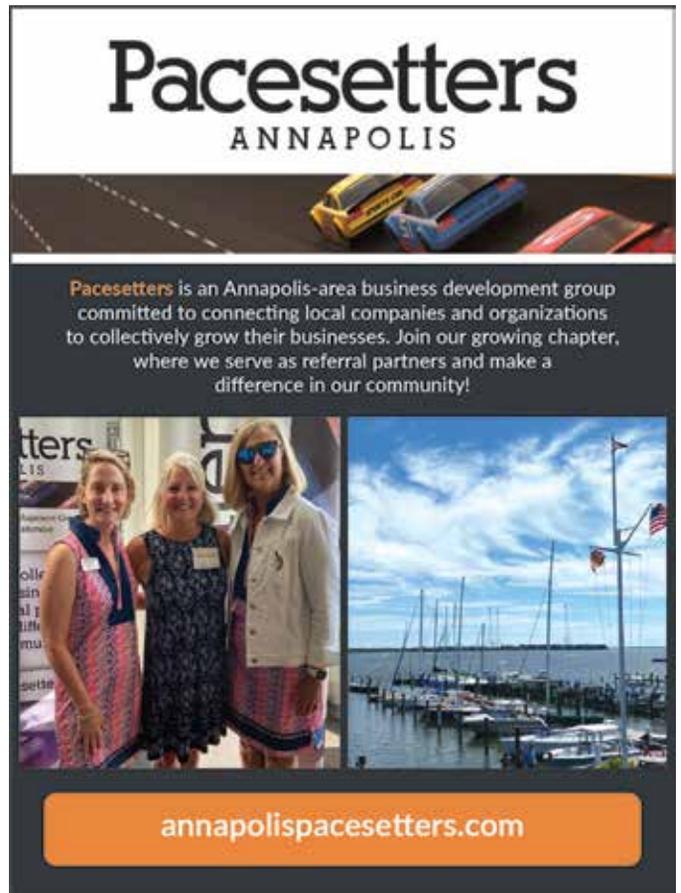
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The friendly skies may be turning windy as the northerlies make way to the Mid-Atlantic, but our fearless flyer, Wilma, still zips town to town throughout the Chesapeake Bay region, touching down to visit the best restaurants, shops, and services. Where will she land next?

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

Congratulations to **Nina P.** of Glen Burnie, who won a \$50 gift certificate to a local business.

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



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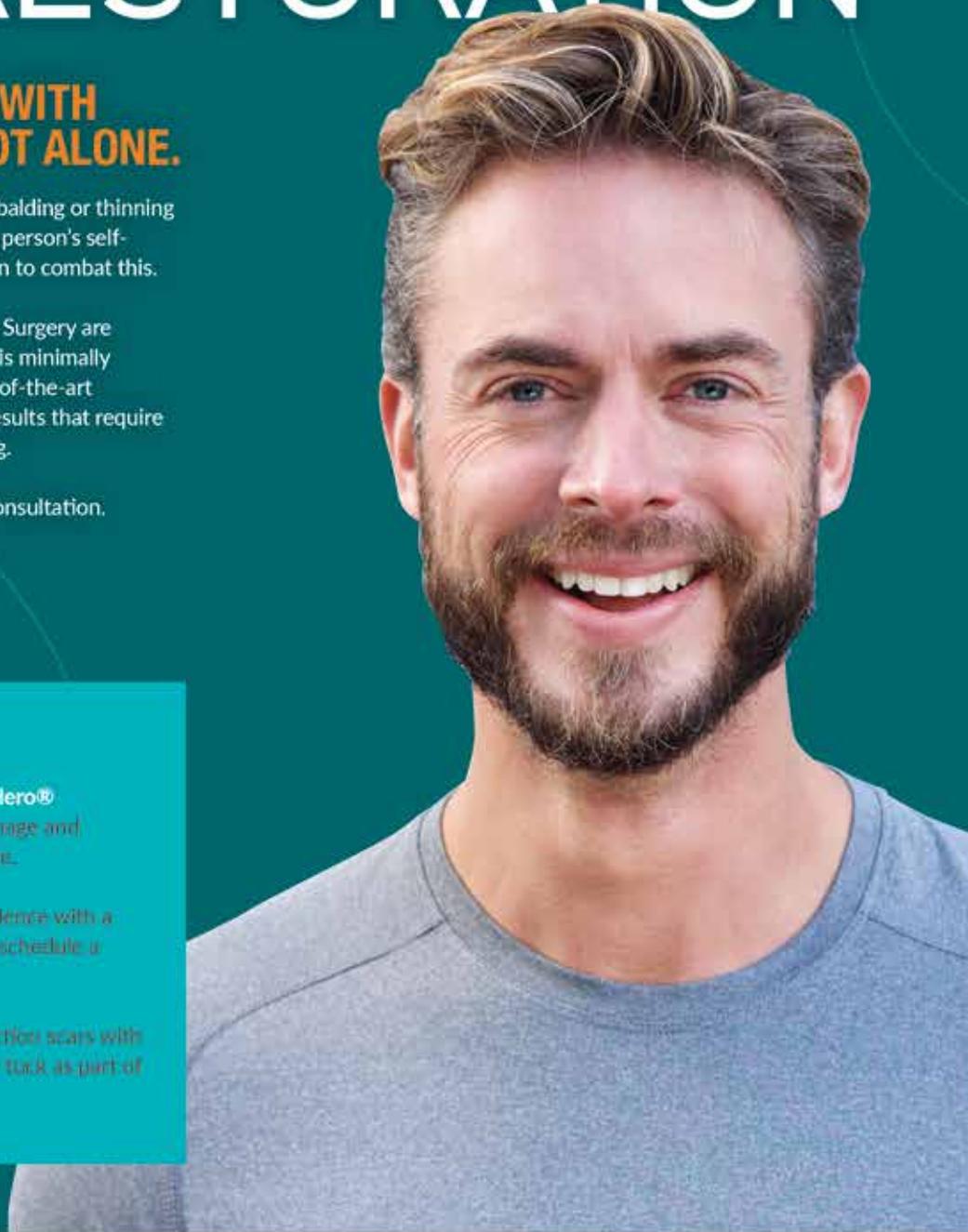
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