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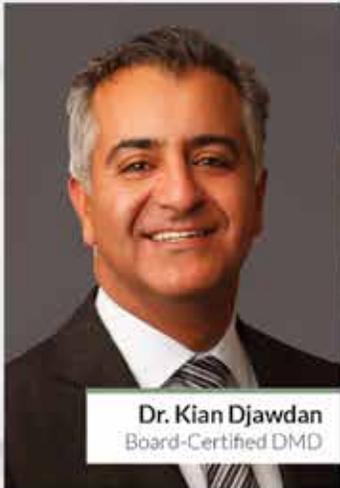
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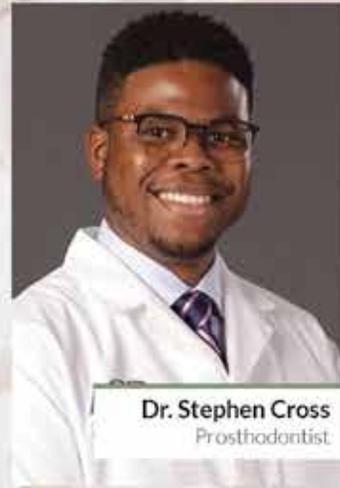
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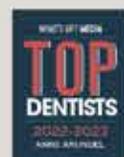
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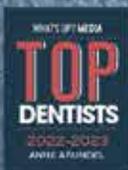
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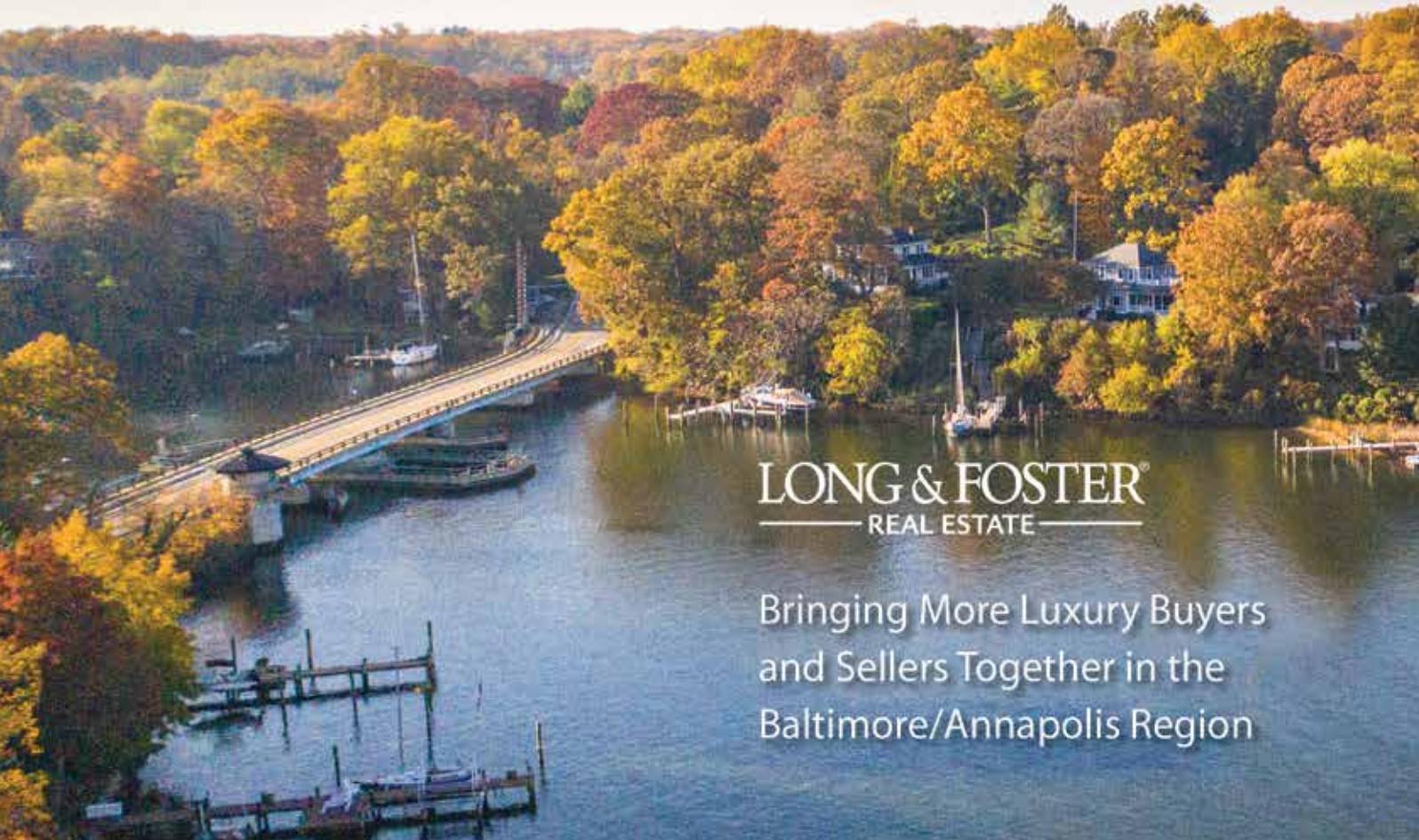
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**Michele Cordle**  
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410 562 8680  
MicheleCordle@gmail.com



**Abby Geismar**  
REALTOR®

443 220 5035  
Abby.Geismar@Inf.com



**Teresa Dennison**  
REALTOR®

443 223 1364  
TDennison@Inf.com



**Raquel Gladieux**  
REALTOR®

703 424 1517  
Raquel.Gladieux@Inf.com



**Alex Estill**  
REALTOR®

43 370 7283  
Alex.Estill@Inf.com



**Kerry Hiett**  
REALTOR®

443 695 1752  
Kerry.Hiett@Inf.com

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**Peggy Love**  
REALTOR®

703 508 1242  
Peggy.Love@Inf.com



**Jennifer Siska**  
REALTOR®

410 507 0995  
Jennifer.Siska@Inf.com



**Sarah Myer**  
REALTOR®

443 871 7643  
Sarah.Myer@Inf.com



**June Steinweg**  
REALTOR®

410 353 4157  
June.Steinweg@Inf.com



**Jennifer Powers**  
REALTOR®

813 368 0923  
Jennifer.Powers@Inf.com



**Lori Willis**  
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# October contents



## Features

**48 2023-2024 Top Docs** presents more than 150 winning doctors in 40-plus medical specialties in the celebrated, biennial peer-review survey. This project features doctors nominating the best doctors that practice in our hometowns!

**104 Pursuit by Fly** attempts to distill the fly-fishing experience in Maryland waters by offering a range of expert advice, the sport's relationship with conservation and environmentalism, and where to actually catch fish! *By Frederick Schultz*

**114 Baseball's "Forgotten" Super Slugger** recalls the history and significance of an Eastern Shore farm-boy, Jimmie Foxx, who would rival Major League Baseball's best hitters of the 1920s and '30s *By Thomas Ferraro*

**123 Chesapeake Drives** is a special section introducing the finest automobile dealers and services in the Bay region

**132 Road Tripping Through America** waxes nostalgia about the golden years of cross-country highway expansion, travel, and site-seeing *By Ellen Moyer*

**139 Rally for the Chesapeake** offers an examination of the progress and challenges of saving the Bay *By Gary Jobson*



## Home & Design

**146 Change in Plans** presents our featured home of the month and examines how one couple serendipitously found their dream location and a property in need of a major renovation *By Lisa J. Gatto*

**157 Home Interior: Yes! Antiques Are Still a Thing** offers the ins/out of antiques for perfect pieces to complement your style and décor *By Lisa J. Gatto*



**163 Home Garden: Harnessing What Comes Naturally** is a review of the myriad options for exterior lighting, especially emerging technologies *By Janice F. Booth*

**167 Perfect Year-Round Retreat** is a snapshot profile of 2,800-square-foot coastal-style waterfront residence on Brickhouse Creek *By Lisa J. Gatto*

## Dining

**180 A Dream Realized** is our dining review of the newly-opened Harper's Waterfront Restaurant, located in picturesque Turkey Point Marina *By Rita Calvert*

**182 For All Your Entertainment Needs** profiles Fishpaws Marketplace in Arnold and how the business has ever-evolved into a one-stop shop for beverages, gourmet foods, and much more *By Tom Worgo*

**184 Savor the Chesapeake** spotlights restaurant news and culinary trends from the Chesapeake Bay region *By Megan Kotelchuck*

**186 Dining Guide: Wet Your Whistle** is this month's theme of restaurant listings for your consideration.



## Health & Beauty

*By Dylan Roche*

**172 Fresh Take: Quinoa**

**174 Fitness Tips: 10K Steps?**

**175 Breast Cancer Awareness**

**176 Resilience & Mental Health**

**177 IPL Therapy**

WHAT'S UP?  
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**Editorial Director**

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**Entertainment Editor**

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**Contributing Editors**

Lisa J. Gotto, Dylan Roche

**Contributing Writers**

Janice Booth, Rita Calvert,  
 Thomas Ferraro, Gary Jobson,  
 Ellen Mayer, Frederick Schultz,  
 Tom Worgo

**Staff Photographer**

Steve Buchanan

**Contributing Photographers**

Tony Lewis, Jr., Michele Sheiko

**Art Director**

August Schwartz (x1119)

**Graphic Designers**

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

**Web Content Specialist**

Arden Haley

**Production Coordinator**

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**Senior Account Executive**

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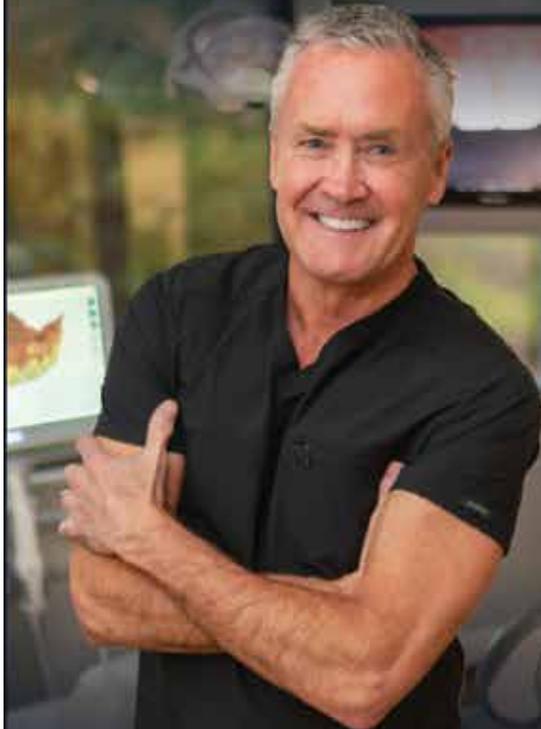
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# October contents

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**NOVEMBER 2023**  
 Nonprofits You Should Know  
 Hunters: Stewards of the Land  
 Maryland Birthed the Finance Industry  
 Holiday Gift Guide

## In Every Issue

**21 Out on the Towne** highlights special celebrations and activities to enjoy this month *By Megan Kotelchuck*

**36 Towne Spotlight** features local business and community news *By James Houck*



**44 Towne Athlete** profiles Grace Mitchell of St. Mary's High School *By Tom Worgo*

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

## e-contents



### WHAT'S UP? MEDIA'S 2ND ANNUAL HOME EXCELLENCE AWARDS



What's Up? Media's home awards program will honor elite home builders, architects, designers, and professionals serving the greater Chesapeake Bay region.

Home industry professionals and firms may submit their completed projects for evaluation and vetting in 13 award categories. Entries—consisting of a project description and accompanying photographs—will be accepted through the November 30th deadline. Visit [whatsupmag.com/homeexcellenceawards](https://whatsupmag.com/homeexcellenceawards) to learn more.



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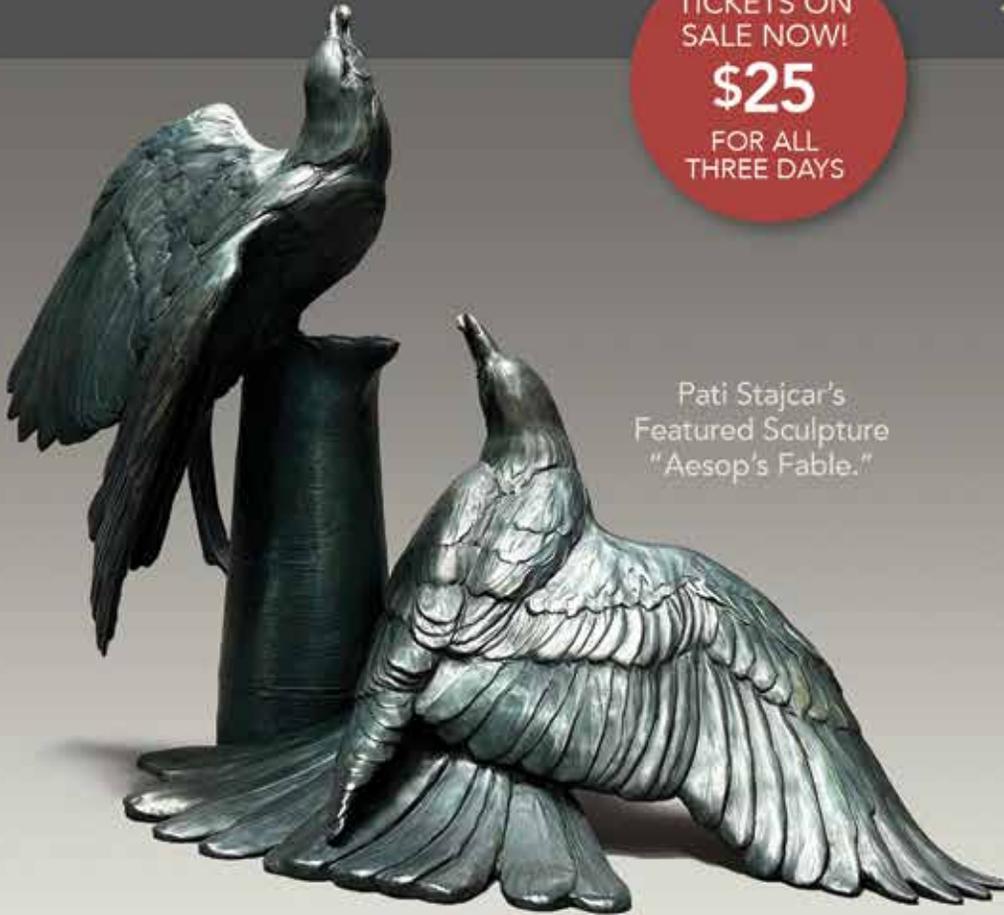
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Photo courtesy of Annapolis Boat Shows



Photo courtesy of Annapolis Boat Shows

## ↑ Annapolis Powerboat Show

Every October, Ego Alley and Annapolis Harbor is transformed into a boater's dream. Floating docks at the Annapolis City Docks will create a temporary marina showcasing new and premiering boats and the latest in boating accessories, equipment, and apparel during the Annapolis Powerboat Show. Soak in the boaters lifestyle October 5th through 8th while you walk the docks. Find more information and get tickets at [annapolisboatshows.com](http://annapolisboatshows.com).



## EASTPORT OYSTER BOYS

Anne Arundel Community Concert Association is bringing back the Eastport Oyster Boys at Severna Park High School on October 4th at 7:30 p.m. This lively group is a living legend in our Chesapeake Bay community. You may have seen and heard them at one or another local event. This concert opens AACCA's season with an upbeat performance of catchy sea tunes and more. Find more information at [aaccaconcerts.com](http://aaccaconcerts.com).



## DRAGONFEST RAFFLE & PARTY

Annapolis Dragon Boat Club is hosting their 2nd annual Dragonfest Raffle and Party on October 14th from noon to 4 p.m. for the public. Join the party at Pier 4 Marina in Eastport for live music, a mega raffle, silent auction, wine pull, bbq, oysters, and more. All proceeds from the event will go directly to improving the lives of breast cancer survivors, their families, and friends. Find more information at [annapolisdragonboatclub.org](http://annapolisdragonboatclub.org).

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— Tony & Darby Yeager

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### BOUNTIFUL HARVEST

Pull out your boots and bling for Friends of The Light House's 2023 Bountiful Harvest. The harvest will be Friday, October 20th at The Atreem at Soaring Timbers in Annapolis. Enjoy gourmet food by The Light House Bistro, an open bar, live and silent auctions, and live music by Misspent Youth all while raising money for safe housing and job training for the homeless. Find more information at friendslhs.org.



### ↑ Hoedown on the Farm

Maryland Therapeutic Riding's Hoedown on the Farm will be October 7th from 4 to 8:30 p.m. at their campus in Crownsville. Grab your cowboy boots and enjoy a boot-scootin' good time. Celebrate 27 years of the healing power of horses with live music, games, food, and raffles. Find more information at horsethatheal.org.

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## Harvest Bash

Providence of Maryland's 8th Annual Harvest Bash will be a night like no other on October 14th in Providence's Greenhouse in Arnold. The night will have a feast of fall bounty and abundant cocktails, custom donuts, live and silent auctions, and live music by The Dan Haas Band and other musicians. Find more information at [providenceofmaryland.org](http://providenceofmaryland.org).



## ↑ OLD BOWIE FESTIVAL

Old Bowie's annual festival is back to celebrate all things Bowie. Over time, the city has become home to people from an ever-growing collection of cultures. Enjoy the day-long celebration on October 7th from 11 a.m. to 5 p.m. The festival will take place between 12th Street and Chestnut Avenue to Maple Avenue at 9th Street in Bowie. The festival will have live music, stages, local and ethnic offerings, and more. Find more information at [oldbowiecelebrates.us](http://oldbowiecelebrates.us).

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Pepe Romero, guitar

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## LIFELINE 100 BICYCLE EVENT

Kick off October with Anne Arundel Department of Recreation & Parks, Anne Arundel County Police, and Bicycle Advocates for Annapolis and Anne Arundel County's ninth Lifeline 100 Community Bicycle Event. The award-winning event offers scenic 65- and 100-mile county tours with water views and historic sites, 15- and 30-mile flat, paved trail rides, and a free bike rodeo and family fun ride for children. The race will start at 6:30 a.m. at Kinder Farm Park in Millersville. Find more information at [lifeline100.com](http://lifeline100.com).



## ↑ Suburban Maryland Fall Home Show

The Suburban Maryland Fall Home Show will be held at the Howard County Fairgrounds on October 7th and 8th. The home show's goal is to inspire, motivate, and excite you for your upcoming home improvements—whether it's a minor renovation or a major remodel. The event will have a wide selection of home improvement professionals in a fun and interactive environment. The show will have a department for kitchens, bathrooms, landscaping, siding, doors, insulation, and more. Ready to get motivated for your next project? Find more information at [mdhomeshows-hf.com](http://mdhomeshows-hf.com).

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11:30am - Rowboat Race  
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2:30pm - Workboat Races  
3:30pm - Crab Picking Contest  
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# Across the Bridge



## ↑ Easton Beer Fest

The 8th Annual Craft Beer Fest will be at The Easton Volunteer Fire Department on October 7th from noon to 4 p.m. This event is Maryland's largest under cover craft beer festival with over forty breweries, wineries, and distilleries on site. The day will also include food, vendors, raffles, and more. Find more information and buy tickets at [eastonbeerfest.com](http://eastonbeerfest.com).



## SULTANA DOWNRIGGING

The 23rd Sultana Education Foundation's Downrigging Weekend Festival is one of the largest annual tall ship gatherings in North America and will be back in Chestertown October 27th through 29th. The festival weekend will have sails, tours, live bluegrass music, lectures, food, and more to benefit the Foundation's environmental literacy programs and the other nonprofits participating in the festival. Find more information at [downrigging.org](http://downrigging.org).



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<p><b>DATE:</b> <b>OCT. 13</b></p>	<p><b>TIME:</b> <b>6-10PM</b></p>	<p><b>PLACE:</b> <b>NAVY-MARINE CORPS MEMORIAL STADIUM: THE CLUBS AT AKERSON TOWER</b></p>
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## KENT COUNTY TOUCH A TRUCK AG FEST

Get ready for the Kent County Touch A Truck Ag Fest on October 7th from 10 a.m. to 3 p.m. at the Kent County Ag Center in Chestertown. There will be a wide variety of trucks and other vehicles on display to look and touch. There will also be plenty of activities for the whole family including scavenger hunts, pumpkin decoration, face painting, a petting zoo, and more. Find more information at [kentcountyfair.org](http://kentcountyfair.org).



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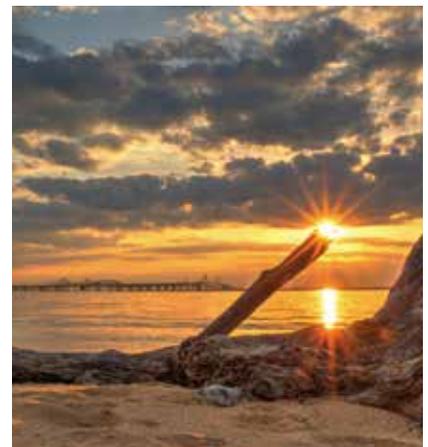
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## Rock the Reef ↓

The Chesapeake Bay Environmental Center's 2nd Annual Rock the Reef will be held on October 28th from 5:30 to 8:30 p.m. at CBEC's campus in Grasonville. The night will have live music by Red Betty & the Ruckus, food stations by Bark Barbeque Café and Harris Seafood, silent and live auctions, and more all to benefit CBEC's Reef Restoration and education initiatives. Find more information at [bayrestoration.org](http://bayrestoration.org).



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October Highlights

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**JAKE SHIMABUKURO**  
UKULELE WIZARD



OCTOBER 3  
**WALTER TROUT**  
BLUES SINGER SONGWRITER



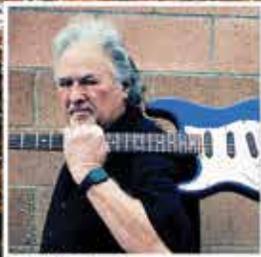
OCTOBER 4  
**TUCK & PATTI**  
JAZZ DUO



OCTOBER 5  
**TEDDY THOMPSON & JENNI MULDAUR**



OCTOBER 6  
**EDWIN MCCAIN**  
SINGER-SONGWRITER



OCTOBER 10  
**COCO MONTOYA**  
BLUES GUITARIST



OCTOBER 11  
**RED CLAY STRAYS**  
W. NOLAN TAYLOR



OCTOBER 13  
**JIM MESSINA**  
OF LOGGINS & MESSINA



OCTOBER 14  
**FOUR80EAST**  
CONTEMPORARY JAZZ



OCTOBER 15  
**NIK WEST**  
FEMALE BASSIST/VOCALIST



OCTOBER 18  
**ENTER THE HAGGIS**  
W. POEHEMIA



OCTOBER 19  
**PABLO CRUISE**  
"LOVE WILL FIND A WAY"



OCTOBER 20  
**PAUL REISER**  
COMEDIAN



OCTOBER 21  
**THE WILD FEATHERS**  
W. JB STRAUSS



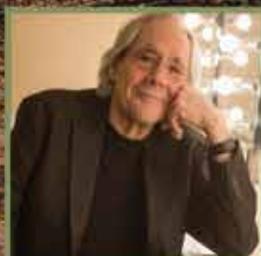
OCTOBER 21  
**THE SECRET SISTERS**  
AMERICANA DUO



OCTOBER 22  
**CHOIR! CHOIR! CHOIR!**  
GEORGE HARRISON SING-ALONG



OCTOBER 27  
**FIREFALL**  
"JUST REMEMBER I LOVE YOU"



OCTOBER 28  
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OCTOBER 29  
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## ↑ Providence Center Rebrands

Providence of Maryland, Inc. (Providence), a nonprofit organization based in Anne Arundel County that supports adults with intellectual and developmental disabilities, announced a new brand and announced an expansion of services at a public event held in July at its Shore Acres Road community location in Arnold.

The new brand, which includes a name change from Providence Center, Inc. to Providence of Maryland, Inc., was unveiled with a new logo and colors designed to reflect the organization's person-centered, community focused work. Also, the nonprofit's pottery studio in Arnold is now known as Providence Pottery & Arts Studio, and their horticulture program, which sells Maryland-native plants for commercial sale, is now called Providence Greenhouses. Both operations support people with intellectual and development disabilities through job training and employment. Learn more at [providenceofmaryland.org](http://providenceofmaryland.org).



## EAGLE TITLE EXPANDS TOWARD THE BEACHES ↓

Eagle Title, the Maryland-based, award-winning title company, is pleased to announce its expansion into Delaware and Ocean City, Maryland, marking a significant milestone in its growth strategy. This addition further solidifies Eagle Title's position in the Delmarva real estate industry, serving clients in Maryland, Virginia, Delaware, and the District of Columbia.

"We are excited to bring our title services to the state of Delaware,"

**SAID JAY WALSH, EAGLE TITLE CEO.**

"The expansion to the beaches aligns perfectly with our strategic growth plans, allowing us to serve our clients in this dynamic real estate market."

Eagle Title will operate out of Georgetown in Delaware and off Ocean Gateway in Ocean City. This expansion will provide a comprehensive suite of title services to the region's home buyers, sellers, lenders, builders, and real estate professionals. For more information, visit [eagletitle.com](http://eagletitle.com).



## ZESKIND'S ACQUIRES CLEMENT HARDWARE

Zeskind's Hardware and Millwork, a fourth-generation family-owned business founded in 1925, has acquired Clement Hardware in a deal that settled in March. "This acquisition means a lot to me personally, having grown up in Severna Park," explains Zeskind's Owner and President Rick Miller, Jr. "I can't emphasize enough the amount of respect I have for Gordon Clement, his family, and the amazing team of people at Clement Hardware." Clement Hardware has been a staple of Severna Park, since it was founded in 1969 by David Clement and is known for having knowledgeable staff who know their customers by name. These same faces will remain, as all current Clement employees will continue on as employees of Zeskind's. In homage to its location in Severna Park, the new store will be named "Park Hardware." Learn more at [zeskinds.com](http://zeskinds.com).



## ↑ CHRIS GIVES FOUNDATION HOLDS INAUGURAL EVENT

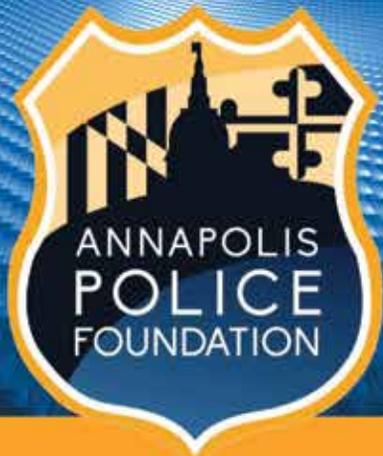
The Chris Gives Foundation held its inaugural fundraising event on June 17th, at historic Baldwin Hall in Crownsville. The 501(c)(3) charity organization was founded by Robin Mohns (pictured) to continue the legacy of her late husband Chris Mohns, Sr., who helped many people with automobile difficulties, helping them get back on the road. CGF will provide help to individuals struggling to pay for auto repairs and other transportation costs. The event was deemed a success, with more than 100 attendees enjoying music, bbq, games, silent and live auctions, and raffles.

Learn more at [chrisgives.com](http://chrisgives.com).



## Lisa's Cake Pops Bids Adieu

On June 28th, the Greater Severna Park and Arnold Chamber had a sweet sendoff for Lisa and Glenn Schneiderman, owners of Lisa's Cake Pops. The duo closed their wonderful bakery and are relocating to sunny Florida. The couple has been active part of the Severna Park and Anne Arundel County community for many years and will be missed. We wish them well in their next chapter.



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#### Driving Towards a \$20,000 Goal

APF helps find initiatives so our children have access to life-changing experiences. Our current community van is at the end of its journey, and we need your support to raise \$20,000 for a replacement. Every contribution propels us closer to our goal.

#### Crafting Lifelong Memories

Beyond transportation, the van creates moments that last a lifetime. We create memorable experiences & signature events for youth & young adults in the community...including our boxing program in partnership with USNA Boxing and the PAL to Shop With A Cop (for Back to School clothes & Holiday Shopping), to Cooking With A Cop (to learn how to prepare healthy meals), Sailing With A Cop (on the CRAB boats), Fishing With A Cop and so much throughout the year each journey enriches lives and strengthens bonds.

#### Your donation ignites joy & opportunity.

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If you have any questions, please connect with APF Chairman, Brian Finan at [BFinan@annapolispolicefoundation.org](mailto:BFinan@annapolispolicefoundation.org) Or APF Vice Chair, Judy Biddensick at [JBiddensick@AnnapolisPoliceFoundation.org](mailto:JBiddensick@AnnapolisPoliceFoundation.org)





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# EXPERT OF THE MONTH

## CHRISTOPHER PARKS, CFP®

Certified Financial Planner | Wye Financial Partners

Chris Parks is a Certified Financial Planner™ and Financial Advisor at Wye Financial Partners, the investment division of Shore United Bank N.A. After working in financial planning for several years, Chris wanted to be a more powerful advocate for his clients. He decided to expand his financial knowledge and earned his CERTIFIED FINANCIAL PLANNING™ designation in 2019. Chris is a lifelong resident of Queen Anne's County and received his college degree in mathematics from Salisbury University.

### Why is financial planning important?

A comprehensive financial plan serves as a framework for organizing the pieces of your financial picture. With a financial plan in place, you'll be better able to focus on your goals and understand what it will take to reach them.

### Can you explain what the financial planning process look like?

When I create and implement a comprehensive financial plan, it generally involves working to:

- Develop a clear picture of your current financial situation by reviewing your income, assets, and liabilities, and evaluating your insurance coverage, your investment portfolio, your tax exposure, and your estate plan.
- Establish and prioritize financial goals and time frames.
- Implement strategies that address your current financial weaknesses and build on your financial strengths.
- Choose specific products and services that are tailored to help meet your financial objectives\*
- Then we monitor your plan, adjusting as your goals, time frames, or circumstances change.

### How many financial professionals will be involved?

The financial planning process can involve a number of professionals. Financial planners typically play a central role in the process, focusing on your overall financial plan, and often coordinating the activities of other professionals who have expertise in specific areas. Accountants or tax attorneys provide advice on federal and state tax issues. Estate planning attorneys help you plan your estate and give advice on transferring and managing your assets before and after your death. Insurance professionals evaluate insurance needs and recommend appropriate products and strategies. Investment advisors like me, provide advice about investment options and asset allocation, and can help you plan a strategy to manage your portfolio. The most important member of the team, however, is you. Your needs and objectives drive the team, and once you've carefully considered any recommendations, all decisions lie in your hands.

### Why can't I do it myself?

You can, if you have enough time and knowledge, but developing a comprehensive financial plan may require expertise in several areas. We can give you objective information and help you weigh your alternatives, saving you time and ensuring that all angles of your financial picture are covered. Don't leave your financial future to chance, reach out today!

### Christopher Parks CFP® Wye Financial Partners

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## LET'S MOVE CREW ORGANIZES NAMI WALK

Annapolis and Crofton offices of Coldwell Banker Realty, led by Liz Montaner and the Let's Move Crew, organized the second NAMI Anne Arundel County Walk in downtown Annapolis on Saturday, June 10th. The goal of the Walk was to raise awareness and reduce stigma regarding mental health treatment. Additionally, they raised \$6,290 for NAMI Maryland and NAMI Anne Arundel County chapters as part of the NAMI Walks Your Way 2023 campaign. Every dollar raised will be supporting NAMI's mission of improving the lives of individuals and families affected by mental illness. Learn more at the National Alliance on Mental Illness at [nami.org](http://nami.org).

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## ↑ New Exec. Director for Compass Rose Theater

Compass Rose Theater, Annapolis' longest-running professional theater company and nonprofit educational organization, recently announced Barbara Webber as its new Executive Director. Webber is a long-time Annapolitan and public relations business owner with over 20 years of experience in non-profit leadership, theater arts, and youth education. "Being offered the opportunity to lead the theater is a dream come true," Webber said. "Compass Rose Theater's educational mission makes it even more exciting because I spent ten years providing educational performances for kids throughout Maryland schools and loved every minute." Lucinda Merry-Browne, Compass Rose Theater Founder and Artistic Advisor, said, "In Barbara, we have found a leader who not only has a passion for theater but has the expertise and depth of experience to guide our company forward." Learn more at [compassrosetheater.org](http://compassrosetheater.org).

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



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# 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.

Now in its 35th year, 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.



For more information call us at 410-798-0005 or visit [www.thesummitschool.org](http://www.thesummitschool.org) Edgewater, MD

## 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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Photography by Steve Buchanan

**TOWNE ATHLETE**

# Grace Mitchell

St. Mary's High School  
Lacrosse, Soccer,  
Indoor Track & Field

By Tom Worgo

**G**race Mitchell woke up one day in the fall of 2022 and felt that her lifelong dream of attending the Naval Academy wouldn't be fulfilled. Navy had been recruiting her for several months, but it reached the point where things came to a standstill and an offer wasn't extended like Mitchell had hoped.



**"I HAVE SO MUCH RESPECT FOR THE MILITARY BECAUSE OF THE CULTURE OF THE TEAM AND THE ENTIRE SCHOOL. I ALWAYS WANTED TO BE PART OF THAT HARDWORKING AND SELFLESS CULTURE: WE BEFORE ME KIND OF THING. I THINK IT'S ONE OF THE ENVIRONMENTS YOU CAN'T GET ANYWHERE ELSE."**

That's about the time Mitchell, a senior at St. Mary's High School, started focusing in on Cornell University and she ended up committing to the school in November of that year.

"I absolutely loved the coaches and the team up there," Mitchell recalls. "But I felt it wasn't meant to be the place for me. Navy was still the place I wanted to be." All the while, unbeknownst to her, the Navy coaching staff felt the same way and to Mitchell's surprise, they circled back to her in February despite her commitment to Cornell.

What came next was her biggest thrill: Navy Women's Lacrosse Coach Cindy Timchal offered the 5-foot-10 Mitchell, an Annapolis resident, a spot on the team in March. Obviously, she accepted without hesitation.

"They still wanted me," Mitchell says with a lingering sense of gratitude. "And they were impressed with my academics." Some of Mitchell's family members were just excited as she was.

Mitchell's mother Shelly played lacrosse at the Academy on its very first

team. Her father Eric graduated from the Academy along with her mom's sister Mary Vanyo and her husband Brian.

"I have so much respect for the military because of the culture of the team and the entire school," Grace explains. "I always wanted to be part of that hardworking and selfless culture: *we before me* kind of thing. I think it's one of the environments you can't get anywhere else."

The 18-year-old Mitchell plans to major in chemistry and currently ranks first in her class among 117 students with a weighted 4.43 grade-point average. She's taking five advanced placement classes this school year and 11 overall in high school. "I want to be a medical doctor," Mitchell says.

Mitchell developed her lacrosse skills playing nine years for Maryland United, considered one of the state's top lacrosse clubs. Her coach, Maryland United's Bev Altig, says Mitchell possesses the necessary leadership skills to help her succeed at the Naval Academy. It's one of Mitchell's biggest strengths.

“When she comes off the field at halftime of a game, she has a lot of input to give to everybody,” Altig explains. “She doesn’t hesitate to tell her teammates what they should be doing. She is like an extra coach.”

Mitchell, an attacker, was the only freshman on the St. Mary’s varsity lacrosse team during the 2021 season, and she ended up starting the next two years. She totaled 15 goals and eight assists as a sophomore. Then finished the 2023 season with 24 goals and 14 assists while earning the Kellie Thompson Shiley Award for outstanding leadership.

“She has great size, vision, and the ability to finish her shots on the offensive end,” former St. Mary’s Girls Lacrosse coach Mandy Jones says. “She is one of those players who gets to the practice field early. She would stay after practice and, sometimes, I would have to tell her to go home and focus on the rest of the day.”

If St. Mary’s gave out an award for best-student athlete at the school, Mitchell would be at the top of the list. She also plays soccer (co-captain in 2022) and runs indoor track (2023 500-meter conference champion). On top of that, Mitchell plays the piano, is a member of the Spanish and Science honor societies, and does a lot of community service, including for the Lighthouse Shelter.

“She got into the Naval Academy on her own without lacrosse,” Jones says. “It’s a bonus that she plays lacrosse.”

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

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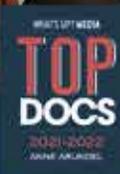
*“Setting the Standard for Gastroenterology”*

### ABOUT US

Anne Arundel Gastroenterology Associates has been a pillar of the local healthcare community for over four decades diagnosing and treating all symptoms and diseases associated with the GI tract (esophagus, stomach, small bowel, colon), pancreas, liver and gallbladder.

### WHAT WE TREAT

Common symptoms and diseases include gastroesophageal reflux disease (GERD), inflammatory bowel disease (IBD) including Crohns disease and Ulcerative colitis, colon cancer prevention, Celiac disease, fatty liver and pancreatic inflammation, cysts and cancer.



AAGA includes ten physicians and six midlevel providers who are all taking new patients and are excited about caring for our community. Our main campus is located in Annapolis, and we have satellite offices located in Greenbelt, Odenton, Bowie, Pasadena and Kent Island. Feel free to visit us at [www.aagastro.com](http://www.aagastro.com) or call to schedule an appointment at **410-224-2116**. We look forward to meeting you soon!

A light blue stethoscope graphic is centered in the background, with its chest piece at the bottom and two earpieces at the top. The word 'TOP' is positioned above the chest piece, and 'DOCS' is positioned below it. A white rectangular box with a thin red border is placed over the top left of the 'TOP' text, containing the text '2023-2024'.

2023–2024

# TOP DOCS

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## The Greater Chesapeake Bay region's top peer-nominated doctors

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We welcome this year's class of medical doctors who have been recognized by their peers for exceptional patient care, bedside manner, professionalism, and expertise!

This is What's Up? Media's eleventh biennial **Top Docs** project, dating back to 2003. And each campaign requires an amazing amount of time and energy to execute. Top Docs has been a seven-month process that began in March with the surveying of medical doctors practicing within the distribution region of our publications *What's Up? Annapolis*, *What's Up? Central Maryland*, and *What's Up? Eastern Shore*.

Doctors were asked to participate in an online, secure survey, which listed more than 40 areas of medical specialty, and several medical conditions. Doctors were asked to recommend their most qualified peers, in their opinion, for each category

of specialty/condition. Doctors were allowed to complete one survey each (qualified by entering their Maryland medical license number). Surveys were collected by deadline, vetted, and the results tallied.

The Top Docs honored herein represent the individual doctors who received the *most substantial* number of nominations from their peers relative to the amount of voting taking place within each category. Every doctor on the following list was fact-checked with the Maryland Board of Physicians to ensure their certification and practice are in good standing with the state.

Knowing who medical professionals consider the best in their respective fields is a valuable asset. We thank the many doctors who completed the survey and congratulate those who've earned the following accolades!





## ALLERGY & IMMUNOLOGY

*Dealing with allergies and an exaggerated immune response or reaction to substances.*

**Dr. Duane Gels**  
Annapolis Allergy & Asthma; 129 Lubrano Drive, Ste. 200, Annapolis; 410-573-1600; annapolisallergy.com

**Dr. Jamie Olenec**  
Centers for Advanced ENT Care; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

**Dr. Monica Bhagat**  
ENTAA Care; 129 Lubrano Drive, Ste. L100, Annapolis; 410-760-8840; entaacare.com

**Dr. Richard Bernstein**  
Privia Health; 133 Defense Highway, Ste. 109, Annapolis; 410-224-5558; rbernmedicine.com

**Dr. Timothy Andrews**  
Allergy & Asthma Associates; 277 Peninsula Farm Road, Arnold; 410-647-2600; annapollendocs.com

## ANESTHESIOLOGY

*The practice of blocking pain, discomfort, or distress during surgery or an obstetric or diagnostic procedure.*

**Dr. Christine Cattaneo**  
Luminis Health; 2001 Medical Parkway, Annapolis; 410-280-2260; luminishealth.org

**Dr. Courtney Masear**  
Johns Hopkins; 4940 Eastern Avenue, Ste. A3W, Baltimore; 410-550-0942; hopkins-medicine.org

**Dr. Egal Gudal**  
UM Baltimore Washington Medical Center; 301 Hospital Drive, Glen Burnie; 410-787-4000; umms.org

**Dr. Glenn Gilmore**  
Luminis Health; 2001 Medical Parkway, Annapolis; 410-280-2260; luminishealth.org

**Dr. Kevin Malone**  
Luminis Health; 2001 Medical Parkway, Annapolis; 410-280-2260; luminishealth.org

**Dr. Michael Webb**  
Luminis Health; 2001 Medical Parkway, Annapolis; 410-280-2260; luminishealth.org

**Dr. Richard Ro**  
Luminis Health; 2001 Medical Parkway, Annapolis; 410-280-2260; luminishealth.org

## CARDIOVASCULAR DISEASE

*Dealing with the heart, its actions, and diseases.*

**Dr. Asghar Fakhri**  
UM Baltimore Washington Heart Associates; 7845 Oakwood Road, Ste. 106, Glen Burnie; 410-768-0919; umms.org

**Dr. Baran Kilical**  
Annapolis Heart LLC; 128 Lubrano Drive, Ste. 301, Annapolis; 443-607-2299; annapolis-heart.com

**Dr. George Clements**  
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

**Dr. Jennifer R. Brown**  
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

**Dr. John Kennedy**  
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

**Dr. Lawrence D. Jacobs**  
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

**Dr. Scott Katzen**  
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

**Dr. Valeriani Bead**  
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

**Dr. William Maxsted**  
MedStar Health Cardiology Associates; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; med-starhealth.org

## COLON & RECTAL SURGERY

*Dealing with surgery involving the colon and rectum.*

**Dr. Mari Madsen**  
Annapolis Colon & Rectal Surgeons; 2002 Medical Parkway, Annapolis; 410-573-1699; annapoliscolon.com

**Dr. Vincent Cifello**  
Colon Rectal Surgical Associates, LLC; 1404 Crain Highway, Ste. 111, Glen Burnie; 410-760-9996; colonrectal.net

**Steven Proshan**  
Annapolis Colon & Rectal Surgeons; 2002 Medical Parkway, Ste. 360, Annapolis; 410-573-1699; annapoliscolon.com

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**Dr. Kanak Patel**  
Luminis Health; 2001 Medical Parkway, Annapolis; 443-481-1750; luminishealth.org

**Dr. Steven Resnick**  
Annapolis Asthma, Pulmonary & Sleep Specialists; 116 Defense Highway, Ste. 500, Annapolis; 410-266-1644; annapolis-pulmonary.com

## DERMATOLOGY

*Dealing with the skin and its diseases.*

**Dr. Christine Ambro**  
Annapolis Dermatology Center; 71 Old Mill Bottom Road N., Ste. 300, Annapolis; 410-268-3887; usdermatologypartners.com

**Dr. Gail Goldstein**  
Annapolis Dermatology Center; 71 Old Mill Bottom Road N., Ste. 300, Annapolis; 410-268-3887; usdermatologypartners.com

**Dr. George Gavrila**  
ProMD Health; 166 Defense Highway, Ste. 302, Annapolis; 410-449-2060; promd-health.com

**Dr. Heather Pacheco**  
Johns Hopkins; 231 Najoles Road, Ste. 460, Millersville; 410-883-8563; hopkinsmedicine.org

**Dr. Katina Miles**  
Skin Oasis Dermatology; 2401 Brandermill Boulevard, Ste. 240, Gambrills; 410-402-5207; skinoasisderm.com

**Dr. Kelly McGuigan**  
Anne Arundel Dermatology; 180 Admiral Cochrane Drive, Annapolis; 410-263-5439; aadermatology.com

**Dr. Lesley Sutherland**  
Dockside Dermatology; 8601 Veterans Highway, Ste. 201, Millersville; 410-934-5400; docksideder.com

**Dr. Lisa Kates**  
Center for Dermatology and Skin Care of Maryland; 2200 Defense Highway, Ste. 201, Crofton; 410-451-5500; dermofmd.com

**Dr. Lisa Renfro**  
Anne Arundel Dermatology; 2002 Medical Parkway, Ste. 630, Annapolis; 410-224-2260; annapolisdermatology.com

**Dr. Megan Casady Flahive**  
Current Dermatology and Cosmetic Center; 810 Bestgate Road, Ste. 450, Annapolis; 410-384-3045; current-derm.com

**Dr. Molly Walterhoefer**  
Current Dermatology and Cosmetic Center; 810 Bestgate Road, Ste. 450, Annapolis; 410-384-3045; current-derm.com

**Dr. Natalia Biles**  
Advanced Dermatology and Cosmetic Surgery; 200 Harry S. Truman Parkway, Ste. 400, Annapolis; 410-897-0272; advanced-derm.com

**Dr. Stephanie Clements**  
Dockside Dermatology; 8601 Veterans Highway, Ste. 201, Millersville; 410-934-5400; docksideder.com

## ENDOCRINOLOGY, DIABETES & METABOLISM

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**Dr. Elizabeth Parker**  
Parker Place; 49 Old Solomons Island Road, Ste. 303, Annapolis; 410-844-8998; parker-placeannapolis.com

**Dr. Kathleen Prendergast**  
UM Baltimore Washington Medical Center; 255 Hospital Drive, Ste. 9, Glen Burnie; 410-787-4940; umms.org

**Dr. Kristin Michelle Flammer**  
UM Baltimore Washington Medical Center; 255 Hospital Drive, Ste. 9, Glen Burnie; 410-787-4940; umms.org

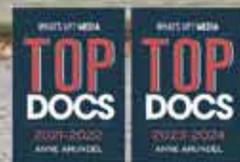
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**Dr. Onala Telford**

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**GASTROENTEROLOGY**

*Dealing with the structure, functions, diseases, and pathology of the stomach and intestines.*

**Dr. Barry Cukor**

Gastro Health (formerly Digestive Disorders Associates); 621 Ridgely Avenue, Ste. 201, Annapolis; 410-224-4887; gastro-health.com

**Dr. Chris Olenec**

Anne Arundel Gastroenterology Associates; 820 Bestgate Road, Ste. 1A, Annapolis; 410-505-4265; aagastro.com

**Dr. Kevin Wolov**

Gastro Health (formerly Digestive Disorders Associates); 621 Ridgely Avenue, Ste. 201, Annapolis; 410-224-4887; gastro-health.com

**Dr. Melanie Jackson**

Anne Arundel Gastroenterology Associates; 820 Bestgate Road, Ste. 1A, Annapolis; 410-505-4265; aagastro.com

**Dr. Paraveena Velamati**

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**Dr. Raja Taunk**

Anne Arundel Gastroenterology Associates; 820 Bestgate Road, Ste. 1A, Annapolis; 410-505-4265; aagastro.com

**Dr. Steve Epstein**

Woodholme Gastroenterology Associates; 802 Landmark Drive, Ste. 129, Glen Burnie; 410-863-4899; woodholmegi.com

**GENERAL SURGERY**

*Dealing with diseases and conditions requiring or amenable to operative or manual procedures.*

**Dr. Gina Massoglia**

Chesapeake Surgical Associates; 2009 Tidewater Colony Drive, Annapolis; 410-571-9499; chesapeakeurgery.com

**Dr. Vincent Sayan**

Vincent Sayan MD, FACS; 134 Holiday Court, Ste. 300, Annapolis; 410-224-4404; sayansurgical.com

**GYNECOLOGY**

*Dealing with the diseases and routines physical care of the reproductive system of women.*

**Dr. Heather Herman**

Chesapeake Women's Care; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomen-scare.com

**Dr. Julia Lubsky**

Luminis Health; 2000 Medical Parkway, Ste. 304, Annapolis; 410-224-1133; annapolisobgyn.com

**Dr. Marcus Penn**

Chesapeake Women's Care; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomen-scare.com

**Dr. Pablo Argeles**

UM Baltimore Washington Medical Center; 203 Hospital Drive, Ste. 308, Glen Burnie; 410-553-8260; umms.org

**Dr. Susan Peeler**

Mercy Institute for Gynecologic Care at Annapolis; 888 Bestgate Road, Ste. 208, Annapolis; 443-949-3401; mdmercy.com

**Dr. Teresa Diaz-Montes**

Mercy Institute for Gynecologic Care at Annapolis; 888 Bestgate Road, Ste. 208, Annapolis; 410-332-9200; mdmercy.com

**HEMATOLOGY & ONCOLOGY**

*Dealing with the blood and blood-forming organs (hematology) and dealing with the treatment and management of cancer (oncology).*

**Dr. Arun Bhandari**

Chesapeake Oncology Hematology Associates; 129 Lubrano Drive, Ste. 201, Annapolis; 410-573-0090; cohamed.com

**Dr. Carol Tweed**

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

**Dr. Harvinder Singh**

UM Baltimore Washington Medical Center; 305 Hospital Drive, Glen Burnie; 410-553-8360; umms.org

**Dr. Jason Taksey**

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

**Dr. Ravin Garg**

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**Dr. Ruth Gallatin**

Crofton Internal Medicine (affiliate of Hospice of the Chesapeake); 2401 Brandermill Boulevard, Ste. 220, Gambrills; 410-451-7214

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*Dealing with the diagnosis and treatment of non-surgical diseases.*

**Dr. Aditya Chopra**

Aditya Chopra, MD, PC; 600 Ridgely Avenue, Ste. 231, Annapolis; 410-266-8186; adityachopramdpc.com

**Dr. Timothy Woods**

Annapolis Internal Medicine; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

**Dr. Titus Abraham**

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**NEPHROLOGY**

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Central Maryland Nephrology; 7331 Hanover Parkway, Greenbelt; 301-345-0605; cmneph.com

**Dr. Andrew Briglia**

Annapolis Nephrology Associates; 104 Forbes Street, Ste. 102, Annapolis; 410-571-8333; annapolisnephrology.com

**Dr. Shahab Khan**

Mid Atlantic Nephrology Associates; 6934 Aviation Boulevard, Ste. F, Glen Burnie; 410-760-3588; manapa.com

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**Dr. Clifford Solomon**

UM Baltimore Washington Medical Center; 255 Hospital Drive, Ste. 208, Glen Burnie; 410-533-8160; umms.org

**Dr. Danny Liang**

UM Baltimore Washington Medical Center; 255 Hospital Drive, Ste. 208, Glen Burnie; 410-553-8160; umms.org

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Annapolis Neurology Associates; 104 Forbes Street, Ste. 102, Annapolis; 410-571-8333; annapolisneurology.com

**Dr. Molly Price**

Annapolis Neurology Associates; 122 Defense Highway, Annapolis; 410-266-9694; annapolisneurology.com

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Ophthalmology Associates of Greater Annapolis; 83 Church Road, Arnold; 410-757-2778; annapoliseyecare.com

**Dr. Maria Scott (retired June 2023)**

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**Dr. Clayton Alexander**

Mercy Medical Center; 7927 Ritchie Highway, Glen Burnie; 410-332-9032; mdmercy.com

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**Dr. Christopher Jones**

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

**Dr. Clayton Alexander**

Mercy Medical Center; 7927 Ritchie Highway, Glen Burnie; 410-332-9032; mdmercy.com

**Dr. Garth Smith**

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Annapolis Hand Center; 127 Lubrano Drive, Ste. 202, Annapolis; 410-544-4263; annapolishandcenter.com

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**Dr. Michael Anvari**

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**Dr. Paul King**

Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; luminis-health.org

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**Dr. Daniel Redziniak**

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**Dr. James MacDonald**

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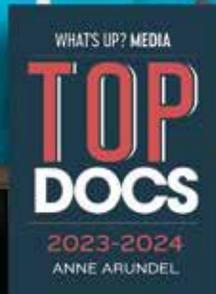
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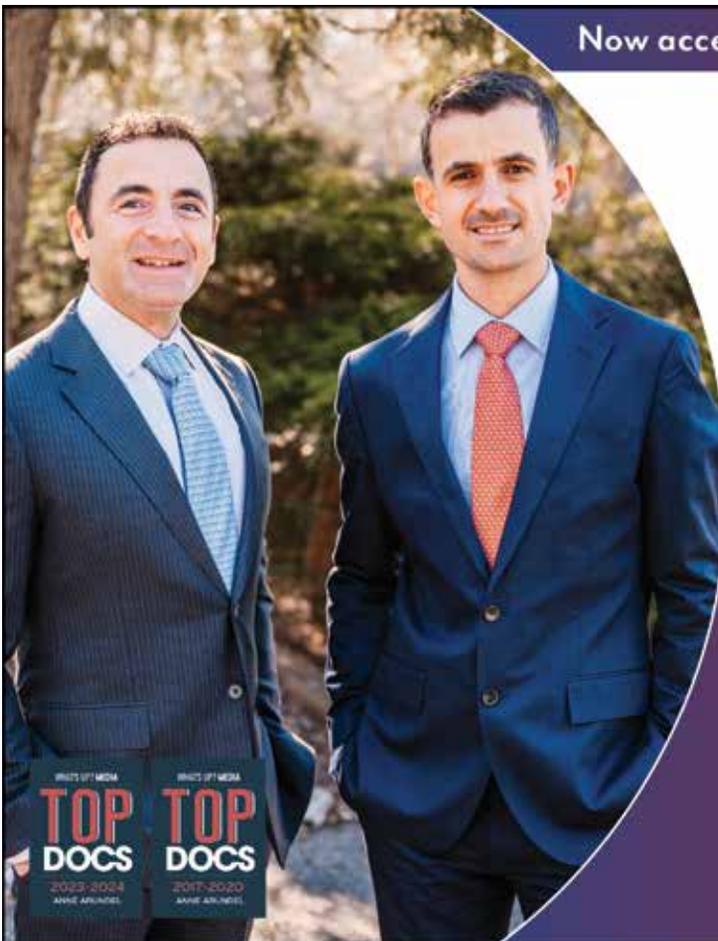
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com

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Chesapeake Plastic  
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**Dr. Kelly Sullivan**  
Sullivan Surgery & Spa;  
130 Admiral Cochrane  
Drive, Ste. 300, An-  
napolis; 410-571-1280;  
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Laughlin Plastic  
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3806; waypointwell-  
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CPE Clinic, LLC; 130  
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979-2326; cpeclinic.  
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### Dr. Hardeep Rosy Singh

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### Dr. Kevin Berger

Chesapeake Medical Imaging; 810 Bestgate Road, Ste. 100, Annapolis; 855-455-8900; [cmirad.net](http://cmirad.net)

### Dr. Mark Baganz

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### Dr. Erinn Maury

Mid-Atlantic Rheumatology; 231 Najoles Road, Ste. 160, Millersville; 410-787-9400; [midatlanticrheum.com](http://midatlanticrheum.com)

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### Dr. Rian Dickstein

Chesapeake Urology Associates; 7580 Buckingham Boulevard, Ste. 110, Hanover; 410-760-9400; [unitedurology.com](http://unitedurology.com)

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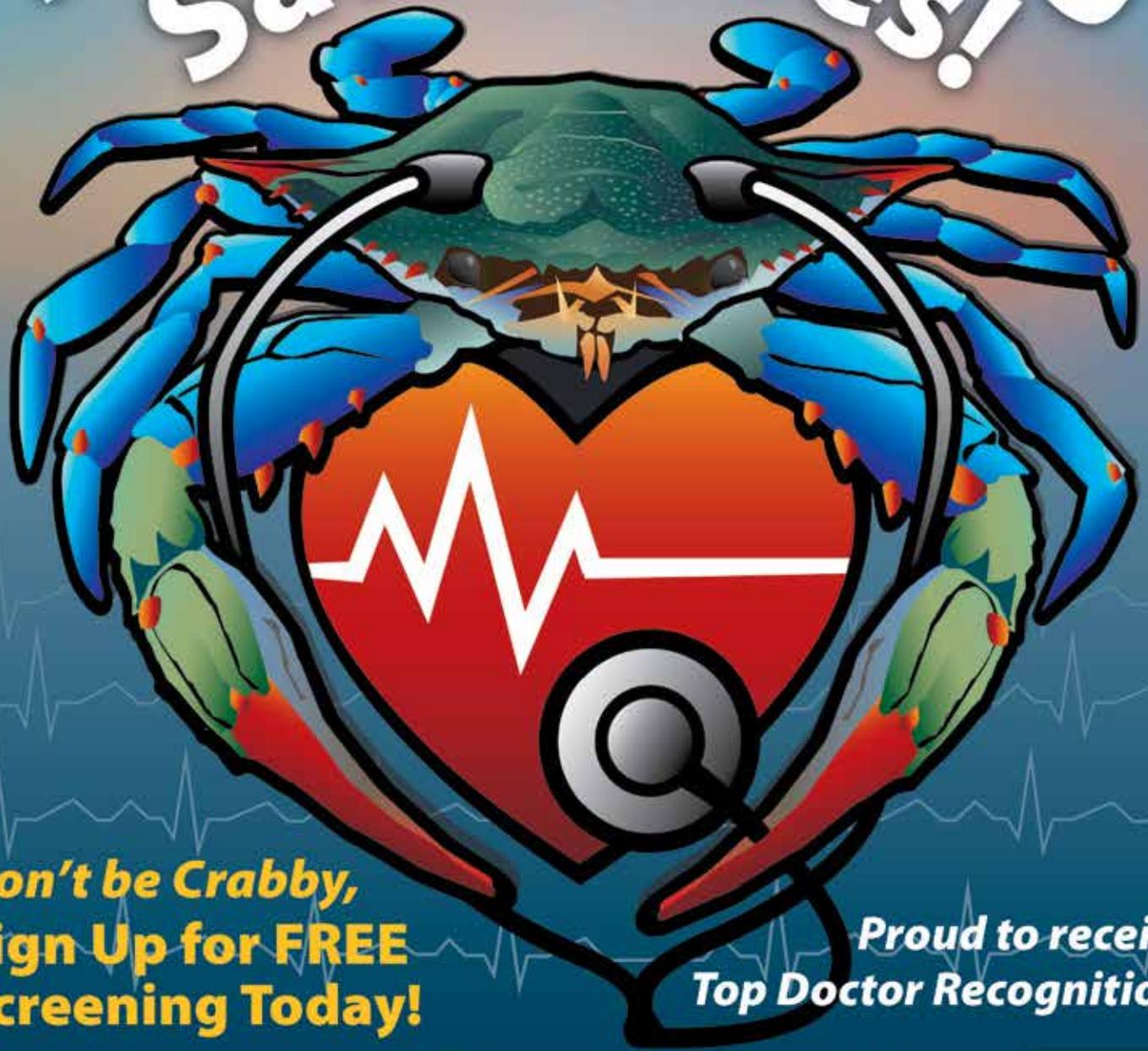


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**Dr. Mark Peeler**  
MedStar Health; 2002 Medical Parkway, Ste. 520, Annapolis; 410-571-8430; medstar-health.org

**CONDITION—BACK PAIN**

**Dr. Brian Kahan**  
The Kahan Center; 170 Jennifer Road, Ste. 240, Annapolis; 410-571-9000; thekahancenter.com

**Dr. Chad Patton**  
Luminis Health; 2000 Medical Parkway, Ste. 101, Annapolis; 410-267-5584; drchadpatton.com

**Dr. Charles Simmons**  
Clearway Pain Solutions; 127 Lubrano Drive, Ste. 100, Annapolis; 410-224-0144; clearwaypain.com

**Dr. LeeAnn Rhodes**  
All Star Pain Management & Regenerative Medicine; 1000 Bestgate Road, Ste. 400, Annapolis; 410-266-2720; allstarpainmanagement.com

**Dr. Wai Leong Foo**  
Clearway Pain Solutions; 810 Bestgate Road, Ste. 120, Annapolis; 833-301-7246; clearwaypain.com

**Dr. Zvezdomir Zamfiov**  
All Star Pain Management & Regenerative Medicine; 166 Defense Highway, Ste. 300, Annapolis; 443-808-1808; allstarpainmanagement.com

**CONDITION—BREAST CANCER**

**Dr. Carol Tweed**  
Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

**Dr. Cynthia Drogula**  
UM Baltimore Washington Medical Center; 203 Hospital Drive, Ste. 200, Glen Burnie; 410-533-8351; umms.org

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## Lisa C. Kates, MD

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As founder of Dermatology & Skin Care of Maryland, Dr. Lisa C. Kates set out to create a full-service medical and cosmetic dermatology practice in an intimate and relaxing setting. After her training, she rose to the position of Director of Dermatologic Laser Surgery and Consultant Attending of Dermatologic Surgery. Dr. Kates, a Board-certified dermatologist for 23 years, has a mission: She wants to make life better for all her patients. She keeps abreast of medical advances and state-of-the-art technology and techniques, and has the talent to help patients look their best—whether it's reversing the effects of sun damage or treating the trauma of acne.

A graduate of Hahnemann University School of Medicine, Dr. Kates' special interests involve dermatologic surgery and laser procedures, filler treatments, and Botox, Dysport and Daxxify injections. Dr. Kates served as the Director of Laser Surgery at Cook County Hospital and has trained residents and physicians alike on proper injection technique.

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**Dr. Lorraine Tafra**  
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481-5300; luminis-  
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#### CONDITION— DIABETES

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ington Medical Center;  
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410-787-4940; joslin.org

**Dr. Onala Telford**  
Chesapeake Endocri-  
nology; 2191 Defense  
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820 Bestgate Road,  
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505-4265; aagastro.com

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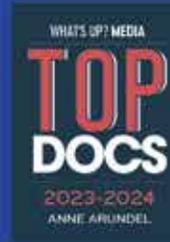
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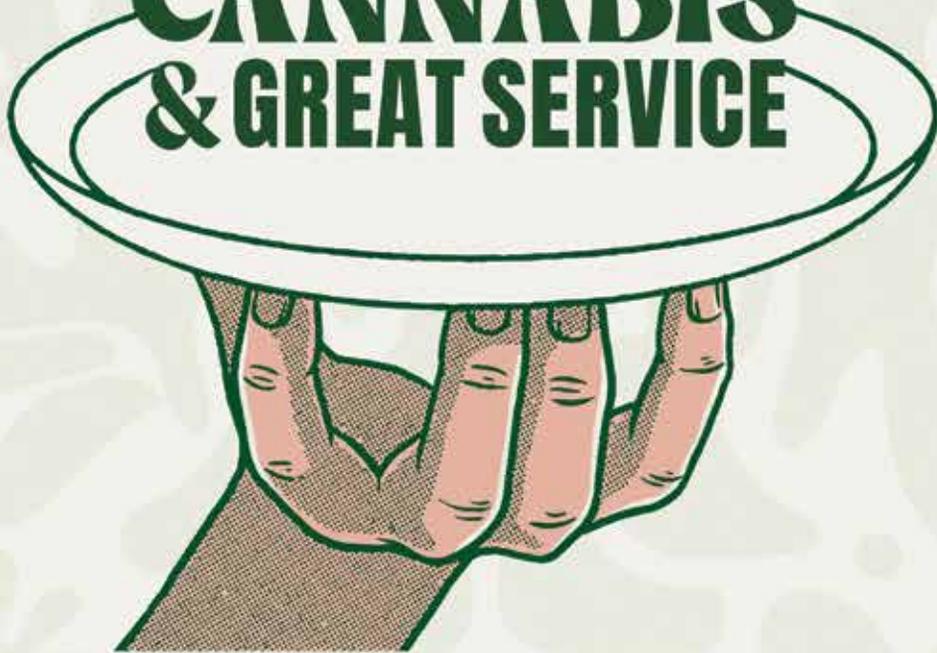


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DEGENERATION**

**Dr. Deborah Reid**  
The Retina Group of  
Washington; 2002  
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224-6680; rgw.com

**Dr. Sam Boles**  
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napolis; 410-224-2010;  
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Specialists; 116  
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500, Annapolis; 410-  
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ical Parkway, Ste. 230,  
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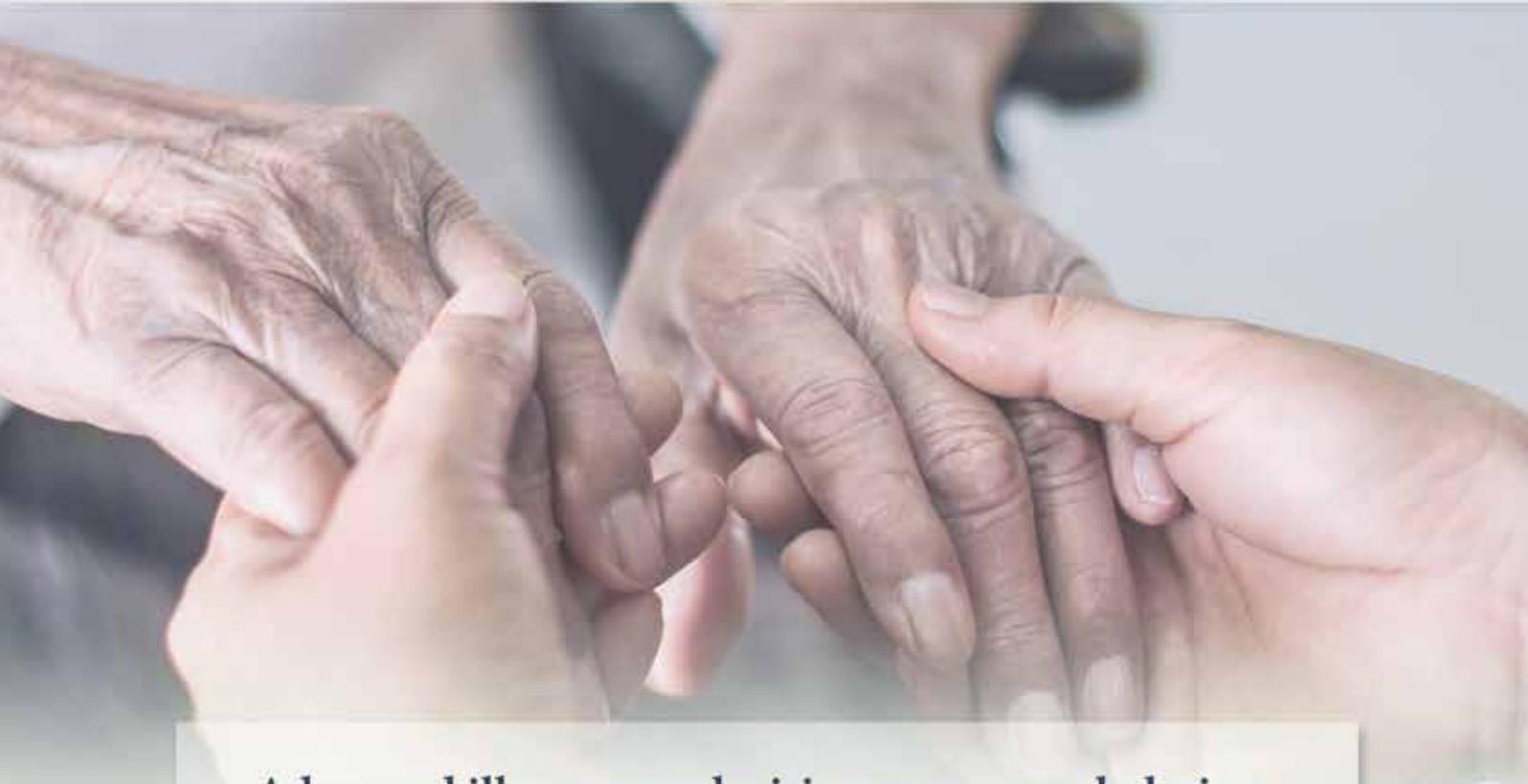
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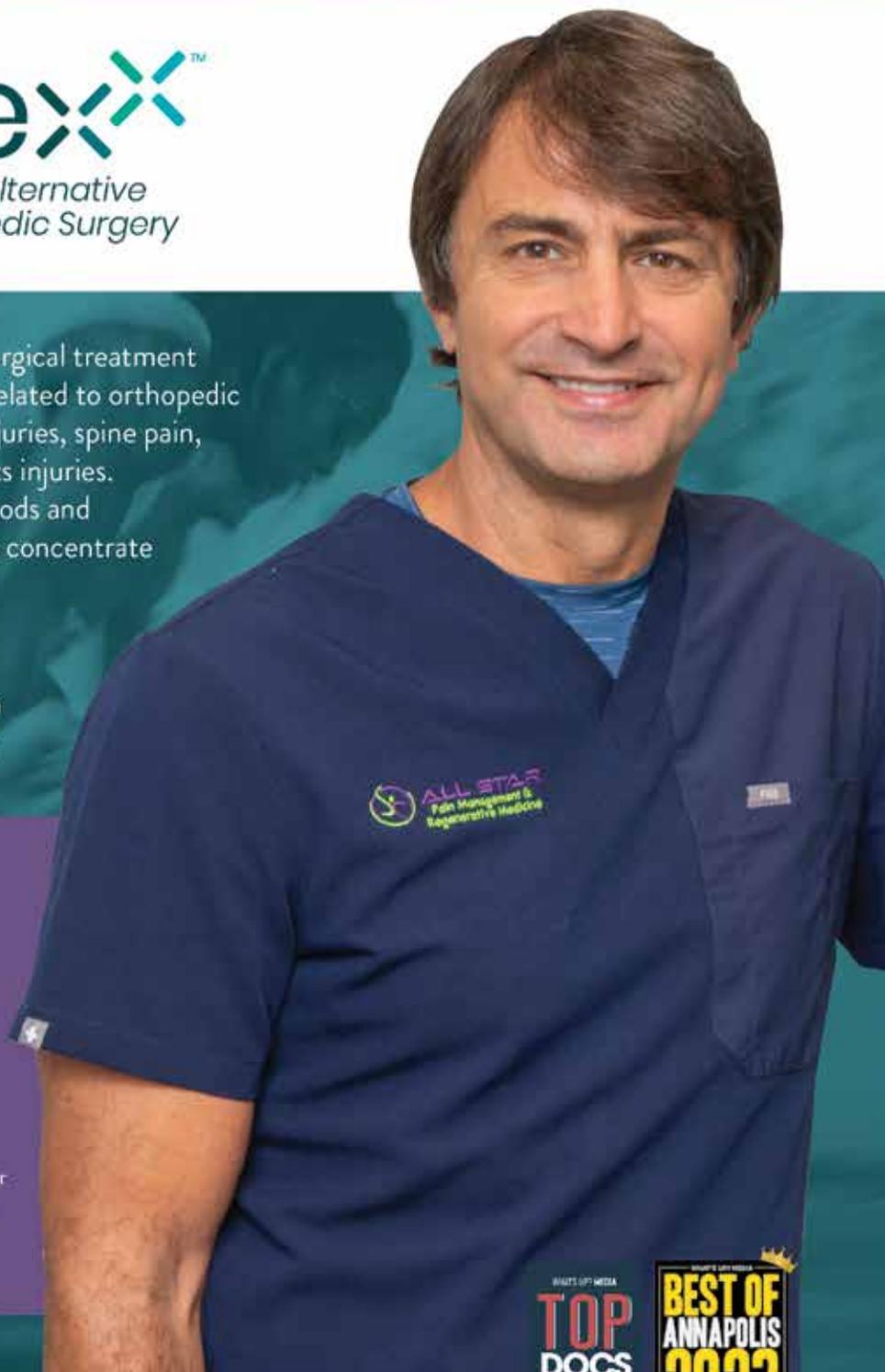
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## Zvezdomir Zamfirov, MD (Dr. Zed)

Dr. Zamfirov is the founder of All Star Pain Management and Regenerative Medicine which opened its doors on February 1st, 2017.

His areas of special interests include fluoroscopically guided spinal injections, non-operative spine care, pain management, sports medicine, neuromodulation (spinal cord stimulator treatment), and regenerative medicine for spine, joints, muscles, and ligaments.



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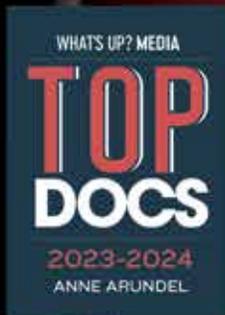
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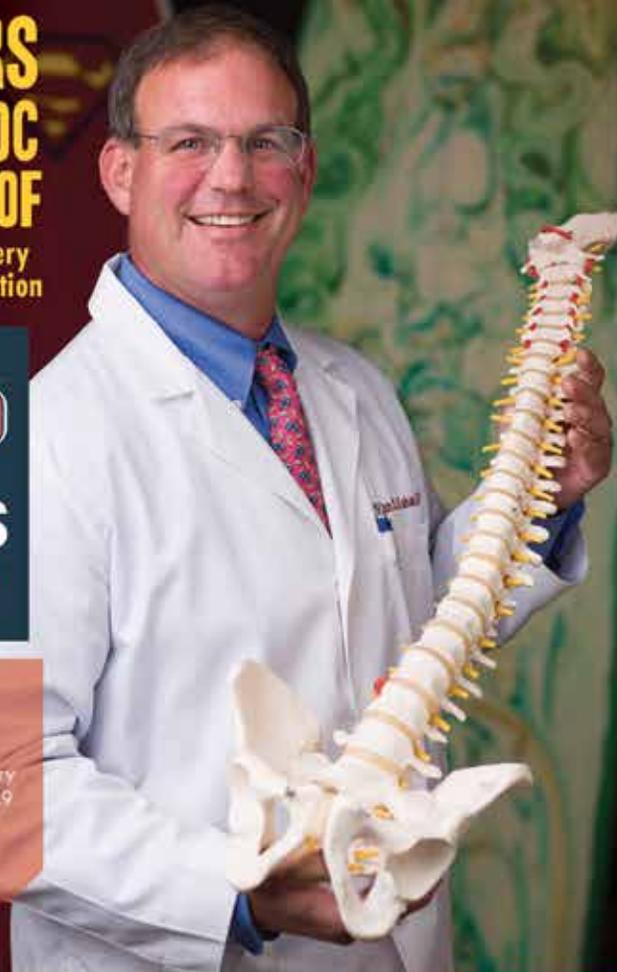
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**M**eet Dr. Claire S. Duggal, a distinguished figure in the realm of plastic surgery. She's a board-certified plastic surgeon specializing in aesthetic body procedures and reshaping lives with a unique blend of artistry and personalized care.

Dr. Duggal's extraordinary journey began at Harvard University, where she graduated magna cum laude, laying the foundation for her unwavering commitment to excellence. Subsequently, she pursued her medical degree at Emory University, where she earned a coveted spot in the Emory Plastic and Reconstructive Surgery training program, honing her skills and knowledge.

Central to Dr. Duggal's practice is the belief that true beauty aligns with individuality. She

adopts a natural approach to her craft, ensuring that each patient's uniqueness radiates through their results. Whether you seek breast surgery, abdominoplasty, liposuction, or fat grafting, Dr. Duggal combines precision and artistry to realize your desired look.

As a mother herself, Dr. Duggal empathizes with the physical and emotional transformations of motherhood, offering tailored solutions for women seeking to reclaim their pre-pregnancy bodies. Her expertise extends to facial rejuvenation, encompassing surgical and non-surgical options like Botox® and fillers to enhance natural beauty.

Beyond the surgical suite, Dr. Duggal is a loving wife and mother to three daughters. She treasures family time, relishing activities like hiking and leisurely moments on the water. Her

down-to-earth persona and compassionate nature instill trust in her patients.

Dr. Claire S. Duggal is living proof that consulting a plastic surgeon doesn't mean forsaking substance for style. You can be a person of substance while striving to look and feel like your best self. If you're ready for a transformative journey, choose Dr. Duggal and the Sandel Duggal Center for Plastic Surgery—an exceptional hub for aesthetic surgery.

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# DR. HENRY D. SANDEL IV

## Master of Facial Plastic Surgery

**D**r. Henry D. Sandel IV is an eminent figure in facial plastic surgery and reconstruction. His exceptional expertise and dedication to enhancing natural beauty and confidence have made him a celebrated luminary in the field. As the founder of the prestigious Sandel Duggal Center for Plastic Surgery & MedSpa, Dr. Sandel is renowned for his unwavering commitment to delivering exceptional care.

After training at Georgetown University Hospital in Head and Neck surgery, Dr. Sandel pursued a prestigious fellowship in Facial Plastic and Reconstructive Surgery, attaining dual board certifications in Facial Plastic and Reconstructive Surgery and Otolaryngology – Head & Neck Surgery.

In 2008, Dr. Sandel returned to Annapolis, MD,

establishing a haven for facial plastic surgery and skin care. His partnership with Dr. Claire S. Duggal, a board-certified plastic surgeon and reconstruction specialist, led to the inception of the Sandel Duggal Center for Plastic Surgery & MedSpa. This collaboration resulted in the West Annapolis Surgery Center, providing unparalleled convenience and top-tier care under one roof.

Experience, education, and trust define Dr. Sandel's practice. His team has earned a stellar reputation for consistently delivering outstanding results. Their mission is to provide the highest quality care in a state-of-the-art environment, ensuring that each patient achieves their aesthetic goals with natural-looking, long-lasting outcomes.

Dr. Sandel is passionate about patient education, empowering individuals to make informed

decisions, epitomizing his commitment to patient satisfaction. His practice offers a comprehensive range of plastic and reconstructive surgery options, complemented by cutting-edge nonsurgical cosmetic procedures and laser treatments, all tailored to each patient's unique needs and desires.

Dr. Sandel is more than a surgeon; he is a partner on a journey to renewed self-assurance and beauty.

**DR. HENRY SANDEL**

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Selecting the right professional to safeguard your family's oral health is an important decision. For over 37 years, Dr. Scott Finlay, alongside the Annapolis Smiles team, has provided top-tier dental solutions to individuals and families within the greater Annapolis area. Dr. Finlay and his team are proud to provide dental services with the highest standards of excellence to you and your family.

Dr. Finlay stands as a distinguished figure in the world of cosmetic and restorative dentistry as one of only 100 dentists that has been recognized as the highest level of credential in esthetic dentistry as an Accredited Fellow of the American Academy of Cosmetic Dentistry. He was selected as a Director on the American Board of Cosmetic and Esthetic Dentistry, the authoritative body in US cosmetic dentistry. Dr. Finlay authored the definitive guide on smile design evaluation in the credentialing process. He has also written dozens of articles that have appeared in national and international professional journals. Additionally, Dr. Finlay is a Resident Expert in Emeritus at the Dawson Academy and is a Fellow of the Academy of General Dentistry.

Positioned as a leading cosmetic dentist, Dr. Finlay offers a holistic



approach to every patient, ensuring that dental treatment plans encompass the complexities of smile design to yield the best outcomes. While aesthetics are important aspects of smile design, Dr. Finlay's major focus is enhancing the form, function, and health of your teeth. According to Dr. Finlay, "This is the only way to create beautiful and predictable results." Smile enhancement can be as simple as a teeth whitening procedure or as complex as a complete smile makeover. Whether dental concerns stem from ailments, injuries, or congenital issues, the impact of a smile on someone's life can be as significant to the individual as to those around them.

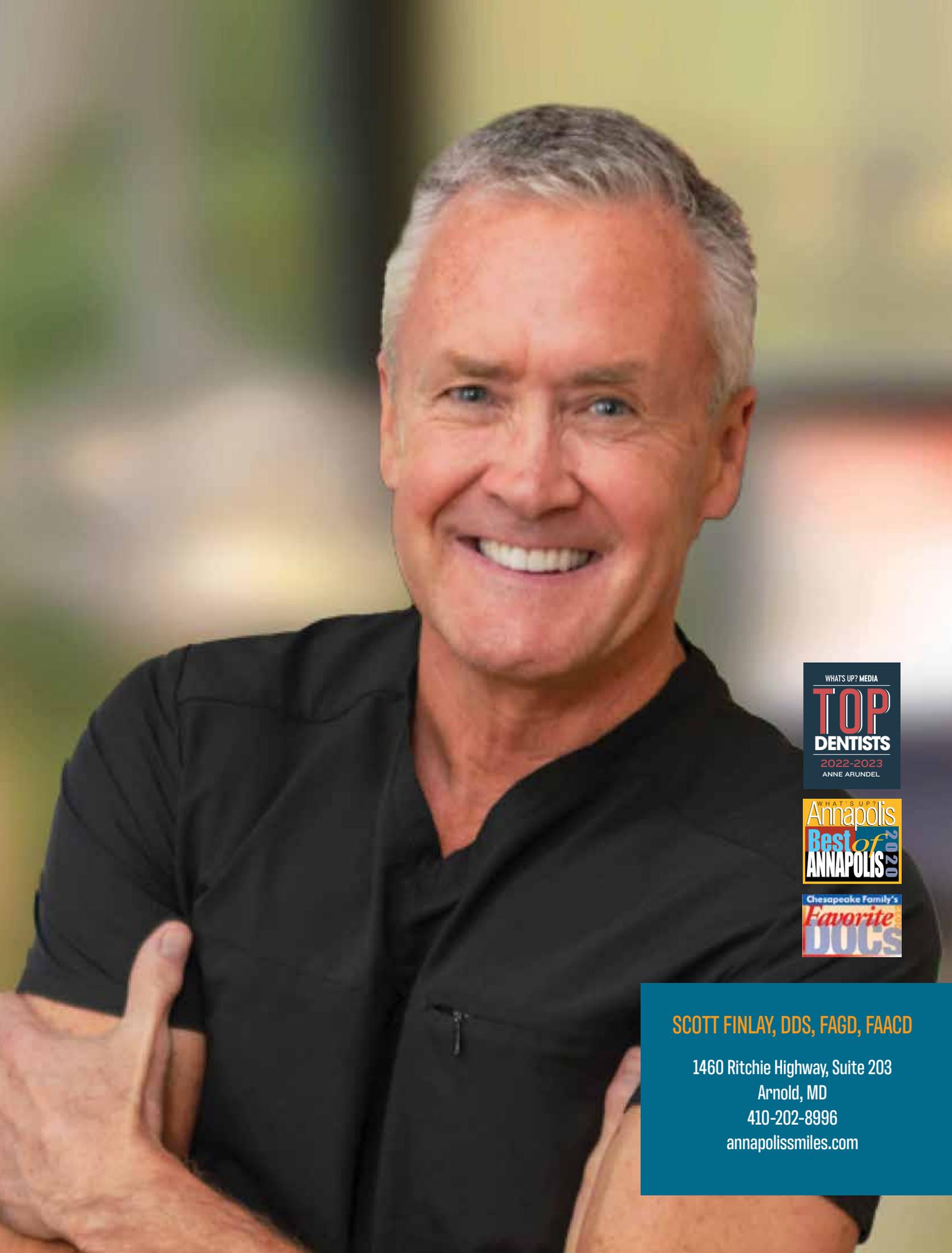
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# DR. CHRISTOPHER J. SPITTLER

## Plastic Surgery Specialists

**D**r. Christopher J. Spittler is a distinguished board-certified plastic surgeon committed to empowering patients through transformative cosmetic and reconstructive procedures. Through his patient-first approach at Plastic Surgery Specialists, he continues to make a positive impact throughout Annapolis, Baltimore, and the entire state of Maryland.

Originally from Cleveland, Ohio, Dr. Spittler started down the path to medicine with a degree in Biology at the University of Cincinnati and a medical education at Northeastern Ohio Universities College of Medicine. After completing surgical internships and residencies, his passion for plastic surgery grew.

That passion led to a plastic surgery residency at the University of Wisconsin Hospitals, as well as a prestigious Fellowship in Breast and

Cosmetic Surgery at Georgetown University Medical Center. Dr. Spittler's credentials include certification by the American Board of Plastic Surgeons, membership in the American Society of Plastic Surgeons, and a Fellowship from the American College of Surgeons. He actively contributes to research and national presentations.

Driven by care and compassion, Dr. Spittler helps men and women achieve their desired appearances and lifestyles. The successful results wouldn't be possible without the support staff at Plastic Surgery Specialists. "Our team operates as a tightly-knit family, ensuring seamless collaboration that leads to enhanced patient care, including lower surgical costs, increased confidentiality, and the comfort that comes with knowing that the whole team is looking out for your well-being."

While his professional achievements set

him apart in the world of medicine, it's his connection to Annapolis that make the results he achieves so special. "Annapolis is not just where I practice medicine; it's my home. Living and working here allows me to connect with patients on a personal level, understanding their unique needs and aspirations."

Through his community-centered approach, commitment to excellence, and surgical skills, Dr. Spittler continues to make a lasting impact on the lives of those seeking enhanced self-assurance and well-being.

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# DR. ROBERT T. HOWARD

## Plastic Surgery Specialists

**T**hrough his pragmatic yet compassionate approach, Dr. Robert T. Howard has integrated his surgical expertise into the fabric of Annapolis by joining Plastic Surgery Specialists, marking a successful homecoming to the place where he grew up.

Dr. Howard's medical journey began at the United States Naval Academy, cultivating in him a deep-rooted commitment to service. After completing his medical education at the Uniformed Services University of the Health Sciences and internships at the Naval Medical Center in Portsmouth, VA, his military career took him across the globe.

From his initial role as a Diving Medical Officer in Guam to serving as the Ship's Surgeon on the USS Nimitz in the Persian Gulf, Dr. Howard's experiences affirmed

his belief in the transformative potential of surgical intervention.

That potential applied just as strongly to civilian life as it did to the armed forces. Now at Plastic Surgery Specialists, Dr. Howard applies his skills with a personalized touch to help patients regain their confidence.

Beyond the operating room, Dr. Howard's research, from extremity injuries to flap coverage techniques, advances medical knowledge and elevates patient care. Affiliations with esteemed organizations like the American Society of Plastic Surgeons underscore his pursuit of excellence.

Amidst his professional achievements, Dr. Howard's bond with Maryland remains unwavering. Reflecting on this connection, he said, "There's a unique satisfaction in giving back to the place that shaped me.

Settling into and supporting the community that's been an integral part of my life feels incredibly fulfilling."

He finds joy in sharing life's moments with his family—his wife, twin daughters, and son—while exploring the Anne Arundel County that shaped him. His transition from a globe-spanning military career to a local focus is felt throughout the area, as this skilled surgeon uses his platform at Plastic Surgery Specialists to improve lives every day.

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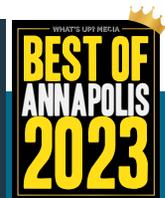
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**P**roMD Health is a state-of-the-art medical facility specializing in non-surgical treatments and procedures to help patients Look and Feel Younger. Dr. George Gavrilă founded ProMD Health in 2011 in Baltimore, Maryland and ProMD Health has grown to include clinics in Annapolis, Arlington, Bel Air, Columbia, Timonium, Wellington, FL, and Westminster. 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, peptide therapy, weight loss shots, facial rejuvenation, and body contouring. They tout some of the most advanced devices such as EMSculpt Neo, and Sciton Halo. ProMD Health also 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 Gavrilu



### 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 patient's natural beauty by softly enhancing certain features to provide them with the youthful glow they seek when they 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 SkinMedicaRetinol Complex), moisturizing twice a day, and applying 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 needs, you're bound to make a few wrong choices. Our Skin Coaches guide you in choosing the right products, treatments, and regimen for your unique skin and goals.

- Katarina Markulin



# CURRENT DERMATOLOGY & COSMETIC CENTER

**Dr. Molly Walterhoefer, Dr. Megan Casady Flahive, Heather Hultzer, LE**

**A**re you searching for a better dermatology experience? The expert team of board-certified dermatologists, Dr. Molly Walterhoefer and Dr. Megan Casady Flahive, and master aesthetician, Heather Hultzer, at Current Dermatology and Cosmetic Center provide our community with just that! Current Dermatology is a full-service dermatology practice located in the heart of Annapolis, Maryland. Founded by board-certified dermatologist, Dr. Molly Walterhoefer, on the principles of professionalism and expertise, they prioritize providing their patients with effective, innovative, and comprehensive skin care solutions. Their well-rounded approach to skin care ensures that all your medical, surgical, and cosmetic needs can be addressed seamlessly by one board-certified doctor and at one convenient location.

As a patient at Current Dermatology, you can expect easy online booking, longer appointment times, convenient in-office prescription dispensing, and completely customized medical and cosmetic treatment plans. Wherever you are on your skin care journey, whether you wish to maintain your current skin health through annual skin cancer screenings, treat an active skin concern, or are looking for more youthful, rejuvenated skin, the Current Dermatology team is here to help.



## 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 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.

## About Dr. Megan

Dr. Megan Casady Flahive is a board-certified dermatologist with expertise in medical and procedural dermatology. She earned her medical degree at the University of Maryland and went on to complete her dermatology residency at Duke University. Prior to joining Current Dermatology, she was an Assistant Professor of Dermatology at Johns Hopkins University. Dr. Megan believes that everyone deserves to feel confident and comfortable in their own skin. Whether it's detecting and treating skin cancer, managing a chronic skin condition, or enhancing a patient's natural beauty, she takes a personalized approach to each patient's unique needs and goals. Her friendly and caring manner puts patients at ease, while her expertise ensures that they receive the highest level of care.

## About Heather Hultzer

Through her own skincare journey, Heather developed a passion for helping others achieve healthy skin success. Her favorite aspect of her career is the relationship she has built with each and every client as they work together on the individual's skincare journey, building confidence and achieving results. Heather has been an aesthetician in the medical field for over 13 years and has advanced training in treatments such as HydraFacial, microneedling, and chemical peels.



# CURRENT DERMATOLOGY AND COSMETIC CENTER



Molly Walterhoefer, MD

## CURRENT DERMATOLOGY & COSMETIC CENTER

810 Bestgate Road, Suite 450  
Annapolis, MD 21401  
410-384-4172  
[currentderm.com](http://currentderm.com)





# 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

## 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.

## ROSM ANNAPOLIS

116 Defense Hwy, Ste. 203 • Annapolis, MD 21401  
499 Idlewild Ave., Suite 103 • Easton, MD, 21601  
410-505-0530 • 443-470-6899 • [www.rosm.org](http://www.rosm.org)  
[www.thestellateinstitute.com](http://www.thestellateinstitute.com)  
[www.drseanmulvaney.com](http://www.drseanmulvaney.com)  
[www.drjameslynch.com](http://www.drjameslynch.com)



# ANNAPOLIS PLASTIC SURGERY

**Bryan T. Ambro, MD, MS | James E. Chappell, MD, FAC | Caroline Simm, CRNP**

**A**nnapolis Plastic Surgery is home to Drs. Bryan Ambro and James Chappell. Dr. Ambro is a 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. From start to finish, their friendly, qualified team will deliver you with an exceptional experience in a comfortable, private setting.

Their top priority is to deliver patients with the most natural looking results in a comfortable, spa-like environment. The Annapolis Plastic Surgery team wants every visit to be as relaxed as possible, so they've considered every detail from your point of view. Whether it is a cosmetic or reconstructive procedure, or even one of the many other non-surgical treatments offered by Caroline Simm, CRNP, their team aims to provide individualized treatments that help you achieve a naturally beautiful appearance.

**Dr. Chappell** earned an undergraduate degree from William & Mary, a Master's 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.

**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.

**Caroline Simm, CRNP** is a board certified family nurse practitioner and registered nurse who specializes in a wide array of services including but not limited to, CoolSculpting, BroadBand

Light treatments, NeoGraft hair transplantations, Botox, and facial fillers. She received her undergraduate degree, a Bachelor of Science in Nursing from the Catholic University of America in Washington, D.C. She went on to receive a master's in science with honors from the University of Maryland School of Nursing in Baltimore. She is a board certified Family Nurse practitioner with the American Academy of Nurse Practitioners. Prior to joining this practice, she worked at Johns Hopkins Hospital and then spent nine years at a family practice.

**ANNAPOLIS PLASTIC SURGERY**

410-266-7125

2002 Medical Parkway, Suite 215  
Annapolis, MD

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



# ALL STAR PAIN MANAGEMENT AND REGENERATIVE MEDICINE

**Dr. Zvezdomir Zamfirov**

**F**ounded 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. We offer three convenient locations to provide the care you need.

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 provide a state of the art conventional approach including spinal injections, minimally-invasive spinal surgeries, neuromodulation, and joint injections.

We specialize in a variety of orthopedic conditions. 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.

**ALL STAR PAIN MANAGEMENT**  
443-808-1808  
Offices in Annapolis, Glen Burnie and Bowie  
[AllStarPainManagement.com](http://AllStarPainManagement.com)



# REINHEIMER ORTHODONTICS

**Dr. Ora Reinheimer**

**W**e 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!

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."*

## REINHEIMER ORTHODONTICS

**Annapolis**

802 Bestgate Road, Suite B

**Kent Island**

101 St. Claire Place, Suite 104

410-263-5600

[marylandbraces.com](http://marylandbraces.com)



Congratulations to Dr. Rian Dickstein on being Voted Top Doctor!

# DR. RIAN DICKSTEIN

Chesapeake Urology

**D**r. Rian Dickstein serves as the Chief of Urology at the University of Maryland Baltimore Washington and also holds the position of Director of the Bladder Cancer Program at Chesapeake Urology. With a focus on urologic cancers, Dr. Dickstein is a specialist in performing open, laparoscopic, and robotic surgeries. His expertise encompasses the treatment of bladder cancer, kidney cancer, and prostate cancer.

**Chesapeake Urology** is dedicated to ensuring that each patient has an exceptional experience. This commitment drives our organization and shapes every aspect of our work. Our primary goal is to make

a meaningful impact on the lives of our patients, surpassing their expectations. We are dedicated to providing accessible, high-quality, and cost-effective care as part of our vision and commitment.

As the largest urology practice in Maryland and the Mid-Atlantic region, Chesapeake Urology offers a comprehensive range of urologic services to patients. With medical offices and AAAHC-certified ambulatory surgery centers spanning Anne Arundel, Baltimore, Harford, Howard, Carroll, Montgomery, Prince George's, Wicomico, Worcester in Maryland, as well as Baltimore City and Sussex County in Delaware, we maintain a staff of over 850 professionals, including over 90 physicians and more than 25 advanced practice providers.

Our approach to urologic care is integrated and holistic, granting patients access to specialists, a comprehensive support team of healthcare professionals, advanced diagnostic tools, cutting-edge treatments and therapies, and the opportunity to participate in the latest clinical trials.

**CHESAPEAKE UROLOGY**  
**HANOVER**

7580 Buckingham Blvd.  
Suite 110  
Hanover, MD 21076  
410-787-1911



# MAIREAD M. O'REILLY DDS, MS, PA

## Orthodontics and Dentofacial Orthopaedics

**D**r. 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.

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.

### 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 premier 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.

**MAIREAD M. O'REILLY, DDS, MS, PA**

888 Bestgate Road, Suite 301

Annapolis MD 21401

Annapolisortho.com

410-266-0025



# SAMUEL F. BOLES, MD

Anne Arundel Eye Center

**D**r. 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 make the best eye care comfortable and accessible to everyone.

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.

## SAMUEL F. BOLES, MD

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

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



# ELBA M. PACHECO, MD

Adoro Medical Spa

**V**oted 2023 Top Oculoplastic-Cosmetic Eyelid Surgeon, Elba M. Pacheco, MD is recognized for meticulous surgical technique, natural results and for the use of surgical lasers. Since her Oculoplastics fellowship, Dr. Pacheco has served on the Johns Hopkins Wilmer Eye Institute faculty for 30+ years, establishing herself as an expert in the field. Just as one chooses a cardiologist for a heart condition, an oculoplastic surgeon is the only specialist whose expertise focuses exclusively on eyelids. Attention to the delicate anatomy ensures that better aesthetic results and normal function are achieved.

In 1999, Dr. Pacheco founded Adoro Medical Spa, a center of excellence for eyelid surgery and comprehensive rejuvenation, following her tenure as cosmetic director for The Wilmer Eye Institute. Teaching at Wilmer and as a

national injector and cannula instructor further distinguishes Dr Pacheco as an expert. Together with aesthetic RN Mary Cofran, Dr Pacheco continually expands spa services and offers exceptional personalized care in a serene, upscale environment at Adoro's elegant facility.

Dr. Pacheco views her work as sculptural. Whether through eyelid surgery, artistically used injectables, or cutting-edge skin tightening, laser skin rejuvenation, BBL photorejuvenation or fat reduction, her approach is mindful of three-dimensional contour in order to unveil a more beautiful, naturally rejuvenated version of each patient.

Men and women alike appreciate the tailored services, including Botox, fillers, jaw and chin contouring, radiofrequency skin tightening, hand rejuvenation, chin and body fat reduction, all with minimal downtime. Treatments are

customized to individual's needs, some with NO downtime, such as: Hydrafacial, broadband light BBL therapy, and Thermage.

Open your eyes to the possibilities and trust your rejuvenation journey to Adoro Medical Spa. Whether for a special occasion, personal motivation or simply to look your best at work or at home, Dr. Pacheco makes your rejuvenation a dream come true.

**ADORO MEDICAL SPA**

410-647-0123

692A Ritchie Highway, Suite 2B

Severna Park, MD

[myeyelids.com](http://myeyelids.com)



# ANCHORED HOPE THERAPY

Compassionate trauma therapy and counseling for individuals, couples & children

**F**eeling 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.

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?

We are a collaborative practice that focuses on working with other providers in the community to support the holistic needs of our clients. We also believe in holistically caring for ourselves. We believe that providers that care for themselves also provide better quality services to their clients. As a practice, we work closely with other service providers such as craniosacral facilitators,

ecotherapists, acupuncture services, personal trainers, and psychiatrists. We are always looking for ways to support our community and expand our services through strategic and creative partnerships. We believe community care and healing is essential for our clients and ourselves.

**ANCHORED HOPE THERAPY**

443-291-8090  
[info@anchoredhopetherapy.com](mailto:info@anchoredhopetherapy.com)

Follow us on [@anchoredhopetherapy](https://www.facebook.com/anchoredhopetherapy)

Follow us on [@anchoredhopetherapyllc](https://www.instagram.com/anchoredhopetherapyllc)



We are pleased to announce **Dr. Ali Bukhari** has joined Maryland Oncology Hematology and will use his skills and experience to provide personalized patient care. Dr. Bukhari will see patients in our Annapolis and Easton locations



# MARYLAND ONCOLOGY HEMATOLOGY

Expert Care Close to Home

## Patient-Centered Approach

Maryland Oncology Hematology provides patients with advanced, comprehensive cancer therapies in a community setting that allows patients to receive care near their support systems. Our highly trained and experienced physicians work closely with a talented clinical team that is sensitive to the needs of cancer patients and their caregivers. The best of care, close to home.

Patients can be assured that as an independent practice, MOH physicians are able to send patients to the best specialists or make recommendations based on specific care needs. We are never beholden to a health system or network. Unlike some of the major hospitals, our doctors are focused solely on oncology, giving patients the expert care that they deserve.

Maryland Oncology Hematology is a community-based practice, entirely owned and run by Maryland physicians. Our team is devoted to providing state-of-the-art patient care for hematology and oncology, working on behalf of our community for the benefit of patients.

## Expertise in One Place

Our board-certified oncology and hematology experts are dedicated solely to treating cancer and blood disorders. Our nationally recognized providers work together as a group to provide the best possible treatment.

- **Chemotherapy** and other medical oncology therapies destroy cancer cells, oftentimes with targeted approaches that cause less damage to normal, healthy cells.
- **Immunotherapy** treatment uses drugs that target a body's own immune system to help fight cancer.
- **Hematology** treatment for blood disorders using the latest in therapies and technologies. Our physicians work closely with radiation oncologists, pharmacists, and other specialists to ensure comprehensive care for our patients.
- **Scalp Cooling** is clinically proven to reduce hair loss due to chemotherapy treatments. Our practice offers Paxman Scalp Cooling Technology which can

help patients with one of the most traumatic side effects associated with cancer treatment.

## MARYLAND ONCOLOGY HEMATOLOGY

Annapolis Office  
810 Bestgate Road  
Suite 400  
Annapolis, MD

Easton Office  
Coming Soon

410-897-6200  
[www.MarylandOncology.com](http://www.MarylandOncology.com)



# DR. ZIAD BATROUNI

Maryland Oral Surgery Associates

**M**aryland 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.

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.

**MARYLAND ORAL SURGERY ASSOCIATES**  
Annapolis & Crofton  
410-897-0111 | 410-721-0700  
mosa4os.com



# NANCY C. WHEELER, MD

## Compassionate Psychiatry in Annapolis

**D**r. Nancy Wheeler has been providing mental health care in Annapolis since 2002. Born in Annapolis, the daughter of emergency room physician Dr. James Wheeler and licensed clinical social worker Janice Wheeler, Dr. Wheeler was raised with a strong sense of commitment to the service of her community.

She graduated magna cum laude from the University of Pennsylvania with a degree in English, and went on to achieve her medical degree, graduating cum laude from the University of Maryland. She completed her residency training at the University of Maryland and Sheppard Pratt Hospitals, before returning to Annapolis to open her private practice and raise her family.

With a caring and compassionate approach, Dr. Wheeler's philosophy centers around

understanding patients as whole individuals with unique stories, emotions, and aspirations, not just a set of symptoms. She believes this approach is fundamental in making accurate diagnoses and designing personalized treatment plans. Her empathetic nature fosters an atmosphere of trust and collaboration, empowering her patients to actively participate in their healing journey.

Specializing in adult psychopharmacology, Dr. Wheeler addresses a wide range of mental health concerns, including depression, anxiety, bipolar disorder, attention deficit disorder, OCD, and more. Her expertise extends to women's mental health, including post-partum depression, premenstrual dysphoric disorder, medication management during pregnancy, and perimenopause.

Collaboration is at the core of Dr. Wheeler's approach. She works closely with referring physicians to ensure seamless continuity of care,

ensuring patients receive the comprehensive support they deserve.

Dr. Wheeler's friendly and caring office staff will be your first point of contact, ready to answer your questions about the practice and assist with any inquiries. Their warm and attentive approach ensures you feel supported from the very beginning.

Dr. Wheeler lives in Annapolis with her family and many pets, and is an avid runner and fitness enthusiast.

**NANCY C. WHEELER, MD**

410-266-9181

133 Defense Highway, Suite 114

Annapolis, MD

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



# KAPIL SIMLOTE, MD

Maryland Vascular Specialists

**K**apil Simlote, MD is Board-Certified: General and Vascular Surgery, Registered Physician in Vascular Interpretation (RPVI), Fellowship-Trained: Vascular Surgery, Good Samaritan Hospital, Cincinnati, OH Residency: Surgery, York Hospital, York, PA MD: American University of the Caribbean School of Medicine, Sint Maarten Maryland. He has a membership in the Society of Vascular Surgery.

Maryland Vascular Specialists is the leader in artery and vein health for patients throughout Maryland, Washington D.C., and Pennsylvania. As an outpatient vascular care provider and premiere vein clinic, we are dedicated exclusively to the care of artery and vein disorders related to the circulatory system.

We are committed to providing personalized outpatient and surgical care and expert management of all vascular conditions such as aortic aneurysms, peripheral arterial disease (PAD), diabetic foot ulcers, leg ulcers, varicose veins, and venous disease, carotid artery disease and stroke prevention, chronic wound care, limb salvage, and vascular malformations.

Maryland Vascular Specialists (MVS) is an award-winning provider that has been recognized for its highly-skilled expertise in minimally-invasive vascular procedures and open vascular surgical care.

The mission at MVS is to excel in providing compassionate, innovative, and conservative vascular treatments and wellness to achieve the best outcomes

for quality of life improvements for our patients.

At Maryland Vascular Specialists, partnering with physicians and patients to customize and deliver the best possible experience is not just their job. — It is their passion. MVS knows that comprehensive vascular care begins with their commitment not only to doing things right but to doing the right things.

**KAPIL SIMLOTE, MD**

Clinics in Glen Burnie, Columbia  
and Laurel

844-687-6334

[mvsdoctors.com](http://mvsdoctors.com)



Diane S. Lebedeff, DPM is a board certified Podiatrist, practicing in Arnold, MD. She is the Podiatric Consultant for the Maryland Ballet for 25 years. Diane is also the President of Jacob Paige Medical.

# DIANE S. LEBEDEFF, DPM

President, Jacob Paige Medical

**D**iane S. Lebedeff DPM is the President of Jacob Paige Medical. She is a board certified Podiatrist, practicing in Arnold, Maryland. She is the Podiatric Consultant for the Maryland Ballet for 25 years. Teaching surgical residents and mentoring students are two of Diane's passions. She supports her community by volunteering on many levels. Currently, she's on the Board of Directors of Live Arts Maryland, a non-profit organization for musicians and entertainers.

Diane is a graduate of the Ohio College of

Podiatric Medicine and the North Detroit Residency program. She has been in practice for 33 years. Happily married to Dr. Steven Gersh they reside just outside Annapolis, MD. They have two awesome children, AJ, a Syracuse Newhouse graduate, currently employed by ABC-Sinclair WICS, Illinois, as the morning news Anchor. Mallory matriculated with high honors this May, 2023 from Wake Forest University with a concentration in Biology and Chemistry, Pre-Med and Entrepreneurship.

When asked what Dr. Lebedeff likes most about her practice she said, "I feel very

blessed to have an awesome staff to work with. Our team is happy!!! We enjoy making each and every patient visit very special. I enjoy daily laughter, smiling and most importantly, making someone feel better."

**DIANE S. LEBEDEFF, DPM PA**

273 Peninsula Farm Rd.  
Suite E  
Arnold, MD 21012  
410-647-4534





# ANNAPOLIS FYZICAL THERAPY & BALANCE

**Dizzy? Unsteady? Afraid of falling? You're not alone.**

**I**f 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!

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.

## ANNAPOLIS FYZICAL THERAPY & BALANCE

166 Defense Hwy, Suite L101,  
Annapolis, MD, 21401

410-224-0350

[annapolisfyzical@cscdrs.com](mailto:annapolisfyzical@cscdrs.com)

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



**Q:** Is it better to have a facelift on its own, or can I combine it with other facial rejuvenation procedures?

**A:** A facelift can be performed as a standalone procedure or combined with other facial rejuvenation techniques to achieve optimal results tailored to your goals. During your consultation, your plastic

surgeon will discuss these options with you, as combining procedures can lead to a number of benefits, including quicker results. Since a facelift targets the lower third of your face, it is common to complement it with eyelid surgery or a brow lift. Other procedures that can enhance the outcome of a facelift include: *BOTOX*<sup>®</sup> Cosmetic to relax wrinkles and maintain results, *Laser resurfacing* to improve skin texture, reduce wrinkles, and promote collagen production, *Autologous fat transfers* to re-contour the facial structure, *Microdermabrasion* or *chemical peels* to improve the tone and texture of facial skin.

**DR. ROBERT T. HOWARD**, Plastic Surgery Specialists



**Q:** What are the benefits of Artificial Intelligence (AI) in imaging interpretation?

**A:** Computer analysis has advanced from assisting with lesion detection to offering quantitative probabilistic assessment. AI provides

objective data to guide radiologist interpretation. We now use these tools for MRI and PET dementia diagnosis as well as MRI based multiple sclerosis longitudinal change analysis. By leveraging AI based tools which we have helped develop with industry partners and advanced imaging equipment, CMI has become a national leader in dementia diagnosis (PET and MRI) and Parkinson's diagnosis (DaT scans).

**DR. KEVIN BERGER**, Chesapeake Medical Imaging



**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:** How do I know if I have toenail fungus? What should I do?

**A:**

1. Make an appointment with your Podiatrist.
2. They will take a culture of your toenail. Sometimes there are multiple organisms that affect the growth or color of the toenail.
3. Once your results are

obtained, your Podiatrist will use the proper medications for treatment. These medications can be topical or oral. Typically, toenails take approximately one year to grow out. During this treatment period, your Podiatrist will see you often for debridements of the nails and to make sure the nails are growing out properly. It is not unusual to switch medications as what works well for some, may not work for others.

**DIANE S. LEBEDEFF, DPM**, President, Jacob Paige Medical



**Q:** When should I start getting mammograms?

**A:** Most women should start receiving mammograms at 40-years-old. Talk to your doctor about your risk factors for breast cancer to determine if you should start mammograms sooner or if you would benefit from any additional screening

options. Annual mammograms are the best way to detect breast cancer early and give you the opportunity to start treatment when it will be the most effective. At Luminis Health, we offer mammograms at several locations, with convenient hours during evenings and weekends. Visit [Luminis.Health/Breast](http://Luminis.Health/Breast) to schedule your mammogram today. .

**MARIT DUFFY, MD**, 888-909-9729 [Luminis.Health/Breast](http://Luminis.Health/Breast)



**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 nonsurgical ways to restore youthful features without looking "done" or unnatural. A combination of skin care, Botox<sup>®</sup> (for movement-related wrinkles), and conservative use of fillers such as Juvederm<sup>®</sup> and Restylane<sup>®</sup> (for restoring fullness) can target the 3 aspects of aging when you are not yet ready for surgery.

**CLAIRE S. DUGGAL, MD**, Sandel Duggal Plastic Surgery



**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:** When is it time to call a psychiatrist?

**A:** When occasional symptoms of depression, anxiety, or distractibility become persistent and interfere with your ability to function at work, school, or in your relationship, or interfere with your quality of life, it may be

time to seek help. Psychiatrists specialize in using medication to treat mental illness, and this option is usually recommended after other alternatives such as therapy, proper diet and exercise, plenty of sleep, and limiting alcohol consumption, have not improved symptoms. If your symptoms persist despite these recommendations, it is time to call a psychiatrist.

**NANCY C. WHEELER, MD,** Psychiatrist



**Q:** What should people know about bladder cancer?

**A:** Bladder cancer is more common than people think; in fact, it is the sixth most common type of cancer in the U.S. Bladder cancer, however, is not as well-known or talked about as other urologic cancers such as

prostate cancer, which is why awareness is critical. There may be very few or no symptoms in the early stages of this disease. Your first warning sign may be hematuria (blood in the urine that may be visible or only evident under a microscope). Anyone experiencing unusual urinary symptoms or pelvic pain should be evaluated by a urologist.

**DR. RIAN DICKSTEIN,** Chesapeake Urology



**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 age should you start having Full Body Skin Cancer Screenings?

**A:** There is no set guideline for when to begin seeing a dermatologist for a Full Body Skin Cancer Screening. For most people, we recommend starting in your early 20's to establish care and to get a baseline

evaluation. Earlier screening is recommended for an individual with many moles, a strong family history of melanoma or if there is a concern from another physician. At the baseline evaluation, the dermatologist will make a recommendation on how frequently to be seen. The Full Body Skin Exam allows skin cancer to be detected at its earliest and smallest stage and is an integral part of health maintenance. If you haven't yet been evaluated by a dermatologist and you are past the recommended age, don't worry, it is never too late to come in for your first visit.

**STEPHANIE CLEMENTS, MD**  
**LESLEY SUTHERLAND, MD,** Dockside Dermatology



**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:** 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 is a spinal cord stimulator and what conditions does it treat?

**A:** A spinal cord stimulator is an implantable battery, similar to a pacemaker, which sends electrical signals to select areas of the spinal cord, resulting

in blocking pain signals from reaching the brain. As a result, the pain sensation is replaced by a pleasant sensation generated by the SCS battery.

SCS is used to treat chronic pain due to a variety of conditions, including failed back surgery, neuropathic pain, peripheral neuropathy, complex regional pain syndrome/reflex sympathetic dystrophy, etc.

**DR. ZVEZDOMIR ZAMFIROV**, All Star Pain Management



**Q:** What are you most requested facial plastic procedures?

**A:** At AAENT, our facial plastic surgeons perform aging face procedures such as face lifts, upper and lower blepharoplasties (AKA eye lift), and liposuction surgeries tailored to the individual. We perform

many aesthetic and functional rhinoplasties, sometimes in combination with sinus surgery, if indicated. We often combine our MediSpa and laser services to some cosmetic procedures. Most importantly, we are advocates of skin cancer prevention with SPF and anti-aging products and procedures.

**LEE A. KLEIMAN, MD, FACS**,  
Anne Arundel ENT & Facial Plastic Surgery



**Q:** What does it mean to have an irregular heart beat?

**A:** Heartbeats can stray from their regular rates and rhythms for several reasons. Arrhythmias, palpitations and atrial fibrillation are common heartbeat changes that can occur. Arrhythmias happen when the heart fires too fast,

too slow or irregularly due to flaws in its usual electrical signals. Palpitations are feelings that one's heart is beating rapidly, fluttering or skipping beats. Atrial fibrillation occurs when the heart beats at an irregular, often rapid pace. While not all heartbeat changes are harmful, some can be life-threatening. If you experience persistent symptoms, contact your doctor. To learn more about our cardiology services and to find a provider, visit [umbwmc.org/heart](http://umbwmc.org/heart).

**ASGHAR FAKHRI, MD**, Cardiologist at University of Maryland  
Baltimore Washington Heart Associates



**Q:** How can my family and I prevent sports injuries?

**A:** Proper equipment, including footwear, is a must. Helmets, pads and other protective gear must fit well, be in good condition and sized appropriately. Remember to always stretch before practices and games. If you

need cleats for the game, you need to wear them in practice too. Do not use regular running shoes on the field or court, as this can lead to injury. If you're returning to sport after a break, ease back into physical activity before starting practice multiple days a week.

**LAUREN NEWNAM, DPM, FACFAS**, Chair of Podiatry,  
Department of Orthopedics at University of Maryland Baltimore  
Washington Medical Center



**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 Plastic Surgery



**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:** What are the most common cosmetic procedures?

**A:** The trifecta of the common cosmetic dental procedures is the combination of Invisalign, Whitening and Veneers. Controlled movement of teeth in proper alignment, often results in a broader, more

beautiful smile, requiring less reduction of tooth surface for crowns or veneers, and often reduces the need to treat more teeth. The advent of AI in dentistry and digital planning makes this planning smooth, fast and predictable.

**SCOTT FINLAY, DDS, FAGD, FAACD, Annapolis Smiles**



**Q:** How long do dental implants last?

**A:** Under the best of conditions, dental implants can last a lifetime. They have changed our treatment decisions because of their predictability and the positive effect they have on the quality of

life for patients who need them. However, they are susceptible to disease if they are not maintained with proper hygiene, or subjected to heavy smoking or patients with uncontrolled diabetes. The crowns or dentures that they do support, can be subject to wear and tear, and may require replacement after 15-20 years.

**SCOTT FINLAY, DDS, FAGD, FAACD, Annapolis Smiles**



**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:** 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:** What new technology is guiding cancer care?

**A:** When tumor cells are shed into the bloodstream, their extracellular strands of DNA (termed circulating tumor DNA or ctDNA) can be detected and carry diagnostic, prognostic, and therapeutic implications. Through next-generation

sequencing, ctDNA detection from a peripheral blood sample can report the presence of targetable mutations. From there, changes in variant allelic frequency or detection of new mutations can guide additional lines of therapy. More recently, we are seeing that the presence or absence of ctDNA following curative-intent treatment is not only prognostic but can also play a role in treatment escalation or de-escalation. This innovative, yet minimally invasive, technology aims to improve patient outcomes at multiple timepoints and will continue to play a role going forward with cancer treatment.

**DR. ALI BUKHARI, Maryland Oncology Hematology**



**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:** 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:** I want my eyes done but I still want to look like myself. What is your secret?

**A:** Laser eyelid surgery allows me to carefully remove or reposition just the right amount of skin and/or fat to achieve a natural,

youthful result. I then use the laser to reduce the wrinkles and improve the texture of the skin. This subtle approach rejuvenates your eyes, without changing their shape. This earned us the Best Oculoplastic Cosmetic Eyelid Surgeon vote.

**DR. ELBA M. PACHECO**, Adoro Medical Spa



**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:** 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 Plastic Surgery



**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, symptomdriven 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



**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 are stem cells and platelet rich plasma (PRP)?**

**A:** Stem cells and PRP are components found in your body's blood that have capabilities to stimulate the natural healing processes in your body. These cells are vital for tissue regeneration and repair. Whether you are obtaining stem cells from

adipose tissue or bone marrow or using platelet rich plasma (PRP) from your vein the basic concept is to accumulate a heavy concentration of growth factors and relocate them to a targeted area such as your knee joint, back or shoulder to regenerate tissue. Platelet rich plasma (PRP) is FDA approved for utilization in humans. Call today to heal yourself with PRP, or visit our website at [www.chesapeakeregenerativemedicine.com](http://www.chesapeakeregenerativemedicine.com) for price information.

**DR. BRIAN KAHAN, DO,** The Kahan Center for Pain Management



**Q: When is the right time for a Mommy Makeover?**

**A:** We generally recommend waiting until you've finished having children. For women who have just had a baby, it's best to wait until you've fully healed from childbirth and have concluded breastfeeding. Ultimately the right time is unique to you – there's no one-size-fits-all answer. A Mommy Makeover is

a personalized combination of procedures, carefully tailored to address the specific physical changes that came with your pregnancy in order to help you to regain your pre-pregnancy body confidence. Some of the procedures to consider may include: *Breast Enhancement* - Lift and/or augmentation to restore volume and shape. *Tummy Tuck* - Address excess skin and muscle separation in the abdominal area. *Liposuction* - Target stubborn fat deposits that may persist after pregnancy.

**DR. CHRISTOPHER J. SPITTLER,** Plastic Surgery Specialists



**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 it can prevent issues further down the road - getting ahead of any orthodontic issues before they even have a chance to start. Whether there's an existing problem or if one is developing, we will come up with a treatment plan that best suits your child.

**DR. ORA REINHEIMER,** Reinheimer Orthodontics



**Q: I am interested in anti-aging treatments, but I am not ready or interested in surgery. Are Botox and filler my only options?**

**A:** No! While the most well-known aesthetic treatments such as Botox and filler are great options for wrinkles and age-related volume changes, they do not optimally address the issue of skin laxity. Skin laxity is

the major driver of one's perception of looking tired or that their face is "falling". Two of the most innovative skin tightening technologies on the market, available exclusively at Current Dermatology, are Sofwave and Ellacor Micro-Coring. Sofwave is a no-downtime procedure which uses ultrasound technology to stimulate skin tightening at the eyelids, lower face, and neck. Ellacor uses a technology called micro-coring to remove excess skin at the lower face, without surgery or scarring. If you want to learn more about your anti-aging options, book a consult with one of our dermatologists who can help find the treatment that is right for you!

**DR. MOLLY WALTERHOEFER,**  
Current Dermatology and Cosmetic Center



**Q: Who can shop for cannabis and can users smoke in public?**

**A:** Cannabis can be purchased by any adult 21 years or older with valid ID. We caution people from openly consuming any form of it within view of the public. Additionally, cannabis smoking is prohibited

in certain private areas such as universities, workplaces, and rental properties. Cannabis may never be consumed on dispensary premises in any form. Companies can still prohibit their employees from cannabis usage and can still drug test. Read your company's employee manual to know your rights.

**GOLD LEAF MEDICAL CANNABIS DISPENSARY**



**Q:** What is new in the treatment of acne?

**A:** AviClear! Aviclear is incredibly unique when it comes to acne solutions. Historically, dermatologists have relied on medications to treat acne, and while these medications can be very effective, they often require long-term treatment until the patient "grows out" of their acne. These drugs can also come with a host of side effects and potential risks.

AviClear works differently as it is not a topical or oral medication, but a laser that uses a specific wavelength of light to selectively target and shrink the oil glands in our skin. By targeting acne at its source, AviClear can effectively and safely treat any type of acne at any age without risking significant skin irritation or systemic side effects. It is also unique in that it can provide complete clearance of acne for years after treatment. If you're interested in learning more about this safe and permanent solution to acne, book an appointment with one of our dermatologists to see if AviClear is right for you!

**DR. MEGAN CASADY FLAHIVE,**  
Current Dermatology and Cosmetic Center



**Q:** What is your current favorite aesthetic treatment offered at Annapolis Plastic Surgery?

**A:** My current favorite aesthetic treatment has to be the BBL Hero (Broad Band Light) and Moxi laser combination treatment. These treatments have been scientifically

proven to reverse gene expression and reverse aging on a cellular level. While the BBL addresses sun damage, hyperpigmentation, rosacea, acne, and more, the Moxi will improve pore size, reduce fine lines, and give you that radiant glow. Healthy glowing skin is always in fashion, and that is why I love these treatments; they're even more incredible when combined.

**CAROLINE SIMM, CRNP,** Annapolis Plastic Surgery



**Q:** What are you most excited for as far as the future of Annapolis Plastic Surgery?

**A:** I strongly believe the future of aesthetics is in the science of biostimulation and prevention. Collagen is the building block of healthy, beautiful skin, and we are

so lucky to have several noninvasive or minimally invasive treatments with little to no downtime that can stimulate your own ability to create collagen. These treatments include lasers, but also injectables like Sculptra and Protein Rich Plasma. A combination of these treatments done regularly can help you maintain your natural youthful appearance, and even reverse signs of aging.

**CAROLINE SIMM, CRNP,** Annapolis Plastic Surgery



**Q:** When Should I See a Vascular Specialist?

**A:** When your swollen feet and ankles persist for more than just a few days, something more serious could be going on. See a vascular specialist if your swollen legs have lasted a while or if they are accompanied by fever, redness, pain, or open sores.

**KAPIL SIMLOTE, MD,** Maryland Vascular Specialists

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HEALTHCARE  
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LEADING HEALTHCARE PROFESSIONALS  
VISIT [WHATSUPMAG.COM](http://WHATSUPMAG.COM)

# Congratulations to our top doctors.

At **University of Maryland Baltimore Washington Medical Center**, we're committed to keeping our community healthier and stronger. We couldn't do that without our University of Maryland Baltimore Washington Medical Group providers, University of Maryland School of Medicine colleagues, and community physicians who deliver superior care to our patients and families. We're proud to recognize our physicians selected as *What's Up? Top Doctors 2023 - 2024*. **Congratulations to all those recognized with this honor!**

#### **Allergy & Immunology**

Timothy Andrews, MD

#### **Anesthesiology**

Egal Gudal, MD

#### **Breast Cancer**

Cynthia Drogula, MD

#### **Breast Cancer/Radiology**

Hardeep Rosy Singh, MD

#### **Cardiovascular Disease**

Asghar Fakhri, MD

#### **Colon & Rectal Surgery**

Vincent Cifello, MD

#### **Critical Care Medicine**

Faith Armstrong, MD

#### **Diabetes/Endocrinology, Diabetes & Metabolism**

Kristin Flammer, MD

#### **Endocrinology, Diabetes & Metabolism**

Kathleen Prendergast, MD

#### **Gastroenterology**

Steve Epstein, MD  
Melanie Jackson, MD  
Christopher Olenec, MD  
Thomas Simcox, MD  
Raja Taunk, MD

#### **Gastroenterology/Irritable Bowel Syndrome**

Praveena Velamati, MD

#### **Gynecology & Obstetrics**

Pablo Argeles, MD

#### **Hematology & Oncology**

Arun Bhandari, MD  
Harvinder Singh, MD

#### **Hospice & Palliative Medicine**

Elizabeth Grady, DO

#### **Internal Medicine**

Aditya Chopra, MD

#### **Irritable Bowel Syndrome**

Mark Flasar, MD

#### **Nephrology**

Shahab Khan, MD

#### **Neurological Surgery**

Danny Liang, MD  
Clifford Solomon, MD

#### **Ophthalmology**

Sachin Kalyani, MD

#### **Orthopedic Surgery**

Justin Cashman, MD

#### **Orthopedic Surgery/Hip**

Hal Crane, MD

#### **Otolaryngology**

Avron Marcus, MD

#### **Pediatrics**

Jeralyn Jacobs, MD

#### **Physical Medicine & Rehabilitation/Back Pain**

Zvezdomir Zamfiov, MD

#### **Plastic Surgery/Enhancement**

Claire Duggal, MD

#### **Plastic Surgery/Enhancement and Reconstructive**

Kelly Sullivan, MD

#### **Plastic Surgery/Facial**

Lee Kleiman, MD

#### **Plastic Surgery/ Reconstructive**

James Bruno, MD

#### **Podiatry**

Lauren Newnam, DPM

#### **Primary Care Medicine**

Janna Davis, MD

#### **Pulmonology**

Peter Olivieri, MD

#### **Radiation Oncology**

Wendla Citron, MD

#### **Thoracic Surgery**

Gavin Henry, MD

#### **Urology**

Rian Dickstein, MD  
David McDermott, Jr., MD  
Steven Rock, MD  
Eric Schwartz, MD

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UNIVERSITY of MARYLAND  
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# Community Wellness Day

## at Marley Middle School

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

**Saturday, October 14, 2023 | 10am - 1pm**

**10 Davis Court | Glen Burnie, MD 21060**

**Fun and healthy activities for the entire family.**

- Health screenings
- Flu shot vaccinations for ages 3 and up
- CPR demonstrations
- Educational tables
- Grab and go meals
- Kids activities
- Live DJ
- And more!



**SCAN TO LEARN MORE**

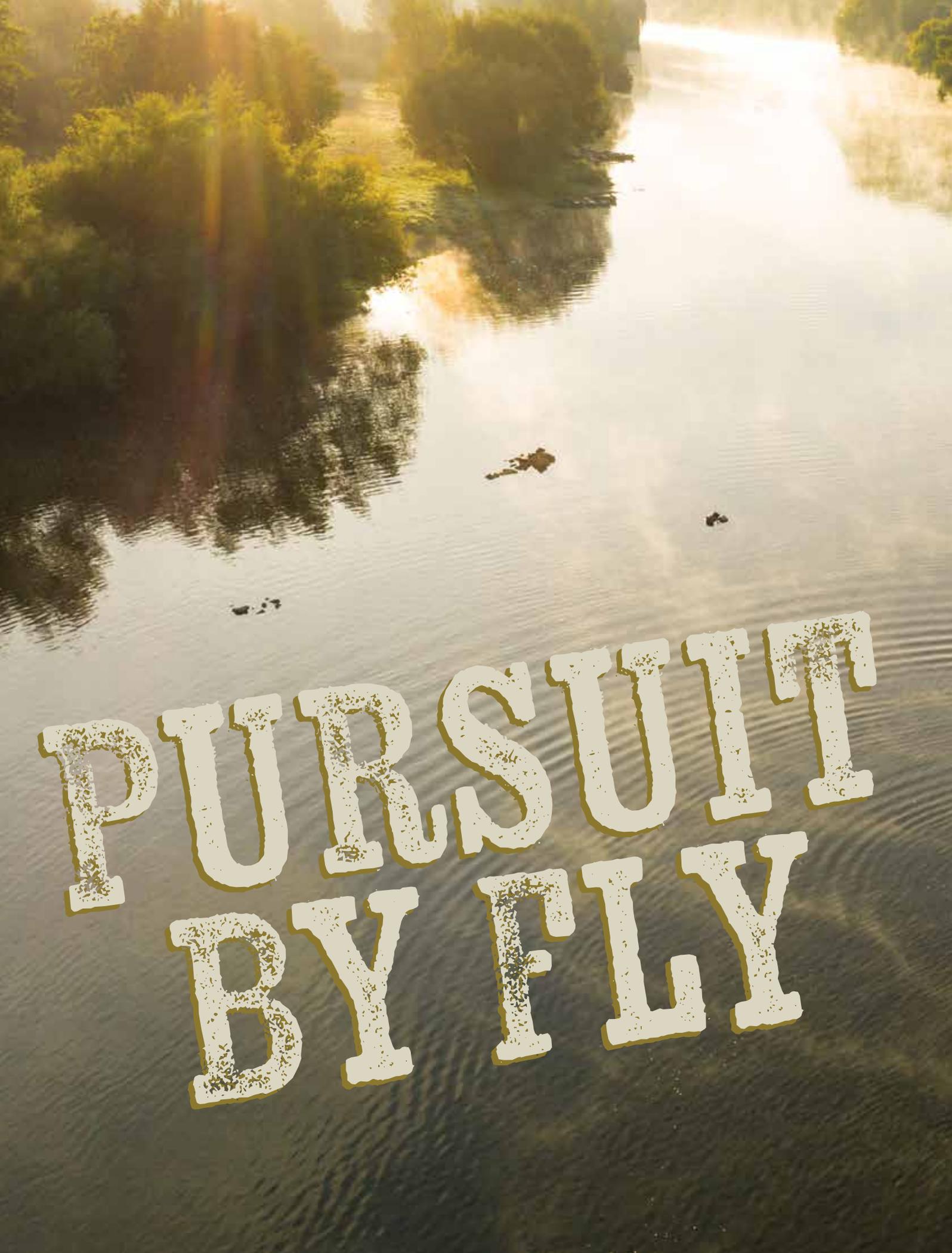


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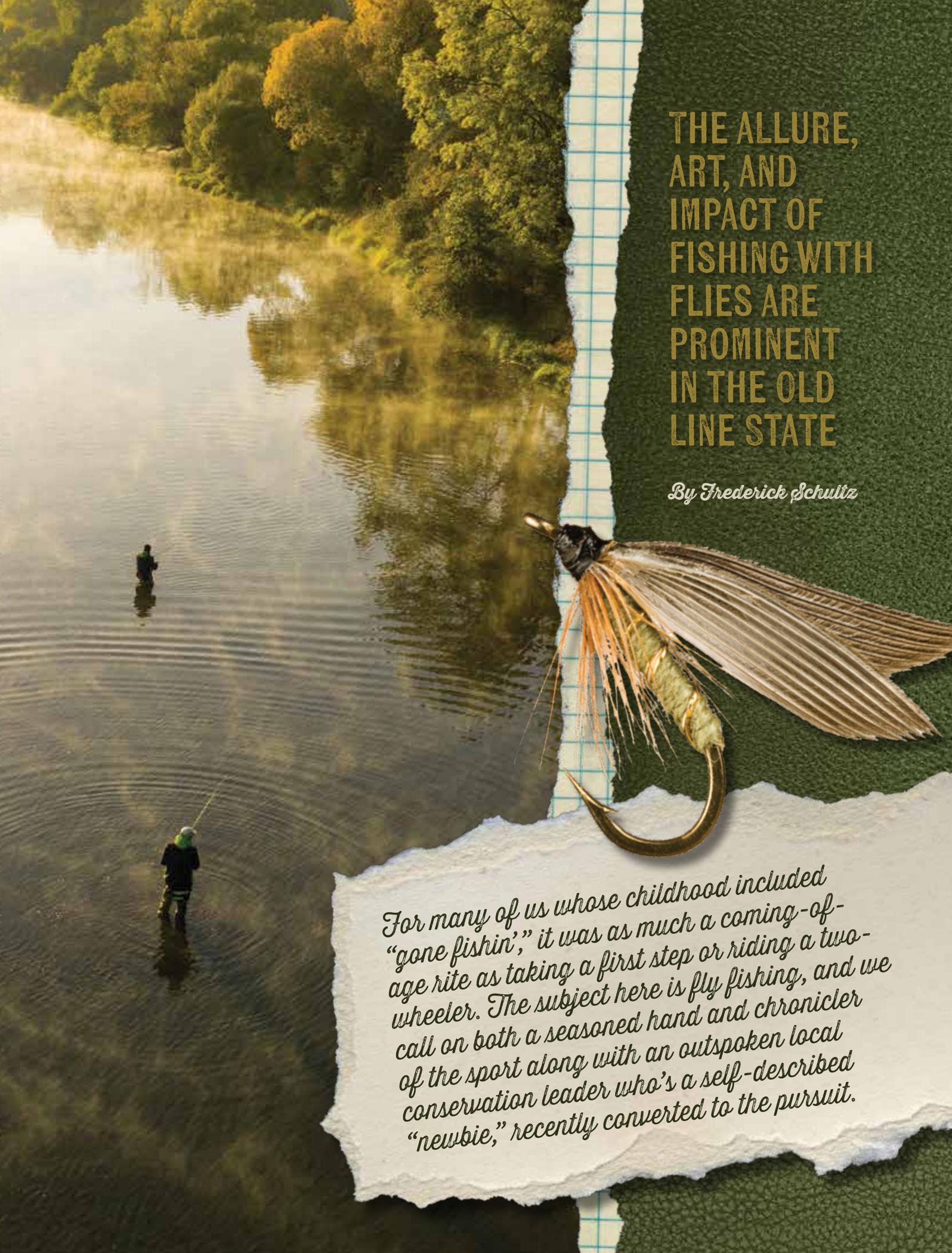
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**PURSUITE  
BY FLY**



# THE ALLURE, ART, AND IMPACT OF FISHING WITH FLIES ARE PROMINENT IN THE OLD LINE STATE

*By Frederick Schultz*



*For many of us whose childhood included “gone fishin’,” it was as much a coming-of-age rite as taking a first step or riding a two-wheeler. The subject here is fly fishing, and we call on both a seasoned hand and chronicler of the sport along with an outspoken local conservation leader who’s a self-described “newbie,” recently converted to the pursuit.*



hile the setting is in and around Missoula, Montana, for many anglers in these parts, the Norman Maclean novella or the movie *A River Runs Through It* may have been their introduction to the art and craft of fly fishing. And if you know the meaning of “matching the hatch” or the characteristics of a Cat’s Whisker or a Woolly Bugger, chances are, you’ve been converted already.

What’s more, if the late Bernard “Lefty” Kreh is among your personal pantheon of all-time local sports heroes, you’re likely to have been “hooked” long ago. A Maryland native, World War II veteran, and outdoor editor for the *Baltimore Sun*, Kreh not only was among the first anglers to try explaining saltwater fly fishing in a book, among the more than 30 he wrote, he also had a fly named for him—Lefty’s Deceiver, one of the world’s most popular flies, which was featured on a U.S. postage stamp.



▲ A nice sized brown trout caught from Beaver Creek in Washington County. This fish was caught in autumn with fall spawning color and was released.

Tucked away in Paul Schullery’s exhaustive resume is his service from 1977–82 as the executive director of the American Museum of Fly Fishing in Manchester, Vermont. His book credits span a vast array of topics, including the subject of this story. His breadth of work in that realm, from *American Fly Fishing* to *If Fish Could Scream: An Angler’s Search for the Future of Fly Fishing* (among many others), has won him both high critical and scholarly acclaim. And he generously agreed to help with this story.

By sheer coincidence, Schullery mailed a copy of the Winter 2022 *Fly Fisher* magazine he had just received even before he got wind that we were tackling the subject at hand. It’s Fly Fishers International’s official publication, and, also as luck would have it, one of the featured articles in that issue is “Brackish Water, Clear Solutions,” written by Kate Fritz, CEO of the Alliance for the Chesapeake Bay, headquartered in Annapolis. So, we called her immediately for a short interview.

Even though Fritz had first tried fly fishing only recently, she quickly pointed out the sport’s significance in improving the water quality of the saltwater Chesapeake Bay and its feeding systems of fresh water. The sport offers the Alliance opportunities to educate groups such as the greater fly-fishing population. Based on recent research, she has determined that depleted fisheries can be attributed largely to air and water pollution upstream.

Indeed, Fritz agreed that the “Save the Bay” slogan from the 1980s, which was amended with “We All Live Downstream,” still applies. “We need to keep building a resilient drinking-water source for 18 million people. One way is to extoll the benefits of healthy trees and vegetation, as well as cleaner air,” she stresses, “which naturally have an effect on the fish population.”

While noting that it’s been 15 generations since Captain John Smith first saw the significance of the Chesapeake watershed, Fritz aims to restore the human connection to nature, at least in part by supporting the sport of fly fishing.

In her *Fly Fisher* article, she details the upstream/downstream relationship. In addition to Maryland, the Alliance also maintains offices in Virginia,

Pennsylvania, and Washington, D.C. The work runs the gamut of forests, green infrastructure, agriculture, stewardship, and engagement, with all efforts aimed at reinforcing the determination that “what ails the bay also ails our local waters.”

When asked about conservation efforts often being political targets, she quickly responded: “The Chesapeake Bay is a shining example of bipartisan efforts at the federal level. We were able to fund it, which is proof of how engaged our citizens are.” Fritz told us that talking to people “who understand the dire impact of poor water quality and as such the rise in water temperature because of elimination of vegetation as filters and shade,” is a key to delivering the message that cool and clear fish habitat is dwindling. “Instead of being part of the

problem,” however, she asserts that more people are becoming “part of the solution.” Obviously, Fritz takes the term “alliance” seriously.

She admits that one challenge is fly fishing’s reputation as being a pursuit for elites. “I’ve been a conventional fisher, and fly fishing seemed almost unapproachable,” Fritz says. “I determined that the sport is rhythmic (see the Presbyterian pastor/patriarch’s “rhythmic” metronome he used as a teaching tool for fly casting in *A River Runs Through It*). It just started to speak to me. I’m a perpetual learner, and this is an infinite sport in that respect. From standing in the middle of pristine freshwater streams, to the fact that you can also fly-fish for stripers (striped bass) and white perch, is incredible, especially when you think through what’s going on in each ecosystem.”

Kate Fritz has fun with showing her catch during an early-spring fly fishing excursion. Photo by Will Parson, Chesapeake Bay Program.



## WHERE THE FLY FISHING'S GOOD

Since Schullery figured that, because most of the readers of this magazine already live on or near one of the largest saltwater estuaries in the world (which yields striped bass, cobia, red drum, and others that are taken on flies), he concentrates here on the freshwater streams in the immediate vicinity for this brief survey. Central Maryland's rivers and streams—along with those in fairly close proximity, namely in West Virginia and Pennsylvania—cover a wide swath of fly-fishing waters.

“One thing that’s especially nice about so much of this region,” Schullery emphasizes, “Is the diversity of such waters that are still close together. Around the Harrisburg-Carlisle area, for example, you can go from fishing for trout in the Letort (which literally flows through the town of Carlisle and is one of the most famous of the ‘limestoners’) to fishing for smallmouth bass in Conodoguinet Creek to fishing for all sorts of fish in the Susquehanna, all in the same day, if you’ve a mind to.”

The Susquehanna, Shenandoah, and Potomac rivers are famous for smallmouth bass (along with a number of other species). The streams in Shenandoah National Park and all along the Blue Ridge are best known for native brook trout. Pennsylvania and



▲ A selection of wet fly nymphs. The goal of fly fishing is to “match the hatch” with the most accurate fly presentation possible given many variables.

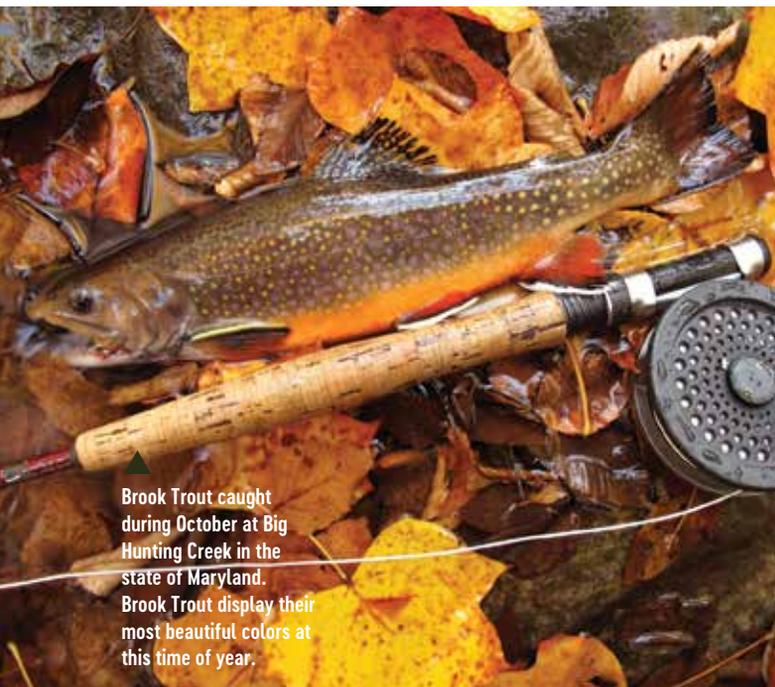
Maryland “limestone” country features many small, spring-fed streams famous (some even world-famous) for their challenging brown trout fishing.

## FROM BULL REDS TO BROOKIES

When the subject of fly fishing arises practically anywhere else in the United States, images of the grand streams of the mountain west pop to mind. But here in Maryland, that’s begun to change. Just more than a year ago, the state’s “fly fishing trail initiative” (a collaboration among its Departments of Commerce and Natural Resources, along with its Office of Tourism and a group of five enthusiasts dubbed the “Maryland Fly Fishing Trail Team”) became a reality.

Maryland is now the first state in the nation to establish a statewide fly-fishing trail with sites *in all 23 of its counties and the city of Baltimore.*

These Trail champions have partnered with more than a dozen fly fishing and nonprofit conservation groups from across Maryland to expose the wonders of the sport to more women, young anglers, anglers of color, and those of varied economic status. One singular aspect of the trail is its inclusion of not only the state’s own picturesque cold-water mountain streams, but also warmer coastal and Chesapeake Bay saltwater, where certain fish species lurk that are equally well-



▲ Brook Trout caught during October at Big Hunting Creek in the state of Maryland. Brook Trout display their most beautiful colors at this time of year.

known for satisfying the “sport” in sportfishing. For some anglers, even avid ones, the thought of fly-fishing in saltwater simply never occurred to them.

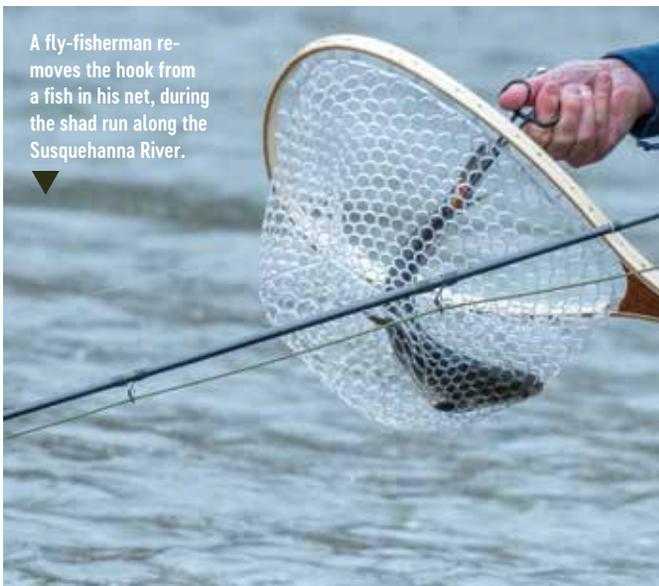
In addition, the new “Trail” initiative steers anglers to “less-pressured” sites across the state as alternatives to popular ones that tend to be over-crowded and thus over-fished. It also introduces anglers to an array of guides, fly shops, tackle stores, and a dozen or so like-minded fly-fishing groups across the state that are “closest to each trail site” and can provide “valuable information, mentoring opportunities, and gear for trail users.”

Perhaps the most astonishing aspect of this initiative is its reinforcement that, because Maryland considers itself “America in Miniature,” it’s entirely possible to fish and catch a wide array of fish in dramatically different habitats across the state, “all within a few hours’ drive.”

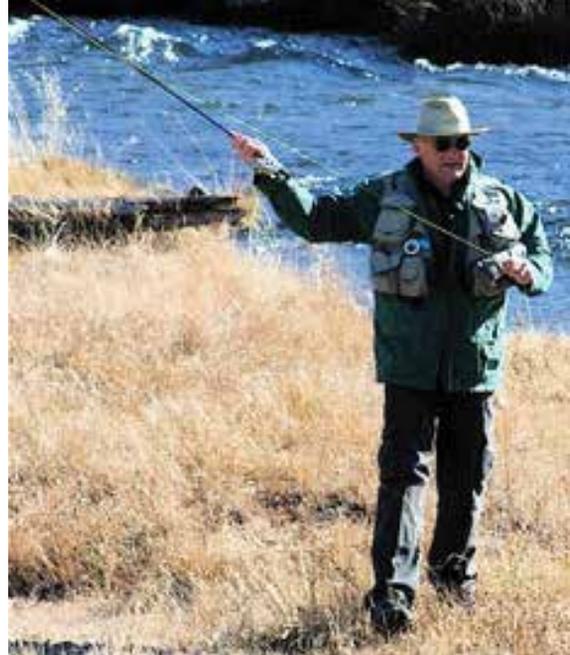
## SO, YOU WANT TO TRY YOUR HAND AT FLY FISHING

Saltwater fly fishing has wildly broadened the definition of a “fly,” which of course originally (centuries ago) was often a real fly—any of several types of small freshwater insects such as mayflies, caddisflies, stoneflies, and so on. Nowadays, even freshwater “flies” also are made to imitate small fish, leeches, crayfish, frogs, even mice and anything else that might find its way into the water.

A fly-fisherman removes the hook from a fish in his net, during the shad run along the Susquehanna River.



▶ Paul Schullery fly fishing the Gibbon River, Yellowstone National Park. Photo by Marsha Karle.



Trout are most often fished for with relatively small flies that imitate insects. The brook trout in small mountain streams are notably indiscriminating in their culinary preferences and are taken by a variety of small “attractor” patterns that may not look like any specific life form but are generally “buggy” enough to suit the brookies.

The Royal Coachman—perhaps the most famous attractor pattern—looks more like a Christmas tree ornament than an insect. The extreme in small flies are those used on the Letort, Yellow Breeches, and others of the legendary limestone trout streams in Pennsylvania’s Cumberland Valley and western Maryland. On bass streams, fly fishers use a variety of insect and small-fish imitations (generally known as streamers or bucktails, typically anywhere from one to three inches long); and in saltwater it’s most often larger streamers up to several inches long that imitate the prey species of the striped bass and others; in some places, large imitations of shrimp and crabs are popular.

Perhaps the best advice for aspiring fly fishers is first to tour a fly shop, especially if someone there is willing to spend a few minutes with you. Prepare to be amazed at how extensive this is.

## WHAT TO MAKE OF ‘PUT AND TAKE’

According to Paul, many people not surprisingly assume that an important part of the trout-fishing scene is stream stocking with fish raised in hatcheries. This is a typical misconception among countless people who assume that fishing, whatever else might be great about it, is above all about taking home as much meat as possible.



Photo by Adam Miller, Alliance for the Chesapeake Bay

*“Fly fishing is fascinating to me. You must think through what’s going on in each particular ecosystem.”*

—KATE FRITZ, CEO OF ALLIANCE FOR THE CHESAPEAKE BAY

From this limited perspective, it is imagined that all fishers naturally want to see their favorite waters regularly stocked with hatchery-raised fish. This is known commonly as “put-and-take fishing.”

“This is no longer a trustworthy generalization,” Schullery warns, “especially among trout fishers and even more especially among fly fishers. Stocking hatchery trout might be the best thing for the most ecologically forlorn waters—either because they are naturally marginal trout habitat, or that they’ve been so deeply damaged by various kinds of human abuse. Make no mistake,” he asserts, “many fishers—probably the majority, most of whom fish with lures or bait—still feel strongly that their day’s trout fishing is a failure unless they catch their limit. Consequently, state fisheries-management agencies must cater to their desires by spending substantial portions of their budgets on operating large hatcheries, essentially fish factories that ‘manufacture’ many, many thousands of catchable-size trout that can be trucked all over the state.”

Schullery relates that research and experimentation all over the country “have shown that many trout streams, managed correctly and with very conservative creel limits or catch-and-release fishing, can sustain healthy populations of fish that reproduce abundantly. This matters to fly fishers especially, because so many of them are now aesthetically and ethically inclined to prefer fishing for native or at least stream-bred “wild” fish. They’re not interested in taking fish home, and they [the fishers themselves] are now numerous enough that management agencies must cater to them, too. In some heavily fished catch-and-release trout streams, each trout might be caught and released several times over the course of trout season.

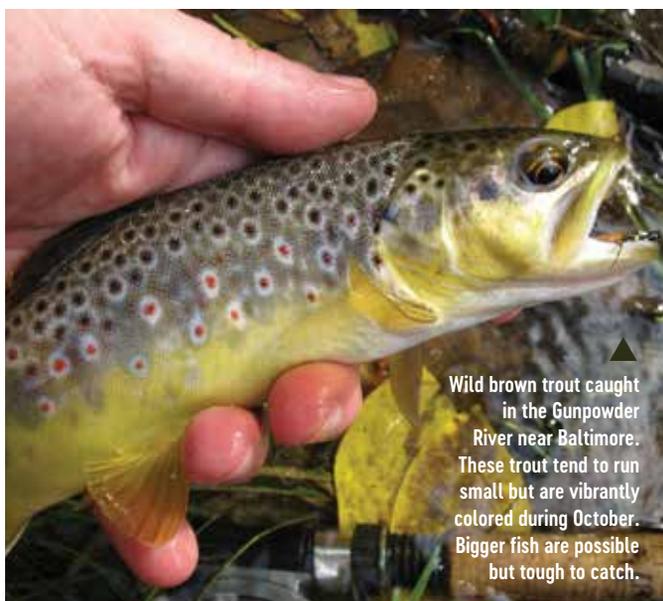
## THE FISHING IS THE POINT, NOT NECESSARILY THE ‘KEEPERS’

Schullery and Fritz agree that the condition of the various waters covered here affects the fate of the fish and thus the quality of the fishing, stocking ne-

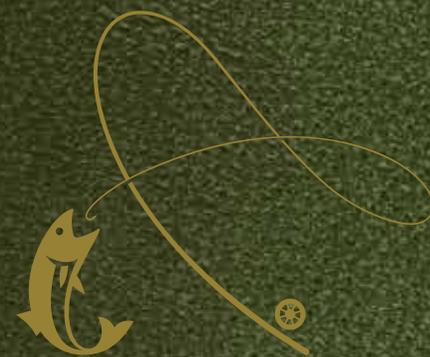
cessities, and overall attraction to the sport. Yes, the stripers are in big trouble. And trout streams are ecologically fragile little ecosystems that are universally and permanently in peril from casual pollution, from individuals and the proliferation of massive condominium developments, shopping malls, highways, and factories. In her *Fly Fisher* article, Fritz refers to the building boom as “Paving Paradise.”

Fritz concluded our interview with her assessment of the topic at hand: “People ask, ‘Where can I fly fish?’ I answer, ‘Nearly everywhere one fishes. It’s a style, a different mechanism from the conventional rites, with the physics of how you cast, the recall, and then what you put at the end of your line. You must know what would be attractive to a fish. And that’s just part of it. Fly fishing is fascinating to me. You must think through what’s going on in each particular ecosystem.’”

A famous 20th-century fly fisher named Lee Wulff (many may recall his appearances with sportscaster Curt Gowdy on the Saturday afternoon TV series “American Sportsman”) insisted that a game fish is too valuable to be caught only once. In other words, as recreational trout fishing has drifted away from any need to harvest the fish, trout have become in effect a renewable resource. Schullery recalls, “As my late pal Bud Lilly, a long-time dean of western flyfishing outfitters, used to put it, thanks to catch-and-release, ‘trout fishing is a lot like golf; you don’t have to eat the ball to have a lot of fun.’”



▲ Wild brown trout caught in the Gunpowder River near Baltimore. These trout tend to run small but are vibrantly colored during October. Bigger fish are possible but tough to catch.



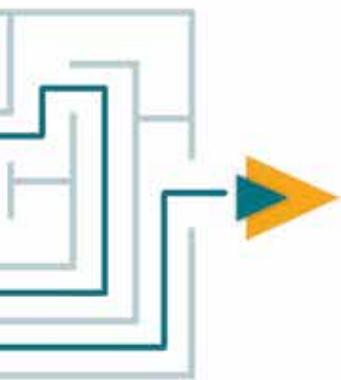
## On Catch-and-Release

Studies have shown that the incidental mortality of fish caught and released on flies is often less than 5 percent; it’s much higher—as much as 50 percent—when fishing with bait, which the fish tend to swallow more deeply, making the hook harder to remove even if you do want to let it go.

Many saltwater fly fishers also release some or all of their catch, but that’s a somewhat different arena because there isn’t a traditional and well-established hatchery industry for saltwater species.

Lee Wulff’s statement applies just as clearly here. Also proliferating are “Special Regulation Waters” (the designation goes under various names and has a host of variant approaches), because those are of special interest to fly fishers.

Some of these trout waters might even be restricted to fly-fishing only, or to catch-and-release fishing, or otherwise have highly specific rules for which sizes of fish you can keep and which ones you have to put back. For a start and a good example, search online for something such as “Special Management Areas—Trout, Maryland,” or words to that effect, to see how your state is handling these places, which cater most specifically to fly fishers.—Paul Schullery



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Maryland Hospital Association Report

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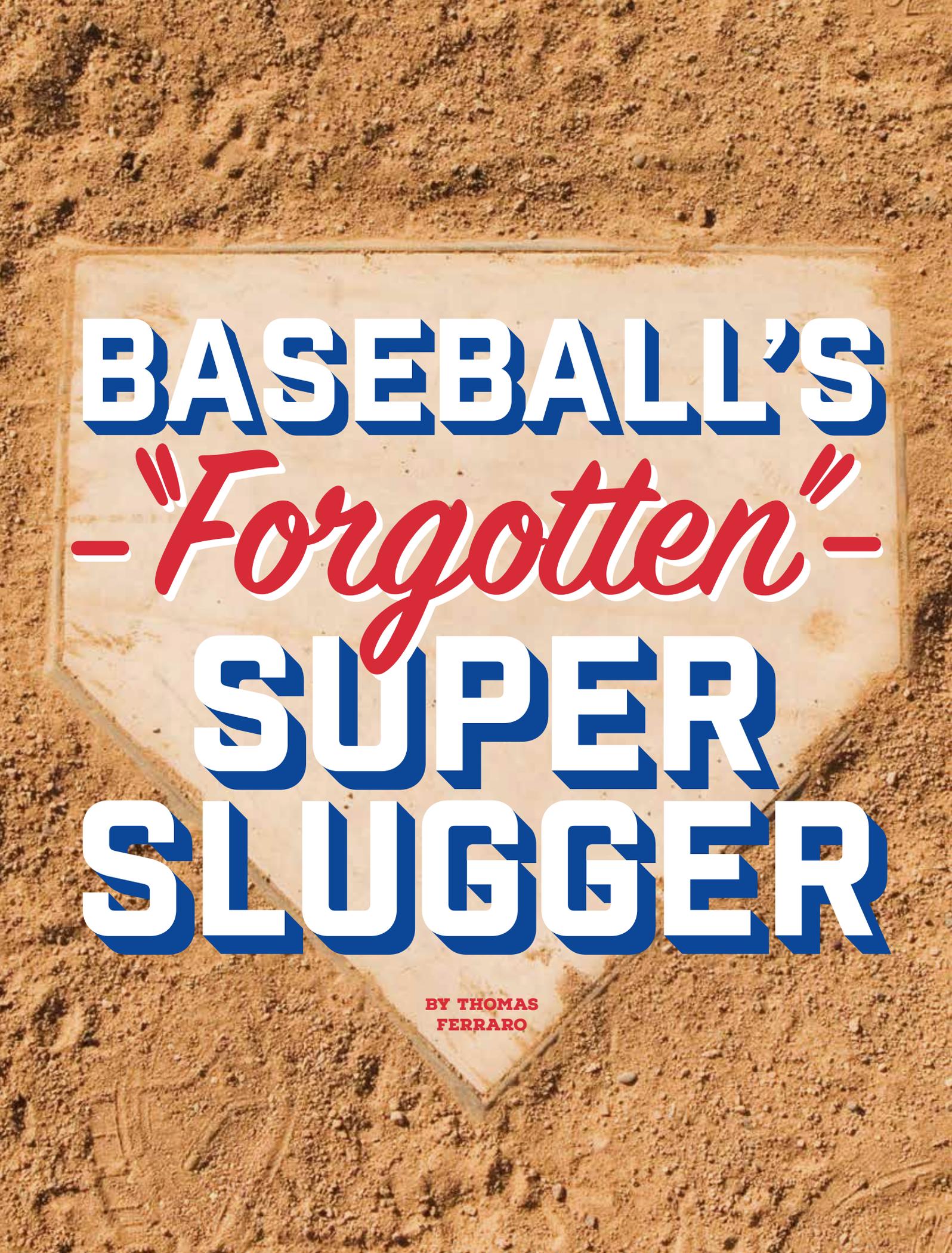
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A close-up photograph of a baseball field's base, showing the white base and the surrounding brown dirt. The text is overlaid on the base.

**BASEBALL'S**  
*- "Forgotten" -*  
**SUPER**  
**SLUGGER**

**BY THOMAS  
FERRARO**

## FORMER EASTERN SHORE FARM BOY, JIMMIE FOXX, RIVALED MLB'S VERY BEST

Long before Aaron Judge broke the single-season home run records last year of fellow New York Yankees Roger Maris and Babe Ruth, a young man from a small farm on the Maryland Eastern Shore was on pace to hit more four-baggers than any of them.

His name was Jimmie Foxx, nicknamed “The Beast” for his superhuman strength and monstrous blasts. And in 1932, at age 24, he waged an epic assault on one of the most coveted records in sports, the 60 homers hit five years earlier by Ruth, The Sultan of Swat.

If Foxx had topped Ruth and remained on track to hit more dingers than Maris and Judge did in their record seasons, he would still be the American League home run king and reign as one of the nation’s most famous athletes. Instead, he ended up a few homers short and, after a bittersweet 20-year career that put him in the Baseball Hall of Fame, faded away, becoming one of the game’s least-remembered greatest players.

“If you asked the average American baseball fan if they ever heard of him, you’d get a lot more no’s than yes’,” says John Bennett of the Society for American Baseball Research.

“He was one of the all-time greats,” says John Odell, curator of history and research at the Baseball Hall of Fame. “You would think more people would know him. People just don’t.”

“Foxx is the forgotten man among baseball’s all-time super sluggers,” Major League Baseball historian John Thorn wrote in his 1998 book, *Treasures of the Baseball Hall of Fame*. Thorn added, “Double X (Foxx) was poison to pitchers, the first man to challenge Ruth as the home run king.”



Jimmie Foxx, first baseman with the Boston Red Sox during a game at Fenway Park, circa 1936–37.

Why haven’t more people heard of The Beast, a gentle one, whose achievements included: being the first player after Ruth to hit 500 career homers, having 30 or more homers in a then-record 12 straight seasons, and winning a then-record three Most Valuable Player Awards?

A chief reason is that Foxx played in the shadow of the charismatic Ruth, who performed on center stage, in New York City, the world’s media capital that helped make The Great Bambino an international icon.

An all-star with both the Philadelphia Athletics and Boston Red Sox, Foxx was also often overshadowed by Ruth’s fabled teammate, Lou Gehrig, a fellow first baseman. In the inaugural 1933 All-Star game, Gehrig played the entire contest with Foxx, the American League’s reigning MVP, on the bench.

In 1998, after many fans had long forgotten or never heard of Foxx, *The Sporting News*, known as “The Bible of Baseball,” ranked The Beast as the 15th greatest player ever, with Gehrig as No. 6 and Ruth as No. 1.

Foxx’s best years were during The Great Depression, 1929 to 1939, when people were more interested in finding work than attending ball games. He retired



in 1945 and soon watched baseball begin to regularly televise its games, making many of his successors well-paid household names while he struggled financially and eventually filed for bankruptcy. If he had played another season, he would have been eligible for a new MLB pension.

“You made only one mistake, Jimmie,” Yankee great Joe DiMaggio told Foxx, “You were born 25 years too soon.”

Born on October 22, 1907, in Sudlersville, Maryland, Foxx signed his first pro baseball contract at 16, played a year in the old Eastern Shore (minor) League, and then, without graduating high school, made his Big-League debut on May 1, 1925, with a pinch-hit single. He was 17.

Four years later, on July 29, 1929, Foxx appeared on the cover of *Time* magazine as the young face of the powerhouse Philadelphia A’s, then headed to their first of three consecutive World Series, winning two.

“I worked on a farm and I’m glad of it,” Foxx told *Time*. “Farmer boys are stronger than city boys...I never realized then it was helping me train for The Big Leagues.”

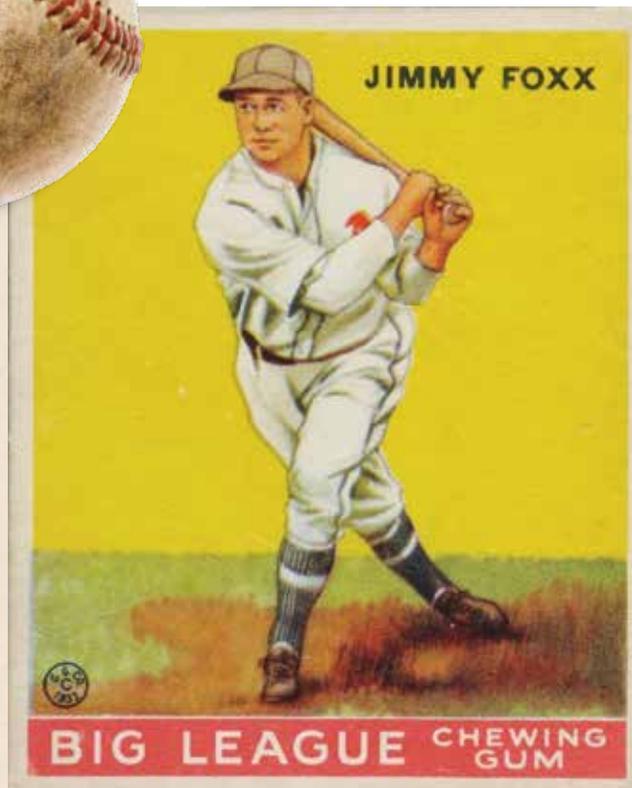


**"I WORKED ON A FARM AND I'M GLAD OF IT. FARMER BOYS ARE STRONGER THAN CITY BOYS...I NEVER REALIZED THEN IT WAS HELPING ME TRAIN FOR THE BIG LEAGUES."**



Ruth’s record of 60 home runs was initially seen as “unbreakable” by anyone other than the 6-foot-2, 215-pound Babe since he alone hit more dingers in 1927 than most teams. But in 1932, the 6-foot, 195-pound Foxx, with the sculpted physique of a Greek god, rose to the challenge.

By the end of June, nearing the season’s halfway mark, Foxx had 29 homers and then got even hotter,



1933 Goudey Baseball Card of Jimmy Foxx of the Philadelphia Athletics #29. Note the alternate spelling of his first name.

walloping another 12 in the next 29 games. That put him on track in late July to finish with 63—three more than Ruth, two more than Maris had in 1961, and one more than Judge had in 2022. (Maris and Judge set their records after the season was extended in 1961 to 162 from 154 games.)

Foxx then hurt his wrist and thumb and cooled off in August before going on a final rampage. In the last five games of the season, Foxx stroked five home runs to finish with 58, just two short of Ruth.

“Well,” Dell Foxx, Foxx’s nephew, quoted his uncle as telling reporters after the game, “I gave her a ride to the finish boys.”

Ruth, 12 years older than Foxx, was born and raised in Baltimore, across the Chesapeake Bay from the Eastern Shore. Rival and mutual admirers, they hit the longest homers in the game and prompted sports-writers to call Foxx “The Right-Handed Babe Ruth.”

After the 1932 season, *The Brooklyn Daily Eagle* newspaper asked players and managers a question many wondered and debated: who hit the ball



harder, Foxx or Ruth? Cleveland Indians Manager Roger Peckinpaugh sought to end the dispute, asking: “Why make a choice between the two? Just give the crown of the left-handed hitters to Ruth and concede that Foxx hits the ball harder than any other right-handed batsman.”

In 1940, at 32, Foxx hit his 500th career homer, putting him on pace to top The Babe’s record of 714. “I’ll bet he does it,” said Boston Red Sox teammate Ted Williams. But Foxx again came up short, this time when injuries and alcohol slowed him down and forced him to retire five years later after hitting just 34 more homers.

After leaving the game, Foxx had a series of short-term jobs, including ones as a sporting goods salesman, sports announcer, and manager in 1952 of the Ft. Wayne Daisies of the All-American Girls Professional Baseball League, immortalized by the 1992 movie, *A League of Their Own*.

Actor Tom Hanks played Jimmy Dugan, portrayed as a former baseball player turned loud, profane, and falling-down drunk manager. The character was based largely on Foxx. Former Daisies disputed

the movie’s depiction of him. They said Foxx drank, but he was no Jimmy Dugan. “He was always a gentleman,” said ex-Daisy Katie Horstman.

Once Foxx retired and did not move back to the Eastern Shore, Sudlersville began to see its long-time hometown hero as a broken-down has-been with a drinking problem and difficulty holding a job.

“Sudlersville had pretty much disowned Daddy,” said his stepdaughter, Nanci Foxx Canaday. “I really don’t know why. But I knew Daddy could handle it. Daddy taught us if someone is mean to us, kill them with kindness. That’s what Daddy always did.”

Baltimore native Gil Dunn opened a pharmacy on the Eastern Shore. Saddened by the lack of interest in Foxx, Dunn erected a small museum of the Hall of Famer in his store and wrote him, asking if he would like to contribute. In the summer of 1966, Foxx drove to Dunn’s pharmacy unannounced with a trunk full of memorabilia. “Here you might as well have all this,” Dunn quoted Foxx. “No one else is interested.”

Years after Foxx died in 1967 at 59—he choked on food while having dinner with his younger brother,

On September 24, 1940, Jimmie Foxx hit his 500th career home run as the Red Sox beat the Athletics 16-8.





Baseball players (left to right) Jimmie Foxx with the Philadelphia Athletics, Babe Ruth and Lou Gehrig with the New York Yankees, and teammate Al Simmons, circa between 1925 and 1932.

Sam—nephew Dell Foxx delivered a speech about his uncle to The Sudlersville Lions Club. “This man never attracted the attention or salary of Babe Ruth,” Dell Foxx said. “He was an amazing hitter, but he was no showman on or off the field. When others complained that he didn’t receive his share of attention, he would smile and say, ‘It’s alright. It’s a lot of fun anyway.’”

In 1987, the Sudlersville Betterment Club, a civic group, posthumously reembraced Foxx by erecting a stone memorial in his honor. In 1997, it dedicated a life-size bronze statue of The Beast, swinging a hefty bat.

At the dedication, Maryland Gov. Harry Hughes, who played a season in the Eastern Shore League as a 22-year-old pitcher, said: “Great baseball players are an inspiration to their community and baseball fans everywhere...We recall Jimmie Foxx as an example for all youth who would play the game.”

In 2007, baseball historian Bill Jenkinson helped Sudlersville celebrate the 100th anniversary of Foxx’s birth and make amends. “History has not been fair to Jimmie,” Jenkinson wrote in a tribute. “What do we do?...Tell the truth...Foxx was a marvel.”

As a young man, Dell Foxx looked like his barrel-chested, square-jawed, and ruggedly handsome uncle, so much so he was the model for his statue.

In the mid-1950s, Dell Foxx played high school baseball on the Eastern Shore, looking little like his uncle. “I remember being at bat while a bunch of old men sat behind the screen, muttering, ‘He sure doesn’t hit like his uncle.’ I remember thinking, ‘Not many people hit like my Uncle Jim.’”

Foxx might have broken Ruth’s home run record in 1932, except for the late-season wrist injury that temporarily slowed him down and newly raised outfield barriers that made it tougher to homer in a few parks. The weather may also have been a factor, given reports that he lost two homers to rainouts.

*Regardless of what might have been, The Babe was impressed.*

“Foxx is the greatest batsman in Major League Baseball today,” Ruth, then 37 and near the end of his career, declared after the season. “He’s such a nice kid, I was kind of sorry for him when he came so close to the record and missed.”

Foxx said, “If I had broken Ruth’s record, it wouldn’t have made any difference. Oh, it might have put a few more dollars in my pocket, but there was only one Ruth.”

In the end, the long-underappreciated Foxx may have underappreciated himself. “If Foxx had busted Ruth’s record in ’32, his career and place in history would be a whole other story,” said Bob Schaefer of the Society for American Baseball Research.

“Foxx would have owned the new home run gold standard for decades, one that future sluggers would have all chased.”

In 1997, The Eastern Shore Baseball Hall of Fame Museum opened at the Arthur W. Perdue Stadium in Salisbury, home of the Delmarva Shorebirds, a minor league team. The regional shrine honors hundreds of pro and amateur players. A long-slighted former farm boy, Jimmie Foxx, is the biggest draw.



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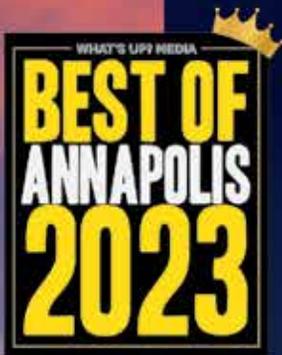
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*Road*

**TRIPPING**

23

THROUGH AMERICA



# OUR COUNTRY'S HIGHWAYS ARE PATHWAYS TO ADVENTURE AND DISCOVERY

*By Ellen Meyer*



**I**t wasn't itchy feet, that wanderlust urge, that set my mom and dad (and me) on a cross-country travel trip in 1945. It was a trip to visit my father's parents who had moved from their life-long home in Kalamazoo, Michigan, to El Monte, California, to be near their daughter and dad's sister, my Aunt Marie. My grandmother's health was also failing so off we went from Towson, Maryland, in a new Dodge with a water bag strapped to the front.

The first memory from my domain in the back seat was meandering westward on Maryland's U.S. Route 40. I can still imagine the fields and rolling hills in the twilight evening of our journey—a scene that hasn't changed much in 80 years. At some time and somewhere the next day, we switched to U.S. 30. We stopped on top of a mountain—well, really a foothill—and looked down upon the construction below of what was planned to be a major, new highway...the Pennsylvania Turnpike. (Years later, we would follow that route on our annual trip to Michigan to visit my relatives on both sides of the family.)

The Turnpike went to Pittsburgh and, for me, felt like an eternity until we stopped and started through the city. After Pittsburgh and into Ohio, we found a roomy house (with sulfur smelling water) to stay over. It was the beginning of what would become bed and breakfast spaces decades later, in the town of Maumee, Ohio.



*Badlands*

In 1945, motels were new, but I don't remember staying in one as we trekked through middle America. To amuse me, my father suggested I count and record the animal fatalities we saw. Somewhere, we picked up U.S. Route 66. And then our first motels. I remember a semi crisis with a big blood sucking bug of some kind on a visitor's neck in Flagstaff, Arizona. Dad helped save the day.

In the morning, we followed Route 89 to a place called Sedona. It was only a small gas station back then with amazing red rock formations that have been engraved on my mind ever since...the most vivid and memorable experience of our trip across America. My father took pictures with his little Bantam Kodiak camera of me standing on a rock in the stream that meandered next to us in Oak Creek Canyon. That camera only took eight slide pictures at a time. He mastered the camera and recorded our trip and captured our memories.

For the first time I saw Native Americans. They were gathered along the highway selling handmade pottery. My mom bought a small pot. I still have it, though it is in pieces. The road passed through an ice cave, which was scary and dark, then lava fields, where I picked up a piece of black basalt pierced with holes. It captured my curiosity. Many moons later, my own children took it to share in elementary school and it never returned. But I continued my fascination with geology.



*Sedona*



*Long Beach*

I know we visited the Grand Canyon and hoofed one mile down, searching for the blue of a river. We parked at the Badlands and petrified forest national monuments to explore the painted desert. In the petrified forest a rainbow tree crossed a gulley and I walked across it. Several years ago, I revisited this area, now part of the National Park system. The petrified rainbow bridge tree still exists but is surrounded by fencing to prevent anyone from walking across it as I did. Sedona in 2021 was no longer a single gas station, but a thriving tourist attraction city. The red rocks are still there. But the visual impact I experienced in 1945 is very different.

In Los Angeles, my cousin Dick, a marine who had fought on Iwo Jima, took me on a roller coaster ride at Long Beach. This was the highest and scariest roller coaster. I had only done the small one at Gwynn Oak Park in Baltimore. Thank goodness I had my cousin as my protector. At Long Beach, I also saw an ant circus. Or was it fleas dressed up that we viewed under a magnifier? I haven't seen anything like it since.

My grandparents, after a lifetime in Michigan, would both be buried in an historic cemetery near Los Angeles—the oldest American non-sectarian protestant cemetery, dating to the 1850s, for the new people coming West to California.

Returning east on U.S. Route 50, we traveled through Kansas, which was having a bumper crop of wheat.

Grain was piled high outside of silos all across the state. Kansas was not a boring driving state then, as some declared it to be. In small towns on later travels, I always found interesting antiques that I brought back home.

Over the years, I would drive back and forth across this great nation of ours, with my kids, a dog, and a babysitter visiting National Parks. Sometimes we camped or took horse trips over the mountains in Washington state or through South Dakota, just marveling at the landscapes and stories that nature and small towns had to tell.

The breath taking vistas are a different experience when you see them for real. Sedona in 1945 taught me that. And the soul riveting vistas of the Grand Tetons taught me that to see and be enveloped in such an environment is to experience the majesty of our given world.

I drove to Alaska in 2015 and promised myself to write a blog...but I never did. I also thought about writing a book on my American highway experience. I was jealous when *Blue Highways* was published. I could have done that but hadn't crafted any writing skills then. So, next year I will tell some short stories in this publication about our early U.S. highways that crisscrossed Maryland and beyond. Did you know U.S. Route 50 was designed in 1926 from a once-bustling desert town, now a ghost town, to end in Annapolis?

I may have been nine years old when I first discovered America, but I did get itchy feet and I kept on traveling, curious to explore. I rediscovered parts of Route 66 several years ago retracing part of my family's 1945 journey. Next year, when iconic 66, from Chicago to Santa Monica celebrates another anniversary, I intend to be on America's Mainstreet, the Mother Road. How about you?

**Editor's Note:** A special "Road Trips" series by Ellen Moyer is planned for 2024, in which the stories of roads and highways with historical significance in Maryland are told.



*Kansas*



# 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 Fall Admission Events. 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



Private School in  
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## KEY'S FALL ADMISSION EVENTS



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(Grades 1-4)

**OCTOBER 16**  
9:00 - 9:45 A.M.

**UPPER SCHOOL  
INFORMATION SESSION**  
(Grades 9-12)

**OCTOBER 24**  
6:30 - 7:30 P.M.

**FIRST SCHOOL  
OPEN HOUSE**  
(2.5 Yrs. - Kindergarten)

**NOVEMBER 4**  
9:00 - 10:30 A.M.

**MIDDLE SCHOOL  
OPEN HOUSE**  
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10:00A.M. - 12:00 P.M.



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 Saturday & Sunday

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 With Woodworks on Wheels  
 Create your own pinewood derby car.  
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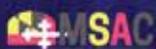
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Join us on November 4, 2023 as we celebrate our continued commitment to making a splash in cancer care at Luminis Health Anne Arundel Medical Center.

BY GARY JOBSON

# RALLY FOR THE CHESAPEAKE



**AN EXAMINATION OF THE PROGRESS AND CHALLENGES OF SAVING THE CHESAPEAKE BAY**

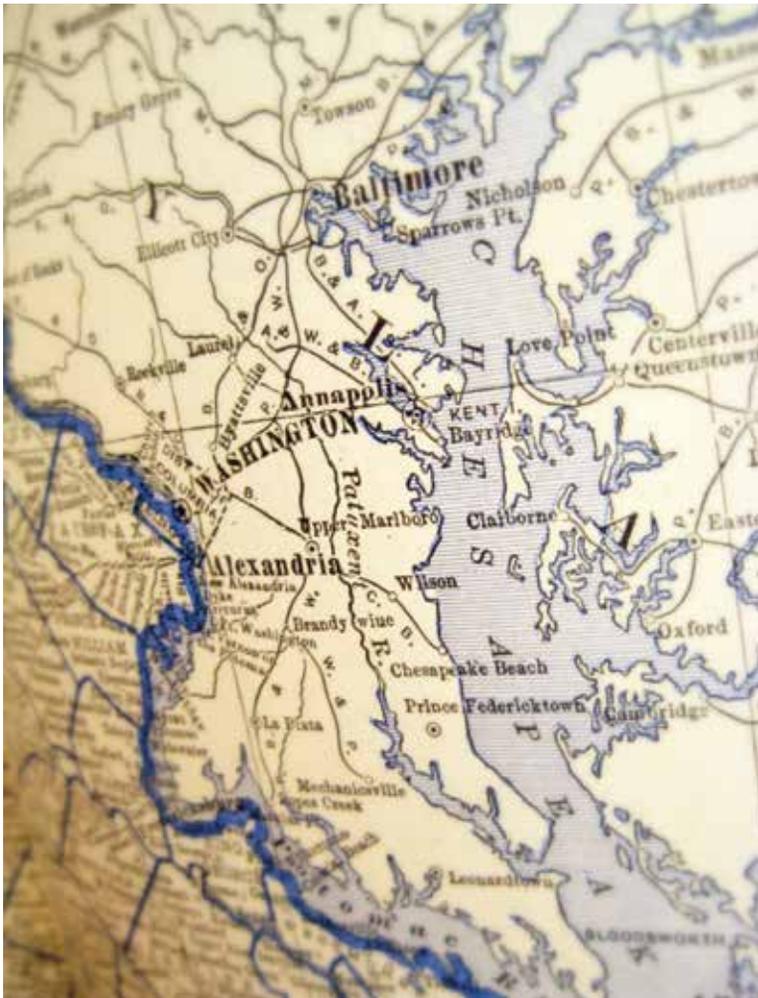
Like many people around Annapolis and the Eastern Shore I try to spend lots of time on the Chesapeake Bay. We are lucky to have such a spectacular body of water for sailing, swimming, boating, fishing, kayaking, paddle boarding, exploring, and, sometimes, just enjoying the sight of the sparkling waters. The Bay is also vital for transportation of goods and for the supply of local seafood.

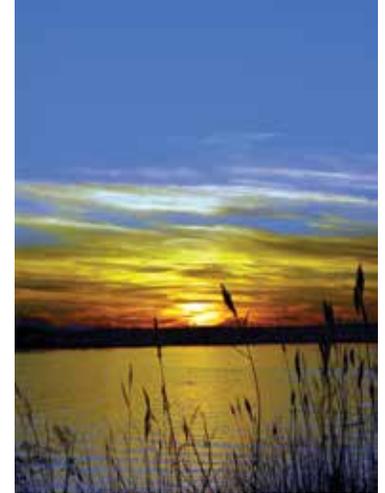
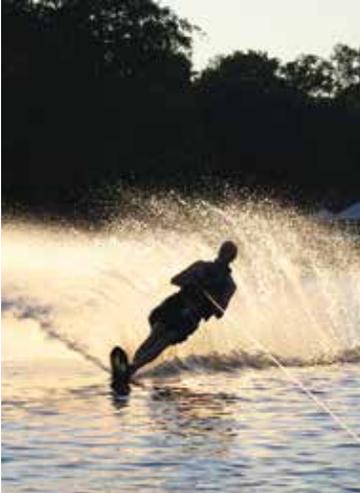
The Bay is a large estuary that began forming at the end of the last Ice Age about 12–18 thousand years ago. The Bay stretches nearly 200 miles north to south and ranges in width from 3.4 miles across from Aberdeen to 35 miles by the mouth of the Potomac River. The water surface covers some 3,200 square miles with 5,600 miles of shoreline. The average depth of the bay is only 21 feet although there are channels that are 100 feet deep. Interestingly, there are estimates that indigenous peoples populated

the Chesapeake region since 8,000 B.C. Captain John Smith was the first European explorer to navigate the Bay in 1608. Millions of gallons of freshwater flow into the Bay from the Susquehanna River. The watershed includes Maryland, Pennsylvania, New York, Virginia, West Virginia, Delaware, and the District of Columbia.

With all the highways, farms, and urban areas from which stormwater, irrigation, and waste flow into the Bay, it was inevitable that the waters would become polluted, and the environment stressed. About 50 years ago environmental groups took on the task of “Saving the Bay.” It has been a worthy cause supported by citizens, municipalities, the state and federal government, the newly formed Environmental Protection Agency (EPA), and many local groups dedicated to cleaning up the Bay. The EPA set an ambitious program with 32 different goals to clean up the Bay that included stream buffers, improving wetlands, water quality, and reducing nutrient, phosphorus, and sediment run off. The original plan was to be completed by the year 2025. With just over one year to go before reaching the original deadline, most of the goals will not be met.

In July, Governor Wes Moore announced a new strategy for the Bay. The new plan will focus on water quality, human engagement, and more emphasis on human health. The program is titled, “Beyond 2025.” This new approach is to study how people want to use the Bay, and define what actions are feasible. Dr. Jana Davis is the head of the Chesapeake Bay Trust, a grant making organization established by the State of Maryland in 1985 to provide grants to applicants working to improve the environment. The Trust has a rigorous review process selecting which groups receive grants. The funds range from small (\$2500) to large (several hundred thousand dollars). In 2022–2023 the Trust distributed about \$30 million in grants. When asked if the Bay is getting cleaner Dr. Davis reports, “Yes, slightly. Many of the (original) goals were set before serious pollution became a problem. The main goals were set in the middle of the Bay where most critters don’t live, and few people live. The scientists and government officials say we should focus on shallow areas where critters live, and people live. The Bay is getting cleaner, but there is considerably more work to do.”





My own unscientific survey of the health of the Bay looks better to me. Happily, boating enthusiasts are conscious about protecting the Bay. No longer do people throw garbage in the water or drain boat holding tanks in the Bay. Yacht clubs, marinas, and other maritime facilities and organizations have created Sustainability Committees to address environmental issues. Just a few years ago, I was horrified to see deflated party balloons floating on the surface of the Bay. In the past two years I am happy to report that it has been rare to see balloons and other floating objects. Tar-covered bulkheads, leaking oil tanks, highway runoff, harmful pesticides, and dangerous fertilizers are a few of the blights that pollute our waters. Planners, engineers, developers, and builders are mindful of pollution issues and add solutions to new construction.

I have sailed up and down the Bay many times over the past sixty years. I never tire of seeing the land pass by. Recently, I became intrigued by the environmental work toward the Eastern Shore of the Bay on a remote place called Poplar Island. At one time, Poplar was over 2,000 acres but the island has been slowly disappearing due to rising water levels and erosion. In 1990, only a few acres were still visible above water. But over the past decade, the residual material dredged from shipping channels leading to Baltimore has been transported and deposited around Poplar Island—all part of an ambitious restoration project. I took an interesting tour (available to everyone) early this summer. The plan over the next ten years is to rebuild Poplar Island to its original size. When

the work is completed in 2030 another disappearing island fifteen miles south of Poplar will be the next project. Each day a tour group of about 25 people board a small ferry for a 30-minute ride from Tilghman Island. Once on the island, a van takes the tour group around the it with a guide explaining the operations. I was intrigued to learn that 250 species of birds live around the island. To book a tour call 410-770-6503 or email [poplartours@menv.com](mailto:poplartours@menv.com). Poplar Island is a good example of how a vital but dying piece of land in the Bay watershed can be brought back to a vibrant existence.

Environmental topics are frequently in the news these days with discussions and debates about climate change, devastating storm and fire events, sustainability initiatives, rising sea levels, pollution, erosion, air quality, greenhouse effects, and clean air and water. It is up to all of us to support environmental improvement efforts including those for the Chesapeake Bay. Our precious Bay is important for recreation, transportation, industry, harvesting food, and sometimes just relaxing by the water. My take is that the Bay is cleaner than it was when pollution was rampant, but we have a long way to go to restore the Chesapeake to its once pristine condition.



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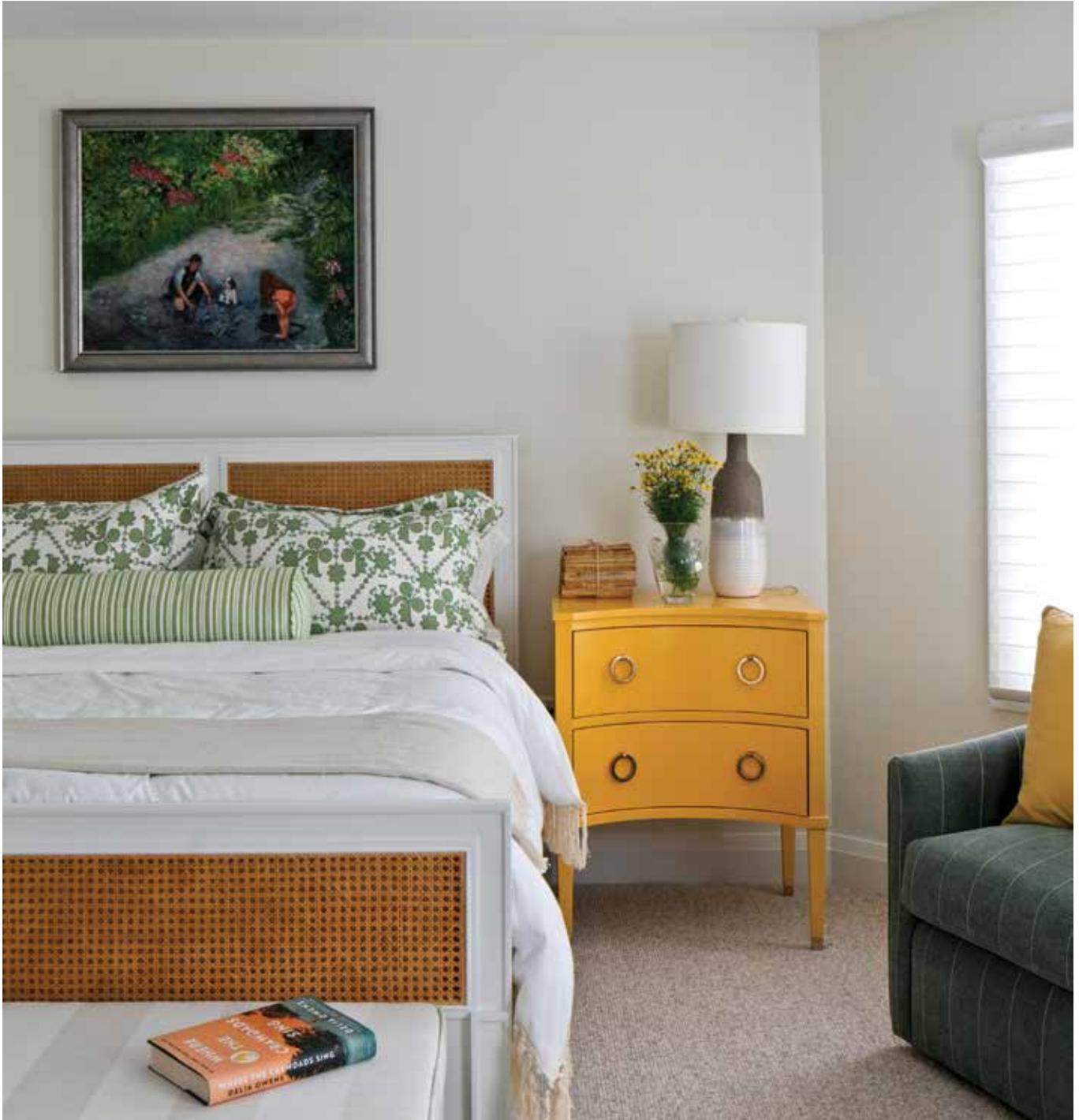
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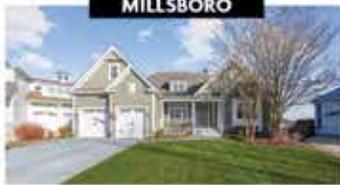
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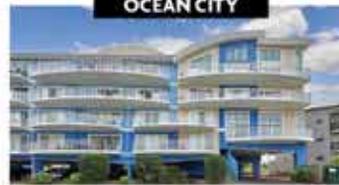
**MILLSBORO**

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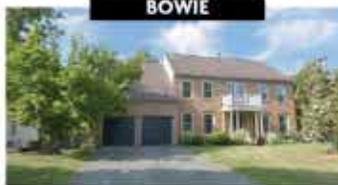
**HANOVER**

**\$675,000**  
7639 DEEPNOTCH WAY



**MILLSBORO**

**\$615,000**  
113 WOODLAND WAY



**BOWIE**

**\$582,500**  
15214 JENNINGS LANE



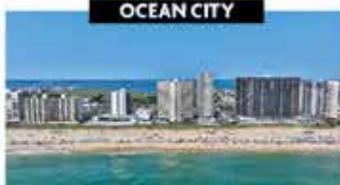
**LEWES**

**\$579,911**  
18734 LAKELANDS DRIVE



**BOWIE**

**\$561,000**  
9910 HILLANDALE WAY #13



**OCEAN CITY**

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10300 COASTAL HIGHWAY #703



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**\$620,000**

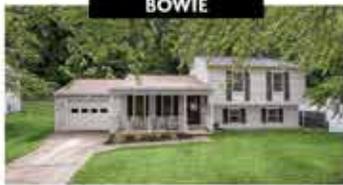
253 SALTGRASS DRIVE



**MILLVILLE**

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33123 SUBSTATION ROAD



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7884 W RIVERSIDE DRIVE



**CROFTON**

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1432 FLATWOOD COURT



**DAGSBORO**

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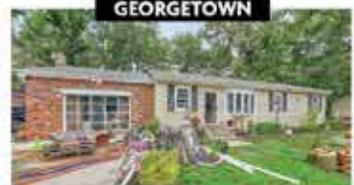
29207 SHADY CREEK LANE #35



**MILLSBORO**

**\$325,000**

24365 KENT DRIVE



**GEORGETOWN**

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23723 BRIARWOOD LANE

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# Change = Plans

A SERENDIPITOUS RETREAT  
TO A STYLISH REMODEL

Story by *Lisa J. Gotto*

Photography by *Stephen Buchanan*

**I**n 2019, our feature homeowners just returned to their native New York urban lifestyles after living in Alexandria for several years, when they decided they enjoyed the Chesapeake Bay area so much, that they would start looking for a weekend family retreat in Annapolis. With their younger son in the Naval Academy, and their older son already a commissioned Naval officer, a Naptown location would be key—and something on the water—would be even better.





# Origin Story

The couple had some familiarity with Annapolis from previous visits to see their son, and remark that they had stayed in some local homes, including one in Bay Ridge, that they loved for their locations, their vibes, and the glimpses they saw of what life might look—and feel like—if they could live there some of the time; perhaps even offering the home to midshipmen when on leave or during Commissioning Week. Soon enough, they would be working with a real estate agent to tour homes and move forward with their plans to purchase a second home.

While on the hunt, they would learn that the homes they liked best, and even some of the previous residences that provided them lodging had one thing in common: Their floorplans were all designed on the desktops of Purple Cherry Architects (PCA) in Annapolis. This was not the first time that name had popped up for the couple on this journey, as the husband tells it:



“We had asked...four or five people for their opinions [on architects] if you were doing something in Annapolis, who would you contact? And there was one or two names that were on everybody’s list, and Cathy [Purple Cherry] was one of them.”

So, it was fortuitous that when they did find the property that they were looking for along the Severn River, their real estate agent knew Cathy and brokered an introduction. The couple was grateful she agreed to conduct a walk-through of the house to assess it before they closed on it.

This encounter sealed the deal in many ways for the couple. The house would, indeed, need work. The original or base part of the structure was built in 1940 and had been added to with at least two renovations since then, leaving the house in a chockablock condition with smaller, darker living and transition spaces, and less than advantageous views to the water.

This was especially evident upon entry to the home, which, at that time, provided no sightline to the water, thanks to an ill-positioned stairway. However, the home did have a prime location in eyeshot of the Old Severn River Bridge, a lovely backyard entertaining area with an in-ground pool and patio (a must-have for the couple), and ample potential to become that vacation residence and that home-away-from-home for midshipmen and their families.





## The Central Issue

Right away, the couple knew they were facing a significant and maybe even radical remedy to the problem of the obstructed view and chopped up floorplan.

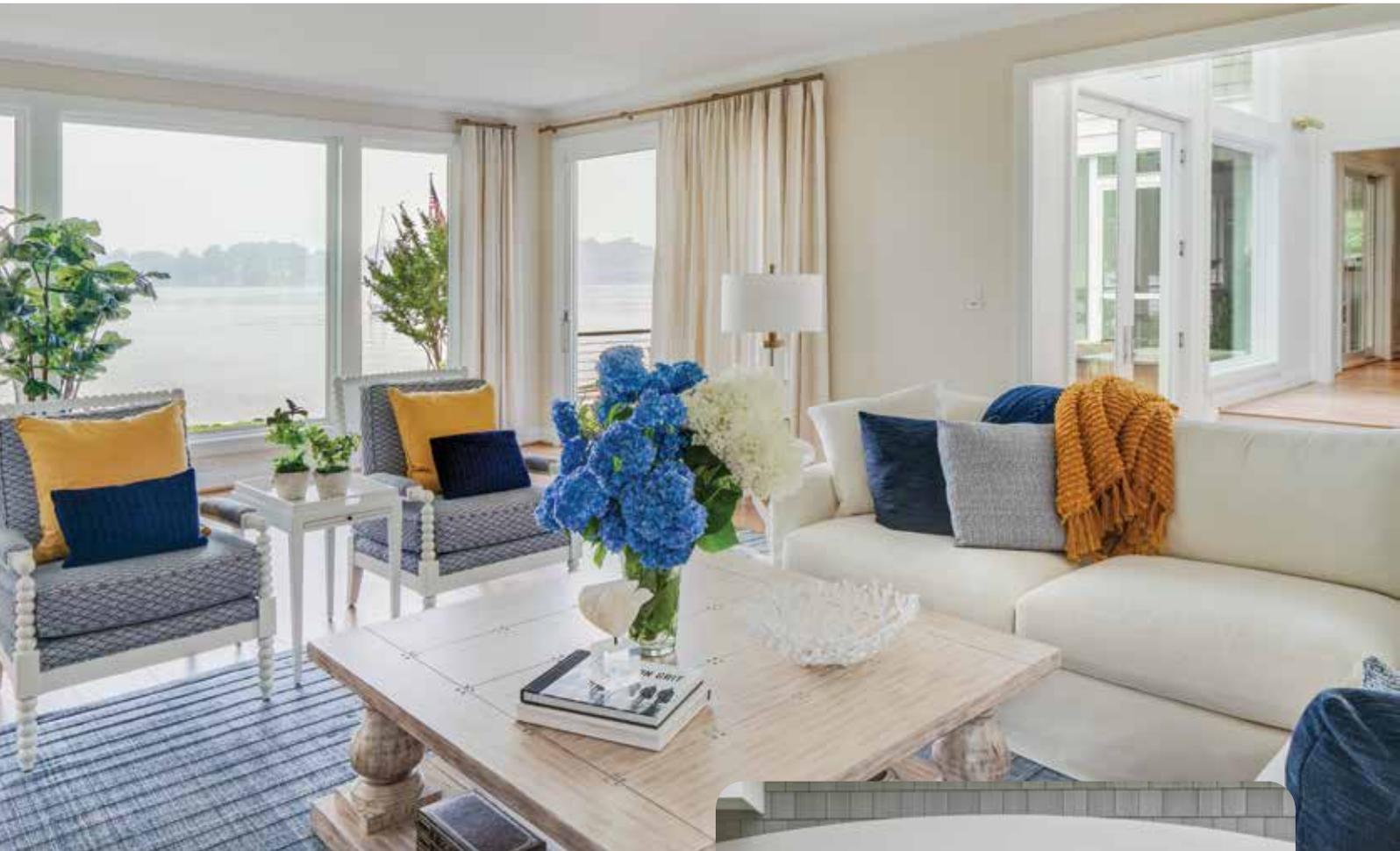
“To my husband and I, and we’ve never done anything quite like this, there were a couple of big things that we thought [about] and we’re like, ‘Are we crazy to think about moving a staircase?’ Cathy came here and in 15 minutes just in walking through the house, she says, ‘Oh, you’ve got to move your staircase.’ She pointed out all these things in such a quick walkthrough that my husband and I had already been thinking [about]. So, we were like, ‘Okay. She gets it.’”

With contracts executed and in-hand at the end of 2019, the couple returned to Manhattan, and allowed Cathy’s team to finalize a floorplan that would address a flawed first floor with little intuitive flow. Walls would be removed, windows and doorways would be enlarged, and a new staircase would be introduced to address what Purple Cherry described as a “very closed in and contained” house.

“There was not a lot of airy-ness, not a lot of openness, not a lot of connectivity,” Purple Cherry explains.

The couple would then choose luxury custom builder, Mueller Homes of Annapolis, to execute the completed floorplan that would provide the home with major first floor interior upgrades, including ripping out the existing staircase and installing a new one to the right of where it had been. As a result, two stories of volume would be created and generous skylights would then be added to infuse the home with natural light upon entry instead of the closed off, dark, stair-facing foyer they once had. That was the plan that the couple went back to Manhattan with.





## Timing is Everything

And then the plan changed. The plan changed in a big way. The fact was that everyone's plans were changing in a very big way as an epidemic took hold. As the couple tells it, by March 2020, many people were leaving New York for the less dense countryside, suburbs, or second homes in sunny places in hopes of avoiding the scourge that was COVID-19.

Even though work had yet to begin on their Annapolis escape, the couple retreated from New York once the wife, an attorney, was given the okay from her law firm that she could work from home. He would reason that with his career in finance soon to be in the rear-view window, anyway, it was not only time to retreat, but it was also time to make the move from the city, a permanent one.

While it was far from ideal to be living in the home while renovations were underway, the husband chose to take a lighter view of their circumstances.



“So, we’d get up and it’d be like that old movie, *The Money Pit*, where you see your contractor through the bathroom mirror or something.”

The two years ahead of them would be challenging ones for all concerned with the sick days, delays, and supply chain issues they had to contend with, and as they worked through creating a flawless and highly-functioning first floor plan, they noticed a few things—like what happens when you have a home that is nearly 100 years old and that has been updated on a few separate occasions.

# Reno Anew

“There was a wing renovation in the ’70s, and then there was another wing renovation in the ’90s, but nothing was ever really seamlessly connected,” the husband explains. “So, one of the things that we tried to do when we got here was to make it no longer three pieces of a home but make it one complete home.”

Along with making sure that the home’s plumbing and electrical was up to date, the homeowners ascertained quickly that this was no superficial renovation. An especially notable event occurred when all the old floors were ripped out in favor of luscious American black walnut hardwoods. They noticed just how formal and outdated some other aspects of the home were.

From windows that were all a tad undersized relative to the view, to porch railings and second floor bathrooms that were just functional but not contemporaneously attractive to a roof that had seen its best days, the couple realized that if they weren’t all in, there could be some unattractive consequences.



“It literally would’ve been a half, spanking brand-new house and a half, 30-year-old house,” the husband explains. And so, a decision to create and conquer on the main and upper levels, inside and out began in earnest.



From the front door on, everything about the house now looks as beautiful as it is functional. Inside, the sightlines from the entry flow right through and out to the property’s outdoor living space. Along the way, the homeowners pass their gorgeous architectural staircase now located to the right of the entry hall. A sparkling, sphere-shaped, sea-glass studded lighting fixture floats above the staircase and above that, an attractive skylight helps bathe the first floor with welcoming light. The home’s formal living room with its outstanding waterfront views is located to the left of the entry foyer.



Speaking of welcoming, glimpses of the old Severn River Bridge can now be seen through the glass-panels of its new front door. The entire front façade has been updated to include a curved porch beam with mahogany ceiling inlay, turning a tired and traditionally dated entrance into a conversation piece before you even enter the home.

The entry foyer also provides two access points to the home’s totally re-imagined open-plan living space. It is as lovely as the wife had hoped it would be with a subtle homage to Chesapeake living in its tones and textures; a vibe she had seen and prized in those previous guest lodgings.

“What I love about what they did with the aesthetic is that there are these really nice subtle touches throughout the house that just make it have a nautical type of feel. Like the fan that we have in the den that is made of sailcloth instead of just wood. [It’s] touches like that,” the wife says.

The entire length of the open-plan space looks out to the river with its interior flow mimicking that of the river in a sense, giving the homeowners the comfortable, calming retreat they had desired.

The meticulously chosen materials in this space were selected under the creative supervision of PCA’s lead interior designer, Annie Kersey.

Shades of muted navy, warm, white upholstery, and wood tones prevail here. A kitchen cabinetry package in the Shaker style is accented with applied bead detail. A trio of heirloom brass white pendant lights with navy stripes from Nash are suspended from the ceiling over the Polarstone quartz-topped island.

The base of the island was tailored to provide storage below, a convenient prep sink above, and breakfast bar seating. A customized blue stain was created specifically for the piece and applied like a wash to enhance the room’s understated nautical feel. A companion piece, a coffee and wet bar, in this blue wash stain is located on the water-facing wall, framing where the family will gather for meals. A specially-sized dining table with a reclaimed timber finish was created just for this space and sourced from Tritter Feefer; the dining and host chairs from Thibaut, sport a Dune Avery Linen fabric.

The intentional design and materials flow into an equally gorgeous and relaxing seating area with a fireplace on one side, and out to an extended screened-in porch on the water side. The decision to go “all-in” certainly played itself out well, as this area was smartly enhanced when a dated railing with smaller openings to the water was replaced with larger expanses and sleek, stainless



*An exclamation mark of a first-floor powder room is most notable for the punch of panache delivered via bold palm frond wallpaper and its sumptuous vanity of rip-saw white oak.*

steel cable railings with Ipe toppers. A beadboard ceiling was added above and floors of Ipe were added under foot to bring warmth and a boat-on-the-river feel to this exceptional gathering space.

With the exception of an upgraded bathroom and the addition of a subtly curved corridor off the landing, the second floor required only “soft upgrades,” as Purple Cherry likes to call them.

To accentuate the primary suite’s amazing water views, Kersey says the homeowners wanted to pull in the soft and soothing sea foam greens inspired by the wife’s choice of area rug for the room. This was balanced by purposeful layers of window sheers and drapes, bedding with natural linen accents, and the wistful flock of waterfowl sculpture above the bed.



## The Big Finish

The crowning touches to this project came outside the home with: an enhanced hardscape and curated landscape by McHale Landscape Design, Inc. of McLean Virginia; Purple Cherry’s suggestion to replace the existing dated beige siding with NuCedar, an innovative, no-rot exterior siding; and the husband’s plea for a breezeway replacement that kept him from getting wet when it rained.

“It had a flat roof, so there was constant dripping off the sides after a rain,” the husband says. “There were no gutters. And that was always very annoying to me, and I didn’t like the way it was finished off.”

The solution came in the form of an elegant barrel roof walkway with mahogany inlay spanning the length of the pathway from the house to the garage.

“It turned out exactly the way I wanted it to. With the dark wood and the beams and the drop lights that we have; it turned out perfect,” says the husband, who later reflected on how the initial scope of their home plans may have changed, but the end result was something that exceeded their expectations.

“It was a long haul, but everybody made it through great. Mueller Homes did a great job. Cathy and her team did a great job,” he says. “I don’t think there was anything that we wanted, that we didn’t get.”

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Image by eemwido.com

# Yes! Antiques Are Still a Thing

KEEP YOUR EYE OUT FOR THESE CLASSIC FINDS

By Lisa J. Gotto

Historically, tag sale, vintage, and second-hand store shopping has been a popular form of retail therapy for many, especially when you add in the potential of scoring a rare find. However, there are some cultural conversations going on recently about antique collecting and how it has fallen out of favor entirely with some consumer groups.

While this thinking may have some merit when it comes to certain types of collectibles and antiques, Barbara Ranson of Oxford Vintage & Trade has first-hand experience with collectors, sellers, and browsers of all interest levels and is certain about one thing: “Quality never goes out of style.”

“Older, better-made items from the past will always be well-loved and treasured,” she adds.

What designers and merchants of these wares are actually seeing is not as much as a downturn, as it is a re-evaluation of these particular goods by consumer groups based on generational attitudes about value based on what resonates with them contemporarily.

For example, what millennials are looking for and value differs somewhat from what their parents were looking for, and even what Gen Z’ers are looking for. All groups, fortunately, are indeed still looking.



**TERMINOLOGY:**

## VINTAGE VS. ANTIQUE

Since we often hear these two terms used to describe older, previously held goods, we thought a deeper dive into whether or not they are interchangeable in discussion might be helpful. While you certainly might find items under the same retail umbrella labeled “vintage” or “antique,” there is a unique distinction: Antiques are commonly described as items that are at least 100 years old. Vintage, by way of the Merriam-Webster definition, relates to items that are typically 40 years old relative to a specific point in time.

### Millennial Inclinations

This generation, described as being born between the early 1980s and late 1990s, is now considered to be the largest consumer group. They are looking for high-quality items that lend a sense of status and permanence to their surroundings—an aesthetic they are not finding at the big box stores or online at import-heavy sites.

Quality original art, such as oil paintings, high-quality and low-production lithographs, and watercolors from both the vintage and antique eras are popular. Vintage clothing, home decor, and furnishings, including sterling silver serving pieces, are also sought after. And antique side tables, porcelain tableware, and chinoiserie lamps are among the wares that this group finds most valuable.

### In Their 20s

When it comes to Gen Z’ers or 20-somethings, they are most interested in items that have personal appeal. Because most shoppers in this age group have yet to establish an independent household, they gravitate to items that will enhance their sense of personal style. They love vintage costume jewelry, vintage clothing, and accessories. Raised with a more experiential take on lifestyle, they are also refreshingly mindful when shopping with an event in mind.



### Planet Pride

Recent and growing awareness of personal environmental impact and economic influences is also playing a noteworthy role in this particular retail space. Purchasing previously-owned and cherished items appeals to the Earthwise consumer, who is acutely aware of the environmental implications of mass-produced products manufactured using plastics, glues, and other unknown chemicals. Buyers worry about product origins in countries with unsavory human labor costs.

Another little-known statistic involves the transportation cost of pollution on imports, known as consumption emissions. These factors weigh on the minds of today’s consumer. Of course, repurposing and reusing also means using landfills less. In short, new products can’t beat the sustainability rewards of the secondary-purpose market.

# Making It All Work

Some of the most cohesive and stylish interior schemes are those that ingenuously incorporate older, perhaps, even heirloom-type furnishings with the modern-day amenities and other goods.

Ranson suggests knowing the “why” of your purchase is key. “If you need a small table by your front door for a lamp and your keys, consider the style you like and the function of this piece. I almost never purchase a piece because it will ‘increase in price’ or even ‘hold its value.’ Rather, I buy a quality piece that is made of wood, marble, iron, etc.,” Ranson says. “I look for dovetail features, quality fittings, and finishes. I prefer ‘patina over plastic.’ To me, it’s better to have a small scuff and know the item is solid wood.”

It’s also a good idea to not only communicate with your retailer about what you are specifically looking for, but to ask about how to integrate what you have into your current interior scheme, especially if you have just happened upon something that speaks to you and that you feel compelled to own. Knowing how to best use your one-of-a-kind find in the current context of your home will also add value.

Many antiques and vintage retailers use social media to connect with clients about what is new in the store, but also create posts to provide context for an item’s use. Solid retailers do their research regularly so they can readily provide advice on usage and care of your most prized finds.

## Today’s Most-prized Finds

Experts agree that rugs, lamps, antique mirrors, and costume jewelry are trending when it comes to the most sought-after wares. Why? Rugs are the foundation for most design and décor, and they serve to ground a space and enhance a room.

Quality rugs and floor coverings are an important element of a well-dressed environment and establish the ambiance of a room. Ironically, antique or vintage rugs are often the final purchase for consumers as they finish their design and provide the finishing touch.

Lamps can be a great way to inexpensively update an outdated space. Because sources of lighting have specific purposes, it is smart to layer your lamps thereby

changing the mood of a room. For example, sometimes an antique Chinese pottery ginger jar lamp complements a coastal motif in an elegant manner and in a way no shiny new lamp can.

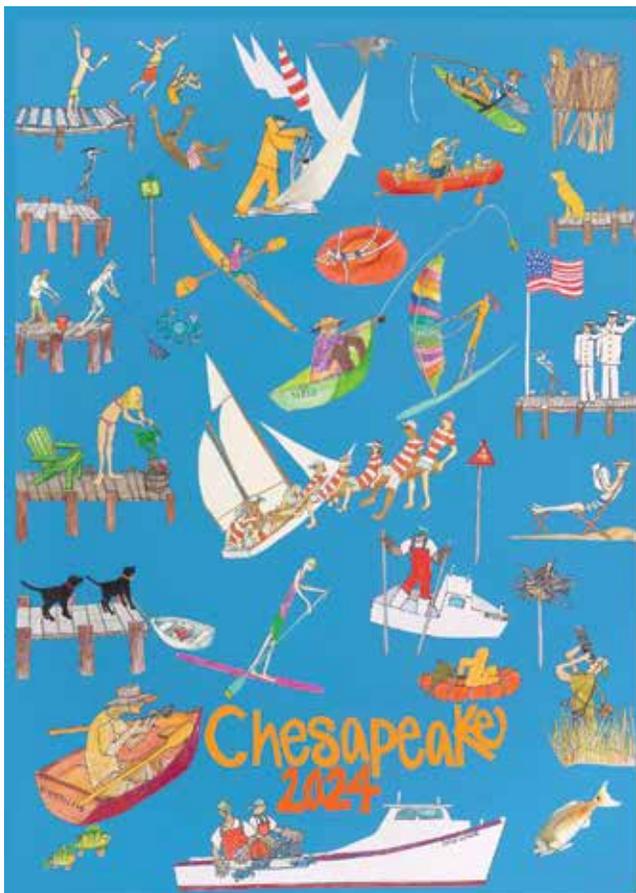
Mirrors are popular options because they have often served the function of opening spaces up, so dark rooms appear lighter and brighter, and mirror frames often add an artistic design element. And costume jewelry is an inexpensive way to express your personal taste and style. Vintage costume jewelry is unique and often much better quality than current market offerings. It can be a fun way to accent specific attire or show off hobbies and tastes.

## When Collecting is Your Passion

It’s easy to fall in love with something that was sought-after and now found, but you shouldn’t necessarily treat your find as if it were a museum piece. “Love what you own and use what you have!” Ranson says. “At our house, we have a favorite saying, ‘If you aren’t good enough for your good stuff, then who is?’ I use my sterling silver every day with cloth napkins and (one of my sets) of good China and crystal glasses. I use quality rugs on the floor, and I have oil paintings on the walls. Not everything in our house is in perfect condition, but most have a story of what it is, where it came from, and who used it before me.” And it’s the stories that they evoke for consumers that will most likely keep antiques and vintage finds from ever totally falling out of favor. Anyone else up for a little retail therapy?



1. Image courtesy of truefacet.com 2. Image courtesy of roomtonic.com 3. Image by Lisa J. Gotto 4. Image courtesy of toeboschantiques.com 5. Image courtesy of bargainsla.com



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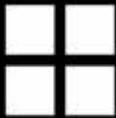
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## Liz Osborn of Coldwell Banker Realty

Liz Coleman Osborn grew up in Annapolis where her parents bought and sold property throughout the area. As a Navy wife, she moved with her family into and out of 14 homes on three continents, honing her skills in navigating the complexities of real estate transactions.

Back home and licensed since 2012, Liz offers her clients the perfect blend of professionalism and individualized attention. A community expert, she brings buyers a wealth of knowledge on local neighborhoods and their amenities. Liz provides sellers with a comprehensive suite of services including high-impact staging, quality photography, and wide-scale digital marketing – all designed to get your property sold quickly for the best possible price.

Liz is a member of Coldwell Banker® International President's Circle, ranking among the top 5% of agents worldwide. She is a Certified Luxury Home Marketing Specialist (CLHMS™), a Military Relocation Professional (MRP), and is recognized as a Top REALTOR® by *Washingtonian* and *Baltimore* Magazines.

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# Harnessing What Comes Naturally

LIGHTING THE WAY IN YOUR GARDEN

By Janice F. Booth

Thirty percent of all outdoor lighting in the U.S. is wasted, not serving the purpose for which it was installed. That's about \$3.3 billion in energy cost and the release of 21 million tons of carbon dioxide per year. To offset all this carbon dioxide, we'd have to plant 875 million trees annually. This, according to statistics released by the U.S. Energy Information Administration (EIA) and the International Dark-Sky Association (IDA).

We—homeowners, gardeners, even apartment dwellers—can light our homes, our patios, and our gardens with more attention to protecting the environment. You may want professional help or to make this a Do-It-Yourself re-lighting project. A DIY job will cost approximately \$20/fixture, 10¢/ft. of cable, and \$200 for a transformer, then the trenching starts. An outdoor lighting specialist's fees will start around \$2,000.

*Either way, let me offer some helpful information:*

- 1** The main **CRITERIA** for environmentally responsible lighting,
- 2** The **TYPES OF LIGHTING** customarily used for residences, and
- 3** **TIPS** to help you work with your electricians or succeed as a Do-It-Yourselfer.

*A key resource is the International Dark-Sky Association. They have criteria for ecologically responsible lighting and provide an evaluation and Seal of Approval that is granted to manufacturers of outdoor lighting fixtures and materials. Look for or ask for the IDA Seal of Approval on equipment you purchase or have installed.*



## 1. THE CRITERIA FOR ENVIRONMENTALLY RESPONSIBLE LIGHTING INCLUDE:

- auto time controls, where appropriate
- glare control and minimized light trespass (keep lighting from spreading beyond the intended focus)
- minimize brightness
- minimize Blue Light emissions—prevent light that interrupts circadian rhythms (animal and human)
- maximize shielding (lights directed, preferably down) to avoid “sky glow”



## 2. BASED ON THE AFFECTS YOU WANT TO ACHIEVE IN YOUR FRONT YARD, BACK YARD, GARDEN, PATIO, DRIVEWAY, AND WALKWAYS, YOU CAN CHOOSE FROM VARIETY OF LIGHT SOURCES, INCLUDING:

- Solar powered garden path lights and string lights that vary in price, brightness, ease of installation.
- Brick lights that can be recessed into walls, pathways, even steps. Caution: Be sure they’re installed with easy access for replacing bulbs and batteries, or repairing wiring.
- Battery operated accent lamps.
- Battery powered curtain lights; dramatic strings of lights hanging down, creating a wall or cascade of tiny lights.
- Glow-in-the-dark paint, an often-overlooked option, adds an extra measure of safety along paths and on steps.
- Reusable glow sticks—LED or rechargeable.
- Solar and electric outdoor chandeliers
- Firepit: a cozy option for short-term gatherings.

**3. IN ADDITION,  
CONSIDER THESE  
TIPS WHEN YOU'RE  
PLANNING AND  
DESIGNING YOUR  
ECO-FRIENDLY  
EXTERIOR LIGHTING.**

- What is the purpose of the lighting: atmosphere, emphasis, security, safety?
- Five traditional locations for lighting:
  - House façade, avoid direct lighting on the front door or windows. Use a softer, spreading light directed at an architectural feature or plants near the entry.
  - Trees, if you are using ground lights up, aim for the trunk and leaves. If you only aim at the tree's crown it will look disconnected from the earth. If you can, add a few lights high in the tree aiming down, mimicking the shadows of leaves in the moonlight.
  - Garden walls should be lit close to the wall to emphasize texture.
  - Flower beds and pathways are perfect for shielded ground lights.
  - Paths can be lit with well lights—circular and buried in the path.

*Here are four final cautions to help you accomplish a satisfying project:*

- Motion sensors cut down overuse of lighting and add security.
- Low wattage, outdoor bulbs, 50 watts or less, usually work best.
- Avoid bright lights streaming into neighbors' windows and gardens.
- Use downward not upward lighting whenever possible to avoid dark-sky pollution.

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# Perfect Year-Round Retreat

By Lisa J. Gotto | Photography by Michele Sheiko

Wouldn't it be great to feel like you're on vacation all year long? No doubt, that's exactly what the new owners of this 2,800-square-foot custom, coastal waterfront residence experience every day.

Situated on beautiful Brickhouse Creek in protected South River Farms Park, the home's views expand out to the Chesapeake Bay.

Upon entering, you are immediately greeted with forward-looking views to the waterfront and with just a few steps, you enter a wonderfully executed open floorplan that delivers an incredible amount of natural light and a space that flows effortlessly from kitchen to living, to outdoor living areas.



Just past the central hall entry, is a gorgeous custom kitchen outfitted with light maple cabinetry and gleaming granite countertops. There's a quiet counter corner for breakfast bar seating and a more formal dining space adjacently located. A peninsula with sink overlooking the water will make visual delights out of daily chores, and cocktails can be stirred from the nearby maple wet bar.

Step down from this area into the home's central living space. Outfitted with a series of floor-to-ceiling sliding doors, this space brings the outdoors in on a breeze. Light-colored hardwoods flow throughout this space, which is also highlighted with custom built-ins and railings, and the convenience of an efficient pellet stove for cooler days.



**Listing Agent:** Alex Tower Sears; TTR | Sotheby's International Realty; 209 Main Street, Annapolis; m. 443-254-5661; o. 410-280-5600; alextowersears@gmail.com; ttrsir.com **Buyers' Agent:** Scott Schuetter; Berkshire Hathaway Home Services; PenFed Realty; 1997 Annapolis Exchange Parkway, Annapolis; m. 410-900-7668; o. 410-266-0600; scott@scottschuetter.com; penfedrealty.com

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**Living Space:** 2,856 Sq. Ft.  
**Lot Size:** .31 acres

This room opens to a spacious screened-in patio that offers total “on-vacation” vibes, and room for another chill zone and dining area with the waterfront as the primary focal point. From here, the homeowners have eyes to their 125-foot deep-water dock with six feet of mean low water, and the step-down to a charming backyard area perfect for staging their Adirondack chairs and fire pit.

The home’s main level also offers a convenient primary bedroom with its own screened-in balcony facing the water. An additional bedroom and bath are located on this floor. Two guest bedrooms and two full baths are located on the home’s unique upper level with loft—because when you’re living like you’re on vacation, guests will certainly come a’knockin’!

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# Health & Beauty

**172** FRESH TAKE | **174** FITNESS TIPS | **175** BREAST CANCER AWARENESS  
**176** WHAT DOES RESILIENCE MEAN REGARDING MENTAL HEALTH? *plus more!*



# Fresh Take

## QUINOA

By Dylan Roche

Twenty years ago, very few people had heard of quinoa—today, it's one of the more popular health foods on the market. Once people started to hear about its impressive nutritional profile, not to mention its versatility in the kitchen, quinoa started appearing on more and more menus, often for any and every meal of the day.

So, what's the big deal behind this grain? For starters, you might be surprised that quinoa (pronounced "keen-wah"), botanically speaking, isn't a real grain. It's actually a seed that cooks up in a way similar to cereal grains like rice or oats. It originates in the Andean region of South America, where it has been a staple food since ancient times. When prepared, this pseudo-cereal has a light nutty flavor, and it works well in both savory and sweet dishes.

One of the most noteworthy nutritional benefits of quinoa is its protein content. Quinoa delivers about 8 grams of protein per 1-cup serving, but unlike other plant-based sources of protein, quinoa has all essential amino acids your body needs for growth and repair, making it what's known as a complete protein. Quinoa's a great option for people



## Quinoa Stuffed Peppers

### INGREDIENTS

4 large bell peppers (any color)  
1 cup cooked quinoa  
1 tablespoon olive oil  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 cup diced tomatoes  
1 cup cooked black beans  
1 cup corn kernels  
1 teaspoon ground cumin  
1/2 teaspoon paprika  
1/2 teaspoon dried oregano  
Salt and pepper to taste

Preheat oven to 375F. Chop the tops off the bell peppers and remove the insides (seeds and membranes); then rinse and set aside. Warm the olive oil in a skillet over medium heat. Add onion and garlic. Once the onion and garlic have had a chance to soften and become fragrant, add the diced tomatoes, cooked quinoa, black beans, and corn. Stir until all ingredients are thoroughly combined. Add cumin, paprika, and oregano. Bring the ingredients to simmer for approximately 5-10 minutes before removing from the heat. Spoon the mixture into each bell pepper, patting down occasionally to pack it in. Set the stuffed peppers in a baking dish and cover with foil. Bake for 25-30 minutes. Serve warm.

following a vegetarian or vegan diet, or for anyone who is interested in replacing some of the animal protein in their diet with a plant source for more nutritional diversity.

It's not just protein, however—quinoa has many nutrients that the average American diet usually gets from meat or other animal-based foods, such as iron for transporting oxygen to your cells, B vitamins for energy production, and zinc for a strong immune system.

Plus, quinoa delivers on fiber. That 1-cup serving of quinoa has about 5 grams of fiber, which is essential for healthy digestion and keeping you full between meals. Fiber helps regulate your blood sugar for a steady stream of energy all day, and studies have even shown that it helps keep cholesterol levels in check.

Quinoa tends to be a pretty safe food for people with dietary restrictions, including those aforementioned vegetarians and vegans, as well as people with allergies or sensitivity to gluten. Quinoa contains no gluten, so it's a suitable alternative to wheat-based options, such as couscous, or other grains that contain gluten, such as rye or barley.

Plus, quinoa is just a fun food to incorporate into your rotation. Part of the reason for quinoa's popularity is its versatility. Its mild flavor blends seamlessly with various ingredients, so it's suitable for a wide range of dishes, from salads to main courses and even desserts.

Most of the time, you'll find quinoa sold uncooked as a dry good, either in a bag or occasionally in bulk. Once you bring the quinoa home, it's important to give quinoa a good rinse to remove the saponin, a natural coating that will give quinoa a bitter taste. The easiest way to do this is by putting the quinoa in a sieve with fine mesh and letting it run under cold water while gently rubbing the seeds with your fingers.

Allow the quinoa to drain, then combine in a saucepan with 2 cups of water for every 1 cup of quinoa. You can always opt to use slightly more water for a soupier consistency to your quinoa, or if you want your quinoa

slightly courser, you can use less. Bring the water to a boil; then reduce the heat to low and cover the saucepan with a lid. Simmer for approximately 15 minutes or until all water is absorbed. Keeping the lid on, remove the saucepan from the heat and allow to sit for an additional five minutes so the quinoa can steam up, reaching a light, fluffy consistency.

This quinoa is ready to go—all you need is some oil, salt, pepper, and maybe a few cooked veggies to stir in. But if you really want to get creative, store plenty of quinoa on hand and find ways to make it the star of the next dish you prepare.



## Quinoa Cookies

### INGREDIENTS

- 1 cup cooked quinoa
- 1 cup rolled oats
- 1/2 cup almond flour
- 1/4 cup honey
- 1/4 cup almond butter
- 1/4 cup coconut oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup dark chocolate chips

In a large mixing bowl, combine the cooked quinoa, rolled oats, almond flour, baking powder, and salt. Stir well and set aside. Melt the coconut oil and transfer to a medium-sized bowl to combine with the almond butter, honey, and vanilla. Stir until it achieves a smooth consistency. Mix the wet ingredients with the dry ingredients and stir until well combined. Fold in chocolate chips. Transfer the dough to the fridge for approximately two hours to chill. Once the dough is chilled, preheat oven to 350F and line a baking sheet with parchment paper. Spoon 1-tablespoon-size portions onto the baking sheet. Bake for 15 minutes or until the cookies are golden brown. Remove from the oven and allow to cool before serving.



## Quinoa Buddha Bowl

### INGREDIENTS

- 2 cups cooked quinoa
- 1 cup roasted sweet potatoes, cubed
- 1 cup roasted Brussels sprouts
- 1 cup cooked chickpeas
- 1 cup cut broccoli florets
- 1 ripe avocado, sliced
- 1 cup shredded purple cabbage

- 1 cup sliced cucumber
- 1/2 cup grated carrots
- 1/4 cup tahini
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1 clove garlic, minced
- 1 teaspoon honey
- Fresh parsley

Preheat oven to 400F. Spread sweet potatoes, broccoli, and Brussels sprouts on separate baking sheets and drizzle with olive oil. Toss to coat; then transfer

the baking sheets to the oven. Roast for 20–25 minutes until the vegetables are tender and slightly caramelized. Remove the oven but keep warm. In a small bowl, stir together tahini, lemon juice, water, garlic, and honey. Whisk until smooth, adding more water if necessary to achieve the desired consistency. Divide the cooked quinoa evenly among four bowls. Top each serving with

roasted sweet potatoes, broccoli, and Brussels sprouts. Add chickpeas, avocado, cabbage, cucumber, and carrots. Drizzle each bowl with the tahini dressing and serve immediately. Remember that the idea of a Buddha bowl is flexible, and you can customize to suit your own tastes and nutritional needs. Vary this recipe with the use of beets, radishes, edamame, nuts, seeds, tempeh, or tofu!

# Fitness Tips

## WHY 10,000 STEPS?

By Dylan Roche

*How many steps a day does it take to be healthy?*

If you're like most people, you've probably accepted the idea of 10,000 steps a day. That's the number often touted by fitness enthusiasts and even some health experts. Although there's not much scientific evidence to back up that number.

Because the idea of 10,000 steps is so steeped in our culture at this point, you might not have stopped to wonder where it comes from. It turns out that it might have once been nothing more than a marketing ploy introduced in the 1960s by a company trying to sell pedometers. People quickly bought up these devices that measured the number of steps they took every day because they wanted to meet a specific goal for good health. From there, the idea gained traction, and it's easy to understand why: 10,000 is an easy number to remember, and having a specific goal makes people feel more motivated.

Although there's no science supporting the idea of 10,000 steps specifically, there's decades of research to encourage regular moderate-intensity aerobic activity such as walking. It elevates your heart rate and improves blood circulation throughout your body, ultimately lowering your risk of heart disease and high blood pressure. Additionally, walking can help you maintain a healthier weight, build strong bones and muscles, and reduce the risk of joint problems. You'll even find that walking is good for your mental health and increases your energy levels. Most importantly, regular physical activity in the form of walking is good for your longevity, as it boosts your immunity and helps stave off chronic disease.

These benefits explain why the Department of Health and Human Services recommends getting at least 150 minutes of moderate aerobic activity every single week.

**IF YOU WANT TO MEET THAT GOAL THROUGH 10,000 STEPS, THERE ARE A FEW SMALL CHANGES YOU CAN MAKE TO BE MORE ACTIVE THROUGHOUT THE DAY.**

## NEED IDEAS?



Start your day with a brisk walk. Just taking 15 minutes to walk around the block can help you hit 1,000 steps before you've even done anything else, and it will put you in the mindset of being active all day long.



Take brief walk breaks throughout your workday. Get up to use the restroom. Take a lap around the parking lot of your office. Make a point of standing up every hour to move around in some way.



Take a walk while you're on the phone or ask colleagues if they'd like to have a meeting on their feet instead of around a conference table.



If weather and safety permit, use walking as a form of transportation for short distances. Walk to a friend's house, to work, to the grocery store, or anywhere else you have errands.



Make a point of enjoying nature. Going for a walk around a local park or along a scenic route will not only give you a light workout but will also put a little bit of beauty in your day.



Find a local walking group for accountability—or start your own. Knowing that you can use walking as a social activity to catch up with a friend will encourage you to be more active.



Remember that consistency is key. Some days will have you walking more than others. If you hit only 8,000 steps one day, just remember that there are other days where you'll be hitting 12,000 steps. It's all about being active in the long term.

So, go ahead and lace up your shoes, step outside, and start moving toward better health—one step at a time.

# Breast Cancer Awareness

CONTINUES TO BREAK THROUGH BARRIERS

By Dylan Roche

It's been nearly 40 years since the American Cancer Society established October as Breast Cancer Awareness Month. Beyond the pink ribbons and memorable slogans, it's proved to be a campaign that has served—and continues to serve—a crucial role by encouraging early detection, raising funds for research, and reducing the stigma associated with breast cancer. The National Breast Cancer Foundation estimates the disease will affect close to 300,000 women in 2023.

Much of the success of National Breast Cancer Awareness Month comes from the traction the campaign gained with charities, healthcare professionals, and women's organizations, not just in the United States but also around the entire world. The Susan G. Komen Foundation, the Y-Me National Breast Cancer Organization, Planned Parenthood, the Women's Health Initiative, and Bright Pink, among many others, have participated in spreading awareness and raising money for research every October.

Thanks to these efforts, early detection and improved screening practices have led to higher detection rates. The American Cancer Society estimates that the number of women ages 50 and older who get mammograms at least once every two years has more than doubled since the 1980s.

Survival rates have also improved, with the National Breast Cancer Foundation reporting that the five-year relative survival rate for all types and stages combined is 91 percent in the United States. This is thanks in large part to the develop-



ment of health care like surgery, radiation therapy, chemotherapy, targeted therapy, and hormonal therapies, all of which have better outcomes and improved quality of life during treatment.

Breast Cancer Awareness Month has also created a culture that encourages survivorship care, with women who have battled (or are battling) breast cancer having access to programs, clinics, and other resources that address the emotional and psychosocial needs they have because of this illness.

Women can be vigilant about breast cancer by performing regular self-examinations to detect any changes or abnormalities, but health experts emphasize that self-examination is not a substitute for mammograms or clinical breast exams. The Centers for Disease Control and Prevention recommends that women ages 50-74 get a mammogram every two years, though women ages 40-49 should talk to their doctor about specific recommendations based on their personal risk factors.

For resources or to find a fundraiser happening this October, go online to the National Breast Cancer Foundation ([nationalbreastcancer.org](http://nationalbreastcancer.org)), the Komen Foundation ([komen.org](http://komen.org)), or [BreastCancer.org](http://BreastCancer.org).



# What Does Resilience Mean Regarding Mental Health?

By Dylan Roche

Resilience takes on an especially important meaning in the realm of mental health and psychology. When a person is mentally and emotionally resilient, they are able to adapt to and cope with significant life stressors that potentially trigger conditions like depression and anxiety.

According to the American Psychology Association, resilience comes from “mental, emotional, and behavioral flexibility and adjustment to external and internal demands.” It doesn’t mean that difficult circumstances don’t affect you—instead, it means you have the ability to maintain mental well-being and function in the face of these stressors.

Your own capacity for resilience will depend, of course, on varying factors,

including access to mental health resources and knowing specific coping strategies. While resilience looks different based on individual experiences and needs, resilient people do tend to have many of the same general characteristics:

- They recognize their emotions, and they know how to control their emotions instead of letting their emotions control them.
- They have positive outlets for stress.
- They can be flexible and adaptable in the face of new challenges and circumstances.
- They have clear goals and values that keep them motivated.
- They maintain good relationships with friends and/or family who can offer emotional support and encouragement.
- They see challenges as an opportunity for growth and learning.

Being resilient is a skill that people develop, either from an early age or through deliberate self-work in later years, often with the help of therapeutic interventions.

*If you’re somebody who wants to improve your resilience—and, in turn, your ability to cope with hardship—consider the following approaches:*

## **DETERMINE YOUR SUPPORT NETWORK.**

Think of three people you would call if you found out life-changing good news you wanted to share. It’s likely these same three people are ones you would reach out to if something bad happened instead of something good. Remind yourself that you can call or text these contacts when you need emotional support.

## **FIGURE OUT SHORT-TERM AND LONG-TERM COPING STRATEGIES.**

You will need different coping strategies for when you’re in the moment and when you’re handling ongoing stress. A short-term, in-the-moment strategy might be taking deep breaths and counting backward from 10 to help you maintain your composure. A long-term strategy could be a favorite workout that helps you unwind.

## **SET GOALS AND FOCUS ON PROBLEM-SOLVING SKILLS.**

When you have realistic, achievable goals (especially if they’re broken down into manageable steps), you’re better able to stay motivated every day, even if you’re dealing with problems that would otherwise make you feel hopeless or in despair.

Although building resilience is an important practice for your mental health, it’s important to remember that building resilience is a gradual process. Be kind to yourself and be patient as you’re putting in the effort, and remember that small steps taken consistently can make a big difference over time!

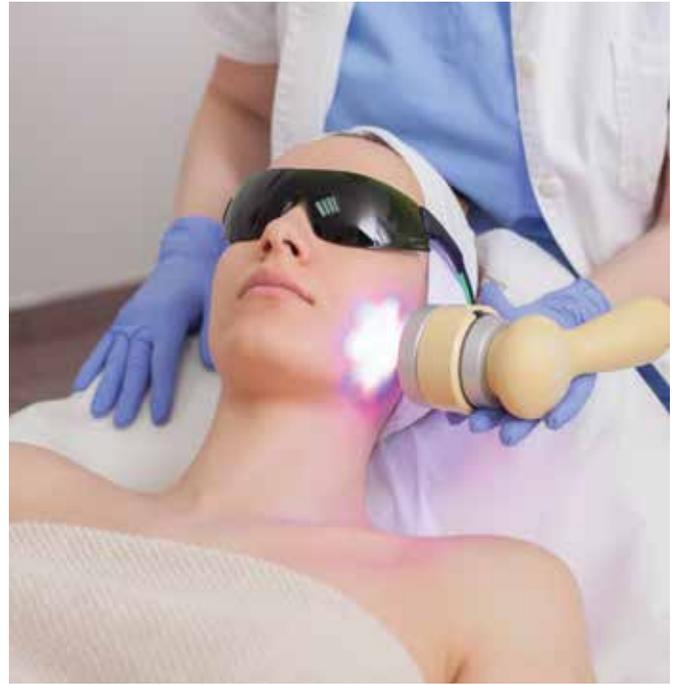
# Shedding Light on IPL Therapy

By Dylan Roche

Technology is a beautiful thing—medical advances mean more and more noninvasive options for improving your health with impressive results, and the latest development in cosmetic procedures is a treatment called Intense Pulsed Light therapy, often called IPL for short.

You might be surprised by how this new skin therapy works. Most of the time, we're trying to protect our skin from certain waves of light, avoiding prolonged sun exposure that can damage the skin. However, IPL uses broad-spectrum light to actually heal and repair some of those specific skin problems, including hyperpigmentation, sun damage, acne scars, rosacea, fine lines, and wrinkles.

You might've heard of IPL referred to as photorejuvenation or photofacial. High-intensity pulses of light are administered quickly via handheld device onto targeted areas of skin. Your skin's chromophores—the part of your skin molecules that give your skin its color—absorb this light energy, generating heat and selectively damaging the targeted problem cells or structures while leaving surrounding tissue unharmed. The result is evened skin tone and improved texture, as well as reduced appearance of any blemishes or marks.



*Specifically, doctors can use IPL to treat:*

**ROSACEA:** IPL can effectively reduce the persistent redness, flushing, and visible blood vessels often seen in cases of rosacea.

**ACNE:** IPL targets the bacteria that causes acne and reduces inflammation, helping to clear skin and minimize the appearance of pimples or other blemishes.

**SIGNS OF AGING:** IPL was not designed for wrinkle reduction, but some research points to the way it can stimulate collagen production, which naturally improves the firmness and tightness of your skin.

**UNWANTED HAIR:** By targeting follicles, IPL impairs their ability to grow hair, making it a safe and efficient alternative to traditional hair removal methods.

Early IPL devices saw the most success on people with fair to light skin tones, but recent developments in the technology have made the devices better suited for treating a wider range of skin types. It's important to note, however, that patients should seek specific guidance for their skin type from their doctor, as certain skin tones face a higher risk of pigmentation changes.

As with other noninvasive cosmetic procedures, the success you have could vary—IPL won't eliminate acne or rosacea, but it will provide significant aesthetic improvements. You could even say you're headed "toward the light" for clearer, more vibrant skin!

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# Dining

180 A DREAM REALIZED | 182 FOR ALL YOUR ENTERTAINMENT NEEDS  
184 SAVOR THE CHESAPEAKE | 186 WET YOUR WHISTLE

A seasonal cobbler-style dessert at Harper's Waterfront Restaurant



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# A Dream Realized

By Rita Calvert | Photography by Stephen Buchanan

**W**e were genuinely charmed by the destination-worthy setting for Harper's Waterfront with water surrounding on three sides. Relatively close to the retail buzz along Edgewater's Route 2 but feeling almost as if we'd taken a trek to the Eastern Shore, the Turkey Point Marina area is a picturesque, thoroughly nautical locale. The building that Harper's occupies features fresh, inviting architecture with plentiful parking and outdoors decks along two sides of its second-floor location (there's an elevator). A comfortable dining room with contemporary decor in varying shades of gray and upholstered chairs evokes both elegant and casual vibes.

Since 1984, Harper's has been a marina and yacht club at the end of Turkey Point Road where Selby Bay and Ramsay Lake enter the South River. When Todd Harper purchased it, he always had a vision of a restaurant on the second floor. After the building served as an office and an apartment for many years, Harper's refined eatery dream came to fruition in 2023 with close attention to details. Folks living in Edgewater express excitement to have such a dining experience in the neighborhood, which is a bit removed from the bustle of Annapolis—refreshing.

The wine and cocktails list is fun, with a wonderful surprise; several wines by the glass near and even under the \$10 mark. That's a rare sight these days anywhere, let alone in a waterfront restaurant that aims to be the premier steak and seafood restaurant in the Chesapeake Bay area. My friend was pleased to find an oak aged Chardonnay—also increasingly rare. The Bread & Butter Oak Maturated Chardonnay from California was creamy and fruity at once, with a blend of grapes from both Sonoma and Monterey counties. The crafted cocktails menu offers four selections, while the beer offerings are substantial.

There's a modest but pleasing "Morsels and Tidbits" starter menu...and judging from the tables nearby, the items are presented with care. But we were feeling creative and opted to split the Softshell Crab BLT from the "Handheld" menu as one of our appetizers. Who could resist a softshell crab BLT? This one was a new spin on an old favorite—a deep fried softshell crab in tempura batter with Old Bay remoulade served on sourdough bread with a pile of tempting fries, which we resisted finishing to save room for our entrees.

My friend chose the 8-ounce petite filet that comes with mashed potatoes and a choice of two sides from options that included several potato variations, mac and cheese, spinach, corn, and our picks for the evening, fresh asparagus and bourbon mushrooms. The prime beef selection was not easy as there are several terrific sounding options including two Wagyu cuts from a Western Montana ranch owned by Harper's brother. Elsewhere on the menu (with seasonal changes) are meats like pork ribeye, fried chicken, a terrific sounding burger with a blend of chuck and brisket (with bacon and a fried egg on top!). Plus, of course, seafood like Jumbo Lump Crabcakes, Cedar Plank Salmon, Coconut Shrimp, and Rockfish Tacos.



**HARPER'S WATERFRONT RESTAURANT** 1107 TURKEY POINT ROAD, EDGEWATER | 410-798-8338 | HARPERSWATERFRONT.COM



The petite filet was immediately declared to be “swoon worthy.” It was impressive visually with colorful micro-greens, an edible flower, and asparagus spears lightly cooked to retain their bright color and crispness. A sizeable side of delicious mushrooms was nicely infused with just the right hint of bourbon. Ordered medium, the petite filet was exactly right and truly “fork tender.”

We happened to visit during “Locals Night,” which has become a popular concept in the restaurant world. On the slower nights you can bring in folks living nearby for a prix fixe three-course meal at a value price. From the two soups and two salads offered as a first course, I chose the asparagus soup with crab. A dramatic deep bowl held the velvet green soup and was drizzled with a sweet soy which gave the dish an unusual character with plentiful, lumps of backfin crab meat. The second of three courses was a choice between three entrees: shredded beef quesadilla, flash-fried blue catfish, or a single crabcake. Of course, it was crabcake for me, as I was very interested in trying their rendition of this Chesapeake classic. The colorful plate arrived beautifully arranged. Harper’s goes for visual dining as well as flavorful. The broiled crabcake was a decent size and low on filler with lots of lump crab meat. A drizzle of

citrus-sweetened hollandaise sauce zigzagged the plate with a smattering of micro greens on top. The fresh asparagus were nicely cooked and the side of whipped potatoes, rich and fluffy. To give extra color to the plate, a small corn and jalapeno salad rounded out the platter. I must say that the spiciness of the jalapeno overshadowed the corn.

Desserts are made in-house with extra finesse by Harper’s own pastry chef. I became alert to a banana ice cream sandwich sailing by to another diner. It looked immense, enough for two to share, with banana bread sandwiching an ice cream layer. There was half a banana on the side, all covered with a gooey sauce. My “Locals Special” included a choice between two desserts, and we, actually, chose the crème brûlée. The dessert was quintessential with a crackly, sugary crust garnished with fresh berries and a dusting of powdered sugar. It was the perfectly sized sweet treat after our indulgent meal. Deserving of a nod as well—a good cup of fresh decaf coffee to top off our feast.

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

# For All Your Entertainment Needs

By Tom Worgo | Photography by Stephen Buchanan

Changes abound. Fishpaws Marketplace in Arnold on Ritchie Highway has experienced plenty of that in its 88-year history. It started out in 1935 as a liquor store, tavern, and service station called Fishpaw's after owner Bill Fishpaw. Then it was renamed Bill and Etta's Tavern, and later changed to Bill's Tavern, then to Arnold Liquors, in 1982.

Current owner Kim Lawson's parents bought it 1983 and Kim took it over six years later. Under her leadership, it has seen significant growth. It's one of the largest liquor stores in the county at about 7,000 square feet and offers more than 800 wines and 100 craft beers. And Fishpaws will even fill customers' growlers.

There's also an array of gourmet foods, some of which you can't get anywhere else. Offerings include more than 100 cheeses and more than 100 charcuteries (variety of meats), and accouterments such as bread, crackers, olives, hummus, jams, jellies, honey, and nuts.



And there's a wide selection of foods to go: crab-cakes, pizzas, ice cream made by Annapolis' Always Ice Cream Company, as well as soups such as cream of crab, spicy crab, and oyster stew.

"It makes us a one-stop shop where you can get all your entertaining needs," Lawson says. "We stand out as a different kind of liquor store. Not a run-of-the-mill one. Other liquor stores don't even have food products. Except maybe junk food. We have specialists that can make platters up for you. That's what makes us unique."

To learn more, we sat down with Lawson to discuss Fishpaws Marketplace.

## What is the top-selling gourmet item?

Canal Cheese is a really good seller. A cross between gouda and parmesan that's imported from Holland and aged for 18 months. It sells like crazy. It has little crystals in it. It's just easy to eat. It tastes fabulous. Pretty much everyone likes it. If you like



hard cheese and you also like soft cheese, it's for you.

## What else do customers crave?

Our fresh baked biga bread is probably our next best seller. It's a true French baguette. It's nice and crispy and not like something you get at the grocery store. It's more a true French crispy baguette bread that you get in Europe. It has flavor. It is crispy on the outside and nice and soft on the inside. It's just delicious.

## How do you ensure your gourmet foods are the best?

We taste a lot of things and sample them before we bring them in. We go to different food shows. We go to a fancy food show in

**FISHPAWS MARKETPLACE** 954 Ritchie Highway, Arnold | 410-647-7363 | fishpawsmarket.com



New York, and our Cheese Specialist Teri Pheobus goes at least once a year to a cheese conference.

**Talk about the tastings of beer, wine, and bourbon. What does that involve?**

For the bourbon selections, we go to Kentucky, pick out barrels, buy them, and bring them in. We do that as a staff. I normally take a couple of people with me to pick them out. We taste everything we purchase. We have a wine manager and beer manager that does that as well. We are about twice the size of the average store. I would say in Anne Arundel County, we have more craft beer selections than most places. We have 7,000 square feet of space. So that helps

us have a broader inventory. Most places are about 3,000 square feet.

**Talk about what you've done over the years to enhance the business.**

We had a deli that we closed 10 years ago. We pretty much added gourmet foods when we closed it. The liquor license goes back to 1935. My family bought it in 1983 and I came aboard in 1989. We did a construction project almost 20 years ago, where we doubled the space and renovated the whole building because it was in disrepair. We added the tasting bar 10 years ago and the tap lines for beer and wines. And during the pandemic, we added about 12 parking places.

really had a down year. We try to be innovative.

**Can you talk about your delivery service?**

We have online ordering. You can pretty much order anything in the store: beer, wine, liquor, gourmet foods, and baguettes. We deliver within a 10-mile radius. Severna Park, Arnold, Millersville, and a good portion of Annapolis. It's a benefit.

**You have been at Fishpaw's for so many years. What does it mean for you to work with family?**

I have worked with my father since I was 13. We had a marine supply store across the street, and I would go with him every weekend. Then we had these gift stores where I worked. I have family that works with me now. My sister does office work, my ex-sister-in-law, both my kids, and my nephew have worked for me. There's a real comfort level and we have good relationships. A lot of other people who work for us are like family. They have been here a long time—some for 25 years.

**How was business during the pandemic and afterwards?**

The pandemic was absolutely a zoo. It was just so busy. I hired six to eight extra people. A lot of them were for delivery. Everybody was stuck at home. Doing things with neighbors. Everybody was having parties in their cul de sacs. It has been consistent since. We never





← Titan Hospitality has announced that Smashing Grapes in Annapolis has closed and will be reopened as a new concept, **The Lodge**. The Lodge is heavily inspired by its sister restaurant, The Blackwall Barn & Lodge, in Gambrills. This restaurant will provide diners with a rustic dining experience while incorporating farm freshness. The Lodge will open this fall. For more information, visit [lodgeannapolis.com](http://lodgeannapolis.com).

# Savor the Chesapeake

Restaurant news and culinary trends throughout the Chesapeake Bay region

By **Megan Kotelchuck**

An amazing thing about our community is that it's always evolving. This month we are excited to announce that many restaurants are rebranding, opening additional locations, and more news.

## *On the Dining Scene...*

**Silver Diner** opened its 21st restaurant, at the National Harbor on August 1st. The new diner is in a 7,132-square-foot location with an outdoor patio. The diner has the signature red booths and blue and white art-deco floor tiles that they are known for. Silver Diner has a flexitarian menu which includes vegan, vegetarian, and gluten-free options in addition to the classics. Find more information at [silverdiner.com](http://silverdiner.com).

**Bread + Butter** is opening their 2nd east coast location at the MGM National Harbor this fall. The original location at the Borgata Hotel Casino & Spa in Atlantic City offers a robust menu with an assortment of homestyle, all-American classic dishes including loaded fries, "hangover fries," avocado toast, chicken salad sandwiches, pastries, and more. Find more information at [mgmnationalharbor.mgmresorts.com](http://mgmnationalharbor.mgmresorts.com).

Dave Rather, the owner of **Mother's Peninsula Grille** in Arnold has been busy building an incredible Tiki Bar behind Mother's. The area is fenced-in with picnic tables, a full bar offering fresh crushes, a small stage for live music, cornhole, outdoor games, fire pits, and more. The area was enjoyed all summer, and it's not too late to enjoy it this fall! Find more information at [mothersgrille.com](http://mothersgrille.com).

In 2020, Sunset Restaurant in Glen Burnie closed after a 60-year run, but Hyatt Commercial in Annapolis recently found a buyer for the restaurant. Tony Plera, the owner of Mike's on the South River, Mikes North, and Michaels on the South River has bought the restaurant property for \$1.5 million. Sunset Restaurant, which will be renamed **Mike's Inland at Sunset** will reopen this fall in Glen Burnie after building renovations.

Sadly, **Hellas Restaurant & Lounge** closed September 3rd after 25 years in Millersville. Hellas posted the news August 10th on their Facebook page saying that their property has sold and the decision involved many complex factors including the state of the economy, labor markets, supply chain disruptions, health of the business, and family health issues. The Stavlas Family thanked the community for including them in daily dinners and milestones and said that they will cherish the wonderful memories they were able to create with staff and guests over the last two and a half decades.

And on July 5th, **Red Bird Bar and Grille** in Glenelg announced their difficult decision to close permanently. Red Bird Bar and Grille thanked their staff for the two years they had in Glenelg and were happy to call their staff and patrons their second family. Sara and Tim Richards also reminded their Facebook followers to continue to support the businesses of Glenelg.

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# Wet Your Whistle

Let's be honest, when looking at a restaurant's menu, the first thing many folks look for is the cocktail list (even mocktails, if that's your thing). This month's dining guide highlights drinks and specials at some favorite bars and restaurants in the area.

## Average entrée price

\$ 0-14

\$ \$ 15-30

\$ \$ \$ 31 and over

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## Downtown Annapolis

### 49 West Coffeehouse, Wine Bar, and Galley

49 West Street, Annapolis; 410-626-9796; 49west-coffeehouse.com \$, Espresso Martini: a coffeehouse that can perfectly caffeinate your martinis 🍹

### Acqua Al 2

236 Main Street, Annapolis; 410-304-3424; acquaal2.com \$\$\$, Signora Perfecta: This 'perfect lady' combines floral gin with citrus, an undercurrent of fresh peaches, an egg white for a light and frothy body 🍹

### Annapolis Market House

25 Market Space, Annapolis; 443-949-0024; annapolis-marketthouse.com \$\$, Empress Lavender Lemonade: St. Germain Elderflower Liqueur, Lemonade, Lavender Simple Syrup, topped with Empress Indigo Gin and a mint sprig 🍹

### Buddy's Crab Shack

100 Main Street, Annapolis; 410-626-1100; buddysonline.com \$\$, Melon Sunrise: Melon Liqueur, Vodka, Orange Juice and Grenadine layered 🍹

### Café Normandie

185 Main Street, Annapolis; 410-263-3382; cafenor-mandie.com \$\$, Normandie Fizz: Bouvet Brut Champagne with choice of elderflower, rhubarb ginger, or black currant 🍹

### The Choptank

110 Compromise Street; 443-808-1992; thechoptank-restaurant.com \$\$\$, Rock the Boat: Banhez Ensemble, Casa del sol Blanco, Blood Orange, Honey, Lemon 🍹 🌊 🎵

### Dry 85

193B Main Street, Annapolis; 443-214-5171; dry85.com \$\$, Smoke 'Em if You Got 'Em: Evan Williams Black Bourbon, Benedictine, Freshly Squeezed Lemon Juice, Lapsang Souchong Smoked Simple, Fresh Basil 🍹

### Federal House

24 Market Space, Annapolis; 410-268-2576; federalhouse.com \$\$, Kevin Bacon Bloody Mary: Made with Tito's, garnished with Bacon-on-Bacon Asparagus, Pickle, Celery & Olives 🍹

### Fox's Den

179B Main Street, Annapolis; 443-808-8991; foxsden.com \$\$, For Fox Sake: Old Forester 86 Bourbon, Fresh Lemon, Elderflower, Ginger, Mint Foam 🍹

### Galway Bay Irish Restaurant and Pub

63 Maryland Avenue, Annapolis; 410-263-8333; galwaybaymd.com \$\$, The Charles: Jameson Orange, Absolut Lime, Honey Syrup, Orange Bitters, Mint Syrup 🍹

### The Goat

137 Prince George Street; thegoatannapolis.com \$\$, Hibiscus Mezcal Mule: Banhez Mezcal, Fresh Pressed Ginger and Hibiscus Soda, Lime 🍹 🌊

### Harold Black

236 Main Street, Annapolis; 410-304-3353; haroldblack.com \$\$, Jungle Bird: Dark Rum, Jagermeister, Campari, Pineapple, Lime, Sugar 🍹

### Harry Brownes

66 State Circle, Annapolis; 410-263-4332; harrybrownes.com \$\$, Burnt Umber: Whiskey, Orange Juice, Sweet Vermouth, Orange Bitters and Aperol 🍹

### Iron Rooster

12 Market Space, Annapolis; 410-990-1600; iron-rooster.com \$\$, Breakfast Bomb: Jameson, Butterscotch Schnapps, Freshly Squeezed Orange Juice, served with a pint of Jailbreak Feed the Monkey 🍹

### Latitude 38

12 Dock Street, Annapolis; 667-204-2282; latitude38waterfront.com \$\$, Moscow Mule: Add mango, strawberry, or peach flavoring 🍹 🌊

### Lemongrass

167 West Street, Annapolis; 410-280-0086; lemongrassannapolis.com \$\$, Java Moon Lover: Signature Thai coffee with Stoli Vanil Vodka and Coffee Liqueur, served up with a Splash of Cream and Chocolate Syrup 🍹

### Levels A Small Plates Lounge

69 West Street, Annapolis; 410-268-0003; levelannapolis.com \$\$, Mango/Chili Lime Sangria: Lime Juice, Mango Nectar, Grand Marnier, Moscato Wine, Chili Tajin Rim 🍹

### Lighthouse Bistro

202 West Street, Annapolis; 410-242-0922; lighthousebistro.org \$, Moscow Mimosa: Tito's, Ginger Beer, Champagne, Lime Juice 🍹

### Luna Blu Ristorante Italiano

36 West Street, Annapolis; 410-267-9950; lunablufannapolis.com \$\$, Cosmocello Martini: A refreshing blend of Pallini limoncello, Stoli citrus vodka & a splash of cranberry juice garnished with a lemon wedge 🍹

### McGarvey's Saloon

8 Market Space, Annapolis; 410-263-5700; mcgarveysannapolis.com \$\$, Flowers for Mama: Hendricks, St. Germain, Grapefruit, Lime & House made Cucumber-Lavender-Mint Syrup 🍹

### Metropolitan Kitchen and Lounge

169 West Street, Annapolis; 410-280-5160; metropolitanannapolis.com \$\$, Whiskey Mango Foxtrot: Redwood Empire Bourbon, Mango Puree, Black Tea, Lemon, Mint 🍹

### Middleton Tavern

2 Market Space, Annapolis; 410-263-3323; middletontavern.com \$\$, The Longboard: Deep Eddy Vodka, Raspberry Liqueur, Lemonade, Club Soda, and Lime Garnish 🍹

### O'Brien's Oyster Bar & Seafood Tavern

113 Main Street, Annapolis; 410-268-6288; obriensoysterbar.com \$\$, Blue Angel: Captain Morgan Coconut Rum, Blue Curacao, Banana Liqueur, Pineapple Juice and Lemon/Lime Soda 🍹

### Picante Cocina Mexicana

48 West Street; 443-775-5957; picanteannapolis.com \$, Blueberries at the Beach: Illegal Mezcal, Lemon, Blueberry, St. Germain, Thyme 🍹

### Preserve

164 Main Street, Annapolis; 443-598-6920; preserve-eats.com \$\$, Vodka Cocktail: Rocktown Vodka, Manzanilla Sherry, Cantaloupe, Lemon-Basil Nectar, Saline 🍹

### Pusser's Caribbean Grille

80 Compromise Street, Annapolis; 410-626-0004; pussersannapolis.com \$\$, Caribbean Screwdriver: Ciroc Peach, Orange and Pineapple Juice with Cream of Coconut 🍹

### Ram's Head Tavern

33 West Street, Annapolis; 410-268-4545; rams-headtavern.com \$\$, Tito's Citrus Stretch: Tito's Handmade Vodka, Ginger Beer, Grapefruit Juice, Lime Juice, Agave Nectar 🍹 ☀️ 🎵

### Red Red Wine Bar

189B Main Street, Annapolis; 410-990-1144; redred-winebar.com \$\$, Strawberry Mango White Sangria 🍹

### Reynolds Tavern

7 Church Circle, Annapolis; 410-295-9555; reynoldstavern.com \$\$, Garden Mojito: Fresh mint from the garden muddled with lime, white rum, fresh lime juice a touch of our garden tea infused syrup and splash of soda 🍹 🎵

### Stan and Joe's

37 West Street, Annapolis; 410-263-1993; stanandjoesaloon.com \$\$, Sour Berry Crush: Smirnoff Sour Berry Vodka, Triple Sec, Fresh Hand Squeezed Lemonade and a splash of Soda Water 🍹 🎵

### Tsunami

51 West Street, Annapolis; 410-990-9869; tsunami-annapolis.com \$\$, Grey Matter: Penn Square Lavender Vodka, Western Son Blueberry, Crème de Violette, Lemon 🍹

### Vida Taco

200 Main Street; 443-837-6521; vidatacobar.com \$\$, Purple Drink: 1/2 Vida Margarita and 1/2 Vida Sangria 🍹

## Greater Annapolis

### Agave Mexican Restaurant

106 Annapolis Street, Annapolis; 410-555-24283; agaverestaurants.com \$\$\$, Ancho Chili Margarita: Tanteo Chipotle Tequila, Fresh Orange, Fresh Squeezed Lime Juice, Agave Nectar 🍹 🍷

### Bella Italia

609 Taylor Ave, Annapolis; 410-216-6072; bellaitaliamd.com \$, select drinks available 🍷

### Cantler's Riverside

458 Forest Beach Road, Annapolis; 410-757-1311; cantlers.com \$\$, Riverside Crush: Deep Eddy's Cranberry, Triple Sec, Sprite, and Pineapple Juice 🍹 🍷 🍷 ☀️

### Carpaccio Tuscan Kitchen & Wine Bar

1 Park Place Suite 10, Annapolis; 410-268-6569; carpacciotuscankitchen.com \$\$, Passion Di Fruta: Peach Vodka, Orange Limoncello, Peach Nectar, Pineapple Juice 🍹 🍷 ☀️

### Cooper's Hawk Winery and Restaurant

1906 Town Centre Blvd, Annapolis; 443-837-9989; chwinery.com \$\$, Bin 61 Sour: Woodford Reserve Bourbon, Lemon Sour, Nightjar 🍹 🍷 ☀️

### Flamant

17 Annapolis Street, Annapolis; 410-267-0274; flamantmd.com \$\$, Cool & Spicy Margarita: Costa Blanco Tequila, Cucumber, Lime, Jalapeno 🍹 🍷

### Jalapenos

85 Forest Drive, Annapolis; 410-266-7580; jalapenosonline.com \$\$\$, sangria, wines, and more 🍷

### Julep Southern Kitchen & Bar

2207 Forest Drive, Annapolis; 410-571-3923; julepannapolis.com \$\$, A Dream of Spring: Wheatley Vodka, Violet Li-queur, Lemon Juice, Sugar, Egg White, garnished with an edible orchid 🍹 ☀️

### Lures Bar and Grille

1397 Generals Highway, Crownsville; 410-923-1606; luresbarandgrille.com \$\$, Aqua de Cocos: Coconut Vodka, Pineapple, Fresh Lime, Organic Coconut Water 🍹 ☀️

### Main & Market

914 Bay Ridge Road, Annapolis; 410-626-0388; mainand-market.com \$\$, Gin Peach Fizz: Tiamo Prosecco, Peach Puree, Hendrick's Gin and a splash of Club Soda with a Lemon Twist 🍷

### Mi Lindo Cancun Grill

2134 Forest Drive, Annapolis; 410-571-0500; lindocancun-grill.com \$\$, 🍹 🍷

### Miss Shirley's Café

1 Park Place, Annapolis; 410-268-5171; missshirleys.com \$\$, That's My Jam! Peach Maple Smash: Bourbon, Triple Sec, Squeezed Fresh Strawberry Lemonade & House-Made Peach Maple Jam, garnished with Mint and Raw Sugar Rim 🍹 🍷 🍷

### Severn Inn

1993 Baltimore Annapolis Boulevard, Annapolis; 410-349-4000; severninn.com \$\$, April Showers: Botanist Gin, Grapefruit Juice, Squeezed Lemon, Sugar, topped with Champagne 🍹 🍷 ☀️

### Stoney River Steakhouse and Grill

2190 Annapolis Mall, Annapolis; 410-224-8312; stoneyriver.com \$\$, The Essential: Tito's Vodka, Domaine de Canton, Lavender, Citrus 🍹 🍷

### True Kitchen

1906 Town Centre Blvd Suite 110, Annapolis; 443-775-5179; truefoodkitchen.com \$\$, Tee Time: Tomatin Dualchas Whisky, Barrow's Intense Ginger, Chamomile, Lemon 🍹 🍷 ☀️

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

The 2nd Annual Home Excellence Awards will be revealed in the Feb. issues of What's Up? Annapolis, What's Up? Eastern Shore, and March edition of What's Up? Central Maryland.

**Tuscan Prime Italian Chophouse & Dolce Bar**

1905 Towne Centre Blvd #100, Annapolis; 443-572-4677; tuscanprime.com \$\$\$, Roses Are Red: A Gin forward cocktail with a house made rose tea ice cube, Malfy Rosa Gin, Lemon Sour, Tuscan Prime Prosecco, Rose Tea Cub 🍷 🍸 🍹

**Eastport/Bay Ridge**

**Adam's Grille and Taphouse**

921 C Chesapeake Ave., Eastport; 410-267-0064; adamsribs.com \$\$, Dreamsicle Martini: Whipped Cream Vodka, ORange Vodka, and a twist 🍷

**Beacon Waterfront Galley and Bar**

2020 Chesapeake Harbour Dr.; 443-949-8456; beaconwaterfront.com \$\$, Pina Colada 🍷 🍹 ☀️

**Blackwall Hitch**

400 Sixth Street, Eastport; 410-263-3454; blackwallhitchannapolis.com \$\$, Watermelon River Breeze: Botanist Gin, Pratt Standard Watermelon Juice, House-made Citrus-Mint Demerara Syrup, Pratt Standard Lemon Juice 🍷 🍹 ☀️

**Boatyard Bar & Grill**

400 Fourth Street, Eastport; 410-216-6206; Boatyardbarandgrill.com \$\$, Cucumber Cooler: Boodles Gin, Hanson Cucumber Vodka, St. Germaine Liqueur, Lemonade, Cucumber, Club Soda 🍷 🍹 🍸 ☀️

**Carroll's Creek Café**

410 Severn Avenue, Eastport; 410-263-8102; carrollscreek.com \$\$\$, Brooklyn Pucker: Bulleit Rye, Fresh Lemon and Lime juice, Simple Syrup, Sanderman Ruby Port 🍷 🍹 🍸 ☀️

**Chart House**

300 2<sup>nd</sup> Street, Eastport; 410-268-7166; chart-house.com \$\$\$, Caged Tiki: Monkey Shoulder Whisky, Tempus Fugit Gran Classico, Monin Guava Puree, Liber & Co Toasted Coconut Syrup 🍷 🍹 ☀️

**Lewnes' Steakhouse**

401 Fourth Street, Eastport; 410-263-1617; lewnessteakhouse.com \$\$\$, House Seasonal Sangria 🍷 ☀️

**O'Leary's Seafood Restaurant**

310 3<sup>rd</sup> Street, Eastport; 410-263-0884; olearysseafood.com \$\$\$, Fresh Cut: On-core Vodka infused with Cucumber and Cilantro, Elderflower Liqueur, Simple Syrup, Lime Juice and Club Soda on the rocks with Cucumber 🍷 🍹 ☀️

**Ruth's Chris Steak House**

301 Severn Ave, Eastport; 410-990-0033; ruthschris.com \$\$\$, Blackberry Sidecar: Remy Martin VSOP, Cointreau, Fresh Lemon Juice, Muddled Blackberries, Fee Brothers Plum Bitters 🍷 🍹

**Edgewater/South County**

**Broadneck Grill and Cantina**

74 Central Avenue West, Edgewater; 410-956-3366; broadneckgrill.com \$\$, Cranberry Margarita 🍷 🍹

**Cooper's Tavern**

173 Mitchell's Chance Road, Edgewater; 443-837-6126; coopers-tavern.com \$\$, White Cranberry Margarita: Altos Blanco Tequila, Fresh Lime Juice, Triple Sec, White Cranberry Juice, fresh Sugared Cranberries, Sugared Rim 🍷 🍹

**Edgewater Restaurant**

148 Mayo Road, Edgewater; 410-956-3202; edgewater-restaurant.com \$\$, Summer Blossom: Ketel One Peach & Orange Blossom Vodka, Raspberry Puree, Fresh squeezed Lemon, Mint & Topped with Club Soda, served in a wine glass with ice 🍷 🍹

**Harper's Waterfront Restaurant**

1107 Turkey Point Road, Edgewater; 410-798-8338; harperswaterfront.com \$\$\$, Reservation Only, Full Bar, Water View, Outdoor Dining, cocktails, wines, and craft beers

**Harvest Thyme Tavern**

1251 West Central Ave, Davidsonville; 443-203-6846; harvestthymetavern.com \$\$, Campfire: Rye, Amaro, Bitters, Smoked Ice 🍷 🍹

**Jesse Jays**

584 West Central Avenue, Davidsonville; 240-903-8100; jessejays.com \$, Spicy Pineapple Margarita 🍷 🍹 🍸

**Killarney House**

584 West Central Avenue, Davidsonville; 410-798-8700; Killarneyhousepub.com \$\$, Black Jameson Mule: Jameson Black Barrel, Fresh Lime Juice, Black Currant Cordial, Q Ginger Beer 🍷 🍹 🍸 ☀️ 🎵

**Mike's Crab House**

3030 Riva Road, Riva; 410-956-2784; mikescrabhouse.com \$\$, Firecracker Frozen Drink 🍷 ☀️ 🎵

**The Pier Waterfront Bar & Grill**

48 South River Road, Edgewater; 443-837-6057; thepierwaterfront-barandgrill.com \$\$, Mermaid Water: Captain Morgan, Malibu, Blue Curacao, Lemonade, Pineapple Juice 🍷 🍹 🍸 ☀️ 🎵

**Pirate's Cove Restaurant and Dock Bar**

4817 Riverside Drive, Galesville; 410-867-2300; piratescovemd.com \$\$, Jameson Irish Whiskey Crush: Jameson Orange Whiskey, Fresh Squeezed Orange Juice, Splash of Sprite 🍷 🍹 🍸 ☀️

**Senor's Chile**

105 Mayo Road, Edgewater, 410-216-2687; senorschile.com \$\$, Killer Margarita: An exotic margarita made with 1800 Silver, Triple Sec, Grand Marnier, and a Coronita with a Tajin Spicy Rim 🍷 🍹

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**Yellowfin Steak & Fishhouse**

2840 Solomons Island Road, Edgewater; 410-573-1333; yellowfinedgewater.com \$\$, The Yego Watermelon Crush: Watermelon Vodka, Triple Sec, Splash of Cranberry Juice, Club Soda 🍷 🍹 🍷 🎵

**Arnold/  
Severna Park/  
Pasadena &  
Beyond****Blackwall Barn and Lodge**

329 Gambrills Road, Gambrills; 410-317-2276; barnandlodge.com \$\$, Strawberry-Hibiscus Rum Smash: Don Q Cristal Rum, Malibu Coconut Rum, House-made Strawberry-Hibiscus Syrup, Pratt Standard Lemon Juice, Pineapple Juice, Saratoga Springs Sparkling Water 🍷 🍹 🍷 🎵

**Blue Rooster Café**

1372 Cape St Claire Road, Annapolis; 410-757-5232; gotoroosters.com \$, Bloody Mary: Vodka, House made Bloody Mary Mix, Old Bay Sea Salt Rim 🍷 🍹 🍷

**Brian Boru Restaurant and Pub**

489 Ritchie Highway, Severna Park; 410-975-2678; brianboru-pub.com \$\$, Sardinian Mistress: Q Ginger Beer, Drumshanbo, Sardinian Citrus Gin, Fresh Lemon Juice, Simple Syrup 🍷 🍹 🍷 🎵

**Broadneck Grill and Cantina**

1364 Cape St Claire Road, Annapolis; 410-757-0002; broadneckgrill.com \$\$, Pyrat Punch: Patron's Pyrat Rum, Pineapple Juice, Orange Juice, and Pina Colada 🍷 🍹

**Donnelly's Dockside**

1050 Deep Creek Ave, Arnold; 410-757-4045; donnellysdockside.com \$\$, Adios, Beaches: Coconut & Dark Rum, Orange and Pineapple Juices, Coconut Cream 🍷 🍹

**Founder's Tavern & Grill**

8125 Ritchie Highway, Pasadena; 410-544-0076; founderstavernandgrille.com \$\$, The French Quarter: The 1930's historic cocktail from New Orleans featuring our barrel pick Old Pepper Distillery Single Barrel Rye with Gautier VS Cognac, Benedictine, Sweet Vermouth, Peychaud & Angostura Bitters, garnished with a twist of lemon 🍷 🍹

**Galliano Italian Restaurant**

2630 Chapel Lake Drive; 410-721-5522; gallianoitalianrestaurant.com \$\$, Wildflower: Gin, St. Germain, Fresh Cucumber, Fresh Mint 🍷 🍹

**Garten**

849 Baltimore Annapolis Blvd, Severna Park; 443-261-3905; garten-eats.com \$\$, Bergamont Lane: Vodka, TWC Rose Vermu, Italicus Bergamont, Earl Grey, Lemon, Strawberry 🍷 🍹 🍷

**Lemongrass Arnold**

959 Ritchie Highway, Arnold; 410-518-6990; lemongrassannapolis.com \$\$, Thai-tini 🍷 🍹 🍷

**O'Loughlin's Restaurant and Pub**

1258 Bay Dale Drive, Arnold; 410-349-0200; oloughlinpub.com \$, Elderflower Smash: Hendricks Gin, Elderflower Liquor, Grapefruit Juice, Club Soda 🍷 🍹 🍷

**The Point Crab House & Grill**

700 Mill Creek Road, Arnold; 410-544-5448; thepointcrabhouse.com \$\$, Pina Colada Crush: Don Q Coconut Rum, Coco Lopez, Pineapple 🍷 🍹

**Senor's Chile Cantina**

1264 Bay Dale Drive, Arnold; 410-421-1010; sensorschile.com \$\$, Mezcalrita: Everything you love about a margarita kicked up with Mezcal 🍷 🍹

**The Social**

139 Ritchie Highway Suite A, Severna Park; 410-544-2457; thesocialsp.com \$\$, Heated Passion: Tequila, Lime, Agave, Passion Fruit Puree, Serrano Peppers, Tajin Rim 🍷 🍹 🍷 🎵

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# Where's Wilma?

**FIND WILMA AND WIN!**

October heralds autumn's full-color display, from beautifully transforming leaves to spooky decorated homes. It's a wonderful time to bundle up and enjoy Chesapeake country at it's finest. Our faithful flying mascot, Wilma, is jet-set on covering as much fun, festivals, shopping, and dining as possible. She'll be out and about. Where will she pop up?

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/](http://whatsupmag.com/) promotions for another opportunity to win a prize.

**Congratulations** to Evalyn H. of Davidsonville, who won a \$50 gift certificate to a local business.

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



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Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles? Yes, please! \_\_\_\_\_ No, thanks \_\_\_\_\_

Entries must be received by October 31, 2023. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis.

Academy Art Museum of Easton.....	137	GOLDLEAF.....	57, LHP
All Star Pain Management and Regenerative Medicine.....	LHP	Heart Health Foundation.....	60
Allied Power Washers.....	165	Homestead Gardens.....	154
Alternative Pet Care.....	136, 170	Hospice of the Chesapeake.....	66
Anchored Hope Therapy, LLC.....	LHP	Indian Creek School.....	120
Annapolis Dermatology Associates.....	1BC	Jalapenos.....	178
Annapolis Fyzical Therapy and Balance Center.....	LHP	Joanna Dalton—Coldwell Banker.....	155
Annapolis Heart, LLC.....	55	Key School.....	121, 135
Annapolis Marine Art Gallery.....	191	Lash Moi.....	34
Annapolis Opera.....	137	Leadership Anne Arundel.....	32
Annapolis Painting Services.....	25, 38	Lewnes' Steakhouse.....	189
Annapolis Plastic Surgery.....	BC, LHP	Life of Joy Foundation, Inc.....	30
Annapolis Police Department Foundation.....	37	Liff, Walsh & Simmons Eagle Title.....	28
Annapolis Symphony.....	27	Liz Osborn.....	161
Anne Arundel Community College Foundation.....	112	Long & Foster—Annapolis Fine Homes.....	10
Anne Arundel Counseling, Inc.....	58	Luminis Health AAMC.....	2, LHP
Anne Arundel County CASA, Inc.....	18	Lundberg Builders and 314 Design Studio.....	161
Anne Arundel ENT & Facial Plastic Surgery/Severn River MediSpa & Laser Center.....	LHP	Mana Supply Company.....	64
Anne Arundel Eye Center.....	LHP	Maryland Oncology & Hematology.....	LHP
Anne Arundel Gastroenterology Associates.....	47	Maryland Oral Surgery Associates.....	LHP
Anne Arundel Medical Center—Fish For A Cure.....	138	Maryland Paint & Decorating.....	41
Archbishop Spalding High School.....	136	Maryland Vascular Specialists.....	LHP
Arrowhead Services Inc.....	169	Massaglia Gina, M.D. Chesapeake Surgical Associates.....	55
Baltimore Washington Medical Center.....	102, 103, LHP	Mercy Medical Center.....	14
Bay Area Pediatrics.....	58	Mi Linda Cancun Grill.....	188
Bay Radiology.....	35	Miss Shirley's Cafe.....	187
Baypoint Wealth Management.....	35	Mobile Pet Vet.....	30
BayWoods of Annapolis.....	160	Modern Dermatology.....	61
Bella Italia.....	190	Moore-Stone LLC.....	166
Blue Heron Dental.....	61	Nancy Hammond Editions.....	160
Boatyard Bar & Grill.....	185	Northrop Realty, A Long & Foster Company.....	144
Brad Kappel—TTR Sotheby's International Realty.....	4	O'Brien's Oyster Bar and Seafood Tavern.....	185
Cabinet Discounters.....	142	O'Donnell Vein and Laser.....	1FC
Carpaccio Tuscan Kitchen & Wine Bar.....	178	On The Green Inc.....	169
Carrol's Creek Cafe.....	178	One Day Doors & Closets of Baltimore.....	165
Center For Dermatology & Skin Care.....	62	Osteria 177.....	185
Center for Eye & Laser Surgery.....	LHP	Plastic Surgery Specialists.....	LHP
Chesapeake Bay Beach Club.....	45	Prestige Annapolis LLC.....	126
Chesapeake Car Wash.....	122	ProMD Health.....	LHP
Chesapeake Financial Planning & Tax Services.....	31	Rams Head on Stage.....	33
Chesapeake Medical Imaging.....	46, LHP	Reinheimer Orthodontics.....	LHP
Chesapeake Urology Associates.....	LHP	RDSM Regenerative Orthopedic Sports Medicine.....	LHP
Chris Edge First Home Mortgage.....	32	Saint John the Evangelist Catholic School.....	34
Christopher Companies—Element at Mill Creek.....	19	Sandel Duggal Center For Plastic Surgery.....	3, LHP
Ciminelli's Landscape Services, Inc.....	166	Scott Finlay DDS & Associates.....	13, LHP
Coldwell Banker Realty Annapolis Church Circle.....	17	Scott Schuetter and Crew.....	23
Compass—Annapolis/Bowie & Ellicott City.....	156	Scout & Molly's.....	30, 191
Compass Stone & Tile Studio.....	40	Severn School.....	119
Curio Wellness.....	62	Sheehy Lexus.....	124
Current Dermatology and Cosmetic Center.....	LHP	Silver Mirror Photo.....	136
David Orso.....	6	Skin Wellness MD.....	8
Djowdan Center for Implant and Restorative Dentistry.....	1, LHP	The Kahan Center for Pain Management.....	68, LHP
Dockside Dermatology.....	51, LHP	The Summit School.....	42
Dr. Diane Lebedeff, DPM.....	LHP	The Wellness House.....	31
Dr. Mairead O'Reilly.....	59, LHP	Tilghman Volunteer Fire Company.....	30
Dr. Nancy C. Wheeler, M.D., PA.....	LHP	Tribe Cycle.....	191
Drs. Walzer, Sullivan & Hlousek, PA.....	9, LHP	Warrior Medical Group.....	65
Ehmann, Kathryn DDS.....	26	Waterfowl Festival.....	20
Fichtner Home Exteriors.....	162	Werrlein Services.....	43
Fishpaws.....	29	West Annapolis Family Dentistry.....	53, LHP
GiGi's Playhouse.....	24	Western Shore Veterinary Hospital.....	170
		Wimsey Cave Framing & Fine Art Framing.....	191
		Wye Financial Partners, Wye Trust.....	39

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