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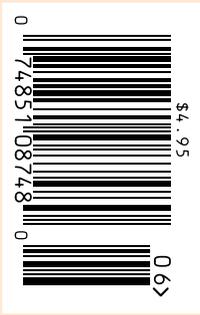
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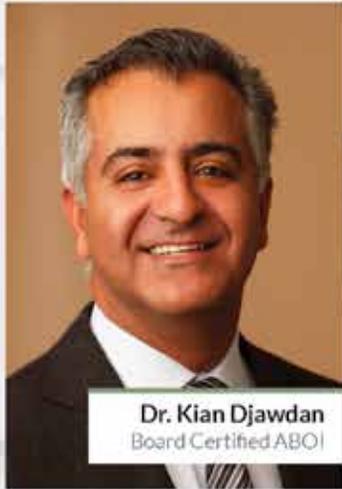
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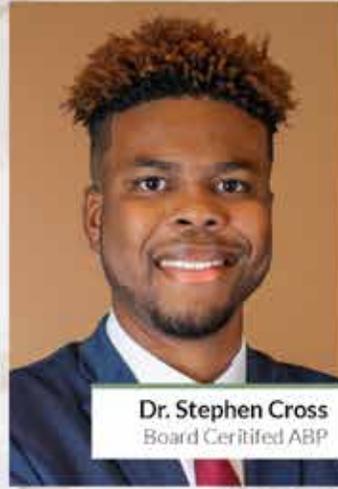
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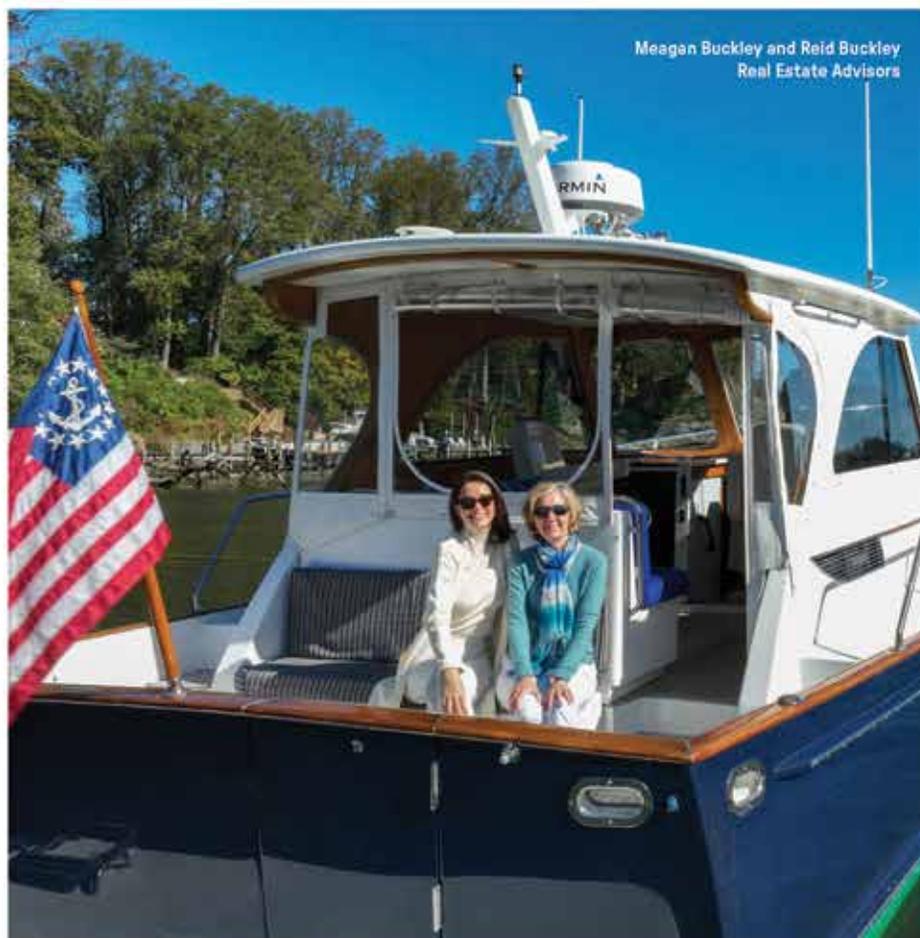


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There are different types of facelifts that can be utilized depending on the individual patient's needs. I typically perform a "Deep Plane" facelift which is designed to restore facial volume, improve jawline and neck contour in a natural, long-lasting fashion.

Many of our facelift patients also elect to have laser skin resurfacing in conjunction to ensure that the overlying skin looks as good as the jawline and neck.

What is the best age to get a facelift?

The typical age range is 55- 70 years old. The result will last up to 10 years, as the surgery will reverse the signs of aging that have occurred up to that point but NOT stop the aging process from going forward.

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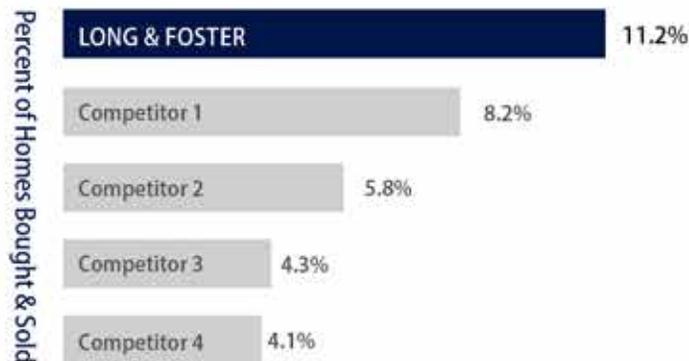
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& PETER MULVEY**



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CELTIC ROCK



JUNE 8
HENRY CHO
COMEDIAN



JUNE 11
JOHN HIATT
RENOUNDED SINGER SONGWRITER



JUNE 12
RHETT MILLER
OF OLD 97'S



JUNE 13
THE BLACKBYRDS
R&B/JAZZ/TUSKIN



JUNE 14
DAVID BENOIT
WITH BIG BAND



JUNE 15
CHARLES ESTEN
"NASHVILLE" & "OUTER BANKS"



JUNE 16
THE ARCADIAN WILD
ALL AGES MATINEE



JUNE 16
**SHAW DAVIS
& THE BLACK TIES**



JUNE 17
AMFM PRESENTS IN THE VANE OF
THE POLICE



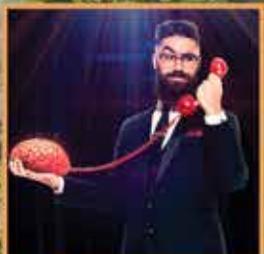
JUNE 22
PAULA POUNDSTONE
COMEDIAN



JUNE 23
THE ENGLISH CHANNEL
BRITISH INVASION TRIBUTE



JUNE 25
QUINN SULLIVAN
SINGER/SONGWRITER/GUITARIST



JUNE 26
PETER ANTONIOU
COMEDIAN-PSYCHIC



JUNE 27
LOWDOWN BRASS BAND
W. KYLE SPARKMAN



JUNE 28
PHIL VASSAR
HITS & HEROES TOUR



JUNE 29
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Contact *What's Up? Annapolis* online at whatsupmag.com.
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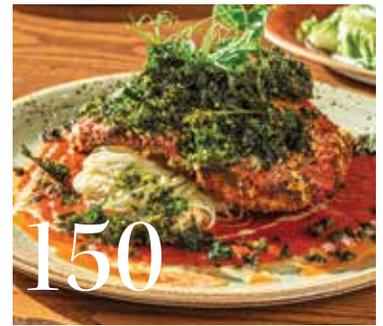
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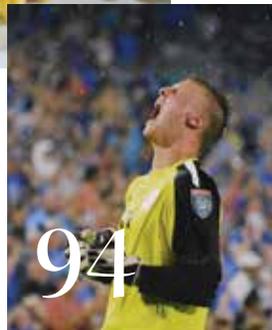
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Editorial Update: Within May issue's "Leading Lawyers" feature, under Tax Law, the name Rebecca Shepherd appears. The correct name spelling is Rebecca Sheppard.

WHAT'S UP?
annapolis

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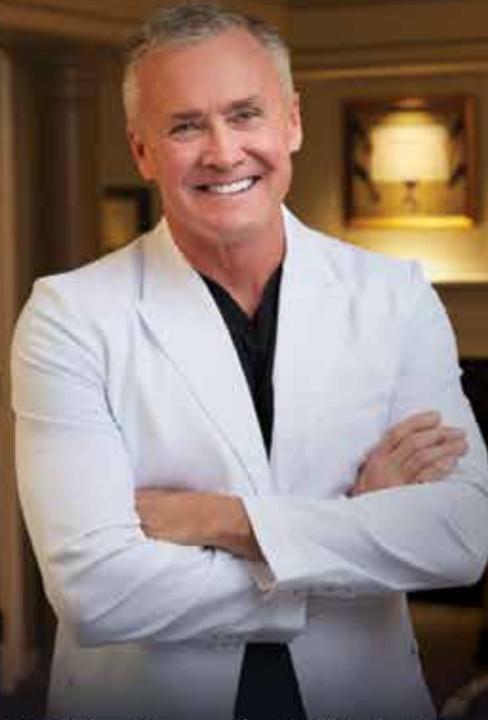
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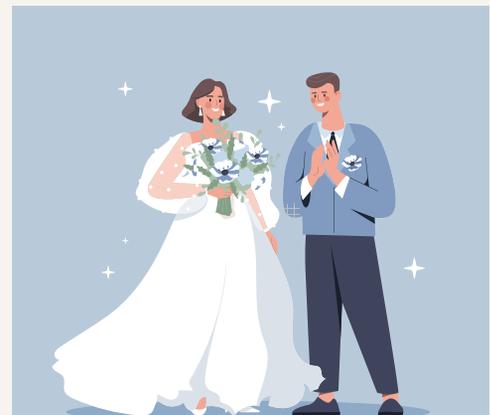
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WHAT'S UP? MEDIA'S 2024 EXCELLENCE IN N RSING

The Excellence in Nursing Campaign continues this month! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. We are calling for licensed nurses and medical professionals to nominate your fellow nurses in several fields of practice. The results will be tabulated, vetted, and become Excellence in Nursing 2024. Voting will close at the end of June (6/30). Those earning Excellence in Nursing honors will be notified in early fall and the results will be published in the November issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*, in addition to the online platform and social media channels of What's Up? Media. Visit whatsupmag.com/2024nurses to nominate a nurse.



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This year's Best Of Party takes place on June 11th on the rooftop-floor of the Doordan Institute at Luminis Health Anne Arundel Medical Center in Annapolis. We will be celebrating the hundreds of Best of Annapolis, Best of Eastern Shore, and Best of Central Maryland winning businesses. All the makings of another incredible party are in the works (plus a few surprises!). I personally love being able to drift between the party inside and the refreshing outdoor overlook with a city view one normally doesn't get to see. It's neat. It's one of the best.

With this issue in your hands, together we wrap up the 20th year of all-things Best Of. A couple months ago, readers voted for their favorites in so many industries—restaurant, real estate, retail...you name it. Y'all broke records. The number of ballots shattered the previous year's mark by thousands, which itself crushed all years prior. Collectively among our three flagship magazines, more than 57,000 ballots were entered. Holy cannoli!

On page 58, the winners are revealed. I think the whole package is a fun way to kick-off our summer issues and get the ball rolling on good times, great dining, finishing projects, taking care of ourselves, and checking all the boxes on to-do lists. These winners are qualified pros at what they do. And it comes down to delivering excellent

experiences and services to you. Please check them out. After all, you chose them.

Welcome to summer, cheers to the very Best, and I hope to see you on June 11th!

James Houck,
Editorial Director



stood in the lobby of Graduate Annapolis hotel (formerly Loews) in awe of what had just transpired—of what was still feverishly active, yet wrapping up in a spectacular finale that, quite simply, had more than 700 hundred partygoers buzzing with happiness. After three-plus hours of divine dining, imbibing, dancing, games, promotions, silent auction, a speech or several, doling out awards, and camaraderie with all the wonderful folks in attendance, I proclaimed that the inaugural Best Of Party was more than a hit—it established itself as one of the *parties of the year!* It was a hoot.

Since that very first Best Of Party in 2004, the magnitude of the entire endeavor sure leaves me immensely appreciative of the dynamite personnel that pull together the campaign, promotion, party, and fundraising for charity, each and every year. From our readers, who choose the Best Of winners, to our sponsors and clients, who support the operation with their insights, man-hours, and services, and the event staff and volunteers of What's Up? Media, the operation is vast. The coverage is expansive. The attention to detail precise. And the day-of organization—nothing short of impressive.

**I PROCLAIMED THAT
THE INAUGURAL
BEST OF PARTY WAS
MORE THAN A HIT—
IT ESTABLISHED
ITSELF AS ONE OF THE
PARTIES OF THE YEAR!**



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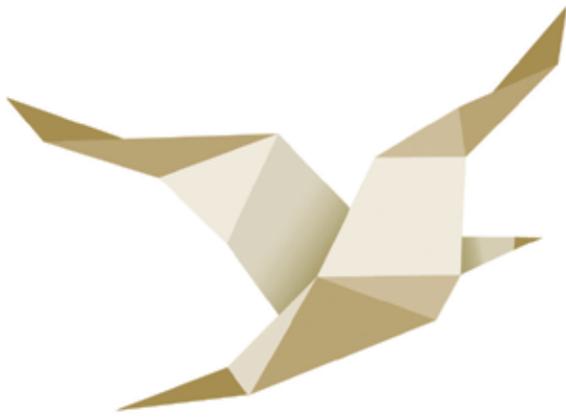
Dockside Dermatology is excited to announce the addition of **Dr. Natalia Biles** and **Rachel Midwinter, PA-C** to our practice. With this expansion, we are able to offer same day appointments! **Dr. Natalia Biles** is a board-certified dermatologist who has been practicing in Annapolis for the past several years. She was honored by *What's Up? Magazine* as a Top Doc for the greater Annapolis area in 2023-2024. She received her medical degree from Columbia University and completed her Dermatology residency at Johns Hopkins University. She is a native Spanish speaker. **Rachel Midwinter, PA-C** is an Annapolis native and earned her masters degree in Physician Assistant Studies at Shenandoah University. She has been practicing as a Dermatology Physician Assistant in Virginia for the past several years, but recently relocated to Annapolis. She is very excited to be practicing dermatology in the city that she loves.



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DALI QUARTET

MASTERWORKS I

Pasajes

Tania León, Mozart,
Bruckner, Still
with pianist **Brian Ganz**

Oct 4 & 5 | 7:30 pm

Maryland Hall

Oct 6 | 3:00 pm

Music Center at
Strathmore

MASTERWORKS II

Connections

Adolphus Hailstork,
Óscar Navarro,
Shostakovich
with hornist
Alex Kovling

Nov 1 & 2 | 7:30 pm

Maryland Hall

MASTERWORKS III

*Pictures at
an Exhibition*

Coleridge-Taylor,
Saint-Saëns, Mussorgsky
with violinist **Netanel
Draiblate**

Jan 31 & Feb 1 | 7:30 pm

Maryland Hall

Feb 2 | 3:00 pm

Music Center at Strathmore

MASTERWORKS IV

Serenade

Beethoven, Bernstein,
Ginastera
with violinist **Noah
Bendix-Balgley**

Feb 28 & Mar 1 | 7:30 pm

Maryland Hall

Mar 2 | 3:00 pm

Music Center at Strathmore

MASTERWORKS V

Fiesta

Roydon Tse
(World premiere
ASO Co-commission),
Sonia Morales-Matos,
Ravel with the
Dali Quartet

Apr 4 & 5 | 7:30 pm

Maryland Hall



Pops in the Park

This event is FREE and open to the public! Join us for an event the entire family will enjoy. Bring your own blanket, chairs, and a picnic!

Aug 31 | 11:30am at Downs Park

Sept 1 | 5:30pm at Quiet Waters Park

rain date

Sept 2 | 5:30pm Quiet Waters Park



Holiday Pops

Masterworks Series and Series @ Strathmore subscribers receive 20% off single tickets to the Maryland Hall performance!

Dec 13 | 7:30pm at Maryland Hall

Dec 14 | 3:00pm at Severna Park High School



Family Concert

Each year, the Annapolis Symphony Orchestra brings a favorite piece to life, such as Peter and the Wolf, Carnival of the Animals, and even John Williams' music from the movie ET. Our concerts engage young listeners!

May 10 | 11:00am

Maryland Hall

SINGLE TICKETS FOR ALL PERFORMANCES WILL BE AVAILABLE FOR SALE STARTING AUGUST 1, 2024.



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Out **ON THE** Towne

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Best Of Party

PG. 30





BANDS IN THE SAND

Enjoy the outdoor party of the year that you won't want to miss! Each summer 1,600 guests gather on the beach, dance the night away to live music, enjoy a variety of food, and raise a drink to Save the Bay at Bands in the Sand, benefiting the Chesapeake Bay Foundation. Visit Philip Merrill Environmental Center in Annapolis from 5:30 to 10 p.m. on June 8th. Find more information and get tickets at cbf.org.

Girlfriends Party

June 12th is the highly-anticipated Paca Girlfriends Party at the picturesque William Paca Garden in historic, Downtown Annapolis. Enjoy a glass of bubbly and indulge in culinary creations prepared by the area's premier chefs at the social event of the season. Shop the marketplace, meet and greet with local designers, and connect with a network of influential women, all to support Historic Annapolis. Find more information and get your tickets at pacagirlfriends.annapolis.org.



Photo by Ken Tom



Juneteenth in Annapolis

Celebrate Juneteenth in Annapolis this year with the annual parade and festival taking place on June 22nd. The parade will kick off at noon at the Annapolis City Dock followed by the music festival at 2 p.m. at Bates Athletic Complex on Spa Road. This year's parade will feature more floats and more bands to celebrate the emancipation of the last enslaved Africans in the United States. Find a full list of entertainment for the festival and more at theannapolisjuneteenth.org.

BASH FOR OUR BESTIES

The YWCA of Annapolis & Anne Arundel County is hosting Bash for Our Besties on June 6th at the grounds of Charles Carroll House (pictured) in Annapolis overlooking Spa Creek. This is the YWCA's main fundraising initiative to ensure nobody is ever forced to return to an abusive home. Enjoy live music with the Bachelor Boys, lite fare from Ken's Creative Kitchen and Main & Market, a Adirondack and firepit lounge, Retro Cocktail Camper, and more. Find more information at annapolisywca.org.





BEST OF PARTY

What's Up? Media's Best Of Party celebrates the very best restaurants, shops, services, entertainment, and businesses of the region all rolled into one fantastic fundraising event on June 11th at Doordan Institute at Luminis Health Anne Arundel Medical Center in Annapolis. At the party, "Best Of" restaurant winners, and only winners, serve samples of their winning dishes and drinks. This is an amazing community event that always sells out, so be sure to secure your tickets while they last at: whatsupmag.ticketspice.com/best-of-party-2024. The winners are selected by our annual reader's poll and are featured in this month's issues!

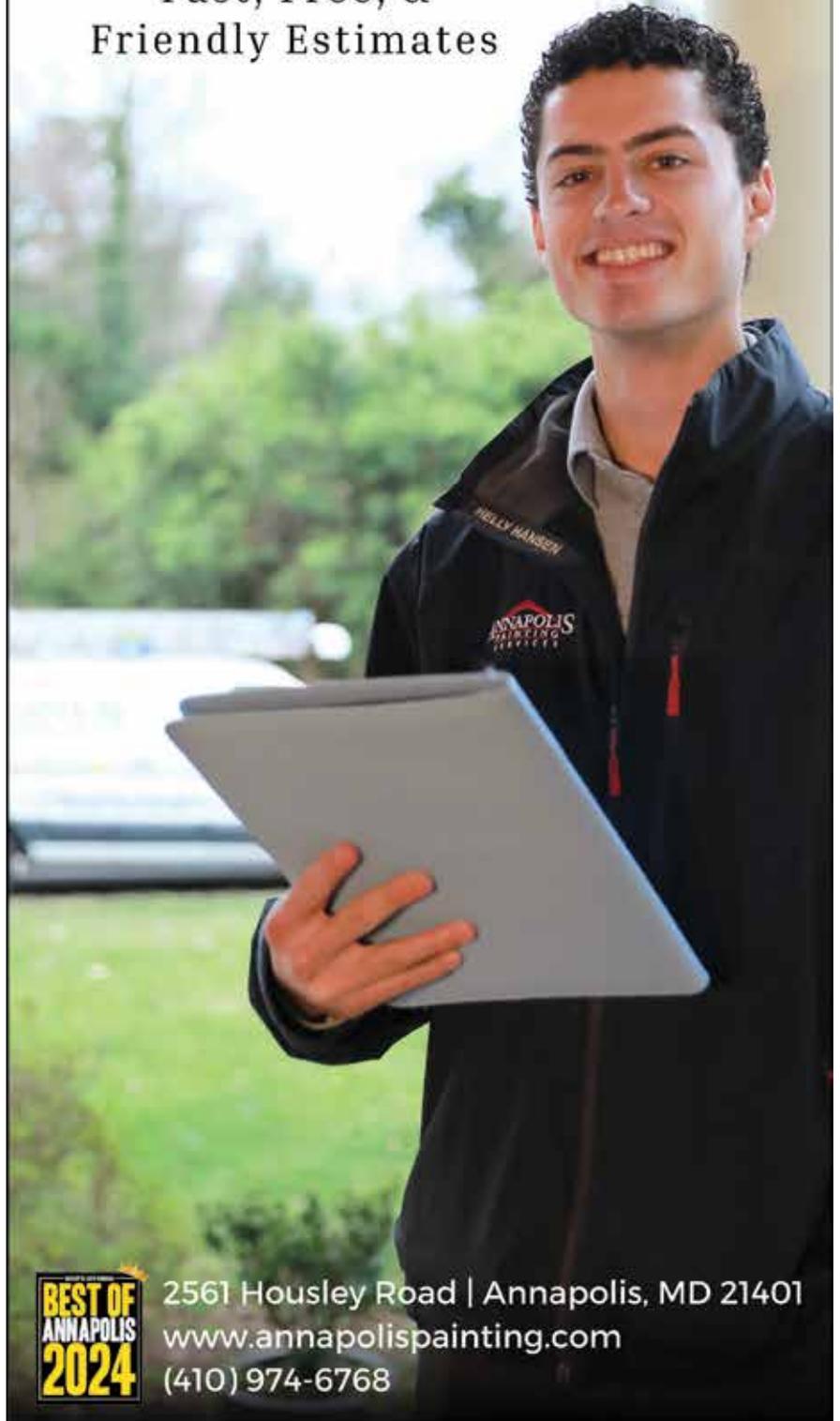


Fashion for a Cause

Hospice of the Chesapeake's Fashion for a Cause is at a new location, The Fluegel Navy Alumni Center in Annapolis, this year on June 7th. Over a dozen local community models will display new fashions from area stores including some on Main Street and at Annapolis Towne Centre for an evening of runway fashion, food and cocktails for a great cause. This event raises funds to support Hospice of the Chesapeake's Chesapeake Kids Program. Find more information and get tickets at hospicechESAPEAKE.org/ffac.



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MARYLAND FLEET WEEK & FLYOVER

Maryland Fleet Week & Flyover returns to Baltimore County June 12th through 18th. There is an exciting line up of ship tours, festivals, flyovers, and educational activities at the Inner Harbor, Fells Point, North Locust Point, and Martin State Airport. Ships will be arriving on June 12th, which will include United States and international naval ships, U.S. Coast Guard vessels and more. The week's flyovers will be Saturday and Sunday (15th & 16th) centered around Baltimore's iconic Inner Harbor. Find a full list of activities at visit-maryland.org.



Taste for Life

The 25th Annual Taste for Life for American Cancer Society will be at The Center Club in Baltimore on June 23rd from 2 to 6 p.m. Taste delicious cuisine and fine wine while raising money to fund cancer research, education, and prevention. Enjoy live entertainment, a silent auction, and more. Reserve a ticket at tasteforlife.org.



PINTS 4 PAWS

On June 15th, The Annapolis Homebrew Club and SPCA of Anne Arundel County come together for Pints 4 Paws at Navy-Marine Corps Memorial Stadium in Annapolis. The event, which welcomes leashed pets, will have over 50 homebrew samples, local craft beer, a commemorative glass, food trucks, live music, a silent auction, and more to benefit the SPCA. Get tickets at annapolishomebrewclub.com.

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ANTIQUE & CLASSIC BOAT FESTIVAL AND COASTAL ARTS FAIR

On June 14th through 16th, the Chesapeake Bay Maritime Museum hosts one of the largest classic boat shows in the Mid-Atlantic region when it welcomes the 36th Antique and Classic Boat Festival and Coastal Arts Fair to its waterfront campus in St. Michaels. This Father's Day Weekend tradition will showcase wooden and fiberglass classics, vintage racers, and other antique boats. The festival is accompanied by a juried Coastal Arts Fair showcasing vendors whose products, services, and art represent boats, the water, and coastal life. Tickets are on sale now at cbmm.org.



Photo by Missy

Casey Cares Rockfish Tournament

Casey Cares Foundation will host its 7th Annual Casey Cares Rockfish Tournament on June 14th. Boats will leave the Bay Bridge Marina at 5 a.m. and fish until 2 p.m. The celebration continues from 5:30 to 9:30 p.m. at The Inn at the Chesapeake Bay Beach Club. Enjoy cocktails, dinner, music, auctions, and more. Companies are encouraged to register their boat for entry. The event will raise much-needed funding for the Casey Cares Foundation, which provides ongoing and uplifting programs for families with critically ill kids. Find more information at caseycares.org.



Tour de Talbot

Support Talbot Thrive with Tour de Talbot, which will start and end at Easton Fire Hall on June 8th. Ride the scenic roads of Talbot County with a 30-, 40-, or 62.5-mile ride through the flat farmland, water views, wooden bridges, and more on the Eastern Shore! Find more information and sign up at tourdetalbot.org.



CHESAPEAKE BAY MOTORING FESTIVAL

On June 8th and 9th, stop by The Kent Island Yacht Club for the 8th Annual Chesapeake Bay Motoring Festival to celebrate motoring excellence on the Eastern Shore. Go back in time with antique and classic cars enhanced by classic yachts and antique speed boats overlooking the Chesapeake Bay. Find more information and purchase tickets at chesapeakebaymotoringfestival.org.

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Paint Stevensville

The Kent Island Federation of Arts hosts the 8th Annual Paint Stevensville in Historic Stevensville on June 1st. Join or watch artists from all over the region draw and paint the marshes, coves, fields, nature trails, boatyards, marinas, restaurants, store fronts, and historic sites from sunrise to nightfall. Find more information at stevensvilleartsandentertainment.org.

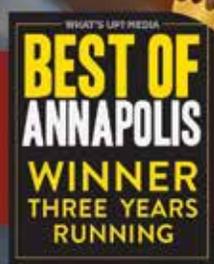
GUARDIAN OF THE PEARL ROCKFISH TOURNAMENT

The Rock Hall Volunteer Fire Company is excited to host The Guardian of the Pearl Rockfish Tournament, a three-day event to help fund RHVFC, a nonprofit, volunteer lifesaving organization. The tournament also promotes heritage, tourism, and fishing for the town. A Captain's Meeting on June 7th will be at Haven Harbour Marina Resorts and include raffles, a buffet, and drinks. Then two days of fishing will commence on June 8th and 9th. Find more information at rockhallvfc.org.



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Towne Calendar



A sampling of community events taking place this month across the Chesapeake Bay region; for our full, online calendar of events, visit whatsupmag.com or scan.

Saturday, June 1

Annapolis Blues Home Game at Navy Marine Corps Memorial Stadium in Annapolis; annapolisblues.com; Our home team, the Annapolis Blues, take on DMV Elite FC for their first home game of the month!
D.C. United Home Game at Audi Field in Washington D.C.; dcunited.com; D.C. United's first game of the month will be at 7:30 p.m. when they take on Toronto in D.C.!

Sunday, June 2

First Sunday Arts Festival on West Street in Annapolis, 11 a.m.; innerweststreetannapolis.com; Inner West Street Association is the proud sponsor of Maryland's premier art festival. From May through November, thousands of visitors enjoy shopping along beautiful West Street in downtown historic Annapolis.



National Music Festival in Historic Chestertown, through June 15th; Nationalmusic.us; The National Music Festival advances the lives and careers of promising musicians by providing access to world-class education and performance opportunities.

Monday, June 3

Providence's 31st Annual Moran Golf Classic at Queenstown Harbor Golf Course; providencetceofmaryland.org; The event features 18 holes of golf on Queentown's two pristine courses on the Chester River
Designer Bag Bingo at Maryland Therapeutic Riding in Crownsville; horses-thatheal.org

Tuesday, June 4

Connection Art Show Opening Reception at Maryland Hall in Annapolis; arundellodge.org; The Artists of the Open Eye Gallery at Arundel Lodge

are artists living with mental health and substance use disorders and thriving through visual arts.

Friday, June 7

Annapolis Blues Home Game at Navy Marine Corps Memorial Stadium in Annapolis; annapolisblues.com; Our home team, the Annapolis Blues, take on Alexandria Rough Diamonds.
Annapolis Town Center Summer Concert Series at Annapolis Town Center; annapolistowncenter.com; Every 1st and 3rd Friday, May – September, from 6 p.m. to 8 p.m. for family friendly live music at the Boathouse Pavilion in the East Village (located next to P.F. Chang's). Got Yacht? will be playing tonight.

Saturday, June 8

Hogshead Living History: Fashioning Freedom at Hogshead in Annapolis; annapolis.org; Join living historian Nastassia Parker as she delves into the social significance of clothing in the 1800s. Examine replica garments and discover what fashion plates, accessories, and newspaper advertisements revealed about socioeconomic position.
Secret Garden Tour at Hammond Harwood House in Annapolis; hammondharwoodhouse.org; The Hammond Harwood House's Secret Garden Tour is celebrating 25

years in 2024! Bring a friend or two for this self-guided tour and enjoy a day in Annapolis.

Every Step Counts at Anne Arundel Community College in Arnold; bellomachre.org; Anyone can participate in Every Step Counts, whether individually or as a group. Just form a team, set a fundraising goal, and join us on the day! You can also help out as a volunteer.

Sunday, June 9

Ironman 70.3 at Gerry Boyle Park at Great Marsh in Cambridge; ironman.com

Monday, June 10

24th Annual Steve Quick Memorial Golf Tournament at The Preserve at Eisenhower Golf Tournament in Crownsville; events.golfstatus.com

Tuesday, June 11

What's Up? Media's Best Of Party 2024 at Doordan Institute at Luminis Health Anne Arundel Medical Center in Annapolis; whatsupmag.com; What's Up? Media's Best Of Party celebrates the best of the area's restaurants, shops, services, entertainment, and businesses all rolled up into one fantastic fundraising event.

Thursday, June 13

Eastern Shore Land Conservancy's Conservation Classic at Pintail Point in Queenstown; esc.org; Join us at the Point at Pintail for Eastern Shore Land Conservancy's clay shoot classic!

Friday, June 14

7th Annual Casey Cares Rockfish Tournament at The Inn at the Chesapeake Bay Beach Club in Stevensville; caseycares.org; Grab your fishing poles and gas up your boats! Join Casey Cares on June 14th for our 7th Annual Casey Cares Rockfish Tournament.

Saturday, June 15

Drink Maryland in Downtown Centreville; marylandwine.org; Meet local artisans and learn about the local craft beverage industry from the wineries, breweries, and distilleries themselves while sampling their products!

Sunday, June 16

Annapolis Blues Home Game at Navy Marine Corps Memorial Stadium in Annapolis; annapolisblues.com; Our home team, the Annapolis Blues, take on Frederick.
Dawson's Father's Day 10K at Severna Park High School; runsignup.com; The Dawson's Father's Day 10K is held on Father's Day each year.

Thursday, June 20

Opening Gallery Reception for Pride Month Exhibition at Chesapeake Arts Center in Brooklyn Park; chesapeakearts.org; Featuring some of the most vibrant, diverse and empowering artwork! At the heart of it all, this exhibit celebrates a bold declaration of pride, love, and self-expression.

Friday, June 21

Annapolis Town Center Summer Concert Series at Annapolis Town Center; annapolistowncenter.com; Every 1st and 3rd Friday, May – September, from 6 p.m. to 8 p.m. for family friendly live music at the Boathouse Pavilion in the East Village (located next to P.F. Chang's). Original Moonlighters will be playing tonight.

Saturday, June 22

Bike MS: Chesapeake Challenge 2024 in Easton; events.nationalms-society.org; Join us on the shore! At Bike MS: Chesapeake Challenge you'll cycle along the scenic, flat terrain of Maryland's Eastern shoreline.
Solstice Stomp 5K at Cascia Vineyards in Stevensville; kirk.org; Get ready for Kent Island Running Group's (KIRG) 8th Annual Solstice Stomp 5k on June 22! To Register and for more info about KIRG, please visit: kirk.org.

Sunday, June 23

Taste for Life at The Center Club in Baltimore; tasteforlife.org; The 25th Annual Taste for Life benefits the American Cancer Society.

Saturday, June 29

Annapolis Blues Home Game at Navy Marine Corps Memorial Stadium in Annapolis; annapolisblues.com; Our home team, the Annapolis Blues, take on Virginia Beach City FC.

Photograph by R. Todd Stevens



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Divine Mercy Academy Gala

On Saturday, April 6th, the 5th Annual Divine Mercy Academy Gala charity event was held at DoubleTree Hotel in Annapolis. The event raised crucial dollars for funds that are integral in the daily operations and mission of the school. The lively evening included silent and live Auctions, a Saints and Scholars Special Appeal, and a seated three-course gourmet dinner. Learn more at divinemercy.md.

1. Ed Reilly and Ginny Dauses 2. Rob & Emily Mayes 3. Auctioneer Zach Shelly and Top Gun instructor Adam Chimbo Farber 4. Christen & Chester Bartels with Brittany Aydelott and Megan Murphy 5. Steve & Rachel Mairella with Will & Caroline Haun 6. Rebecca & John Cramer 7. Founder and Board President Ali Ghaffari 8. Caroline & Jonathan Hunolt with Belen & Jared Jonker



JON GASIOR

Owner | Sinclair Prosser Gasior

As the owner of Sinclair Prosser Gasior, Jon Gasior's mission is to address each client's goals for their estate plan, so he can educate, guide, and counsel them regarding the tools and options to achieve these goals through all stages of life. He oversees the law firm's operations—providing ongoing support to families through times of incapacity and settling estates upon a loved one's passing.

Why is it so important to work with an attorney to create my estate plan?

Estate planning requires the guidance, knowledge, judgment, and trusted relationship of an estate planning attorney. If you decide to "DIY" your estate plan or use forms from the internet, you miss out on legal advice, reassurance that your plan complies with Maryland state law, and information about taxes, incapacity planning, and more. You are also risking that your wishes will not be respected, and your estate could end up in litigation.

What issues will we discuss and how can you help me achieve my estate planning goals?

Your estate planning attorney will ask questions about you, your family, your finances, and your goals. We realize these questions are deeply personal and may feel uncomfortable, but the more we understand your situation, the more we can use our practical tools and strategies to help you plan. Once we have enough information, we will recommend a plan that fits your needs. This plan may include a living trust, last will and testament, power of attorney, and/or living will. We can also assist with more advanced planning, such as Medicaid planning, business succession, and more.

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As members of the American Academy of Estate Planning Attorneys, we believe education and ongoing support are the cornerstone of a successful estate plan. We provide free estate planning workshops and encourage our clients to take advantage of free phone calls and estate plan reviews whenever they have questions or significant changes in their health, finances, or family situation. We also offer support to our clients' representatives when they become disabled or pass away. Above all, we guarantee our estate plans. If you're not 100 percent satisfied with your plan, we will revise it (to the extent allowable under law) for no additional fee within 90 days of signing.

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Driving Change

The Well, a nonprofit organization dedicated to uplifting women in need, hosted its annual fundraising event, Driving Change, at Topgolf Baltimore on April 24th. Attendees enjoyed golfing from the luxury lounge while enjoying delicious food and drinks, bidding on auction items, and supporting Hon's Honey (the nonprofit retail goods program of The Well) all for a great cause. Learn more at drinkatthewell.org.



1. Founder Mandy Memmel delivers addresses the crowd 2. The Hon's Honey setup at the event 3. Rebekah Kuk and Niki O'Herlihy 4. Attendees enjoy the atmosphere, food, and camaraderie 5. The Well's program participants and staff share their stories with the audience 6. The Well's staff and volunteers 7. Jolie Gutteridge and Naomi Burrell

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NEW RIVIERA BEACH LIBRARY OPENS

Anne Arundel County Public Library (AACPL) officials opened the new Riviera Beach Library in April, the second new facility for the system since 2020. Anne Arundel County Executive Stuart Pittman, Maryland State Delegate Nic Kipke, and County Councilman Nathan Volke provided remarks and joined others in a ribbon cutting ceremony. The event also featured a performance by the Northeast High School Vocal Ensemble and a land acknowledgment. The new 20,000-square-foot building on the campus of the previous location at 1130 Duvall Highway in Pasadena, doubles the size of the former library and provides greater visibility and more resources. The nautical-themed facility features a large children's area, four study rooms, a dedicated teen space, 20 public computers, an outdoor patio, a large meeting room and a brand-new collection of books and other materials. Funding for the \$16 million project comes from Anne Arundel County and the County Library Capital Grant Program, Maryland State Library Agency. Learn more at aacpl.net.



Annopolis Town Center Adds Retailers

Annapolis Town Center has added four more retailers to its lineup of upscale shops and boutiques. The four retailers include: SkinSpirit Medical Spa, offering award-winning facials, injectables, lasers, and more; Rowan, specializing in piercing services exclusively performed by licensed nurses; Nava Health, offering a root-cause approach to health optimization, using personalized, data-driven strategies; and Toastique, a boutique gourmet toast and juice bar that delivers fresh and flavorful food made with local ingredients. "I am truly excited to see the continuous growth and evolution of our center unfold before us," says Christi Swanson, General Manager for Annapolis Town Center. "The addition of these four retailers allows us to offer a range of health and wellness-focused services tailored to the preferences of our guests who prioritize a healthy and balanced lifestyle." Learn more at annapolistowncenter.com.



ROTARY CLUB OF ANNAPOLIS RAISES \$80,000 FOR CHARTING CAREERS

The Rotary Club of Annapolis welcomed staff from Charting Careers on April 18th to present the non-profit with a check for \$80,000. The funds are the proceeds from the 2024 Black Tie & Diamonds Gala, which was held on March 9th.

Charting Careers’ mission is to inspire youth to discover their power and reach their goals through transformative mentoring, life-enriching opportunities, and family partnership and by serving as champions for equity. Black Tie & Diamonds is held annually, and one local non-profit is selected each year to be the beneficiary of the event. The Rotary Club of Annapolis is pleased to announce that local non-profit Marshall Hope will be the beneficiary of the event in 2025. Learn more at annapolisrotary.org and chartingcareers.org.

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Stephanie Schnittger has been appointed the new Chief Financial Officer (CFO) of Luminis Health. Schnittger will provide strategic direction and oversight to various financial aspects of Luminis Health, including financial operations, budgeting, planning and analysis, reimbursement, revenue cycle, managed care, treasury, capital projects and financing, real estate, and supply chain. With more than 25 years of experience in healthcare finance, Schnittger brings a wealth of knowledge and expertise to Luminis Health. She has held senior leadership positions at Sentara Health and Inova Health System, where she led financial initiatives and contributed significantly to their growth and success. Learn more at luminishealth.org.



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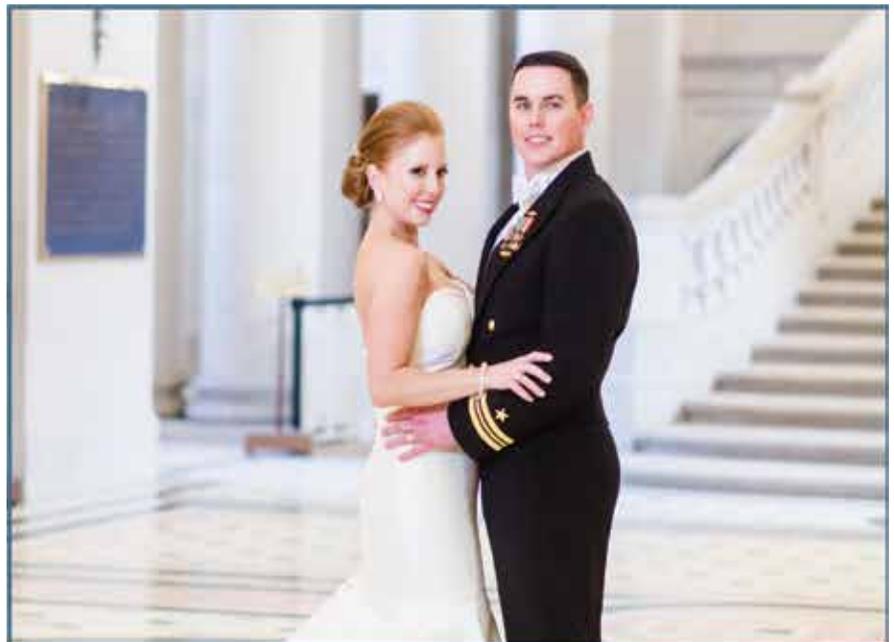


Annapolis' WWII Memorial Overlook Enhanced

On Arbor Day, April 26th, Pleasant Trees, LLC showed their commitment to the Annapolis community and historical preservation by volunteering at the WWII Memorial in Annapolis. Under the guidance of owner and Certified Master Arborist® Jason Anthony, the team expertly pruned the four large pin oak trees lining the entrance to the Overlook and the two crape myrtle trees directly in front of the Overlook. This not only revitalized the trees but also enhanced the scenic views of the Severn River and the Naval Academy, enriching the experience for every visitor. Learn more at pleasanttrees.net.



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Perry Stevenson

SEVERNA PARK HIGH SCHOOL VOLLEYBALL

By Tom Worgo

Perry Stevenson wanted to follow in her mother Laura's footsteps and become a Severna Park High School standout volleyball player and continue as such in college. Perry started playing at her mother's alma mater during her freshman year.

"My mom is my inspiration," says Perry, now a senior at Severna Park. "She is who I want to be."

On top of that, she, like her mother, received an academic and athletic scholarship to play in college. Perry will compete for Canisius University in Buffalo, New York, starting this fall.

Laura, who was 6-foot during her playing days at Loyola University Maryland, says, "I love to see her playing volleyball because I played it most of my life."

The 6-foot-1 Perry, in turn, enjoyed watching her mother compete at the YMCA in Severna Park. The volleyball carried over to the Stevenson's family driveway. That's where Perry developed her skills playing with Laura and her father Brett.

"I would go out in the driveway and pass the ball back and forth with my mom and dad," Perry recalls. "I still do it today. I have done it ever since I started playing."

Laura encouraged her daughter, but made sure she didn't put too much pressure on her. "I supported what she wanted to do," Laura says. "To be around and answer questions. Whatever she needed. I tried not to correct her too much. I told her about the small things she could learn. I just wanted her to enjoy it."

Perry also learned a lot from ex-Severna Park Volleyball Coach Tim Dunbar, who has won four



Class 4A state championships in 25 years. The 18-year-old Stevenson, a four-year varsity starter and team co-captain as a senior, played for Dunbar from 2020 to 2023.

"He gave me a lot of confidence," Stevenson says. "He trusted me as a leader, and it made my game better. He put it in my mind that I was a great player."

Stevenson was known for sparking her team with timely kills. She led Severna Park in that category with 218 last year and finished 12th in the state.

Stevenson had some dominant performances last fall. She racked up 24 kills and 18 digs in a four-set win over South River on September 28th and totaled 20 kills in a sweep of Old Mill on October 10th.

"The expectation was when you come to a game, she would score some big points that were very impressive," says new Severna Park Volleyball Coach Caitlin Mills, who served as a Falcons' assistant last year. "Teams definitely had to game plan for her. Most teams

**"THE SKILL LEVEL
SHE HAD AT
HER SIZE IS NOT
NORMAL. SHE
COULD DO IT ALL."**

attacked her early and served to her often. The goal was to tire her out. It didn't happen."

Stevenson also ranked first on the 10-7 Falcons in digs (121) and second in aces (37) as she was named a First-Team All-County selection in 2023.

In 2022, she made Honorable Mention All-County honors. "The skill level she had at her size is not normal," Mills says. "She could do it all."

Stevenson also developed her skills playing an eight-month schedule for the Chesapeake Elite Volleyball Club for the past three seasons. Competing in national qualifiers in Orlando, Las Vegas, Nashville, Kansas City, Atlanta, and Boston highlighted her time.

She earned offensive most valuable player honors during the 2022-23 seasons. "I think playing for Chesapeake has made me mentally stronger as an athlete and person," Stevenson says. "I am seeing all the great talent out there and not just what's in the county. It's an eye-opener, and it just wants me to work harder."

Now with the club season over, Stevenson—who carries a weighted 4.5 grade-point average—will focus sharply on getting ready for the season at Canisius. "She checks all the boxes of the things I value, including a proven track record of academic success," Canisius Volleyball Coach Tom Hanna says. "She is one of those kids you don't have to drag toward something. She's running toward all the things she has to do."



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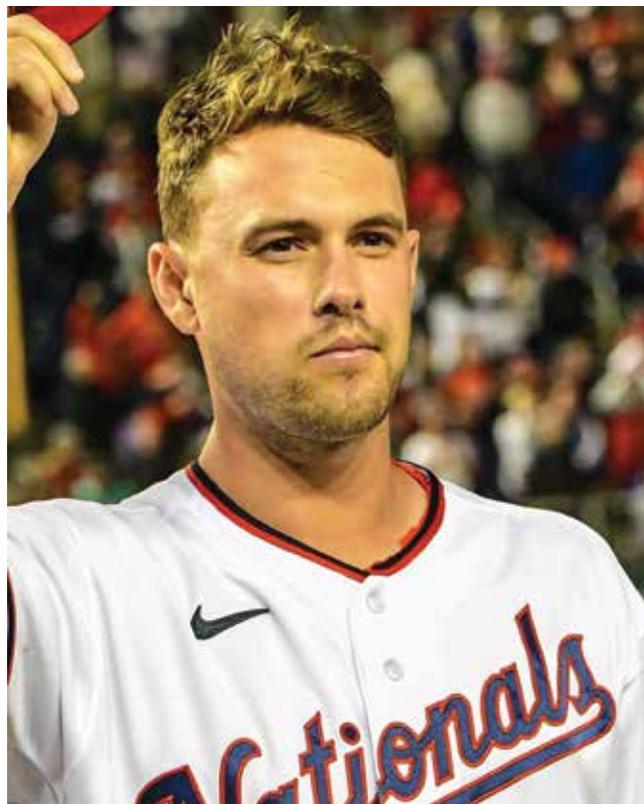
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Lane Thomas

WASHINGTON NATIONALS' OUTFIELDER

By Tom Worgo



For some professional athletes, one moment or day can define a career. That's especially true for Washington Nationals' outfielder Lane Thomas.

After playing inconsistently with the St. Louis Cardinals across three seasons—which included batting .172 in 122 plate appearances—Thomas got the break he needed when he was traded to the Nationals on July 30, 2021.

“I definitely got more playing time with Washington,” Thomas explains.

Thomas made the most of it. He established himself as a player the Nationals could count on. In 2021, he batted .270 with seven home runs and 27 RBIs in 178 plate appearances across 45 games.

The 6-foot, 190-pound Thomas put up respectable numbers the following year: a .241 batting average, 17 homers, 52 RBIs, and a .364 on-base percentage.

Things only got better in 2023 when he played at an All-Star level. Thomas hit 28 home runs, stole 20 bases, and produced 86 RBIs.

“He has been our quiet leader,” Nationals' Manager Dave Martinez says. “It's been easy to write his name in the lineup and know what I am going

to get from him. He has improved his defense and has a really great arm. And offensively, he hit so many home runs last year.”

The 28-year-old Thomas, who will earn \$2.2 million this year and is signed through next year, appreciates his opportunity with the Nationals.

We recently talked to Thomas about his development, success with the Nationals, and how spending so much time with his father Mike at National Hot Rod Association races helped him in baseball—especially off the field.

What was the key to having your best season in 2023? I was just more consistent. I think it was just getting a chance to play every day with the Nationals. After I got traded, I definitely got more playing time. With the Cardinals, I didn't get a chance to play that much. I didn't swing the bat that well off the bench. I was getting one at bat every four days compared to getting four at bats every day or other day. The more at bats you get, the more comfortable

you get. You get into more of a groove, and that really helped me out. You look up at the end of the season and you realize you had a pretty good one. It's been really nice to get that chance. It's hard to come by. A lot of guys don't get that opportunity.

How do you build off that level of success? You just try to get back to what got you those numbers. You try to build off the things you didn't do as well. The hard part about the big leagues is that

“IT'S BEEN EASY TO WRITE HIS NAME IN THE LINEUP AND KNOW WHAT I AM GOING TO GET FROM HIM. HE HAS IMPROVED HIS DEFENSE AND HAS A REALLY GREAT ARM. AND OFFENSIVELY, HE HIT SO MANY HOME RUNS LAST YEAR.”

you have some success, and you want to stick to it, but to make sure you make strides in other parts of your game. You have to make sure you stay in top shape and prep your body for 160-plus games.

How has your game progressed or developed as a hitter since you came to Washington? We have a great group of coaches here and they have helped me in a lot of different ways. With hitting and base running, you have to keep polishing those tools, or you fall behind. You set goals for yourself. It's baby steps. I just want to keep getting a little better.

With the Nationals in a rebuilding mode the past few seasons, the team has made a number of trades. Would you like to be here when the team is good again and long-term? I have been here through hard times. After the club won the World Series (in 2019), I feel a lot of those guys aren't here. We have had to start with a lot of those guys we got back in those trades, including myself. I got to see a lot of those guys grow and see myself grow. It would be cool to see it through.

You have learned a lot by watching your dad drag racing. How has that helped you? My dad is the most confident person I know. He instilled the confidence in me to believe you are one of the best players on the field. You can at least put yourself in that conversation. I think that's important to do because a lot of guys in this league are pretty good. To stay here, you have to be pretty good for a long time. If you don't believe in yourself, that's a hard thing to do.

Did he help shape your career? Absolutely. I learned to take it day by day. Some days just don't go well in this league. Having the confidence to bounce back after a bad game is important.

How do you manage your down time during road trips? What do you do? What are your favorite cities and why? I try to wake up early and get a good breakfast or walk around and check out a city. I really want to enjoy the off-the-field stuff. My favorites are the big cities—Chicago and New York. My wife, Chase, usually likes going on those road trips. It's great to go out, walk around, check out the cool stuff in the city, and go to some restaurants if we have an off day.

What charities or causes do you devote your time to?

I do some baseball stuff in my hometown of Knoxville, Tennessee, with kids and the local high school. One of the guys I played against in high school, his dad had a facility. So, he would call a bunch of the pro baseball players in Tennessee that work out together. They would do some camps for kids, and I would go help them out. Also, I like going to children's hospitals and I have gone a few times. It's really cool. You bring smiles to their faces, or at least the parents. The kids know what is going on. You can really see the distress on the families' faces. We have some hospital visits planned. I will keep doing those for sure.



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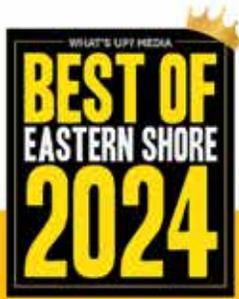
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A graduate of Hahnemann University School of Medicine, Dr. Kates' special interests involve dermatologic surgery and laser procedures, filler treatments, and Botox, Dysport and Daxxify injections. Dr. Kates served as the Director of Laser Surgery at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

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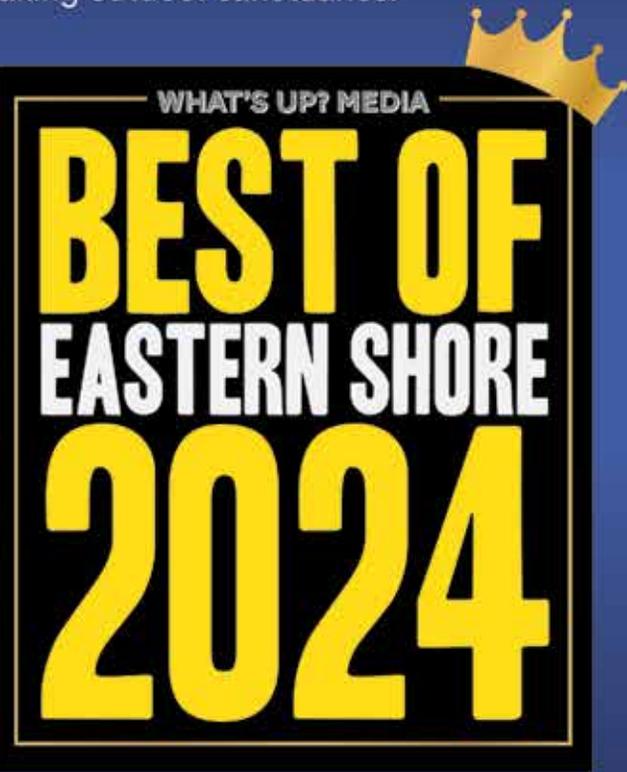
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The Excellence in Nursing Campaign continues this month! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. We are calling for licensed nurses and medical professionals to nominate your fellow nurses in several fields of practice. The results will be tabulated, vetted, and become Excellence in Nursing 2024.

Voting will close at the end of June (6/30). Those earning Excellence in Nursing honors will be notified in early fall and the results will be published in the November issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? Central Maryland*, in addition to the online platform and social media channels of What's Up? Media.

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BLUES FEVER



Left to right in foreground: Jackson Ruckman, Head Coach Colin Heriot, Team Captain Elton de Oliveira Santos, and Blues players celebrate the team's NPSL Mid-Atlantic Regular Season Championship. Photography courtesy Annapolis Blues



THE ANNAPOLIS BLUES FC
LOOK TO CAPITALIZE ON LAST
SEASON'S SUCCESS...AND
ELECTRIFY ITS HOMETOWN

BY JOANNA DAEMMRICH

Back from school, Jackson Ruckman laced up his scuffed cleats and sprinted onto the Navy Marine Corps Memorial Stadium's freshly marked field. This was a new kind of pitch for Ruckman and his hometown of Annapolis, known more for celebrating legendary football battles than soccer.

Ever since he was five-years-old and gleefully kicked a ball into a goal, Ruckman could count on a few fans cheering him on. After playing for modest crowds in high school and college, he was eager for his debut with a startup minor league team. Yet in a town synonymous with the Naval Academy, where sailing and lacrosse traditions also run deep, he wondered: Would anyone show up?

Glancing at the stands, he got an electrifying answer: a sea of blue engulfed one side of the stadium, as 8,368 ticket-holders set a record for the inaugural home opener. Families sported team jerseys. Six-year-olds danced in conga lines. Neighbors chatted between shouts of "Go Blues."

Annapolis had turned out against all expectations to welcome the Annapolis Blues FC—proof that soccer, too, is capturing the town's heart.

"I got out there and was like, 'Oh my god,'" recalls Ruckman, a 21-year-old defender for the Blues, who grew up in nearby Edgewater and plays right-back at North Carolina's High Point University. "I had no idea it would be that big."

The Blues are back this summer, hoping to recapture the excitement of their first National Premier Soccer League season, when they won all



"WE TRY TO MAKE IT AUTHENTIC, A REAL HIGH-LEVEL EXPERIENCE, BUT ALSO AS MUCH FUN AS POSSIBLE. KIDS CAN PLAY GAMES, GET AUTOGRAPHS, TAKE A SELFIE. THAT'S THE BEAUTY OF MINOR LEAGUE SPORTS."

but one game (with one draw), shattered attendance records, and claimed the Mid-Atlantic conference title.

"I want the team to be a reflection of the fans: Passionate. Enthusiastic. Never-say-die," says Coach Colin Herriot, who emphasizes an aggressive attack and vows to "continue to improve." "There's been a genuine connection there between the players and the community."

The Blues' success mirrors an explosion in both professional and amateur clubs, as national leagues capitalize on soccer's skyrocketing popularity. Semi-pro teams have popped up from Oklahoma City to Pittsburgh, with the NPSL alone expanding from six Southwestern teams in 2003 to 92 today. Meanwhile, Major League Soccer packs stadiums; CBS Sports will broadcast the second-tier United Soccer

League, and the 2026 World Cup promises more soccer mania.

Annapolis' lively sports scene beckoned Michael Hitchcock, a Dallas-based sports management entrepreneur and the majority owner. Hitchcock, who started his career in several MLS front offices, has invested in 15 other developmental teams across the country. His latest is in Columbus, Georgia, near Fort Moore, the Army base where he was born.

"We try to make it authentic, a real high-level experience, but also as much fun as possible," says Hitchcock, who keeps a photo on his office wall of the Blues' triumphant championship goal. "Kids can play games, get autographs, take a selfie. That's the beauty of minor league sports."

The Blues got off to a buzzy start, rallying fans with social-media promotions and a poll to pick the team's name. Downtown ca-





fes eagerly displayed banners, while area businesses signed up as sponsors. Forward Brewing and Rise Up Coffee even crafted signature drinks.

In no time, the Blues had found their footing amid the town's festivities surrounding Navy games, lacrosse playoffs, and Wednesday night regattas. Soccer enthusiasts now tailgate at the stadium like academy alumni. Young families relish cotton candy, gear giveaways, and game-day tickets that sell for \$15 per adult and \$12 for each kiddo. Fans hail each goal with chants of "Old Bay, Old Bay," a spicy Maryland twist on the Mexican soccer refrain "Olé, Olé."

Supporters anticipate an even greater rise this summer. After last July's nail-biter conference victory drew another record crowd of 8,480, Hitchcock is hopeful for 10,000 fans. That would be double the typical NPSL turnout, closer to a slow day at Washington's D.C. United, an MLS team. Despite ample room at the 34,000 seat Navy stadium,

though, U.S. Soccer's convoluted system prevents teams like the Blues from advancing into upper tier leagues, regardless of record or attendance.

As the Blues gain momentum, they're elevating a youth sport often overshadowed here, especially by lacrosse. Their devoted fan base reflects not just a generational shift but also the growing influence of Annapolis' Latino community, now 18 percent of the city's 40,000 residents—and its passion for soccer. Amid the town's bustle, soccer quietly thrives, with hundreds of kids practicing on middle-school fields, and adults organizing Sunday games.

Claire Bowdren co-founded Eastport's Forward brewery, whose name is featured (along with a crab logo) on the team jerseys. She credits the Blues for tapping into "a network of soccer enthusiasts and players that was already here, but just wasn't as recognized."

For Ruckman and his teammates, the summer games are mostly about honing skills for the upcoming college season. Most of the 32 rostered players are Division I standouts, with some from Division III schools and a handful recruited through popular open tryouts.

But the Blues also offer an unexpected step up for young





"THERE'S JUST THIS INCREDIBLE ENERGY. IT'S A GOOD FAMILY GAME, NOT ROWDY, NOT A BIG FRAT PARTY, JUST GOOD CLEAN FUN."

"Everyone was there!" exclaims Christine Lasser, owner of an Annapolis nanny-placement service, who bought season tickets with her husband, Eli, last year. "We had no idea it would be this popular. I literally ran into people I hadn't seen in 10 years."

On Saturdays, the Lassers stroll to the stadium with their three young children, all decked out in Blues gear, from their Murray Hill home. Eight-year-old Reid, a Maryland United player affectionately dubbed "Speedy Reidy" by his coach, finds the games "really fun because the players were so good." The best part? Dashing on the field afterward to get his ball autographed.

Annapolis Alderwoman Karma O'Neill, who represents the neighborhood encompassing the stadium, had the same experience. She, too, credits the Blues for the impromptu camaraderie.

"Every game I go to, I'm shocked by how many people I know, and if I don't know them, I start seeing them around town," she says. "There's just this incredible energy. It's a good family game, not rowdy, not a big frat party, just good clean fun."

men who assumed college was the pinnacle, after dedicating years to travel ball and out-of-state tournaments. And for talented players from the Annapolis area, who left in pursuit of higher competition, it's a homecoming.

"It's just a different feeling to play where you watched Navy football, Navy lacrosse, and now I'm on that field," says Ruckman, who graduated from the McDonogh School, where he boarded to compete with Baltimore-area private schools. "The Blues are pretty close. We do a lot of outreach, so now kids get to see soccer and think: 'I want to play on this team someday.'"

Players don't get paid and sacrifice summer weekends to early wakeups. But their return is better than free Rise Up coffee: a chance to distinguish themselves at Annapolis' biggest arena, where they might catch the eye of scouts. Just ask Jacob Murrell, last year's striker, who scored the final penalty goal in the championship—and was promptly signed by D.C. United.

"I'm trying to do what he did," confesses Alex Wroblewski of Murrell's leap to the major league. Wroblewski, who is 21 and also a striker at the Uni-

versity of Maryland Baltimore County, joined the offense, impressed by both the "intensity" and "togetherness of the team."

After 11 years of coaching at the highly ranked Maryland United youth club, Herriot, the head coach, had no trouble recruiting a starting lineup. He personally knew dozens of elite players, including those like Ruckman who had played for him. Meanwhile, there are plenty of up-and-coming prospects in Maryland and D.C., where the umbrella youth soccer association now boasts 75,000 registered players (both boys and girls), compared to 54,000 in 2014.

In the Blues' second year, Herriot is determined to not only win the conference again but also to advance in the NPSL regional playoffs. He pledges another season of relentless attack, saying: "We want to be really proactive with the ball. We want to control possession, to try to dominate."

Diehard Blues fans anxiously await every move, erupting into applause and high-fives at every daring through ball or spectacular save. But others find more enjoyment in the togetherness—and sheer ebullience—of the games.



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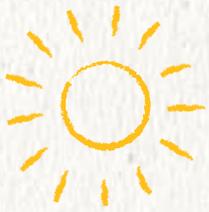
Compiled by Tyler Lewin



This summer, rekindle your elementary spirit and visit regional museums, attractions, and activities chock full of history, adventure, and old-fashioned fun



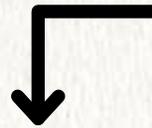
Summer is the season of boundless opportunity, when sun-drenched days stretch into warm, starlit nights, offering a tapestry for adventures and delights. The season is synonymous with joy, freedom, and unforgettable moments that weave themselves into the fabric of cherished memories. Whether you're seeking adrenaline-pumping thrills or tranquil respite, there's an abundance of activities to explore, making our region the ultimate playground for fun and excitement. We've compiled a list of things to do and places to go, to help kickstart your summer adventures!



If you're looking to get out of the house but stay inside on a hot summer day, the **National Aquarium** (aqua.org) in downtown Baltimore is a great option. The aquarium hosts several award-winning exhibits, from a tropical rainforest to Australian habitat to an Indo-Pacific reef. The living seashore exhibit is a unique opportunity to interact with some mid-Atlantic coastal species. Looking for something extra? The Animal Care and Rescue Center offers a 90-minute experience, giving insight and behind the scenes access to how animals are treated and cared for upon arrival and during their stay. Hours of operation are generally 9 a.m. to 6 p.m. most days. Adult tickets are \$49.95, with children and seniors being \$39.95, and those under the age of four are free.



Photo courtesy National Aquarium



Founded in 1914, the **Baltimore Museum of Art** (artbma.org) features local and international artwork. The museum houses to the largest amount of Henri Matisse's work in a public institution—the French artist who is regarded as the greatest colorist of the 20th century. Additional collections include ancient Egyptian works, European portraiture, and contemporary, avant-garde works. The BMA does not charge for admission, however certain exhibits may be subject to an additional cost. You can schedule an interactive guided tour that highlights artists from across the world, with an emphasis on those who are Black, Indigenous, women, people of color, and other underrepresented groups. The guided tour costs \$16 for adults and \$14 for seniors (65 years-plus) and is limited to 60 people per tour.



Nicholas Poussin. *Moses Sweetening the Waters of Marah*. 1627-28. Courtesy BMA.



Port Discovery Children's Museum

(portdiscovery.org) is another mainstay in Baltimore for families. Located in the Inner Harbor, this museum aims to educate children and spark imagination through hands-on, interactive experiences. Open 10 a.m. to 5 p.m. most days, this three-story museum also has sensory-friendly areas to provide those with sensory needs an inclusive experience. General admission tickets are \$23.95 for adults and children, with free admission for babies under 1 year old.



Swimming is a classic summer activity, but visiting the same pool over and over again can be monotonous—that's where the **Beaver Dam Swimming Club** (facebook.com/beaverdamsc) in Cockeysville comes into play. This 30-acre swimming club is more than just a pool; it is a unique, freshwater quarry. With an additional two pools for those that may not want to take the deep plunge, this swim club is a perfect break from the usual swim. In addition to the swimming offerings, BDSC also offers a large rope swing into the quarry, a couple sand volleyball courts, and shaded areas with grills for cookouts and picnics. A one-day pass on the weekdays will cost \$20 per person for those 12 and over, with those aged 2–11 being \$16; on the weekend, prices jump to \$30 and \$20 respectively. A season pass is \$365 for those 18 and up, \$185 for those 12–17-years-old and \$145 for those 2–11-years-old. Children must be four years old to swim in the quarry, and no alcoholic beverages are allowed on the grounds.



Image credit Trevor Romaine/YouTube



Located just outside of Baltimore's city center is the historic **Fort McHenry National Monument** (nps.gov/fomc). Most famously, the fort was central in the Battle of Baltimore, which took place in 1814, and gave Francis Scott Key inspiration to write *The Star-Spangled Banner*. Today, the visitor center offers exhibits with several key historical artifacts, interactive programs, and a ten-minute orientation film. Whether you're a history buff or first-time explorer, the fort has options for both self-guided tours as well as ranger led tours and talks throughout the day. The entrance fee for the national park is \$15 for anyone 16 years and older. The fort is open daily, 9 a.m. to 5 p.m.



Kilgore Falls at Rocks State Park (dnr.maryland.gov/publiclands/Pages/central/Rocks/Falling-Branch.aspx) located in Pylesville, Maryland, is a fantastic summer adventure. Featured in the Disney-produced, award-winning film, *Tuck Everlasting*, the second-highest vertical waterfall in Maryland can be found five miles north of Rocks State Park. The 17-foot-tall waterfall is located at the end of a half-mile hike, in the Falling Branch area of the park. Due to its popularity, reservations must be made to visit Kilgore Falls on weekends and holidays Memorial through Labor Day. Passes are free, with the parking lot opening at 8 a.m. and closing at sunset. Swimming and wading are allowed, but not encouraged and must be done at your own risk. Pets are allowed on the trail but must remain leashed at all times.



The **Baltimore & Ohio Railroad Museum** (borail.org), located in a historic railroad station, originally opened on July 4, 1953, and has been operating ever since. This museum aims to preserve the legacy of America's railroading history. The Underground Railroad Exhibition highlights the role played by the physical railroad in aiding individuals who were seeking freedom along the B&O path. Additionally, the museum holds the most comprehensive collection of early American railroading memorabilia. Museum hours are daily 10 a.m. to 4 p.m. Admission ranges from \$20 for adults to \$12 for children (ages 2–12) and \$17 for seniors (ages 60-plus). There are opportunities for discounts based on group size, employer/job field, and day of the week.

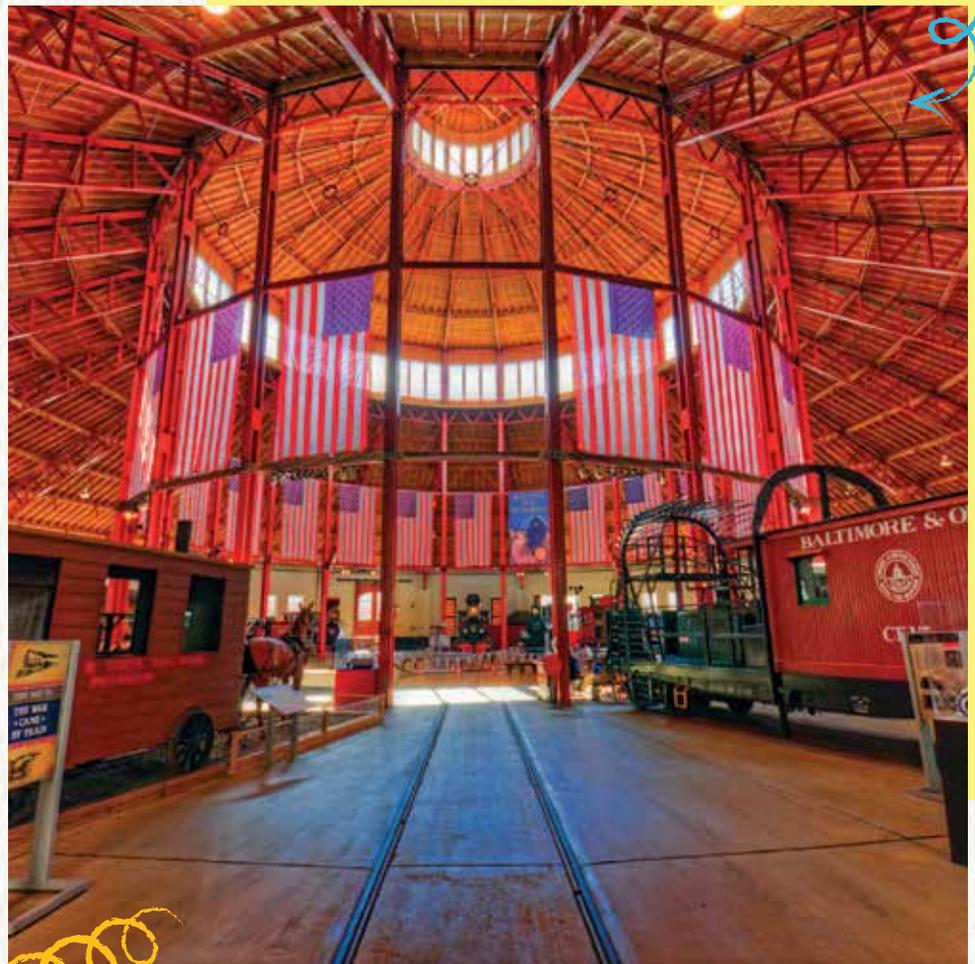


Photo by Craig Fildes



Need a perfect day for the animal lover in your life? There are two major zoos within a close distance. The **Maryland Zoo** (marylandzoo.org), located in Druid Hill Park, a northwestern section of Baltimore spans 135 acres. Home to over 1,500 animals, the Maryland Zoo has three main animal sections: Maryland Wilderness (animals who call Maryland their home), Northern Passage (Bears, Penguins, North and South American animals, and cold-weather animals), and African Journey (animals originating from the African continent). Tickets are \$27 for adults, \$23 for children (2–11), and \$24 for seniors (65-plus). The **Smithsonian's National Zoo and Conservation Biology Institute** (nationalzoo.si.edu) is one of the oldest zoos in the United States. The National Zoo holds over 2,200 animals, including several endangered species. The sections of the zoo are relatively self-explanatory: The Asia Trail, Elephant Trails, Lemur Island, Small Mammal House, American Trail, Great Ape House, Gibbon Ridge, Great Cats, Africa Trail, Amazonia, Reptile Discovery Center, Bird House, Claws and Paws Pathway, Kid's Farm, and the American Bison Exhibit. Admission to the National Zoo is free, however you must reserve an entry pass online; parking onsite comes at a fee. The zoo is open every day of the year (except Christmas) from 8 a.m. to 6 p.m., with final admittance allowed at 5 p.m.

If you want the best bang for your buck, visiting any of the **National Smithsonian Museums** (si.edu/visit/hours) cannot be beat. Entrance into the museums is free. There are 21 total museums, with some of the favorites being: National Air and Space, National Portrait Gallery, Natural History Museum, American History Museum, and the Smithsonian Gardens. Larger landmarks such as the Washington Monument, the White House, and several memorials are within walking distance. And the expansive National Mall is perfect for a midday picnic! With several options, these D.C sites can be anything from a short visit to a day's worth of activities.





Annapolis is home to the highly regarded **U.S Naval Academy** (navalacademytourism.com), which offers guided tours that offer insight into the lives of the Midshipmen, as well as the rich naval history of the institution and military branch. Guided public tours last 90 minutes and tickets range from \$12–14 dollars based on age, with a \$10 offering for any military members. The Gem car tours last 75 minutes and are given via a five-passenger electric vehicle, highlighting the “gems” of the Naval Academy. These run 75 minutes and cost \$35 per person. These tours are perfect for a cool, clear day!



The Annapolis area features several opportunities to channel your aquatic interests and a favorite is learning how to paddleboard. Paddleboarding is currently one of the fastest growing water sports. A great place to start is Quiet Waters Park in Annapolis, home to **Capital SUP** (capitalsup.com), one of the main paddleboarding instruction outfits. They offer paddleboard rentals (plus kayaks and canoes), intro classes, fitness classes (paddleboard yoga, anyone?), and even camps.



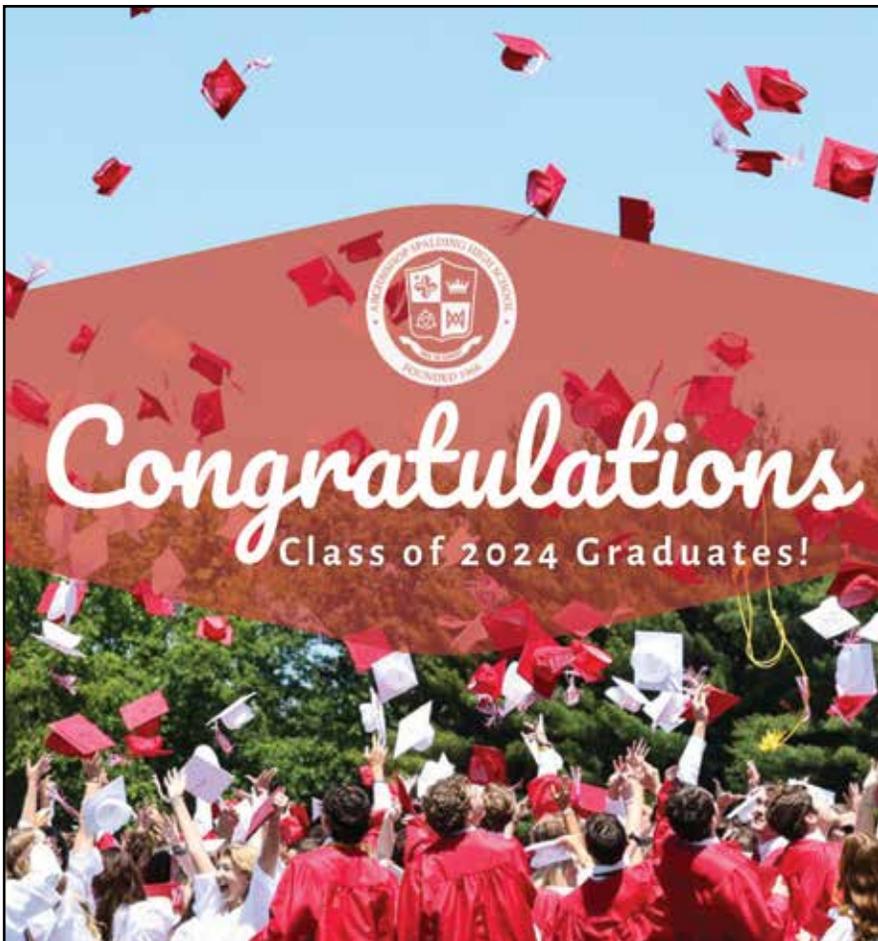
Assateague Island (nps.gov/asis), regarded as one of the best beaches on the East Coast, has 37 miles of natural beach along the Atlantic. Just a couple miles south of Ocean City, this National Park is most notably known for the wild horses that roam throughout the protected land; this is one of the few places in the United States where one can experience this! In addition to horse viewing, Assateague Island offers camping, fishing, hiking, and water activities. For only \$40 per night, you can pitch your tent or park your camper at the National Park's designated campground in Maryland. There are various sightseeing cruise and kayak tours also offered by third-party companies.



Looking for something to wrap up the summer fun? The **Ocean City Air Show** (ocairshow.com) will take place on August 24–25. With a diverse profile of planes, from the F-22 Raptor plane, the fastest fighter jet in the world, to stunt planes flying upside down, this is a show you won't want to miss. The 2024 show will play host to the Italian Air Force Frecee Tricolor, who will be returning to the U.S. for the first time in 30 years. This 10 aircraft fleet is the world's largest acrobatic patrol team and will dazzle the audience with a 30-minute performance. Tickets range from \$25 to \$249, giving five different seating options across various levels.

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BY

FREDERICK SCHULTZ

All-American Navy baseball legend Chuck Davis embodied this refrain from the classic anthem “Take Me Out to the Ballgame,” as he set pitching records that still stand—more than six decades later

We don’t call it “America’s *National Pastime*” for nothing. Whenever social and political turmoil erupted during the 20th century, we could count on one comforting constant: baseball. And at the beginning of arguably one of its most tumultuous decades, the 1960s, sports fans in Annapolis and Navy alumni had something to cheer about in the springtime: the Navy baseball team.

Dateline, June 5, 1960: “MIDDIE FANS TEN IN 9-TO-1 SUCCESS, Davis Pitching and Bellino’s 4 Hits Pace Navy Nine.” It was the front-page story in the *New York Times* Sports section. Despite this Navy win, Army was still the Eastern Intercollegiate League champion that year.

The “Middie” who struck out ten West Point Cadets that day was Chuck Davis, a gentle giant of a man who now lives in retirement with his wife in Florida. That’s where we caught up with him for his remembrance of that key game in his distinguished baseball career as ace pitcher for Navy.

“That was a great day,” Davis remembers. “Joe [Bellino—known best as winner of college football’s Heisman Trophy] hit two or three major-league-type line shots. That must have rattled their cages. They had a runner thrown out at the plate in the first inning after they had scored a run, and that was their only one all day. It was one of the best baseball teams Army had ever fielded. At the same time, we had a mediocre year. Our

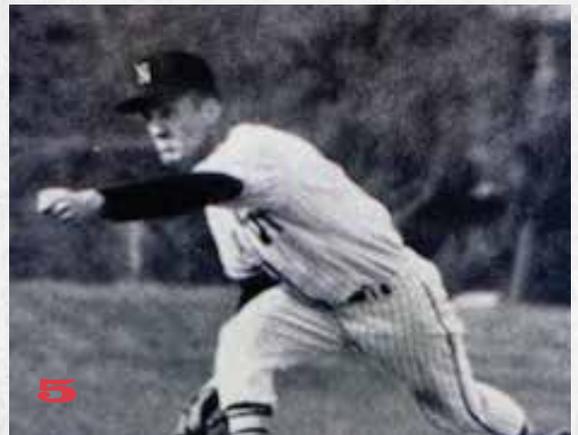
feeling was that the better they were at the time of that game, the better for us if we beat them. It was the biggest Navy baseball crowd we’d ever seen. The stands were packed.”

The following season, in 1961, would be even more memorable.

THE TEAM

Chuck Davis will be first to tell you that the players on the field are the ones who made his pitching record (wins and losses) look so good. “Ron Terwilliger and his brother Bruce had been star high school athletes for a rival school to mine in our hometown. Ron was a hard-hitting youngster second baseman with our team in 1961,” Davis recalls. “And Bruce was a plebe that year and went on to a fine career as a pitcher for Navy. It is well known that they both went on to greater things around Annapolis. The baseball field is named for them.”

The players backing up Davis were formidable, a well-balanced team of sophomores and juniors in the lineup. According to the star hurler, “the highest batting average was about .285.” The Class of 1961 boasted Bellino, and the four pitchers were all the seniors, too: Ed Ettinger, Gary Carlson, Dave Patz, and Davis, who emphasizes, “We won 19 straight games. The streak was snapped in a 4-2 loss against Princeton, on a fielding error by none other than one Chuck Davis. We ended up 24 and 2 and won the Eastern Intercollegiate league title.”



1. Navy's 1961 championship winning baseball team 2. Davis played for USA baseball during his career 3. Chuck Davis 4. Joe Bellino 5. Chuck Davis in action

Navy sports lore has it that an injury sustained by Bellino in football had restricted his ability to throw to second base from his catcher position, so he switched to left field, and the Class of '62's Harvey Cybul took over as catcher. "We said shortstop Chuck Galloway was the best-conditioned infielder in the league from all the times he had to sprint out to take (short) relay throws from Joe. I don't think any other team ever caught on," Davis jokes.

And what *about* Bellino, who went on to play pro football for the AFL Boston Patriots?

To that question, Davis has his own assessment: "I always felt he was a better pro prospect for baseball than football." Bellino himself, however, later referred to choosing football as "a no-brainer."

"My folks lived in the D.C. area," Davis recalls. "Joe went home with me a few times, and my mother was crazy about him. It's fair to say that for those few months, he was the most famous young man in the USA.

"He handled it with ultimate class. If you visited casually with him, and did not know him, you would never know he had ever played in an athletic event. I never heard one negative remark about the guy."

SPORTS AND THE MILITARY

The boy who became a lanky pitching star attributes his interest in sports to, "like most guys, my dad." Davis was five years old when his father returned from World War II. The returned veteran had been a small-college coach and was very focused on encouraging his son to play. "My own skill set featured being a very slow runner," Davis quips with a laugh. "That put me in a position

where baseball pitching was ultimately my best bet for some success. I was fortunate to have great coaching in high school."

As an Army colonel in 1950, Davis' father was assigned to the staff college in Norfolk, Virginia. The ship visits that father and son made to those moored there, "were fascinating, of course, for a 10-year-old kid. I had never lived on any service base, so this was my introduction to the functioning military," Davis explains. "I certainly wanted to join it all."

He ultimately did, becoming an Academy Plebe in 1957—the start of a lengthy military career.

And while the '61 season will always be remembered as one of Navy's finest, Davis achieved many accolades and records by the culmination of his four years at the Academy. Upon graduation, his school records included: Season ERA, Career ERA, Season Win Total, Season Complete Games, Career Complete Games, Season Shutouts, Career Shutouts, Season Innings Pitched, and several others which would eventually be broken by contemporary phenom Noah Song (Class of 2019). Davis was selected to the All-American college baseball team in '61, played for the U.S. national team, and eventually was inducted into the Naval Academy's sports Hall of Fame.

After USNA and Annapolis, Davis fulfilled his service commitment by joining the U.S. Marine Corps. "I had been impressed by the Marine officers I'd met both at the Academy and with my family," Davis explains. "I was not crazy about lengthy sea duty. Those guys deserve a lot of credit—tough duty." As for his service as a Marine in Vietnam, Davis describes it in his low-key style: "It was alternately boring and frightening. I saw action. There was misery. I met some marvelous young men of all backgrounds. I was lucky." ■

NOAH SONG

This story would be remiss if it fails to mention Noah Song (Class of 2019), who broke some career records that had been set by Chuck Davis: Wins, Strikeouts, Innings Pitched, and tied for most Career Shutouts. According to Davis, "Make no mistake. Noah Song is the real deal." The situations, however, were significantly different. "We generally played against bigger schools, but only saw them once a year. Now, Navy plays several games against some teams, giving them more looks at the pitchers and making it tougher on them."



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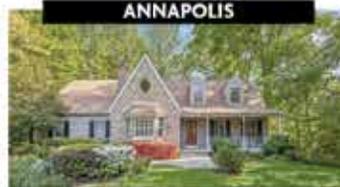
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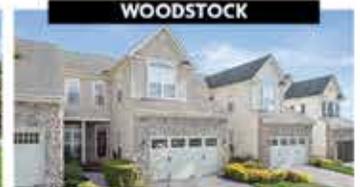
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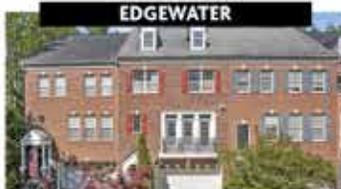
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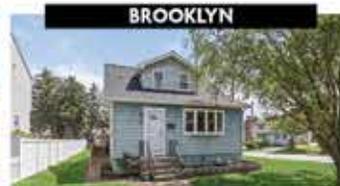
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Elevate, Don't Renovate ...

OUR FAVORITE BOREDOM-BUSTING BATHROOM IDEAS

By Lisa J. Gotto

Beyond the utility of our bathrooms, opportunities abound that provide potential to make this room a delightfully inspiring space. After all, this is the room that jumpstarts our day, where we look in the mirror and give ourselves our best slay-the-day speeches, so inspiration and motivation is key. Perhaps this accounts for the current trend to rid our bathrooms of boredom, and fortunately, it does not require ripping out its larger fixtures or upsizing its footprint.



◀ A PERK OF FRESH PAINT

Yes, changing a room's color is the quickest and most obvious way to update a look, but it's not just about the medium anymore, it's about the method. Getting creative with where color is applied can be just as important as the color you choose. When deciding where, take a moment to stand in your bathroom and simply look up. While the ceiling may be the very last place you would think to upgrade about this room, interiors experts often see this surface, or "fifth wall" as one of the most missed opportunities when it comes to making a statement in décor and design. Combining a bold color choice that incorporates a matching splash of the same color below as reflected in the vanity and tiles turns what could have been a standard neutral bathroom into a bright and optimistic way to start the day. Other ways to creatively use paint without an entire wall re-refresh is updating your vanity with a sunny shade or perhaps even your tub, should you be fortunate enough to have an antique clawfoot style. Expertly painted vintage tubs like these make a style statement all on their own. If you're thinking a complete hue refresh is in order, neutral colors and white remain the most popular option as well as softer greens and blues. Use your décor pieces as a base to build off of when choosing your new hue and when it comes to finishes, experts recommend a moisture-resistant satin, semi-gloss, or high-gloss finish.





A New Role for Texture

Smooth, sleek, curvy—all common terms associated with the vibe of a bathroom. Enhance your bath’s vocabulary and vibe profile with an accent wall that is far from flat. These chunky tiles in random depths and subtle tonal variations add a layer of interest and even intrigue to an otherwise monochromatic bathroom. Fortunately, there are many easy-to-install varieties of tiles available now that possess these three-dimensional qualities. And, the textiles associated with the bath are the easiest aspects to swap out to create a new vibe. “A new shower curtain alone can make a drastic difference in any bathroom—bonus points if you swap out your rod and rings, too!” says Kelley Gable of Gable Interiors. “Right now, we’re loving waffle knits and soft linens for that spa-like look and feel in the bath. Another way to upgrade your textiles is to swap out your bathmat. And don’t be afraid to think outside the box ... we’re gravitating towards vintage minis or runners if your space allows. And lastly, don’t forget about your everyday items like bath and hand towels. Super-plush Turkish cotton towels will not only aesthetically upgrade your space but will also upgrade your daily experience.”

COMMON-SENSE UPGRADE: OUT WITH OLD GROUT

Nothing makes a bathroom look more dated than dingy, cracked grout that’s past its prime. If you’re ready for a re-grout and re-seal, experts recommend replacing traditional white with a dark-colored grout which provides a crisp, modern look.



WALLPAPER THAT WOWS

A small swatch of wall and even a smaller bathroom are a non-issue when an auspicious use of wallpaper is employed. While opinions on the yay or nay of using this material can be as sticky as its backing, at the end of the day, it’s hard to dispute the game-changing impact of a perky paper in the proper space.



Mirror, Mirror

Frame that morning pep talk you’re having with yourself with a mirror style that sparks interest. Upgrade that static, flat vanity mirror for a gilded vintage look, or take the modern route and install a Smart mirror that can help you get a jump start on your day. Another creative approach is adding several to the same wall as your main mirror for an eclectic collection of functional, light-reflective, and an interest-grabbing aspect to your bathroom’s overall look. “Think of your mirror as artwork and allow for it to be a creative upgrade to your bathroom,” says Gable.



HARDWARE: THE EASY UPGRADE

“We love swapping out vanity knobs and pulls with more decorative pieces that can immediately change the look and feel of your bathroom,” Gable says. “When it comes to bathroom accessories, think towel bars, hooks, and toilet paper holders.” Gable adds that they advise their clients to match their bathroom accessories to their plumbing fixtures for a more streamlined look. “But that doesn’t mean they have to be boring!” she says. “Look for accessories that have updated edging details, closure systems, or two-tone variations. And bonus tip: Don’t forget to update your toilet lever to match your new hardware and accessories. This is one detail that is often overlooked but shouldn’t be because it offers big impact!”



Crowning Jewels

“We often share with our clients that lighting is the jewelry of any space,” Gable says. And that can certainly be true for bathroom lighting. This is where you get ready for the day, and perhaps apply makeup, so a well-lit space is essential and most often, we find that lighting is either outdated or poorly placed in bathrooms.” Gable recommends swapping out over-the-mirror fixtures for fresh sconces that flank the mirror at about eye-level or between 60 to 65 inches from the floor to the center of the sconce backplate to avoid any unwanted shadowing of your face in the mirror. Updated lighting can not only take your bathroom from drab to fab, but it also provides an excellent opportunity for personalization and self-expression.



Designer Tip:

Thinking of mixing your metals? Designers weigh in with a resounding, “Yes!” A good rule of thumb is to have the major fixtures match, and then add in a second finish for additional knobs and accessories to take your design to a more curated and clever level.



THAT FIRST AND LAST TOUCH

Gable offers a designer hack for that last bit of powder room polish. This small detail, she says, requires zero construction or renovation, but makes a huge impact. “Update your lighting switch plates and electrical backplates! Swapping out boring white plastic backplates to metal-finish or other complementary plates will be the best \$10 upgrade you’ll ever make!”



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Invasive Plants Are Coming! Prepare!

By Janice F. Booth

Okay, I know we don't need more stress right now. Our gardens are our stress-relievers, our source of peace in a world of struggles. I hate to interject a "call to arms," but *attention must be paid*. Gardeners, man your weed-pullers and spades!

There are strong indications that over 100 invasive plants, commonly labeled "weeds," will be expanding into the Eastern United States. More than 30 of those species are predicted to "wreak havoc" with our native plants. This migration of weeds to the East Coast is being attributed to climate change, according to a February 2024 article from the Weed Science Society of America (WSSA). Maryland's own Native Plant Society shares the same concern. (See: mdflora.org/aboutinvasives.html)

So, I'll discuss first the most common and serious invasive plants threatening the eco-balance in our region. Then, I'll review a few of the often-overlooked indigenous plants that will flourish in our gardens. Some of them may be old friends.



INVASIVE PLANTS (AKA WEEDS)

There are six categories: aquatic plants, herbs, grasses, shrubs, trees, and vines. The list below is not exhaustive. They're weeds with which many of us are already familiar and may even have done battle.

I Aquatic troublemakers in our ponds and streams: not an exhaustive list: water hyacinth; water clover; chickweed; fragrant waterlily (sorry, but you'll have to keep a close eye on those lovely waterlilies in your pond—don't let them escape into nearby creeks and streams); arrowhead (yes, those graceful wings-on-a-stem are trouble; and loosestrife.



2 Over-zealous herbs: If you've ever grown herbs, you're already well aware of the impact of these hardy plants: yarrow (all varieties); maidenhair fern (sadly, they can get out-of-hand); garlic mustard and regular mustard; wild onion and wild garlic (stick to the grocer's offerings if you want to avoid lots of weeding); alyssum; amaranth (yup, those lovely purple tufts are trouble); columbine; and wild celery.

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3 Gorgeous but strong-willed grasses: I've written before about the difficulty of maintaining even a single specimen of some graceful grasses; well, here's another problem with these beauties—they sneak out when you're not looking, like a bunch of teenagers and find themselves where they don't belong: wheat grass (popular for planting on beaches to control erosion because they spread tenaciously); bamboo (sneaky rhizomes spread everywhere just below the surface soil—you don't realize where it's wandered until it's in your lawn and flowerbeds); sedge grass; pampas grass; and Mediterranean love grass (I know they're not used much around here, but I love the name).

4 Sneaky (i.e. invasive) shrubs:

There aren't many, but, oh, dear, they are popular little guys: Japanese laurel (oh, yes. These guys tend to be the Sumo wrestlers of the shrub world); barberry; boxwood (those sturdy, old shrubs introduced to the Colonies by the Brits, can be troublesome when they invade! Sound familiar?); cotoneaster; forsythia (our harbingers of spring are easy to propagate and quick to spread); beautybush; and privet.



5 Avoid planting these trees:

They're not good neighbors to our native species, but the good news might be that they don't seem to thrive here either: several varieties of maples; hawthorns; eucalyptus; and Bradford pear (don't be charmed by its pretty, spring blossoms).



6 Vines: I know you're probably already well aware of how quickly vines "go walking." Kudzu immediately comes to mind: bittersweet (not including our lovely American bittersweet which we all cherish); bindweed (more likely to be the bane of farmers than urban gardeners, but sometimes they do sneak in); English ivy (yes, I know it's a staple in my garden plan too. But we have to keep it strictly under control so it doesn't strangle trees and overshadow native flowers); morning-glory (most varieties only become destructive if they're left too many seasons to their own devices—chop them back occasionally; jasmine (that intoxicating fragrance makes them tough to eliminate); and wisteria (yes, I fell under this tough fella's spell, and now I have a huge, beautiful arbor vine that dares me to keep it trimmed! And its suckers show up everywhere!)



And there you have it...some of the most unwanted invaders. But to end on a happy note, here are some lovely native or indigenous plants you might welcome into your garden.



Let's begin with those tall, elegant showstoppers, **Cardinal flowers**. They're perennial and can tolerate partial shade.



All year long you can enjoy **evergreen wood fern**. There are lots of subgroups, but they all have those elegant fronds in subtly different colors.

Another old favorite is the **lady fern**. Also an evergreen plant, its delicate fronds soften your woodland and shady garden areas.



And finally, a personal favorite, the **obedient plant**. This quiet darling is just as dear as its name. With pink and lavender blossoming heads, they return season-after-season, easily adjust to moves, and stay where they're planted—obediently.



Creeping phlox are that beautiful blooming groundcover that spills over rock walls and softens our flowerbeds. It's a native perennial, so it will keep producing its color and fragrance year-after-year.

I'm confident that we, gardeners, will do what we can, each in our own way, to support and protect nature's beauty. We may allow some of these outcasts into our gardens, but we won't let them overtake our native plants.

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For the Curated, Modern Lifestyle

By Lisa J. Gotto



This gorgeous and meticulously updated ranch-style home in desirable Davidsonville offers nearly 3,000 square-feet of living space, an abundance of curb appeal, and plethora of enhancing custom details.

And guests will start noticing those details before they even approach the entry because the 1.75-acre property has been land- and hard-scaped to provide welcoming gathering spaces in both the back and front of the home. Elements of attractive, rustic fencing, stepping slates, and a modern fire-pit within a courtyard seating area complement the gracious, farmhouse-themed front porch.

The light and bright foyer proceeds down a hallway to the left along luxury plank vinyl floors to an opulent study with a huge, sunny picture window, custom built-in, and attractive crown molding. The center hall off the entry continues to the open-plan great room. This friendly gathering space boasts an attractive, white brick fireplace with a crisp, black wood mantle. The space transitions beautifully into a cozy area to work from home and then into the all-white contemporary kitchen.

Custom, integrated cabinetry with burnished gold hardware, an ultra-stylish, two-tone metal range hood, and thick, white solid stone countertops make this a most inspiring culinary environment. A custom center island adds a tony, vintage vibe, and a white subway tile backsplash pulls the whole look together.

Located just off the kitchen is a super-efficient pantry with doorless cabinetry for ease of use,

Primary Structure Built: 1986

Sold For: \$1,165,000

Original List Price: \$1,100,000

Bedrooms: 5

Baths: 3 Full, 1 Half

Living Space: 2,952 Sq. Ft.

Lot Size: 1.75 acres

as well as a laundry room that looks as good as it works. Custom cabinetry in a rich, blue hue creatively conceals every element of the room's utility to provide a multi-functioning space for hanging out with a beverage from the integrated mini fridge near the clever high-top work station. The space is roomy, bright, and opens via French doors to the front courtyard.

A threshold on the other side of the kitchen leads to a large, sunny dining room with an additional cozy seating area, walls of windows, and a sliding glass door to the backyard patio area.

The opposite wing of house is where all five of the residence's bedrooms are situated. There are three generous kids' or guest bedrooms, and two-primary suites with full baths—perfect for *au pair* or in-law living. The large owners' retreat offers many custom touches and conveniences, including an integrated dresser wall that features customized drawers for shoes, accessories, and jewelry—for a tidy, streamlined look. There's also



Photography of James Harper/Next Step Realty

a huge, walk-in wardrobe and an enviable en suite bath that features a beautiful, white stoned-topped vanity and a separate dressing table with integrated bench seating and storage.

At the end of the day, the whole family can retreat to the gorgeous environs of their backyard patio and pool area. This is a large, lush space for spreading out, child's play, dining under the enchanting pergola, and several, separate hardscaped gathering areas that provide both contemplative spaces and a variety of outdoor entertainment zones. Ranch-like living at its best.



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Buyers' Agent: Connie Trujillo, Engel & Völkers Real Estate, 138 West St., Annapolis, m. 410-507-8019, o. 443-292-6767, connie.trujillo@evrealestate.com, evrealestate.com

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Natural Creekside Beauty

By Lisa J. Gotto

The natural beauty of the Chesapeake pristinely unfolds around this 3,100-square-foot home from its advantageous location off the Magothy River's Cool Spring Cove. This true slice of paradise offers 55 feet of prime waterfront and a quintessential, quiet neighborhood experience nestled amongst a palette of mature trees and native grasses.

Inside, the home offers a main level with a generous open floor plan with warm, honey-colored hardwood floors throughout, and an abundance of

**Primary
Structure
Built:** 2006

Sold For:
\$1,400,000

**Original
List Price:**
\$1,425,000

Bedrooms:
4

Baths: 3
Full,

**Living
Space:**
3,178 Sq.
Ft.

Lot Size:
.12 acres

natural light coming from its many windows and a series of large, sliding glass doors overlooking the peaceful creek. Entertaining is a dream here, as the spacious chef's kitchen opens effortlessly to living space and the views.

The room mimics the natural tones one can see outside with its custom wood cabinetry, and its large center island with breakfast bar seating for four. The room also offers an all-stainless steel appliance package and dark granite countertops. There's a roomy formal dining space adjacent to



the kitchen, which flows into the spacious main living area. In addition to the incredible views, this room offers a rustic, stone-front fireplace, and easy access to the outdoor living space. This expansive, elevated deck overlooks the water and is the perfect place to entertain guests for an al fresco pre-boarding party, as they will be just a flight of steps away from the property's private pier.



This residence can always be the home base for weekend events, as well, as it offers three additional bedrooms for overnight hosting. A generous family room with walk-out to the ground level patio is located on the home's finished lower level which also offers a guest bedroom and mini-bar.

Two additional guest bedrooms and a full bath are located on the upper level along with a spacious primary suite with spa-like bathroom, walk-in closet, and tranquil views out to the creek—the perfect way to end any day exploring the local waterways, nearby restaurants, and all the attractions in neighboring historic Annapolis.



Listing Agent: Christian Schou, Berkshire Hathaway Home Services/Pen Fed Realty, 1997 Annapolis Exchange Parkway Annapolis, m. 443-926-4509, o. 410-266-0600, christian.schou@penfedrealty.com, bhhs.com **Buyers' Agent:** Jessica Young-Stewart, RE/MAX Executive, 8432 Veterans Hwy., Millersville, m. 443-623-8271, o. 443-274-1938, jessyoung.realestate@gmail.com, remax.com



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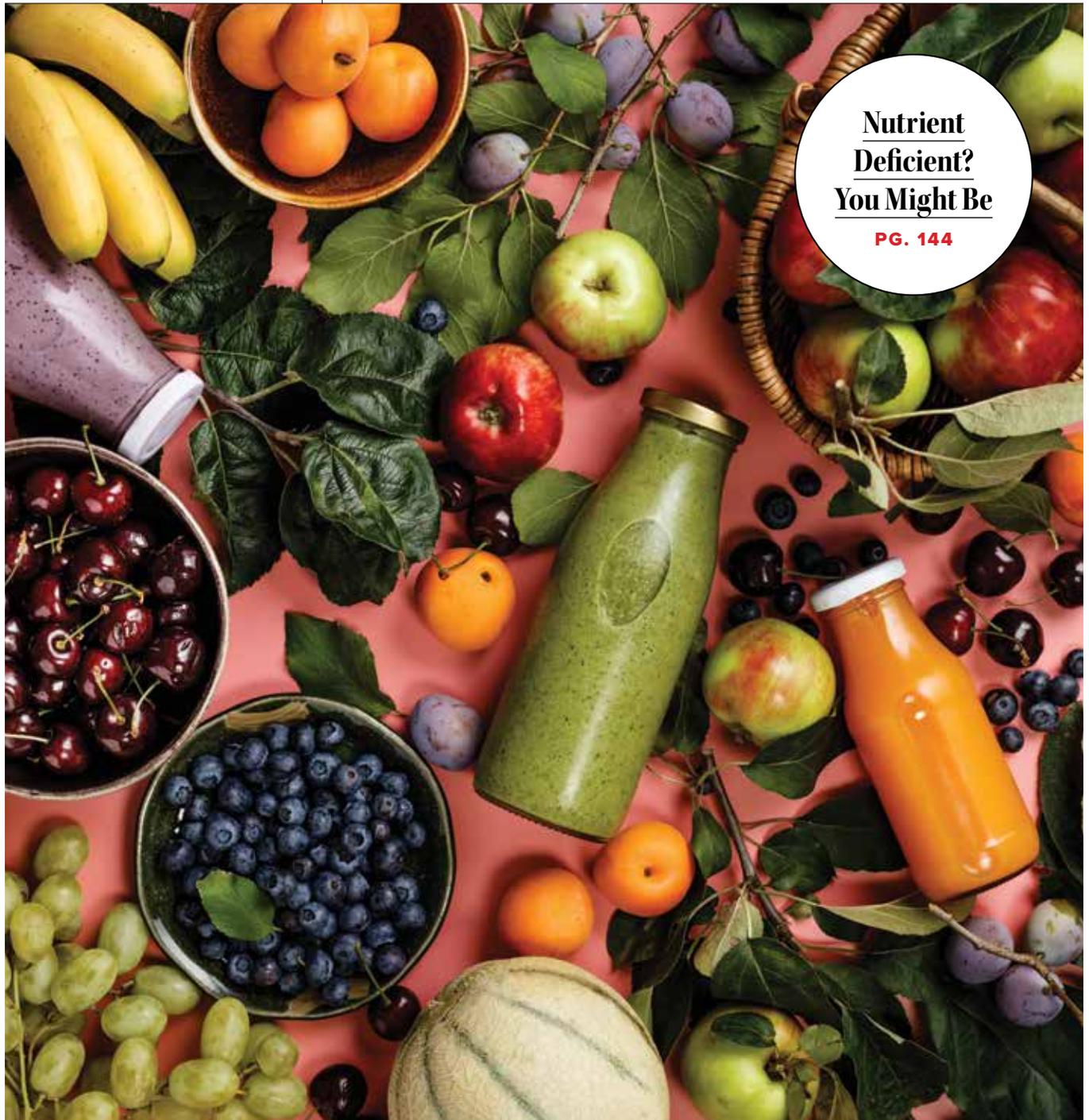
Health & Beauty

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**Nutrient
Deficient?
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PG. 144

Can Cardio Be Cozy?

By Dylan Roche

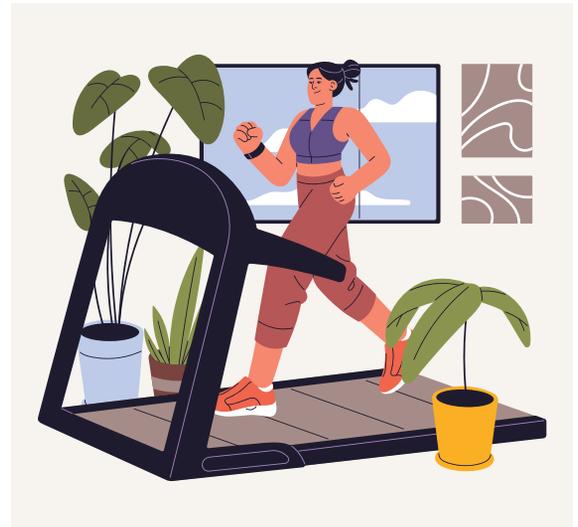
The latest fitness trend to take over the internet aims to mellow down the intensity of your daily sweat session. It's known as **cozy cardio**, a term that might sound surprising to people who think of aerobic exercise as being all about heart-pounding runs or intense spin classes. Instead, cozy cardio makes aerobic activity feel comfortable, peaceful, and—well, cozy.

The benefits (or drawbacks) of cozy cardio really come down to a person's current level of fitness. If you already have a high level of cardiovascular fitness and you're conditioned to doing (and enjoying) vigorous exercise, then cozy cardio might not offer a lot for you. But if you're a couch potato, then getting up and moving—even in a gentle way—is a good start. And if you're somebody who consistently pushes yourself to the brink, even on days when you should be resting, cozy cardio could be a helpful way to discover that exercise isn't an all-or-nothing endeavor.

The trend started with a TikTok named Hope Zuckerbrow, whose series of viral videos documented her approach to improving her relationship with physical activity. In each video, she prepares a protein drink for herself, dims the lights, sets out scented candles, and puts on a favorite TV show while she walks on the treadmill.

The idea gained momentum with many people who previously hated the idea of a cardio workout. Instead of running or cycling, they saw this as a way of fulfilling their cardio needs while doing something low intensity at home.

IF YOU'RE SOMEBODY WHO CONSISTENTLY PUSHES YOURSELF TO THE BRINK, EVEN ON DAYS WHEN YOU SHOULD BE RESTING, COZY CARDIO COULD BE A HELPFUL WAY TO DISCOVER THAT EXERCISE ISN'T AN ALL-OR-NOTHING ENDEAVOR.



THE BIG QUESTION THOUGH: IS THIS EFFECTIVE?

It depends on your goals and how cozy your cardio session actually is. Most people need about 150 minutes of moderate aerobic activity per week or 75 minutes of vigorous activity per week. If your aerobic activity is enough to raise your heart rate and break a sweat, then that counts as moderate aerobic activity—and doing that for 30 minutes per day five times a week, for example, is enough to help you maintain good heart health, boost your immune system, reduce stress, improve sleep, and stave off excess weight. (It's worth noting, however, that if you have specific fitness goals, the minimum amount of moderate activity likely won't be enough.)

Somebody who is already aerobically fit would be taking a step backward if they relied on cozy cardio as a workout every day. But they could consider it a good rest day activity, so they can enjoy some form of movement even when they are letting their body recover from an intense workout the day before. People who would otherwise be sedentary, or who are intimidated by the idea of cardio, will likely find cozy cardio a low-stakes, approachable option that sets them up for more ambitious fitness pursuits in the future.

The bottom line: Fitness isn't a one-size-fits-all pursuit, and any movement is better than no movement. That might make cozy cardio a good option for you.

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Assessing the Atlantic Diet

A COUSIN TO THE MEDITERRANEAN DIET IS RISING IN POPULARITY THIS YEAR

By Dylan Roche

While diets of the past leaned into the idea of restriction—eat low fat! watch your carbs!—diet trends of today tend to lean into prioritizing certain nutritious foods over less nutritious ones. It's about the ways foods can *help* you

instead of *hurt* you. In the case of many Americans, trying to replicate the eating habits of cultures where longevity and vitality are the norm has a certain appeal. Look at the way the Mediterranean diet captivated so many consumers, who started building their menus around vegetables, fruits, whole grains, and olive oil. Doctors and dietitians praised the diet for the way it could improve heart health and lower weight.

Now there's a new cultural diet that's gaining similar popularity: the Atlantic diet, which mimics the eating habits of people living along the European coastline in Spain and Portugal. A study published in February in *JAMA (Journal of the American Medical Association)* found it helps stave off diabetes and heart disease, improves energy, and helps maintain a healthy weight.

In some ways, the Atlantic diet is similar to the Mediterranean diet. They both emphasize fruits, vegetables, and whole grains, plus legumes for a combination of complex carbohydrates and protein, and moderate amounts of fish. But the Atlantic diet also encourages red meat and dairy. Potatoes, pasta, or rice should be included with every meal.

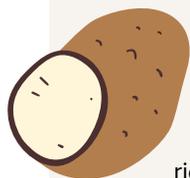
DOES THAT SOUND DO-ABLE? IF YOU WANT TO GIVE THE ATLANTIC DIET A TRY, YOU'D BE EATING A LOT OF THESE FOODS:



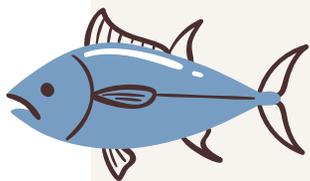
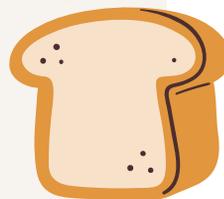
Fruits and vegetables: A colorful variety of fruits and vegetables provides vitamins, minerals, antioxidants, and fiber, but if you want to get really authentic and eat like someone in Spain or Portugal, you could try tomatoes, spinach, onion, mushrooms, eggplant, artichokes, collard greens, and carrots.



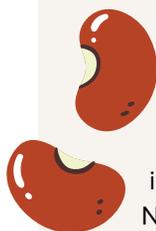
Milk and cheeses: Dairy products are known for being excellent sources of calcium and protein, but they'll also provide many nutrients needed for a strong, healthy body: B vitamins, zinc, magnesium, and potassium. The most popular Spanish cheese is Manchego, a sheep's milk cheese with a creamy texture and savory flavor. You also might try a Rabaçal cheese from Portugal, a semi-hard white cheese made from a blend of goat and sheep milk.



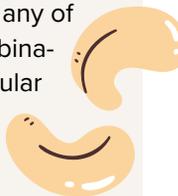
Bread and potatoes: These are a staple with every meal, providing your body with plenty of carbohydrates for energy throughout the day. Opt for whole-grain bread whenever possible, or minimally processed grain products like brown rice or barley. Potatoes served with their skins will provide extra nutrients and fiber. These complex carbohydrates don't break down as quickly as refined products like white bread, so you get a steady stream of energy without a blood sugar spike.



Seafood: As coastal countries along the Atlantic, Spain and Portugal include plenty of fish in their typical diets. Whiting, salmon, and cod would be authentic choices, providing plenty of protein, omega-3 fatty acids, and important antioxidants for staving off disease.



Beans, legumes, and nuts: Red beans, black beans, garbanzo beans—you can take your pick when it comes to beans, as any of them will provide the filling fiber and powerful protein combination you need. As far as nuts go, marcona almonds are popular in this region, but you can also try chestnuts for some variety. Nuts are full of vitamins and minerals as well as healthy fats.



Red meat: The biggest different between the Atlantic diet and the Mediterranean diet is the room it makes for red meat, which would be consumed minimally in the Mediterranean region. Red meat has protein plus lots of iron for ensuring oxygen gets carried to every cell in your body.



And just as important as *what* you're eating is *how* you're eating it—the Atlantic Diet encourages communal dining, so you have a chance to enjoy your food while you're socializing with people you care about.

IS THE ATLANTIC DIET BETTER THAN THE MEDITERRANEAN DIET?

Both diets encourage people to eat whole, unprocessed foods, which is a great base for any diet. Doctors point to the much more substantial body of research to support the Mediterranean diet's benefits, compared with the way the Atlantic diet has only been studied relatively recently. However, because the Atlantic diet allows for more red meat and dairy, the flexibility may make it easier for some people to stick to it.

The short answer: Don't feel confined to any one diet. As long as you're opting for minimally processed, nutrient-rich foods, it doesn't matter which region they come from.



WHAT DOES IT MEAN FOR MY COSMETICS TO BE “ORGANIC” OR “NATURAL”?

The important thing to remember is just because something is marketed as “natural” or “organic,” that doesn’t necessarily mean it doesn’t pose potential health problems, according to the Mayo Clinic. Plenty of products are natural—in other words, their ingredients are derived from nature instead of created in a laboratory somewhere—but they could still be unhealthy. A clay-based facial cleanser, for example, could be made from clay contaminated by toxic metals. That’s natural, but it isn’t very healthy. Or some consumers may have an allergic reaction to certain natural ingredients, so those ingredients might pose very specific risks for them.

Anything that’s marketed as organic means these natural ingredients were grown without the use of pesticides, herbicides, or genetically modified ingredients; however, even when a product claims that its natural ingredients are organic, the Food and Drug Administration is not regulating these claims the way it would with a food product. Therefore, a certain level of discretion is smart.

Going Natural

By Dylan Roche

Those beauty products you apply to your face, lips, hands, and hair aren’t something you ingest like food—but that doesn’t mean they aren’t going into your body!

When you apply a cosmetic product, your body absorbs it through your pores, hair follicles, and nail plates. So, it only makes sense that, as our culture becomes aware of risks associated with certain synthetic ingredients, consumers are leaning toward natural ingredients, even organic ones.

So, is this just a bunch of hype? Or should we really be paying more attention to the ingredients in everything from lotion to makeup?

**GOOD QUESTIONS.
LET’S BREAK THIS DOWN:**

Why are organic and natural ingredients gaining popularity?

Trends come and go very quickly in the beauty industry, so cosmetics and other care products could be popular one day and fall out of favor only a few weeks later. But products with organic and natural ingredients have been gaining in sales steadily over the past few years, particularly as more consumers become aware of the risks associated with synthetic ingredients. They perceive organic, natural ingredients as healthier, safer, more environmentally friendly, more sustainable, and in some cases, more effective. With this increase in popularity, these natural products become a status symbol—it’s admirable to care about your health and the health of the planet, so you look smarter and sensible by making such choices about your cosmetics.



WHAT SHOULD I LOOK FOR IN MY COSMETIC PRODUCTS?

“Sounds great,” you’re saying. “I’d love to start using healthier, more sustainable products. But which ones do I choose?”

Here are some of the common natural ingredients you’ll find in cosmetic products—look for ingredient lists that feature these toward the top of the list, indicating they are the primary ingredient(s):

- ◆ **Oils:** Natural oils like jojoba, argan, and coconut are good for moisturizing without the aid of any synthetic ingredients.
- ◆ **Extracts:** Compounds in aloe vera, chamomile, and green tea can be extracted to soothe your hair and skin and offset damage caused by environmental exposure. Extracts from fruits like pomegranate and acai provide antioxidants that can be absorbed through the skin.
- ◆ **Butters:** Like natural oils, butters like shea butter, cocoa butter, and mango butter can moisturize the skin while delivering vital nutrients.
- ◆ **Beeswax:** Yes, wax made by bees can be used to emulsify and synthesize cosmetic formulas without any synthetic stabilizers.



What are the risks of synthetic ingredients?

There’s no all-inclusive list of risks associated with synthetic ingredients. Some synthetic ingredients aren’t even bad for you. The Mayo Clinic notes that some manufacturers rely on lab-created ingredients to maintain safety and achieve a more consistent product. However, there are some synthetic ingredients that studies have linked to cancer and hormone disruption.

For example, consider parabens, a type of preservative used in some cosmetics. When parabens are absorbed through the skin, they pose such risks as endocrine disruption or neurotoxicity at their worst. At their least harmful, they might be a mere skin irritant. Many manufacturers have been phasing out parabens.

Another ingredient to watch out for is triclosan, an antibacterial agent that the FDA banned in 2016 for use in soap. But even though it isn’t used in soap, manufacturers are still using it in cosmetics like toothpaste, deodorant, shampoo, lotion, and much more. The big concern with triclosan is that it can lead to resistant strains of bacteria, plus it can potentially disrupt our hormones.

It’s important to remember that even if a synthetic ingredient doesn’t pose a serious health risk, it might still cause minor problems. Sulfates in foaming cleansers could be abrasive to sensitive skin, and synthetic fragrances could be a respiratory irritant. Mineral oil, once used in many moisturizers but since replaced by other ingredients, is derived from petroleum, and carries a huge carbon footprint.

WHAT SHOULD I DO WHEN I’M OUT SHOPPING AND NEED GUIDANCE ON A PRODUCT?

Here’s a quick tip: Consider downloading the SkinSAFE app from the Mayo Clinic. It has info compiled by doctors, and you can use it to search for specific products and get details on the ingredients in each.



Nutrient Deficient?

YOU MIGHT BE

By Dylan Roche

Cou eat a pretty healthy diet, right? You aim to curb sugar, watch your fat intake, and get plenty of protein and fiber. But have you considered whether your diet is sufficient in all the vitamins and minerals your body needs to function? Vitamins and minerals are a key component of good nutrition, but most Americans are deficient in *at least* one of them. Unlike macronutrients (i.e. carbohydrates, fats, and proteins, which your body derives energy from), micronutrients—those vitamins and minerals—give our bodies what they need to produce enzymes and hormones.

Even in developed countries like the United States, a person who isn't eating a diet with lots of variety risks becoming deficient, according to the World Health Organization. Some of these deficiencies won't necessarily cause a dangerous health condition, but they could leave you feeling low on energy, unable to think clearly, or simply not at the top of your game.

If you think your diet could be lacking, don't worry. Adding a food source or two of these crucial vitamins and minerals on a regular basis could help you feel like your best self.

CONSIDER THESE SEVEN COMMON NUTRIENTS FOR DEFICIENCIES AND WHAT FOODS YOU MIGHT WANT TO ADD TO YOUR DIET.



VITAMIN D: Most people know vitamin D as the sunshine vitamin because your body is able to create it when you're exposed to sunlight. But if you're not spending 30 minutes outside in the sun every day, you may need to rely on food sources or else you could find yourself dealing with weak bones and a weak immune system. Sources of vitamin D include fatty fish, such as mackerel and salmon, as well as egg yolks or fortified milk.

CALCIUM: You've probably heard that calcium is good for strong bones and teeth—which it is. But your body also uses calcium to help your blood clot and your muscles function. Many people don't get enough calcium, and although dairy products are considered the go-to sources, you can also get calcium from leafy greens, such as spinach; cruciferous vegetables, such as broccoli; or nuts, such as almonds.

MAGNESIUM: If you're having trouble finishing a workout, then consider whether you've been taking in enough sources of magnesium. Magnesium is a mineral you need for energy production, but it does more than that—it ensures your muscles function properly without cramping up. Sources of magnesium include lots of nuts and seeds, such as almonds, cashews, pumpkin seeds, or sunflower seeds, as well as leafy greens, legumes, and whole grains.

IRON: As its name might have you believe, iron keeps you strong. This mineral is necessary for transporting oxygen through your blood to every cell in your body. Without enough iron, your cells lack oxygen, and your whole body suffers for it. Iron is also necessary for maintaining a strong immune system. Beef and poultry are rich sources of iron, but plenty of plant foods contain

iron too: beans, lentils, soy, and spinach. However, if you're vegetarian, you may need to consume extra iron, as plant-based iron doesn't absorb as easily into the body as animal-based iron does. Try eating your plant-based iron sources with some vitamin C, which will boost absorption.

VITAMIN B12: Just hearing of vitamin B12 might be enough to put a little pep in your step. Vitamin B12 helps your body convert food into energy, and if you're lacking B12, your body may not be getting adequate mileage even with the fuel it's getting. Vegetarians and vegans are prone to vitamin B12 deficiency as it's found only in animal products, such as meat, fish, eggs, and dairy, but plenty of plant-based foods are fortified with it, including cereal and nut milks.

VITAMIN A: No vitamin deficiency could be considered good, but with all the purposes that vitamin A serves in your body, it's especially bad to think that so many people are lacking this nutrient. The National Institutes of Health estimates about half of Americans are deficient in vitamin A. This nutrient supports good vision, vibrant skin, and a healthy immune system. Go-to sources of vitamin A are orange foods like carrots and sweet potatoes. However, another great source is leafy greens like spinach or kale.

POTASSIUM: Ever have a bad muscle cramp? It might be a sign of potassium deficiency. Your body relies on potassium to maintain its fluid balance that supports muscle contractions. Potassium can even counter effects of a high-sodium diet, which raises your blood pressure. Great sources of potassium include bananas, potatoes, sweet potatoes, dates, spinach, and beans.



Every June Wellness House of Annapolis presents our signature program, Paint Your Rainbow Summer Camp. It's a transformative week, where strangers become friends and life's difficulties become accomplishments. Children leave camp with a renewed sense of self-confidence and a brand-new outlook for overcoming the challenges that come with a cancer diagnosis in the family.

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Mermaid-Core Swims Back for Another Season

By Dylan Roche

As if summoned by a siren song, the mermaid-core style trend of summer 2023 is expected to come roaring back again. For those who might've missed the term last year, you likely recognize the aesthetic it describes: watery colors with touches of shiny textures and coastal themes, all with the desired effect of—you guessed it—looking a little bit like a mermaid.

But the reason this trend has gained so much traction is because it's subtle. The women who adopt this style aren't wearing complete mermaid costumes on their summer nights out socializing. Instead, they're relying on small details reminiscent of these mythical and whimsical water creatures. Think watery, ethereal fabrics, marine motifs, pearl jewelry, and lots of greens and blues.

Maybe you're ready to dip your fins into the mermaid-core craze. Using just one or two elements can give an appropriately summery feel to an outfit without making a big splash.

CONSIDER SOME OF THESE IDEAS TO MERMAID-IFY YOUR SUMMER ATTIRE:



Wear iridescent fabrics:

Embrace fabrics with an iridescent sheen, reminiscent of the scales of a mermaid. Holographic or metallic materials, and sequins can add an even more dramatic touch of sparkle.

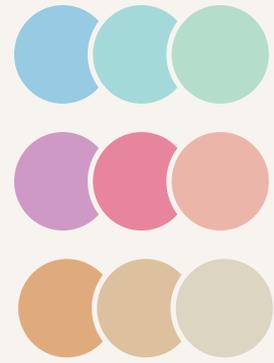


Incorporate seashells, pearls, and beads: There are many places where seashells, pearls, and beads can appear—necklaces, bracelets, earrings, hairpieces, and even embellishments on your clothes.



Go for a “swimming” silhouette and flow to your clothes: Choose clothing with flowy and ethereal silhouettes, such as Maxi dresses, skirts, and loose tops that capture the fluid feeling of water.

Think about mesh: Fishnet or mesh fabrics can add texture and depth to your look, and these can be incorporated in surprising ways. Yes, stockings are the obvious choice, but you can also go for fishnet sleeves and tops.



Go for a water-themed color palette: Stick to a color palette inspired by the ocean, including shades of blues, greens, teals, and purples. Complement these colors with touches of sandy tans or beiges.



Don't forget hair and makeup: Style your hair in loose, flowing waves and consider adding subtle temporary color in mermaid shades or using accessories like starfish or shell-shaped hair clips. Incorporate shades of blue, green, and silver into your makeup, maybe even with a touch of shimmer.

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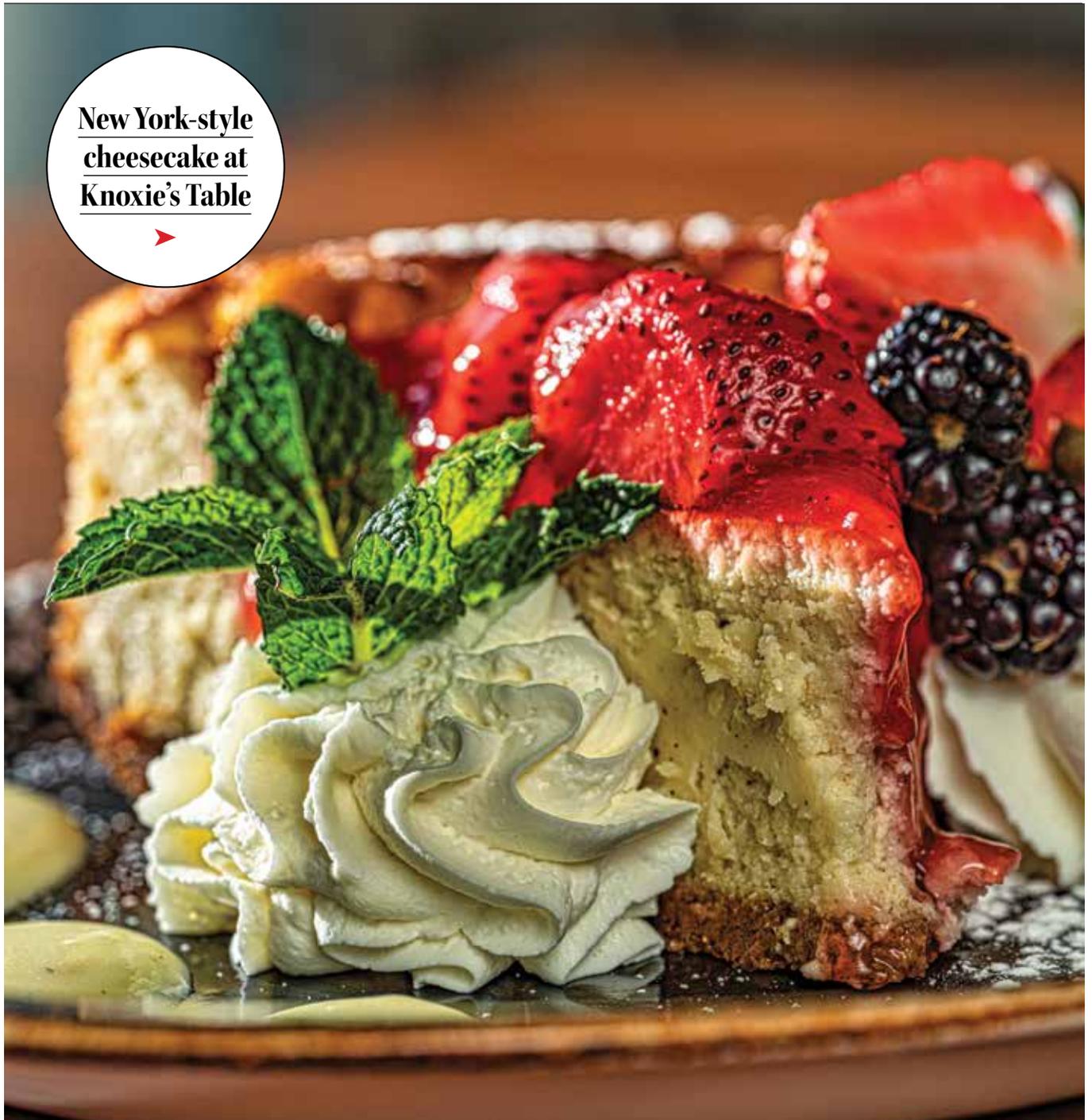
Food & Dining

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New York-style
cheesecake at
Knoxie's Table



The Right Vibe

By Sharon Harrington

I will tell you a secret. My husband and I will travel for good food. But lucky for us, Knoxie's Table in Stevensville is only a short drive away.

Before our dinner, I knew very little about Knoxie's, just that it was part of the Chesapeake Beach Club on Pier One Road, an enclave with spectacular water views that is known for first-class event venues.

I reserved an early dining time because I wanted an opportunity to see the premises in daylight. We arrived just as the day's rain stopped and were rewarded with beautiful blue skies. Following the signage, we got a sense of how well the amenities complement the natural beauty of the setting.

The Inn, home to Knoxie's Table, features a facade of wood and stone, and that theme continues into the restaurant, where the natural materials blend with various hues of blue. It is a comfortable vibe.

I think decor is a part of your total dining experience and should support the star of the show, which is, of course, the food. Sometimes, restaurants try too hard. (We once dined at a famous Paris restaurant done up in red lacquer. It may have been chic, but I felt like we were eating inside a nail polish bottle.)

So, Knoxie's got the vibe right; let's see how they do with the food.

The restaurant is not busy at this hour, but there is a pleasant hum of activity coming from the bar. We were seated, introduced to our waitress, Jada, and given menus. Let me insert here that Jada was excellent. I had many questions, and whenever she did not know the answer, she cheerfully trotted off to the kitchen and came back



KNOXIE'S TABLE

The Inn at Chesapeake Bay Beach Club, 180 Pier One Road, Stevensville
443-249-5777 | baybeachclub.com/food-drink/knoxies-table

with answers. One of my questions was about the inspiration for the name. I liked the idea of incorporating “table” in the title as it suggests a sense of communal dining. Jada reports back the name Knoxie is the original owner's wife's maiden name.

The restaurant has weekly specials to include a locals' night, Whiskey Wednesdays, and half-priced bottles of wine on Thursdays. We were fortunate to be dining on Thursday and found the wine list well-balanced in both its offerings and price points. We decided on a Kuranui Sauvignon Blanc from New Zealand. I was also pleased to notice that the beer selection included local breweries, Bull and Goat, and RaR.

As expected, the menu draws heavily on Eastern Shore food culture, offering an array of sea and land options that make it hard to choose. Lobster, shrimp, oysters, seabass, salmon, and for the non-seafood or gluten free diners' venison, duck, steak, or pasta are offered. As I read the list of sides accompanying each dish, I noted how carefully they had been curated to showcase the entree.

We started with Oysters Rockefeller, Mediterranean Flat Bread, and Caesar Salad.

Jada informed us the oysters were from PEI (Prince Edward Island); James Bond may have been an oyster expert, but we are not; we just know a good oyster when we eat one, and these were very nice medium-sized oysters enhanced by a generous serving of spinach, cheese, and bacon slivers.

The Mediterranean flatbread could have been a light lunch; the crispy bread was loaded with tangy capers, olives, feta, and mascarpone. I could see having this dish al fresco with a nice bottle of rosé in one of The Inn's outdoor dining spots.

AS EXPECTED, THE MENU DRAWS HEAVILY ON EASTERN SHORE FOOD CULTURE, OFFERING AN ARRAY OF SEA AND LAND OPTIONS THAT MAKE IT HARD TO CHOOSE.



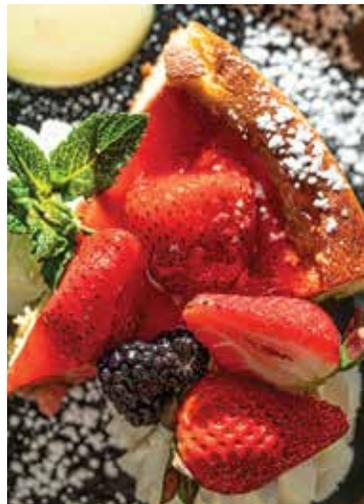
Broiled crabcakes

A good Caesar salad is about the marriage of crunchy romaine, a snappy, clingy dressing, and croutons that are not a stale afterthought. This was a wow salad. The “croutons” (almost as big as airplane wings) were two slices of ciabatta bread cut on the bias and skillfully balanced atop the salad, visually appealing and tasty.

My spouse chose crabcakes with garlic mashed potatoes and vegetables for his entree. The menu describes the crab cakes as served with mustard sauce, a presentation we were unfamiliar with but are now firm fans. The mustard sauce elevates the crabcake to another level. It at least should be called sauce “a la moutard.”

I chose parmesan-crust chicken. My serving was generous, a large portion of chicken riding on a bed of angel hair pasta sprinkled with crispy kale. The kale was an inspired touch!

Although we could have stopped at that point, the dessert menu was calling. Again, choosing was difficult, but we opted for a slice



of New York-style cheesecake. I thought the cheesecake was more reminiscent of Basque style with the brown crust. But I won't quibble; it was delicious.

The food and beverage manager, John Michael Fromert, stopped by our table to check in, and I was able to gather a little more information about the chef, Matt Robbins. Robbins has an impressive cooking background in well-liked Eastern Shore restaurants and is a CIA (Culinary Institute of America) alumnus.

I mentioned earlier that food is the star of the show, but the supporting players, decor, and staff round out the dining experience. I would say that Knoxie's Table is a hit.

Sharon Harrington is a retired social worker by profession and, now, a passionate gourmand/chef in practice, having trained with reputable culinary personalities and institutions, notably: Chef Francois Dinot; L'Académie de Cuisine; the Culinary Institute of America in Hyde Park; and Le Cordon Bleu in Paris. She currently resides on the Eastern Shore.

Savor the Chesapeake

RESTAURANT NEWS AND CULINARY TRENDS THROUGHOUT THE CHESAPEAKE BAY REGION

By Megan Kotelchuck

We have some things to look forward to and eateries ready to enjoy today! I love something new and delicious opening near my home and there is no shortage of that happening this month. Start your morning with a new coffee shop, healthy eats at Toastique, and finish the day with Dinner Under the Stars in Annapolis. That sounds like a perfect day to me.

ON THE DINING SCENE...

A new coffee shop has opened in Deale. **Small Town Brews** opened April 27th at 5851 Deale Churchton Road. Small Town Brews is your destination for all things coffee, tea, energy drinks, and light bites on wheels. Small Town Brews is serving Rise Up coffee as well as plant-based energy drinks to start your days off strong. Keep up to date on the mobile coffee shop on their Facebook page.

Toastique opened their third Maryland location last month at Annapolis Town Center. Toastique offers gourmet toasts and a juice bar, using fresh ingredients to make simple, healthy food for everyone to appreciate and enjoy. Enjoy Spicy Crab and Tuscan Tuna toasts, Cocolada bowls, smoothies, wellness shots, and more. Find more information at toastique.com.



Coconut Joe's Bar & Grill reopened at the end of March overlooking the South River. In 2017, Coconut Joe's became The Pier Waterfront Bar & Grill under the same ownership, but after six years, it has returned to its original tiki bar concept. Now under new ownership and management, Coconut Joe's is ready for the "Spring and Summer months ahead with great food, beverages, live music and our new 'Pirate Ship' sand filled play area for the kids." Find more information, hours, and menu at coconutjoesmd.com.

Dinner Under the Stars is in full swing for the summer!

On Wednesdays and Saturdays through September 28th, enjoy dinner on the first block of Annapolis' historic West Street, dance, and enjoy live music during one of the best traditions of the summer nights. Reserve a table for one at any of the following restaurants to enjoy a romantic meal under the stars: Luna Blue Ristorante, Tsunami Sushi Bar and Lounge, 49 West Coffeehouse Winebar & Gallery, Stan and Joe's Saloon, Rams Head Tavern, Picante Annapolis, and Level. Find more information and a full music schedule at inner-weststreetannapolis.com.

The Proudest Drink...

This month is Pride Month, and there is no better way to celebrate than with a beautiful, colorful cocktail.



OUT AND PROUD

Ingredients

- 1 ounce Pineapple Juice
- 1/2 ounce Aperol
- Soda Water
- 1 1/2 ounces Empress Gin
- 1/2 ounce Elderflower Syrup

Instructions

Combine ingredients over rocks in a tall glass, stir, and garnish with lime and lemon.

Photo and recipe courtesy of chilledmagazine.com

RAINBOW PARADISE COCKTAIL

Ingredients

- 1 ounce Grenadine
- 1 cup Crushed Ice
- 4 ounces Pineapple Juice
- 2 ounces Coconut Rum

- 1 ounce Water
- 1/2 ounce Blue Curacao
- Orange Slice for Garnish (or citrus/fruit of choice)

Instructions

Add grenadine to a 12-ounce hurricane glass. Fill glass with ice. Combine pineapple juice and coconut rum in a glass measuring cup; slowly pour mixture over ice in glass. Combine water and blue curacao and slowly pour over pineapple-rum layer. Garnish with an orange slice or other fruit if desired.

Recipe courtesy of hy-vee.com.





Readers' Dining Guide



Welcome to your regional dining guide. We include many restaurants for many tastes and experiences. Don't see your favorite on the list? Email mkotelchuck@whatsupmag.com or editor@whatsupmag.com and let us know! And for the full guide, visit whatsupmag.com.

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Café Normandie
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Carpaccio Tuscan Kitchen & Wine Bar
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Castle Bay Irish Pub
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The Choptank
 110 Compromise Street; 443-808-1992; thechoptank-restaurant.com \$\$\$ ●●●●●

Curate Annapolis
 141 West Street; 410-907-0968; curateannapolis.com \$\$, Wine, Daily Breakfast

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 136 Dock Street, Annapolis; 410-268-7278; dockstreetbar.net \$ ●●

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 193B Main Street, Annapolis; 443-214-5171; dry85.com \$ \$ ●●

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 24 Market Space, Annapolis; 410-268-2576; federalhouse.com \$ \$ ●●

Fox's Den
 179B Main Street, Annapolis; 443-808-8991; foxsden.com \$ \$ ●

Galway Bay Irish Restaurant and Pub
 63 Maryland Avenue, Annapolis; 410-263-8333; galwaybaymd.com \$ \$ ●●

Game On Bar + Arcade

114 West Street, Annapolis; 410-885-4589; gameonbararcade.com \$ ●

The Goat

137 Prince George Street; thegoatanapolis.com \$\$ ●●●

Harold Black

236 Main Street, Annapolis; 410-304-3353; haroldblack.com \$\$ Light Fare, ●●

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66 State Circle, Annapolis; 410-263-4332; harrybrownes.com \$\$ ●●

Iron Rooster

12 Market Space, Annapolis; 410-990-1600; iron-rooster.com \$\$ ●●●

Joss Café & Sushi Bar

195 Main Street, Annapolis; 410-263-4688; jossushi.com \$\$ ●

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69 West Street, Annapolis; 410-268-0003; levelannapolis.com \$\$ ●●

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2329B Forest Drive, Annapolis; 443-808-0501; hangryjoes.com \$ ●

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The Lodge

177 Jennifer Road, Annapolis; 410-266-7474; lodgeannapolis.com \$\$ ●●●●●

Lures Bar and Grille

1397 Generals Highway, Crownsville; 410-923-1606; luresbarandgrille.com \$\$ ●●

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914 Bay Ridge Road, Annapolis; 410-626-0388; mainandmarket.com \$\$ ● Beer and Wine

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1515 Forest Drive, Annapolis; 410-263-2333; pitboys.com \$ ●●

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1079 Annapolis Mall Road, Annapolis; 410-849-4444; rodiziogrill.com \$\$\$ ●●

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