

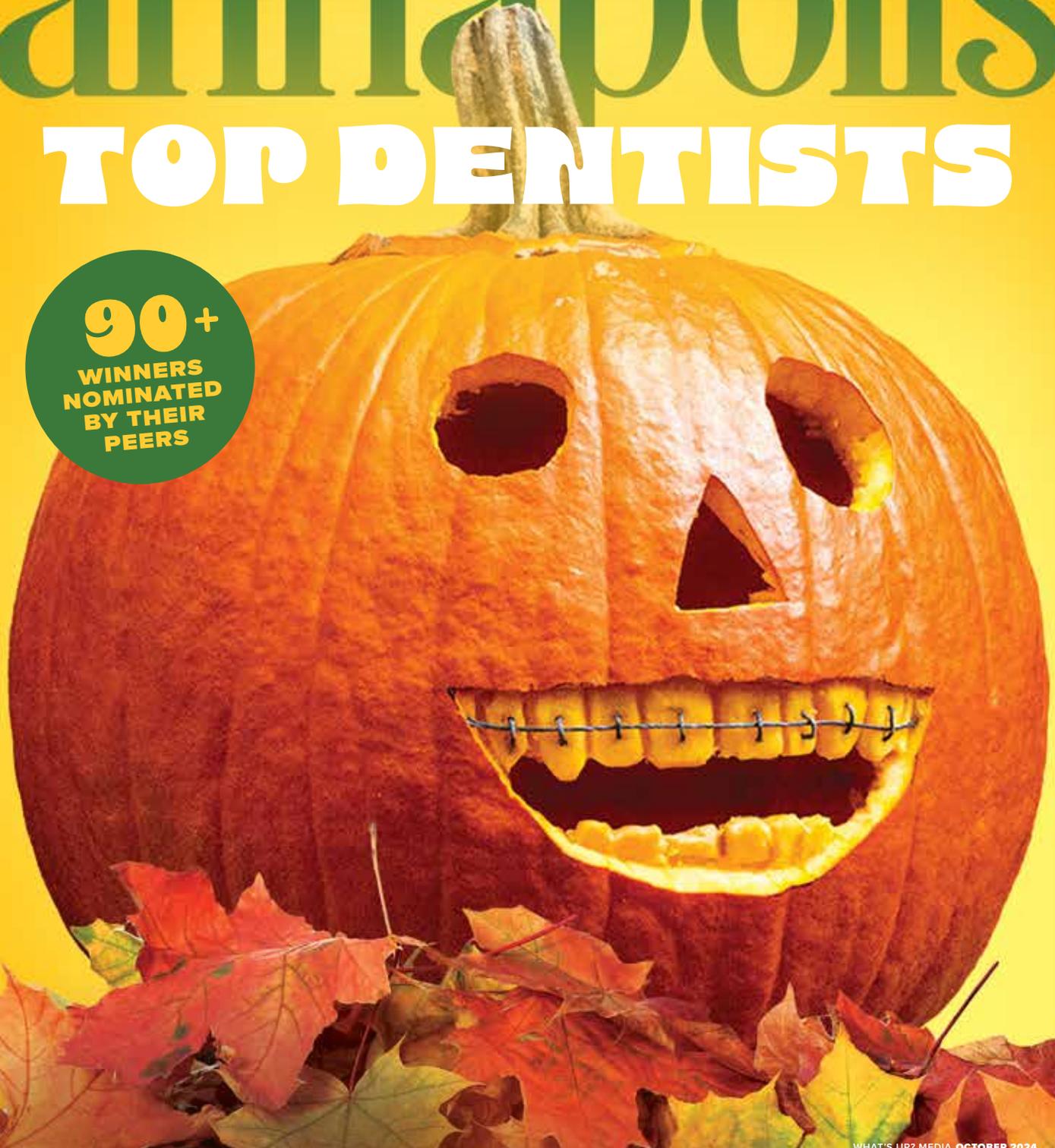
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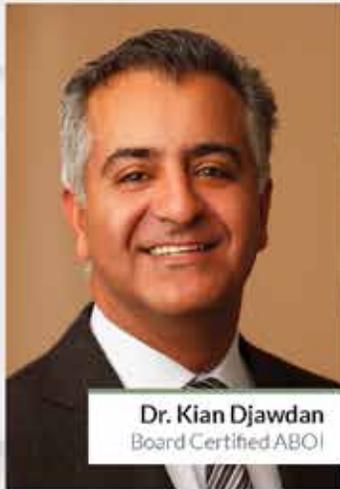


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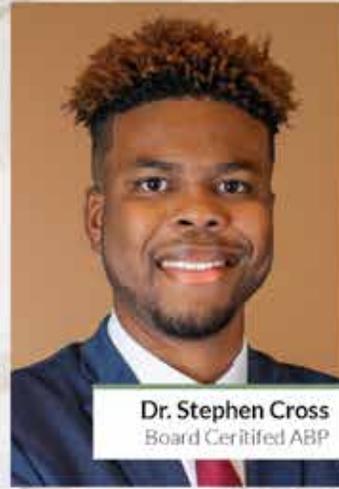
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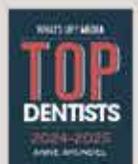
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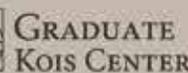
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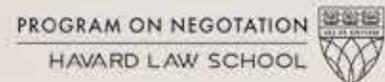
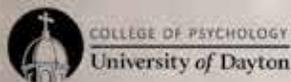
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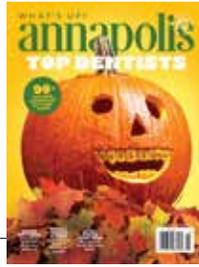
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Contents



◀ **OCTOBER 2024**

On the Cover: It's a seasonal celebration of all things spooky... and our Top Dentists. Design by August Schwartz. *What's Up? Annapolis* online at whatsupmag.com.

♻️ Please recycle this magazine.

Arts & Culture

26 Events highlights special celebrations and activities to enjoy this month

34 Music covers local performances, musicians, and venues. This month, Annapolis Symphony Orchestra's Jose-Luis Novo discusses the upcoming season BY LISA HILLMAN

36 Attractions showcases a special event or activity. This month, enjoy apple picking at local orchards BY TYLER INGLE

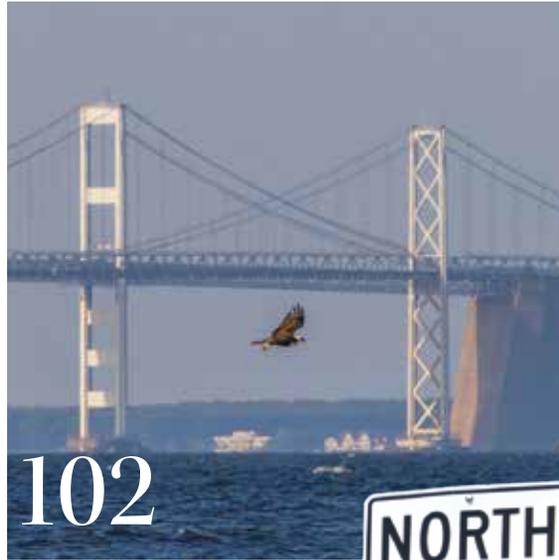
38 Social showcases photographs of recent charity events

42 Business & Community features local business and community news

47 Environment puts the spotlight on local organizations. This month, we feature Alliance for the Chesapeake Bay BY LISA A. LEWIS



34



50 Education profiles local student athletes, performers, and programs. Meet Anna Ervin of St. Mary's High School BY TOM WORG0

52 Interview offers discussions with local personalities. This month, we talk to Baltimore Ravens' rookie Devontez Walker BY TOM WORG0



122

Features

57 Top Dentists 2024–2025 reveals the most revered dentists in our region, as nominated by their dentist peers in 12 areas of dental specialty

102 Water Watchers explains how the scientific community harnesses the power of citizen participants to cull data and develop policy to improve the Chesapeake Bay's water quality BY LISA A. LEWIS

◀ **115 A Road of Many Names** continues our "Maryland's Historic & Iconic Roads" article series with the history, landmarks, and scenery of Route 1 BY ELLEN MOYER

Home & Garden

122 Featured Home: New School Elegance profiles a young couple who contracted a custom built, estate-style home overlooking forested waterfront along the South River BY LISA J. GOTTO

132 Garden: Looking After the Earth...In Our Gardens offers a primer on soil characteristics and best management practices for your property, depending on the type BY JANICE F. BOOTH

138 Scenic Severn Dream showcases a Nantucket-style home that recently sold for its asking price of \$3.65 million BY LISA J. GOTTO

140 Bring Your Own Boat offers the real estate details of this \$3.5 million stunner located in The Downs BY LISA J. GOTTO

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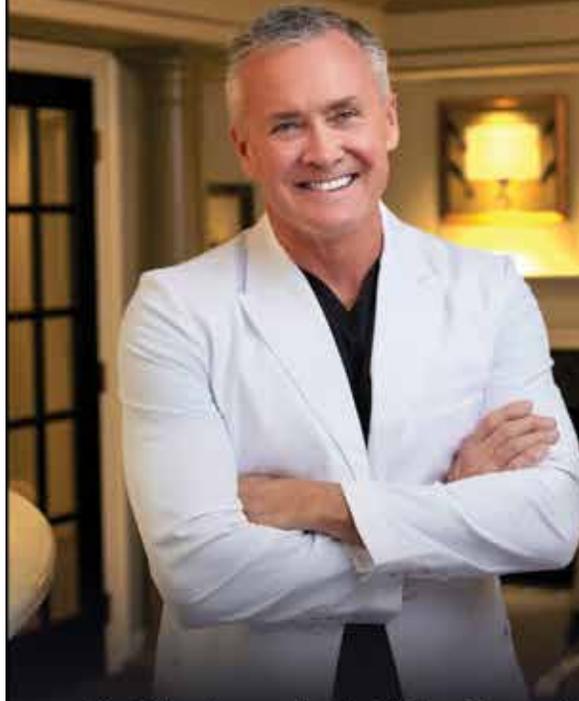
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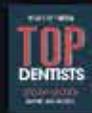
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Contents

COMING UP IN NOVEMBER 2024

Excellence in Nursing Honors, Chesapeake Holiday Recipes, Charity Events Guide, Pet Photo Contest Results!



Health & Beauty

BY DYLAN ROCHE

144 7 Ways to Improve Your Health Literacy

146 5 Incentives to Exercise Outside

147 Is It All Greek to You-gurt? ➤

Food & Dining

150 Mexican Feast from Tequila Valley to the Guatemalan border is our dining review of Agave in Annapolis BY MARK CROATTI

152 Readers' Dining Guide features local restaurant listings for your consideration

In Every Issue

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



e-contents



What's Up? Media's home awards program will honor elite home builders, architects, designers, and professionals serving the greater Chesapeake Bay region. Home industry professionals and firms may submit their completed projects for evaluation and vetting in 13 award categories. Entries—consisting of a project description and accompanying photographs—open 9/1 and close 10/31. Visit whatsupmag.com/homeexcellenceawards2025 to learn more.

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The Waterfowl Festival, founded in 1971, was conceived as a way to celebrate and preserve the rich traditions of the Chesapeake Bay region. Over the years, it has grown into a premier event that attracts wildlife enthusiasts, artists, and families from all over the country. The festival's mission remains steadfast: to raise funds for waterfowl habitat conservation while providing a platform for artists to showcase their works and for visitors to engage with the natural world.

For more information and to purchase tickets, visit waterfowlfestival.org.



The Waterfowl Festival gratefully acknowledges the support of our 2024 Legacy Conservation Partners.

Arts & Culture

HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

26 EVENTS

34 MUSIC

36 ATTRACTIONS

38 SOCIAL

42 BUSINESS & COMMUNITY

47 ENVIRONMENT

50 EDUCATION

52 INTERVIEW



**Annapolis
Town Center
Fall Fest**

PG. 28

MARYLAND RENAISSANCE FESTIVAL

It is the final month for the 2024 Maryland Renaissance Festival in Crownsville. The final dates for this season's Renaissance entertainment are October 5th, 6th, 12th, 13th, 19th, and 20th, from 10 a.m. to 7 p.m. each day. Be sure to get your last dose of jousting, merriment, turkey legs, and more this month. And in the spirit of harvest season there will be seasonal decorations and special performances. Get tickets today at rennfest.com.



Photo by Larry French

Annapolis Powerboat Show

The Annapolis Powerboat Show will be a boater's dream-come-true at Ego Alley and Annapolis Harbor on October 3rd through 6th. Floating docks will create a temporary marina to showcase new boats and premiering models, plus the latest boating accessories, equipment, and apparel right in our hometown. Bring the whole family to City Dock for a fun weekend celebrating powerboats. Find more information and get tickets at annapolisboatshows.com.





Annapolis Sailboat Show

Sailors from around the world will gather in downtown Annapolis for the Annapolis Sailboat Show on October 10th through 14th. This annual celebration lines the docks with sailboats, from multihulls to monohulls, cruisers, and racers, sailing dinghies, and more. Tents will have nautical gear, communication equipment, sails, and more for seasoned and novice sailors, and everyone in between. Find more information and get your tickets at annapolisboatshow.com.



ANNAPOLIS SYMPHONY ORCHESTRA MASTERWORKS SEASON OPENER

The Annapolis Symphony Orchestra's 2024–2025 season, *Music Matters*, starts with three concerts this month under Artistic Director and Conductor José-Luis Novo. On October 4th and 5th at 7:30 p.m. *Masterworks I: Pasajes* will feature music from Tania León, Mozart, Bruckner, and Still with pianist Brian Ganz (pictured) at Maryland Hall in Annapolis. The same performance will take place on October 6th at 3 p.m. at the Music Center at Strathmore in Bethesda. ASO's mission is to create connections with each other and throughout our community through music, so let's make that happen this season! Find more information on Season 63 at annapolisymphony.org.

BOUNTIFUL HARVEST – COSTUMES & COCKTAILS

The Light House is hosting the fundraiser, Bountiful Harvest – Costumes & Cocktails, on October 25th from 7 to 11 p.m. at The Atreum at Soaring Timbers in Annapolis. The night will include live and silent auctions, live music by Noelle & Jeff Band, gourmet food by Light House Bistro, and an open bar, all to raise money for The Light House, a homeless prevention support center. Dress up in your favorite costume and raise some money! Find more information at friendslhs.org.





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Choose between a 100-, 65-, 30-, or 15-mile bike ride winding through scenic Anne Arundel County at The Anne Arundel County Lifeline 100 Century Ride. The ride will start at 7 a.m. on October 6th at Kinder Farm Park in Millersville and will raise money for Scenic Rivers Land Trust. The rides' scenic views will include the Severn River, College Creek, Spa Creek, South River, and the Chesapeake Bay. Be sure to register at srlt.org.

Annapolis Town Center Fall Fest

From 11 a.m. to 2 p.m. on October 19th, celebrate all things Fall with Annapolis Town Center's Fall Fest. This free fall fest will feature a pick your own pumpkin patch and decorating, DIY s'mores, face painting, a costume contest, photo ops, live music, and so much more for the whole family to enjoy. This event is free but be sure to bring canned food or a monetary donation to benefit the Anne Arundel County Food Bank. Find more information and reserve your spot at annapolistowncenter.com.



**CHESAPEAKE ARTS
CENTER'S 10TH ANNUAL
ARTS IN THE PARK**

The 10th Annual Community Festival at Chesapeake Arts Center, Arts in the Park, will be on October 5th from 10 a.m. to 3 p.m. The festival will bring together local residents, art enthusiasts, and community organizations for a day of vibrant entertainment, delicious food, interactive art activities, and more all on Chesapeake Arts Center's campus in Brooklyn Park. Find more information about the free event at chesapeakearts.org.



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October 26 & 27

Saturday, 10 am-5 pm · Sunday, 10 am-4 pm
Weekend admission: \$10 Members, \$12 Non-members

PREVIEW EVENT: MASQUERADE BALL

October 25 · 5:30-9 pm

Preview Event tickets
\$125 Members, \$150 Non-members

Preview Event tickets with custom painted mask
\$155 Members, \$175 Non-members



SUNDAY BRUNCH AT THE CRAFT SHOW

October 27 · 10 am-1pm
\$40 Members, \$50 Non-members
Includes admission to the show for Sunday

CRAFT SHOW CLASSES

WOODWORKS ON WHEELS

Make A Flight Board
October 26
10 am-noon or 12:30-2:30 pm

Make A Charcuterie Board
October 26, 3-5 pm or October 27, 10 am-Noon

PIAZZA ITALIAN MARKET

Wine Tasting Class
October 26
2-3 pm

Build A Board Class
October 27, 1-2 pm



Photo by David Trozzo Photography

CELEBRATION OF PHILANTHROPY

For nearly 25 years, the Community Foundation of Anne Arundel County’s Celebration of Philanthropy Awards Luncheon has honored individuals, businesses, groups, and foundations who have demonstrated outstanding generosity and community leadership. This year, the event will be held on October 30th at Live! Casino Hotel in Hanover. This event plays a major role in amplifying philanthropy in Anne Arundel County by shining a spotlight on those who go above and beyond to support our community. Find more information at cfaac.org.

Hoedown on the Farm

Get ready to celebrate 28 years of the healing power of horses at the family-friendly Hoedown on the Farm benefiting Maryland Therapeutic Riding at their campus in Crownsville. Enjoy music, fun games, food, and a chance to win great raffle prizes. The boot-scootin’ good time will be on October 5th from 4 to 8:30 p.m. Find more information and get tickets at horsethatheal.org.



SWIM & PADDLE THE SOUTH RIVER

The 5-mile event of the summer, Swim & Paddle the South River, celebrates amazing outdoor recreation on the South River and supports the efforts of Live Water Foundation and Arundel Rivers Federation on October 6th in Riva. Novice and experienced swimmers and paddlers are coming together to support these organizations. This year, the party following the swim/paddle will embrace a luau theme with a small feast and celebration. Sign up for the fundraiser at arundelrivers.org.



Tacos & Tequila Fest

The award-winning Tacos & Tequila Music Festival is coming to Prince George’s Stadium in Bowie. This year the festival will feature the ‘I Love The 90’s Tour’ with a lineup you do not want to miss including Vanilla Ice, Treach of Naughty by Nature, Rob Base, All 4 One, and so many more. In addition to the music, there will be plenty of tequila to enjoy at the festival. Find more information and get tickets at tacosandtequilafestivals.com/bowie.

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October 19th
2024

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TO
7pm



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From Noon to 4pm

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11:30am - Rowboat Race
1pm - Boat Docking Contest
2:30pm - Workboat Races
3:30pm - Crab Picking Contest
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4:30pm - Watermen's Auction



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250TH ANNIVERSARY OF THE BURNING OF THE PEGGY STEWART

In October 1774, the people of Annapolis discovered that brigantine *Peggy Stewart* contained contraband tea that violated the colonists' non-importation resolution. In response to public outrage, shipowner Anthony Stewart was forced to burn the ship. On October 19th, enjoy the largest living history event of the year by visiting Historic Annapolis properties—the Waterfront Warehouse, the Shiplap House, and Hogshead—to encounter local sailors, merchants, and business owners, and discover what they thought of this historic event. Hear live music, play colonial games, and much more. Find more information at annapolis.org.

Barktoberfest

On October 5th, find plenty of steins and canines while celebrating German-style beer, Bavarian food, and pawesome four-legged friends at Annapolis Town Center. This year is the second annual Barktoberfest where a portion of the proceeds go directly to the Anne Arundel County SPCA. The day will have traditional fun with the classic stein-holding contests, plenty of fall photo opportunities, yard games, and so much more. Find more information and register at annapolistowncenter.com.



ANNE ARUNDEL COUNTY SHERIFF 5K FALL FESTIVAL

Visit the Anne Arundel County Fairgrounds in Crownsville on October 6th from 7 a.m. to 2 p.m. for the Anne Arundel County Sheriff 5K Fall Festival benefiting Chesapeake K9 Fund. Run in a beautiful setting alongside your dog to raise money for a great cause. Fun, fitness, and making a difference, what else could you do with your Sunday morning? Find more information and sign up at runsignup.com.

Looking Ahead

**A FEW EVENTS WORTH
JOTTING DOWN ON
YOUR NOVEMBER
CALENDAR.**

**Sultana's Downrigging
Festival** – November
1–3 in Downtown Ches-
tertown; downrigging.org

**Stars, Stripes and
Chow Chili Cookoff** –
November 2 at Camden
Yards, Baltimore; baltimorestation.org

Bull & Oyster Roast –
November 2 at Bleues
on the Water, Glen
Burnie; [partnersincar-
emd.org](http://partnersincar-
emd.org)

**CASAblanca Gala
2024** – November 2 at
Westin Annapolis Hotel;
aacasa.org

Waterfowl Festival
– November 8–10 at
the Waterfowl Festival
grounds in Easton; [wa-
terfowlfestival.org](http://wa-
terfowlfestival.org)

**50th Annual Maryland
Irish Festival** – Novem-
ber 8 at Maryland State
Fairgrounds in Timo-
nium; irishfestival.com

**18th Annual Fish for a
Cure** – November 9 in
Annapolis; fishforacure.org

**Beef, Bonfires & Ci-
gars** – November 9 at
Prospect Bay Country
Club in Grasonville;
haven-ministries.org

Bay Bridge Run –
November 10th on
the Chesapeake Bay
Bridge; bikesignup.com



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José-Luis Novo: A Maestro for All Seasons

By Lisa Hillman

S

panish-born Artistic Director and Conductor Jose-Luis Novo celebrates his 20th season with the Annapolis Symphony Orchestra (ASO) this year. Earlier this summer, from the Eastern Music Festival in

North Carolina where he has been a resident conductor since 1999, Novo spoke to us about his career, the upcoming concert season, and the future of the ASO.

You are the longest serving conductor of the ASO since its founding in 1962. To what do you owe your longevity? Annapolis has a wonderful community that supports the arts in general and music in particular. When I was appointed, I knew the orchestra had great potential. The orchestra has been growing, getting better and better, and the community has kept showing its support.

How would you characterize the ASO when you arrived compared to today? It had a lot of potential but some challenges. Many leading positions were unfilled. This was good for me because it gave me early input in shaping the orchestra and helping it to get better quickly.

When I arrived, we might have had ten people auditioning for a vacancy. A recent viola position attracted more than 40 applicants. We had to turn people away.

Teaching and encouraging young people have been part of your career. As a conductor, why is that important? This is how I made my career. I was fortunate to have great teachers and mentors. Raw talent doesn't go anywhere if it is not directed with people who can show you the way.

How do you do this here? The Annapolis Symphony Academy has been one of our biggest successes. Orchestras in the 21st century are often seen as elitist and out-of-touch with the community. For us, the Academy has been a game-changer. We use

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ANYWHERE IF IT
IS NOT DIRECTED
WITH PEOPLE
WHO CAN SHOW
YOU THE WAY.**



the talent of our core musicians to teach young people regardless of financial means. This removes the barrier for any social class so we can better connect with the community.

How did your interest in music begin? My father was a pianist. He played every day and chose a Beethoven Sonata according to the day of the month. (He never played #32!) I would listen and turn pages for him. I was touched by the beauty of it. At the conservatory, the piano class was full, so I studied violin. But it worked out perfectly because I got the experience of playing with an orchestra.

When did you know you wanted to be a conductor? When I was little, listening to recordings, my hands would start moving on their own. Early on, I had this connection to music. I was 5 or 6 years old, and I was singing—and conducting—all the time.

Looking ahead to a season, how do you decide what pieces to perform and when? This is one of the most satisfying aspects of the job...thinking long term and encompassing a vision for the orchestra and the audience. For audiences the repertoire maybe was challenging in the past, but it's what the orchestra needs today as I keep challenging the musicians to get better.

The ASO is performing five concerts as part of its Masterwork Series this year. You've introduced the concept of "theme" for each season. Why? Each season has a focus that makes it unique. For example, this season we are celebrating the 60th anniversary of The Civil Rights Act with music from various ethnicities and people gaining rights they never had before. There will be more variety than usual. Tania Leon's "Pasajes" will open the first concert. Leon is a composer from Puerto Rico, an African American who is becoming famous.

The goal is always to present the best possible music. But the subject helps us to shape the message and connect with the audience to make music even more meaningful.

The Annapolis audience is sometimes critical of new or avant-garde pieces. You continue to introduce them. Why? And how do you withstand the criticism? Being criticized is not a problem if it is constructive. As an artistic organization, we have to present music from leading composers. If Beethoven was never performed, no one would know him. We need to expose the audience to new symphonic music. That way we enlarge what music means to us. It also allows us to reach new audiences. Young people are attracted to new music because it belongs to their time. Of course, we try to keep a balance for more conservative audiences, too.

Why is performing at Strathmore Music Hall (Bethesda, Maryland) and taking the ASO on tour overseas important? The ASO is becoming known to a much larger audience. Playing at Strathmore regularly and our tour to Spain a few years ago raises us to another level. The orchestra likes performing where other international orchestras perform because it raises us to that standard.

You've brought world-famous artists to Maryland Hall. Unfair to ask, but who stands out? A difficult question. One that made a huge impact was Midori (the Japanese American violinist). We were surprised she came to play with us because we had not started playing at Strathmore and couldn't offer that as a second venue. She played the Beethoven violin concerto. It was so incredibly moving. The audience and the musicians were transported to a different place.

Conducting requires physical endurance. How do you prepare? And recover afterwards? I'm ashamed to say I don't prepare at all. For some reason, I have survived up to now. When you conduct you are doing regular exercise. But I should do more physical work. As for after, it's more the emotional and intellectual challenge. You have so much responsibility when the orchestra is performing.

What is your role in determining the make-up of the orchestra? The auditioning committee has four musicians and me. We usually agree on the appointment. But no one would be appointed if I didn't think they were a good fit.

Entering your 20th season, what do you dream about having? I dream of having a concert hall in Annapolis that would feature the orchestra at the level it deserves. That's no disrespect for Maryland Hall. We love performing there. But at the level the orchestra is playing now, Maryland Hall doesn't offer everything, like the size of the stage. I would love to present the Annapolis Symphony Orchestra in a more appropriate concert hall.

What's ahead? We will be experimenting with how we present concerts. Several years ago, we presented "Dream of America," Peter Boyer's composition about Ellis Island with two actors and a huge screen showing immigrants arriving in America. Without abandoning pure symphonic music, we believe this approach will help to engage larger audiences. The bigger vision is to make sure the ASO keeps growing. The orchestra has made an incredible impact on our community. With the Academy and our concerts at Maryland Hall and Strathmore, we now play at Downs Park in Pasadena in addition to Quiet Waters Park. We are exposing ASO to a much larger audience. Slowly and gradually, we want the ASO to reach a wider segment of the community—without ever abandoning the Annapolis that has supported us so generously for so many years.





Apple Picking in Maryland

By Tyler Ingle

From the sweet crunch of a Honeycrisp apple to the aromatic delight of a Fuji, or the perfect York for a pie, Maryland grown apples offer a bounty of flavors and experiences. Family-friendly farms with hayrides and cider tastings, plus mom-and-pop bakeries, make apple picking in Maryland more than just a seasonal excursion—it's an invitation to embrace the beauty and bounty of autumn.

To enjoy the best time of year for apple picking, Marylanders can head to the orchards anytime from the start of September to the end of October. During this period, local orchards produce a wide variety of apples. Cortland, Crispin, Empire, Fuji, Gala, Ginger Gold, Golden Delicious, Jonagold, McIntosh, Red Delicious, Stayman, and York make up a majority of apple varieties grown in Maryland. Though apples may seem similar in nature, there are subtle differences unique to each type. The

Red Delicious, for example, is known for being best eaten fresh off the tree, while the Jonathan and York are best used for cooking and baking in pies, preserves, salads, and more!

Upon arriving at an orchard, you'll head to the stand or counter to check-in (some locations may require a reservation or have unique hours, so make sure to check ahead). Then, it's either a hayride or short stroll to the orchard for picking. It is important to note that some locations may have a time limit, while others may have limits on the number of apples you're allowed to pick.

Selecting the perfect apple is more than just grabbing one off the tree and hoping for the best, so here are some helpful apple-picking tips. Apples that are on the tree's outer branches ripen earlier. Apples stop ripening once they are harvested, unlike other fruits, so you'll want to pick ones that look ready to eat. Once you have your apple identified, you can pull it off using a twisting motion, while holding the branch steady with your other hand, and lifting it up. Ripe apples should come off the branch easily with minimal resistance. Make sure to have a bag or basket for harvesting the picked apples. Storing your apples in a cool, dark area, such as the refrigerator, will help maintain their freshness. Avoid storing apples with other fruits, as this can affect the speed at which they turn bad.

READY TO GET PICKING? THERE ARE PLENTY OF LOCAL APPLE PICKING ORCHARDS AND FARMS ACROSS THE STATE. HERE ARE A FEW MARYLAND ORCHARDS ►

Baughter's Orchard and Farm. 1015 Baughter Road, Westminster; baughers.com/locations. This all-in-one farm offers apple picking, a petting zoo, bakery, market, and more. Baughter's sits on more than 1,200 acres of land filled with fresh fruits and vegetables. You can find plenty of homemade sauces, jellies, butters, condiments, pies, pastries, ciders, and more at Baughter's Bakery. Mrs. B's Ice Cream Window is the perfect place for soft serve ice cream and other sweet treats after picking your own apples, peaches, and plums.

Garver Farm. 5501 Detrick Road, Mount Airy; gaverfarm.com/pick-your-own-apples. Located in Mount Airy, Garver Farm offers pick-your-own apple hours on Fridays from 12–6 p.m., and Saturday–Sunday from 10 a.m. to 6 p.m. during the fall. Garver Farm is also known for its hayrides to the orchards, pumpkin donut holes, apple cider donuts, fudge, and more!

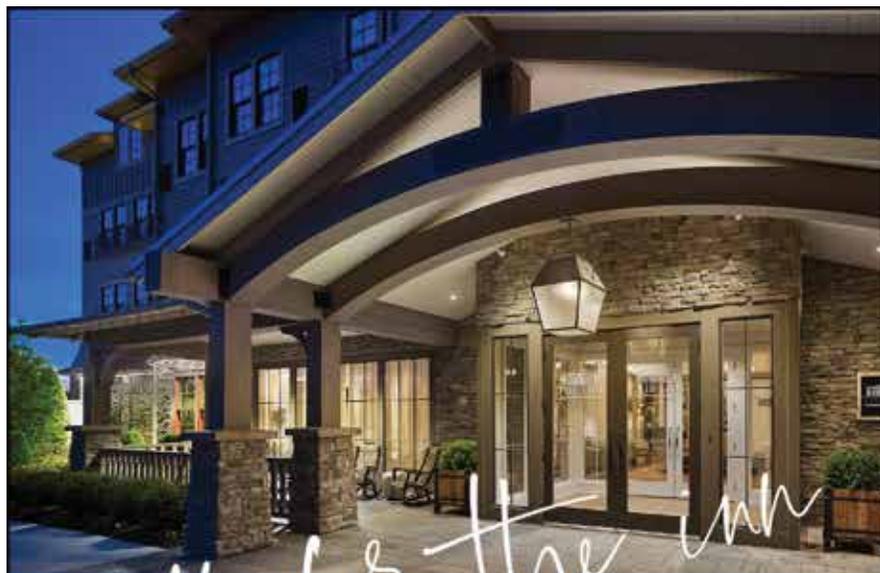
Kent Fort Farm. 135 Eastern Lane, Stevensville; facebook.com/kentfortfarm. Just over the Bay Bridge, Kent Fort Farm is a quick trip from Annapolis! Along with apple picking, this farm is well-known for high quality peaches and seasonal vegetables to pick spring through fall.

Larriland Farm. 2415 Woodbine Road, Woodbine; pickyourown.com. This popular Howard County pick-your-own farm is during the entire growing season, which begins with the ripening of the strawberry crop, in late May, and ends with the apple harvest, in early November.

Lewis Orchard. 18901 Peach Tree Road, Dickerson; lewisorchardfarmmarket.com. Full of apples, veggies, and more, Lewis Orchard is another Maryland mainstay. Make sure to grab a fresh baked pie, Thursdays through Sundays, located in their store stocked full of additional artisanal goods.

Lohr's Orchard. 3301 Churchville Road, Aberdeen; lohrosorchard.com. A Hartford County tradition, Lohr's not only boasts some of the best apple picking in the state but also offers a wide range of seasonal sweets and treats.

Rock Hill Orchard. 28600 Ridge Road, Mount Airy; rockhillorchard.com. You can select more than 30 different varieties of apples to pick across 30 acres. Plus, there's farmers' market and on-site creamery, which features Golden Guernsey Milk, gourmet ice cream, and grass-fed beef.



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Fashion for a Cause

On June 7th, more than 350 attendees enjoyed perfect weather outside and perfect looks inside at Hospice of the Chesapeake's 14th Annual Fashion for a Cause. Held at the Fluegel Alumni Center in Annapolis, the high-spirited crowd smashed its fundraising record, bringing in more than \$240,000 for Chesapeake Kids, the Hospice of the Chesapeake program which supports children living with and affected by advanced illness and loss. Guests enjoyed cocktails and small plates from local restaurants and caterers, followed by the evening fashion show. Learn more at hospicechesapeake.org.



5



6



7



8

1. Sentia Castaneda and Jarrett Simpson
2. Kinsey Stanton Penkert and Keely Lane
3. Beth Kuhl with James and Kathy Houck
4. Caitlin Reinhauer, Mandy Kessinger, and Delisha Horry
5. Pooja and Aditya Chopra
6. Caitlin and Gary Robey with Ruby and Vincent Lattesta
7. Jay Antonelli, Chris Cordero, Nicole Cordero, and Ingrid Antonelli
8. Kathy Burk, Jerry Slocum, and Susan Laquinta



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Celebrating HOPE

On May 9th, HOPE For All's 20th anniversary celebration at The Atreum at Soaring Timbers in Annapolis brought together 120 people to commemorate two decades of the nonprofit providing furniture, housewares, and clothing to more than 20,000 people in Anne Arundel County. Through sponsors, ticket sales, an auction, and donations, more than \$53,000 was raised to continue their efforts to bring stability to peoples' lives and give them hope for their future. Learn more at hopeforall.us.

1. Karen Reyes and Jose Gonzalez 2. Joyce Steedman and Kelly Jensen 3. Mark Chang, Julie Hummer, Pam Beidle, Stuart Pittmann, and Connie Cooper 4. Susan Griisser and Sue Schildwachter 5. Kathy Boone and Pete Purcell 6. Sean Dean, Connie Cooper, and Marjorie Dean 7. Tiyana Parker and Quanesha Richardson 8. Keith Fischbach 9. Pat Cashour and Peggy Wellein 10. Amy and Chris Salmon



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October Highlights

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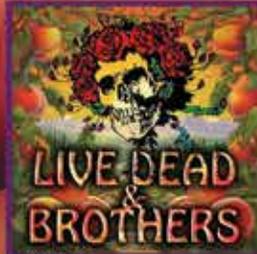
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OCTOBER 5
LIVE DEAD & BROTHERS
THE MUSIC OF THE DEAD & THE ALLMANS



OCTOBER 6
NOAH GUNDERSEN
LEDGES 10 YEAR ANNIVERSARY



OCTOBER 8
**OTTMAR LIEBERT
& LUNA NEGRA**



OCTOBER 9
SUNNY SWEENEY
W. SCOTT MILLER



OCTOBER 10
**VICTOR WOOTEN
& THE WOOTEN BROTHERS**



OCTOBER 11
**DOUG STONE
& TERRY McBRIDE**



OCTOBER 15
**BILLY BOB THORNTON
& THE BOXMASTERS**



OCTOBER 17
ACOUSTIC ALCHEMY
SMOOTH JAZZ



OCTOBER 18
FOUR80EAST
ELECTRO-JAZZ ENSEMBLE



OCTOBER 18
SHEMKIA COPELAND
BLUES VOCALIST



OCTOBER 21
BONEY JAMES
SLOW BURN TOUR



OCTOBER 22
RICHIE KOTZEN
W. MARK DALY



OCTOBER 25
PRS EIGHTLOCK
FEAT. PAUL REED SMITH



OCTOBER 26
**LUTHER DICKINSON
& JD SIMO** (MATTINEE)



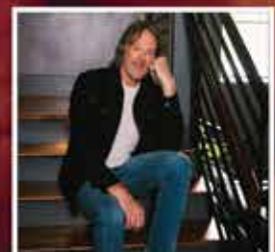
OCTOBER 26
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& THE BOARD OF COMEDY**



OCTOBER 28
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THE MUSIC OF LYNRYD SKYNYRD



OCTOBER 30
THE ROBERT CRAY BAND
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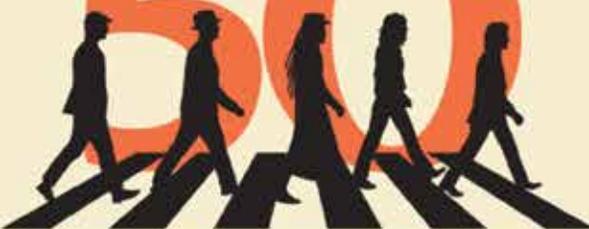


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SHOP WITH A COP

The Annapolis Police Foundation hosted its annual giving back event, Shop with a Cop, on August 1st. For the event, local youth are invited to shop for new clothing before the start of the school year at Old Navy, located in the Annapolis Harbour Center. The event pairs kids with officers of the Annapolis Police Department to “shop” the store by selecting clothing of their choice, all donated for the charitable event. To learn more about the Annapolis Police Foundation, visit annapolispolicefoundation.org.



Sailing Trophy Rededicated

Annapolis Yacht Club rededicated one of its most prestigious perpetual trophies in honor of Jim Allsopp, who had a passion for offshore sailing and put a ton of blue water miles under his belt. The James Allsopp Seafarer Trophy will next be presented during the Annapolis to Newport Race prize-giving ceremony, in June of 2025, if a qualified entry meets the criteria. It is one of many perpetual trophies awarded during the Annapolis-to-Newport prizegiving ceremony. The trophy will be presented to the skipper of the boat with the best combined performance in the upcoming Annapolis-to-Newport Race and the previous Newport-to-Bermuda Race, which was held in June of this year. Learn more at annapolisyc.com.



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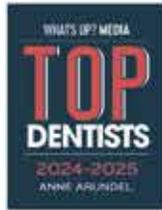
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Arts & Culture



New Leadership Roles

In July, the University of Maryland Baltimore Washington Medical Center, a member organization of the University of Maryland Medical System, named Jason Heavner, MD, as the hospital's new Senior Vice President (SVP) and Chief Medical Officer (CMO). He succeeds Neel Vibhakar, MD, who has assumed a new role as Associate Chief Clinical Officer for UMMS and will continue to work with UM BWMC to support quality and performance improvement initiatives. Congratulations to both! Learn more at umms.org/bwmc.



PSYCHIATRIST OPENS PRACTICE IN ANNAPOLIS

Dr. Sylvia Foster, board-certified psychiatrist who opened her office in downtown Annapolis this spring, celebrated the official “ribbon-cutting” on Thursday, July 18th at the Light House Bistro on West Street. Dr. Foster has practiced in both private and hospital settings for over 25 years in Pennsylvania and Delaware and is thrilled to bring her services to Annapolis. Her practice focuses on adult psychiatric care, specializing in depression, bipolar disorder, ADHD and generalized anxiety using therapy and medication. Dr. Foster’s office is located at 170 West Street. Learn more at sylviafostermd.com.



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Alliance for the Chesapeake Bay

RESTORING LANDS AND WATERS OF THE CHESAPEAKE BAY FOR THE PEOPLE WHO LIVE, WORK, AND PLAY IN ITS WATERSHED

By Lisa A. Lewis



Project partners tour the Trossbach site, assessing erosion from a recent storm.

The construction of the Trossbach Farm Living Shoreline Project will not only enable the Alliance for the Chesapeake Bay to restore 3,800 linear feet of living shoreline along the Chesapeake Bay in St. Mary's County, but also preserve the legacy of a multigenerational family farm. Located in Dameron, Trossbach Farm has been in operation since the early 1900s.

The major restoration project, which is funded by a \$3.9 million grant awarded to the Alliance in July 2024 by the Chesapeake and Atlantic Coastal Bays Trust Fund, will create a living shoreline that will prevent further erosion, improve water quality, and benefit habitat. The project includes the installation of stone breakwater structures and 3.35 acres of tidal marsh plantings. Construction, which will begin in late 2024, is expected to be completed in October 2025.

"Implementing the Trossbach Farm Living Shoreline Project is a high priority," says Kate Fritz, CEO of the Alliance. "Erosion from damaging storms is a major issue in this area and results in the loss of 10 feet of land per year on the property. This makes restoration efforts critical. The Alliance is excited to partner with Chesapeake Bay Trust, Maryland

Department of Natural Resources, St. Mary's County, Coastal Construction Services, Dameron Contracting, and the Trossbach family on this important project.

"When we focus on forming partnerships based on mutually beneficial action, we can go so much further toward a cleaner Bay."

50 YEARS OF BAY ADVOCACY

Completing restoration projects is just one way that the Alliance fulfills its mission of "[restoring] the lands and waters of the Chesapeake Bay watershed." According to Fritz, the watershed-wide organization represents the interface between land and water—striving to prevent pollution on the land before it reaches the water.

The Alliance, formerly "The Citizens Program for the Chesapeake Bay," was created in 1971 by a group of citizens who were concerned about the declining "state of the Bay." In '78, it changed its name to the Alliance for the Chesapeake Bay. Today, the nonprofit organization has offices in Annapolis, Lancaster, Pennsylvania, Washington, D.C., and Richmond, Virginia, and is committed to its four pillars: agriculture, forests, green infrastructure, and stewardship & engagement.

"The Alliance is a unique organization," says Brian Macnamara, chair of the Alliance's Board of Directors. "We are a trusted partner, and we have a long history of bringing everyone to the table in a positive way. Kate is a great leader. Her team works together to create definable metrics for their strategic goals, allowing them to measure their progress."

"WHEN WE FOCUS ON FORMING PARTNERSHIPS BASED ON MUTUALLY BENEFICIAL ACTION, WE CAN GO SO MUCH FURTHER TOWARD A CLEANER BAY."



Alliance CEO Kate Fritz speaks to attendees of the organization's annual Chesapeake Watershed Forum.

NOTEWORTHY MILESTONES

A regional leader, the Alliance has greatly impacted Bay restoration efforts. In 1983, the organization was a convener of a monumental conference held at George Mason University, where the first Chesapeake Bay Agreement was signed. The one-page pledge supported a cooperative approach to address pollution in the Bay.

During the mid-'90s, the Alliance completed a major project to address stormwater runoff in Pennsylvania. The project involved planting riparian forest buffers (areas of native trees and shrubs) along streams in Lancaster County's Pequea-Mill Creek watershed, which flows into the Conestoga River, and Mifflin County's Kishacoquillas Creek Valley, which flows into the Juniata River. The project underscored the importance of planting trees throughout the Chesapeake Bay watershed, which improves water quality by protecting streams from polluted runoff and streambank erosion.

In 2018, the Alliance launched the Turkey Hill Clean Water Partnership, a collaborative effort coordinated by the Alliance in partnership with Turkey Hill Dairy and Maryland & Virginia Milk Producers Cooperative Association. The partnership provides dairy farmers with resources to reduce nutrient runoff—improving water quality in the Lancaster, Pennsylvania, area—and offers incentives to implement conservation practices.

“It was a change-making moment,” Fritz says. “The partnership gave us a place to test a new way of working—within the entirety of the dairy supply chain—to increase resources available to farmers, while also accelerating the rate of conservation work on farms. The partnership has opened up opportunities for a new system of engaging the agricultural industry in conservation work within the Chesapeake Bay watershed.”

As the Alliance looks toward the future, the organization is excited to continue its mission. In May 2023, it launched its *2023–028 Strategic Plan*, a roadmap for the next few years.

“We plan to expand the restoration of our lands and waters, build the capacity of partner organizations, and connect more people to the environment,” Fritz says. “Bay restoration is an issue that affects everyone, and we can all make an impact.”



The Alliance's Signature Event: Chesapeake Watershed Forum

THEME: "MAKING IT LAST: PROVEN TACTICS FOR BUILDING ENDURING PROJECTS, PARTNERSHIPS, AND ORGANIZATIONS"

October 18–20, 2024

The Alliance is excited to host the 19th annual Chesapeake Watershed Forum held at the National Conservation Training Center in Shepherdstown, West Virginia. The event reaches more than 400 restoration and protection practitioners who share successful tools and techniques, offer lessons, foster partnerships, provide education, network, and celebrate successes. Visit allianceforthebay.org for more information.



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Meet Student Athlete Anna Ervin

THIS ST. MARY'S HIGH SCHOOL SENIOR IS COMMITTED TO WINNING ON AND OFF THE FIELD

By Tom Worgo

Playing nearly year-round for a club team against other elite college prospects and traveling to games up and down the East Coast is part of the commitment that St. Mary's High School senior Anna Ervin has to lacrosse. Ervin also believes she obtained her lacrosse scholarship to Loyola College of Maryland by improving her skills playing *three* sports. Ervin stood out in lacrosse, basketball, and soccer for St. Mary's. She served as co-captain in basketball and lacrosse during her junior year.

"It all translates," Ervin explains. "My defensive skills in basketball and being able to set picks helps in lacrosse. Soccer puts me in really great shape. I never stop running and hardly come off the field during a game."

St. Mary's Girls Lacrosse Coach Tom DeMaio agrees and says three sports were crucial to her receiving a scholarship.

"I think her ability to play three sports has really contributed to her lacrosse game," DeMaio says. "She competes in soccer and basketball really hard. And that shows on the field in lacrosse."

Ervin figured her shot at a scholarship was a real possibility when she made the Under Armor All-American Washington, D.C., team as a ninth grader in 2021, and then the Under Armor All-American-Baltimore team the following year.

"SHE IS TOUGH, GRITTY, AND COMPETITIVE. THAT'S WHERE SHE TRULY EXCELS IN ALL HER SPORTS."



Ervin, an Annapolis resident, will play all three sports, again, as a senior this year. It's a path few high school athletes are taking these days. "I couldn't go without playing those other sports," Ervin says. "That's what got me to where I am today."

The 5-foot-7 midfielder also carries a 4.07 weighted grade-point average. She verbally committed to Loyola in October 2023 and plans to sign a National Letter of Intent in early November.

She has some familiarity with the school since both of her parents, Jennifer and Patrick, played lacrosse at Loyola, which finished the 2024 season ranked No. 13 in the country.

"Both of my parents going there is a cool thing," she recalls. "I can remember when I was little being dressed up in Loyola stuff. When I visited Loyola, the community, players, and coaches felt like a family immediately. I like their coach's style, and I like how direct they are. I saw a couple of practices."

Ervin may have picked up some more knowledge about Loyola from her Baltimore-based M&D club lacrosse club coach, KJ O'Day,

who also played and coached lacrosse there. O'Day thinks the school is close to the ideal fit for Ervin, who has played club lacrosse for seven years, including three for M&D.

"She is going to do amazing there," O'Day says. "The Loyola coaches are just great teachers of the game, and I think they are really going to enhance her skills."

At St. Mary's, the girls lacrosse coaching staff has given the 18-year-old Ervin awards for her leadership, selflessness, and consistent high level of play. And like in basketball (defensive specialist, shooting guard) and soccer (midfielder), Ervin will finish her lacrosse career as a four-year starter.

The 2023 season was her best. She ranked third on the team in scoring with 32 points (24 goals, 8 assists), first in ground balls (35), and first in draw controls (45). Ervin showed her tenacity, totaling three ground balls or more in seven consecutive games for the 10-8 Saints. That stellar season earned her Interscholastic Athletic Association of Maryland A Conference honors.

"She is tough, gritty, and competitive," DeMaio says. "Those are the traits we are trying to push throughout our whole team. That's where she truly excels in all her sports."

"She led our team in ground balls and that's usually a sign of the player being the toughest competitor," he adds. "We gave her a grit award. She has great finishing skills and she is very good converting our eight-meter shots."



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Baltimore Ravens Devontez Walker

THE ROOKIE WIDE RECEIVER HOPES TO MAKE HIS MARK IN THE NFL

By Tom Worgo

Being about 400 miles from his family in North Carolina, Baltimore Ravens rookie wide receiver Devontez Walker thinks about them often. So much so, Walker hasn't spent any of his \$797,000 signing bonus on himself. It's reserved for the family. He plans to take care of his three sisters, mother, and grandmother.

"The first big purchase will be for them," Walker says. "I have not touched my signing bonus at all."

The Ravens consider where they drafted Walker—near the middle of the fourth round at pick No. 113—to be a steal. That fits with Walker's view of himself: the underdog. "I have been in that role my whole life," he says.

Walker has a chance to be Baltimore's big-play receiver. He ran the 40-yard dash in a blazing 4.36 seconds at the NFL Scouting Combine in March. He showed that type of ability at the University of North Carolina last year after spending two seasons at Kent State University. The 6-foot-1, 191-pound Walker averaged 17 yards per catch for the Tar Heels, hauling in 41 passes for 699 yards and Atlantic Coast Conference-leading seven touchdowns.

Walker decided to test his skills against ACC competition and transferred to North Carolina. One of the reasons was his performance against



eventual national champion Georgia in 2022, when he caught seven passes for 106 yards and a touchdown. We caught up with the prodigious footballer between practices this summer.

What kind of season do you feel you can put together as a rookie? I can fill the void the Ravens have been looking to fill. I can take a top off the defense and open up those 20-yard and under routes for Zay Flowers. And also contribute on special teams. That would be big for me. It was something I wasn't able to do in college that I wanted to do.

How have you been building a rapport with quarterback Lamar Jackson, a two-time NFL MVP? How is your relationship going? It has been really good since training camp started. When something doesn't go right on the field, he will come straight to me and point it out. He says, "You will get it down." He wants to be there for me. It's like a big brother role. I was able to go down to Florida during the offseason for about two weeks and catch some passes from him. I was able to get some chemistry going.

How would you describe your relationship with John Harbaugh? He's a Super Bowl winner and one of the longest tenured coaches in the NFL? Our relationship has been really good. I love him. He comes and tells me the things I am doing good and the things that I am not doing good that will make me better as a player. He wants everybody to really compete and that's what you see on Sundays from the Baltimore Ravens. That hard-nosed physical style of football.

That is the kind of thing I see from coach Harbaugh.

What veteran receiver are you closest to? What have you learned from him? I would say Nelson Agholor. He is someone I go to with all my questions. He was also down in Florida, and I was

I FEEL I CAN BE A BIG CONTRIBUTOR TO THIS TEAM, SO I FEEL I ENDED IN A GOOD SPOT.

able to pick his brain. I go and hang out at his house a lot. He is the veteran I have clung to since I have been here. I have learned a lot about route running from him. I want to show everyone what I can do out there and that I can do those things that a lot of scouts, pre-draft, thought I couldn't do. He has really given me some insights.

You were drafted in the fourth round, on the third day of the event. You were projected to go in the second or third rounds and had to sit through two long days of hearing other names called. Does that motivate you? It really motivates me. No matter how many receivers went ahead of me in the draft, I don't think they are better than me. It is what it is. But I was very happy to get that call from the Ravens. I feel I can be a big contributor to this team, so I feel I ended in a good spot. I'm blessed.

I understand that the phone call you got from the Ravens when you were drafted was from GM Eric DeCosta. And you cried? Tell me about that. He [DeCosta] asked me if I would like to catch passes from Lamar Jackson. I just thought it was crazy. Someone I watched all throughout high school and college. I would be catching passes from him. That, plus him telling him he loved my skill set and that I am a special player brought me to tears. It was something I loved to hear.



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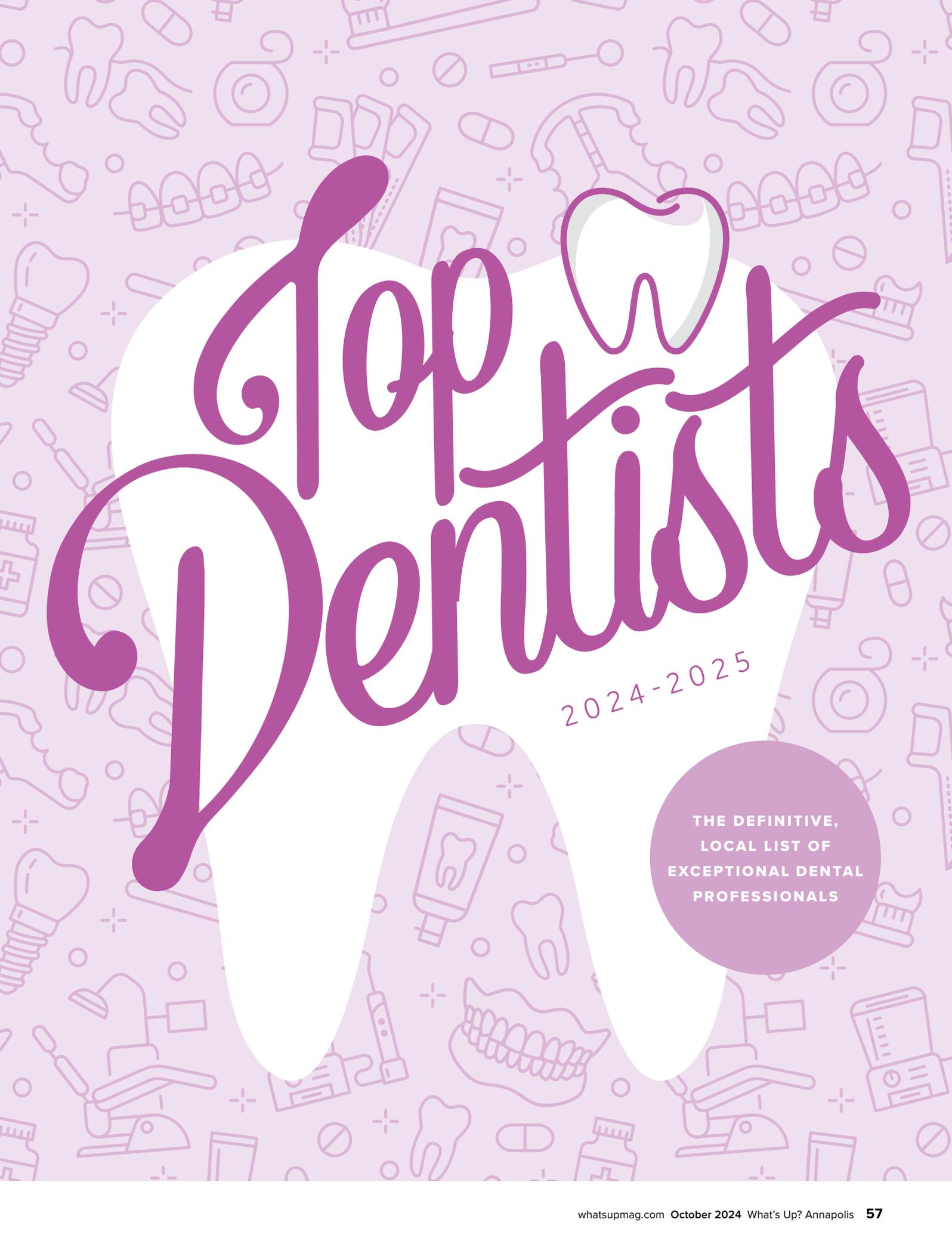
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We listed more than 10 areas of dental specialty on the digital survey. Dentists could vote for up to three candidates per specialty. Only one survey entry was allowed per dentist. The response was impressive and we want to thank the many dentists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

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

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

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Dr. Joseph Benderson
BayCove Family & Cosmetic Dentistry; 780 Ritchie Highway, Ste. S-30, Severna Park, MD 21146; 410-384-9030; baycove-dental.com

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Patton Smiles; 104 Forbes Street, Ste. 204, Annapolis, MD 21401; 410-295-1000; annapolis.dental

Dr. Yeremi Canizales

Severna River Dental; 572 Ritchie Highway, Ste. F, Severna Park, MD 21146; 410-647-4094; severnriverdental.com

DENTAL PUBLIC HEALTH

A para-clinical specialty of dentistry that deals with the prevention of oral disease and promotion of oral health.

Dr. Celeste Ziara
Chesapeake Health Care; 12165 Elm Street, Princess Anne, MD 21853; 410-651-5151; chesapeakehc.org

ENDODONTICS

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

Dr. Alexis Herring
Bay Endodontics, LLC; 29466 Pintail Drive, Ste. 16, Easton, MD 21601; 410-690-3636; bay-endo.com

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

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

Dr. Kenneth Mangano

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

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

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

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

Dr. Michelle Rampulla
Endodontics, P.A.; 888 Bestgate Road, Ste. 220, Annapolis, MD 21401; 410-224-6150; annapolisroot-canals.com

GENERAL DENTISTRY

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

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

Dr. Alyssa Wolfe

Eastern Shore Dental care; 22 Kent Towne Market, Chester, MD 21619; 410-643-5500; easternshoredental-care.com

Dr. April Calton
About Smiles Dentistry; 507 S. Cherry Grove Avenue, Annapolis, MD 21401; 410-691-3228; about-smilesdentistry.com

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

Dr. Christie L. Hagert
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Dr. David Morabito
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Dr. Dennis Cherry
Cherry Family Dental; 900 Ritchie Highway, Ste. 204, Severna Park, MD 21146; 410-793-5802; cherryfamilydental.com

Dr. Earl L. Chambers, III
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Dr. Edward Vesely

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Dr. Eric Fooksman
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Dr. Erin Golueke
Eastern Shore Dental care; 22 Kent Towne Market, Chester, MD 21619; 410-643-5500; easternshoredental-care.com

Dr. Eugene McNinch
Kent Island Dentistry; 1231 Shopping Center Road, Stevensville, MD 21666; 410-643-5100; kentislanddentistry.com

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

Dr. James Pochron
Chesapeake Dental; 116 S. Piney Road, Ste. 202, Chester, MD 21619; 410-643-4700; chesapeakedental.net

Dr. Jennifer Brotz
Eastern Shore Dental care; 22 Kent Towne Market, Chester, MD 21619; 410-643-5500; easternshoredental-care.com

Dr. Jonathan Soistman

Soistman Family Dentistry & Associates; 100 Pennsylvania Avenue, Centerville, MD 21617; 410-690-3388; soistmanfamilydentistry.com

Dr. Katherine Holtzaple
About Smiles Dentistry; 507 S. Cherry Grove Avenue, Annapolis, MD 21401; 410-691-3228; about-smilesdentistry.com

Dr. Kathryn Ehmman
Ehmann Dental Care; 600 Ridgely Avenue, Ste. 217, Annapolis, MD 21401; 410-224-1105; ehmanndds.com

Dr. Keith Polizois
Chesapeake Bay Dentistry; 43 Old Solomons Island Road, Ste. 103, Annapolis, MD 21401; 410-266-8250; chesapeakebaydentistry.com

Dr. Meredith Esposito
Chesapeake Dental Arts; 1509 Ritchie Highway, Arnold, MD 21012; 410-883-5546; chesdentalararts.com

Dr. Meredith Todd
Harbor Dental Center; 402 Muse Street, Cambridge, MD 21613; 410-650-8335; harbordentalcenter.com

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



Dr. Ryan Maisel

Kent Island Dentistry; 1231 Shopping Center Road, Stevensville, MD 21666; 410-643-5100; kentislanddentistry.com

Dr. Scott Finlay

Annapolis Smiles; 1460 Ritchie Highway, Ste. 203, Arnold, MD 21012; 410-989-6681; annapolisdentistdds.com

Dr. Thomas Bonfiglio

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

Dr. Valerie Vitagliano

Dental One Associates; 2623 Housley Road, Annapolis, MD 21401; 410-793-4922; dentalone-md.com

ORAL & MAXILLOFACIAL PATHOLOGY

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

Dr. Borek L. Hlousek

Oral Surgery Specialists (2 locations); 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

Dr. Christopher B. Chambers

Oral Surgery Specialists (2 locations); 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

Dr. Clifford S. Walzer

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

Dr. Cornelius J. Sullivan

Oral Surgery Specialists (2 locations); 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

Dr. Ziad E. Batrouni

Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-442-6263; mosa4os.com

ORAL & MAXILLOFACIAL RADIOLOGY

The specialty of dentistry and discipline of radiology concerned with the production and interpretation of images and data produced by all modalities of radiant energy that are used for the diagnosis and management of diseases, disorders, and conditions of the oral and maxillofacial region.

Dr. Ziad E. Batrouni

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ORAL & MAXILLOFACIAL SURGERY

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

Dr. Borek L. Hlousek
Oral Surgery Specialists (2 locations); 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

Dr. Christopher B. Chambers

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Oral Surgery Specialists (2 locations); 275 West Street, Ste. 100, Annapolis, MD 21401; 410-268-7790; 101 St. Claire Place, Stevensville, MD 21666; 410-643-9730; annapolisoss.com

Dr. Horace K. Wood

Horace K. Wood, DMD Oral & Maxillofacial Surgery; 508-C Cynwood Drive, Easton, MD 21601; 410-770-3130; eastonoms.com

Dr. Kenneth Kuffa

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

Dr. Ziad E. Batrouni

Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-442-6263; mosa4os.com

OROFACIAL PAIN

This specialty of dentistry encompasses the diagnosis, management and treatment of pain disorders of the jaw, mouth, face, head and neck. The specialty of Orofacial pain is dedicated to the evidenced-based understanding of the underlying pathophysiology, etiology, prevention, and treatment of these disorders and improving access to interdisciplinary patient care.

Dr. Edward Zebovitz

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

Dr. Ziad E. Batrouni

Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401; 410-442-6263; mosa4os.com

ORTHODONTICS & DENTOFACIAL ORTHOPEDICS

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

Dr. John A. Benkovich, III

Benkovich Orthodontics (2 locations); 1616 Forest Drive, Ste. 7, Annapolis, MD 21403; 410-268-1700; 800 Abruzzi Drive, Unit F, Chester, MD 21619; 410-643-4499; drbenkovich.com



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Dr. John W. Serino

Serino Orthodontics; 538 Cynwood Drive, Ste. 1, Easton, MD 21601; 410-822-9411; serinoortho.com

Dr. Julie Langguth

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

Dr. Karina Spivak

Spivak Orthodontics; 690 Ritchie Highway, Severna Park, MD 21146; 410-647-0800; bracesinthepark.com

Dr. Kyle**Higginbottom**

Higginbottom Orthodontics; 503 Dutchmans Lane, Easton, MD 21601; 410-822-3626; higginbottomorthodontics.com

Dr. Mairead M.**O'Reilly (retired)**

Family Orthodontics of Annapolis; 888 Bestgate Road, Ste. 301, Annapolis, MD 21401; 410-216-5258; annapolisortho.com

Dr. Ora Reinheimer

Reinheimer Orthodontics (2 locations); 802 Bestgate Road, Ste. B, Annapolis, MD 21401; 410-263-5600; 101 St. Claire Place, #104, Stevensville, MD 21666; 410-643-6636; marylandbraces.com

Dr. Robert Bolton

Three Bridges Pediatric Dentistry & Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 3bridgespdo.com

Dr. Robert Laraway

Kent Island Orthodontics; 206 Duke Street, Stevensville, MD 21666; 410-855-4430; kiortho.com

Dr. Stephen Labbe

Labbe Family Orthodontics; 114 Forbes Street, Annapolis, MD 21401; 410-267-7300; labbefamilyortho.com

PEDIATRIC DENTISTRY

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

Dr. Beverly A.**"Sissy" Jimenez**

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

Dr. Devin Langguth

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

Dr. Erica**Lewis-Mead**

Easton Kids Dentists; 613 Dutchmans Lane, Easton, MD 21601; 410-822-7575; eastonkidsdentist.com

Dr. Gregg T. Behling

Three Bridges Pediatric Dentistry & Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 3bridgespdo.com

Dr. Heather Foster

Eastern Shore Dental care; 22 Kent Towne Market, Chester, MD 21619; 410-643-5500; easternshoredental-care.com

Dr. Jessica Lee

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

Dr. Kenny Zamora

Bayside Kids Dental; 1350 Blair Drive, Ste. I, Odenton, MD 21113; 443-698-8180; baysidekidsdentist.com

Dr. Margaret**McGrath**

Kent Island Pediatric Dentistry; 160 Sallitt Drive, Ste. 106, Stevensville, MD 21666; 410-604-2211; kipediatricdentistry.com

Dr. Maya A. Vernon

Vernon Pediatric Dentistry; 900 Ritchie Highway, Ste. 101, Severna Park, MD 21146; 410-544-4888; vernonpediatricdentistry.com

Dr. Megan Golia

Kent Island Pediatric Dentistry; 160 Sallitt Drive, Ste. 106, Stevensville, MD 21666; 410-604-2211; kipediatricdentistry.com

Dr. Michelle Decere

Three Bridges Pediatric Dentistry & Orthodontics; 1507 Ritchie Highway, #201, Arnold, MD 21012; 410-757-5437; 3bridgespdo.com

Dr. Myrnelle Damas

MidShore Pediatric Dentistry; 508-B Cynwood Drive, Easton, MD 21601; 410-819-0726; midshorepediatricdentistry.com

Dr. Tyson Bross

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

PERIODONTICS

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

Dr. Angela Miele

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

Dr. Cary Bly

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

Dr. David A.**Mugford**

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

Dr. Edidiong Umoh

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

Dr. Elizabeth Polak

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

Dr. John Bruce

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

Dr. John V. Louis

Centers for Specialized Dentistry; 218 Bay Street, Easton, MD 21601; 410-820-9599; cfsd-md.com

Dr. Ramz Khleif

Dental One Associates; 2623 Housley Road, Annapolis, MD 21401; 410-793-4922; dentalone-md.com

Dr. Robert Bouffard

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

PROSTHODONTICS

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

Dr. Arezoo A. Bahar

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

Dr. Eugene McNinch

Kent Island Dentistry; 1231 Shopping Center Road, Stevensville, MD 21666; 410-643-5100; kentislanddentistry.com

Dr. John Davliakos

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

Dr. Ryan Maisel

Kent Island Dentistry; 1231 Shopping Center Road, Stevensville, MD 21666; 410-643-5100; kentislanddentistry.com

Dr. Sara Satin

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

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Britney Ometz, Au.D. opened Anne Arundel Audiology in 2023 because she saw a need to provide a better model for hearing healthcare. Dr. Ometz wants to expand access to more affordable hearing technology without compromising thorough, patient-centered care. Hearing is essential to your quality of life and communication with friends, family, and colleagues, and Dr. Ometz believes it is never too soon to start your hearing journey.

Dr. Britney Ometz is the owner and provider at Anne Arundel Audiology. She has been an audiologist since 2018, working across all age groups and specialties in the field of audiology. She went to Towson University for her Bachelor's degree and The University of Tennessee for her Master's and Doctoral degrees in audiology. Her fourth-year clinical rotation was at the Washington D.C. VA Medical Center, where she honed her skills and developed a strong connection with the veteran population.

Anne Arundel Audiology currently provides earwax removal, hearing tests, hearing aid fitting and follow up care, tinnitus treatment, and hearing protection options.

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

Dr. Finlay is a distinguished leader in cosmetic and restorative dentistry, recognized as one of only 100 dentists to achieve the highest credential in esthetic dentistry as an Accredited Fellow of the American Academy of Cosmetic Dentistry. His extensive qualifications are further reflected in his role as a Director on the American Board of Cosmetic and Esthetic Dentistry, the authoritative body in U.S. cosmetic dentistry. Not only has Dr. Finlay authored the definitive guide on smile design evaluation for the credentialing process, but he has also contributed dozens of articles to national and international professional journals. In addition to these accomplishments, Dr. Finlay is a Resident Expert Emeritus at the



Dawson Academy and a Fellow of the Academy of General Dentistry.

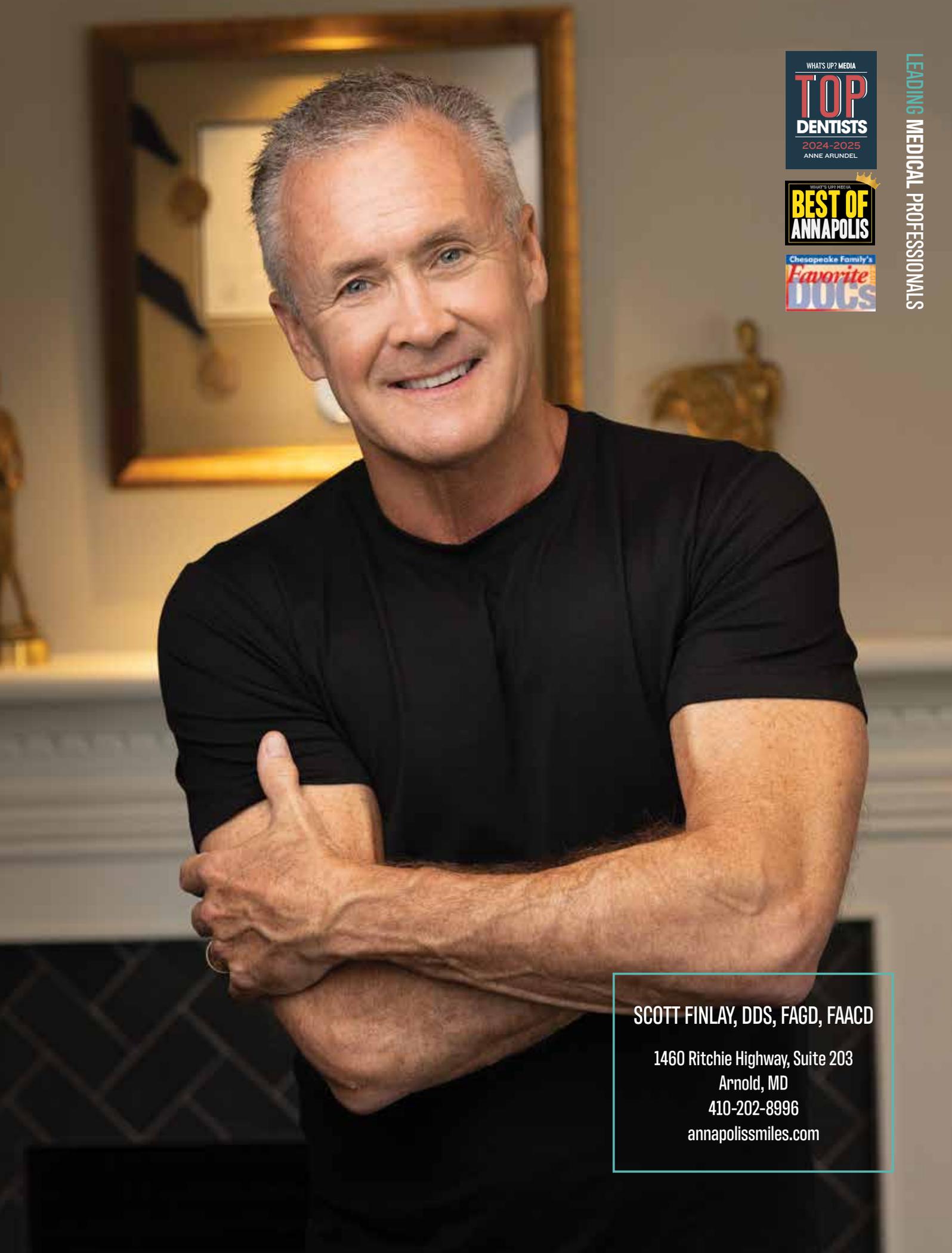
As a leading cosmetic dentist, Dr. Finlay takes a holistic approach to patient care, ensuring that each dental treatment plan addresses the complexities of smile design to deliver optimal results. While aesthetics is a key component, Dr. Finlay emphasizes the importance of enhancing the form, function, and overall health of your teeth. "This is the only way to create beautiful and predictable results," he notes. Whether dental concerns stem from ailments, injuries, or congenital issues, the impact of a smile on someone's life can be as significant to the individual as to those around them. Smile enhancement, whether as simple as teeth whitening procedures or as transformative as a complete smile makeover, can instill confidence and truly change a life.

Dr. Finlay's most life-fulfilling moments as a dentist:

"The impact that a great smile has on an individual is priceless. Having had the honor of restoring thousands of smiles over my career, the emotional impact of confidence and self-worth that it has on those patients is truly magical. Whether it is a senior in high school heading to the prom or college, or someone decades older refreshing their dental health, I never tire of their genuine response. The smiles begin deep within their hearts and radiate beyond measure."

Annapolis Smiles has consistently been recognized as the Best Cosmetic and Restorative Dentist in Annapolis, a testament to the team's dedication and expertise. With a commitment to five-star service, cutting-edge technology, and exceptional care, Dr. Finlay and his team are eager to offer their skills to patients seeking dental solutions that combine comfort, functionality, and lasting stability.

If you're interested in achieving a stunning, lasting smile or in becoming a valued patient of an experienced, sophisticated practice, schedule your appointment today.



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

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

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

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

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

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

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

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

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DR. HENRY D. SANDEL IV

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

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

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

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

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

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

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

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

DR. HENRY SANDEL

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At our practice, we believe in creating custom treatment solutions that align with your dental health goals. We take the time to listen to your concerns and develop a personalized plan to achieve the best possible outcomes. Our complimentary consultations, including 3D imaging, offer a no-pressure opportunity to explore your options and make informed decisions about your care.

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Dr. Djawdan's extensive experience and dedication to continuing education ensure that you receive the most current and effective treatments available. His commitment to excellence has earned him the trust and respect of both his patients and peers.

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Drs. Walzer, Sullivan, Hlousek, Jones, Chambers, and Kufta, renowned Board Certified Oral and Maxillofacial Surgeons, welcomed Dr. Kenneth M. Kufta to their distinguished team a little over a year ago. Dr. Kufta, skilled in advanced surgical techniques, seamlessly fits in with the practice, further enhancing their comprehensive care offerings. These experts handle a broad spectrum of oral, dental, and facial issues. Their proficiency encompasses dental implant surgery, wisdom tooth removal, and corrective jaw surgery, employing methods that emphasize bone structure rebuilding with minimal surgical intervention and enhanced patient comfort. Their practice prioritizes creating stunning smiles and rejuvenating the functionality of teeth and jaws. Unique to their specialty, they are licensed to administer intravenous (IV) general anesthesia in a state-of-the-art office environment. Their practice ethos combines excellent care with the art, science,

and technology, ensuring an outstanding experience marked by compassion, courtesy, and respect.

The practice is known for managing a wide variety of problems related to the mouth, teeth, and facial regions, offering a full scope of oral and maxillofacial surgery. Their expertise extends from routine procedures like wisdom tooth removal to more complex surgeries such as dental implant placement and corrective jaw surgery. The surgeons utilize advanced techniques designed to rebuild bone structure with minimal surgical intervention, optimizing patient comfort and promoting quicker recovery times.

In addition to their surgical expertise, the practice is equipped to diagnose and treat facial pain, injuries, and fractures, providing comprehensive care under one roof. The practice operates across five state-of-the-art locations, ensuring that patients throughout

the region have access to top-quality care close to home.

The team's commitment to excellence is reflected in every aspect of their work, from the initial consultation to post-surgical follow-up. They continually invest in the latest technology and ongoing education, ensuring that they remain at the forefront of their field. This dedication, combined with a patient-centered approach, has earned them a stellar reputation as leaders in oral and maxillofacial surgery in the region.

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DR. ZIAD BATROUNI

MARYLAND ORAL SURGERY ASSOCIATES

Maryland Oral Surgery Associates (MOSA) offers the full scope of Oral and Maxillofacial Surgery with an emphasis on dental implants, permanent teeth in a day, extractions (including wisdom teeth), bone grafting, cosmetics, oral pathology, facial reconstruction, and in-office Intravenous Sedation and General Anesthesia. MOSA of Annapolis and Crofton offer Teeth-in-a-Day solution for failing dentition. This utilizes the latest 3-D imaging for treatment planning and implant placement. In the vast majority of cases patients will leave with a full set of teeth, and will be able to function immediately with minimal dysfunction

to their daily routine. MOSA also offers cosmetic procedures including cheek and chin implants, facial liposuction, and cosmetic injectables (Botox, Juvederm, and Voluma). Voluma is a new cosmetic procedure that adds volume to the apples of your cheeks, giving the appearance of an instant facelift. The MOSA team is happy to be a part of the Crofton/Annapolis community, providing top quality Oral and Maxillofacial Surgery.

Dr. Ziad Batrouni, joined Maryland Oral Surgery Associates in 2006. He received his B.A. in Biochemistry from Virginia Tech and his Doctor of Dental Surgery Degree from Northwestern University Dental School. Dr. Batrouni completed his internship and residency in Oral and

Maxillofacial Surgery at the New York Presbyterian Hospital, Cornell University Medical Center. Dr. Batrouni is a Board Certified Oral and Maxillofacial Surgeon, and a Diplomate of the National Dental Board of Anesthesiology. Dr. Batrouni is Chief of Oral and Maxillofacial Surgery at Anne Arundel Medical Center, as well as a clinical instructor at the Washington Hospital Center.

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



ANNAPOLIS PLASTIC SURGERY

CAROLINE SIMM, CRNP | BRYAN T. AMBRO, MD, MS | JAMES E. CHAPPELL, MD, FAC

Annapolis Plastic Surgery is home to Drs. Bryan Ambro and James Chappell. Dr. Ambro is a board certified facial plastic surgeon and Dr. Chappell is a board certified plastic surgeon.

In 2016, they partnered together to offer a full complement of facial plastic surgery, body contouring and reconstructive procedures. Their top priority is to deliver patients with the most natural looking results in a comfortable, spa-like environment. The Annapolis Plastic Surgery team wants every visit to be as relaxed as possible, so they've considered every detail from your point of view. Whether it is a cosmetic or reconstructive procedure, or even one of the many other non-surgical treatments led by Caroline Simm, CRNP, their team aims to provide individualized

treatments that help you achieve a naturally beautiful appearance.

Dr. Chappell earned his undergraduate degree from William & Mary, a Master's from Virginia Commonwealth Univ., and a medical degree from Eastern Virginia Medical School. He completed his general surgery residency at the Univ. of Vermont and plastic surgery residency at Temple University Hospital. He currently serves as President of the Maryland Society of Plastic Surgeons.

Dr. Ambro earned his Bachelor's at Georgetown, Master's at Cambridge (England), medical degree and residency at Thomas Jefferson, and completed a fellowship at the University of Washington. He was Director of Facial Plastic Surgery at the University of Maryland Medical Center/

Shock Trauma for 8 years before joining Annapolis Plastic Surgery.

Caroline Simm, CRNP, is a board-certified family nurse practitioner leading the office's non-surgical treatments. She earned her Bachelor of Science in Nursing from Catholic University of America and a Master's from the University of Maryland. She worked at Johns Hopkins Hospital and spent nine years in family practice before joining the APS team.

ANNAPOLIS PLASTIC SURGERY

410-266-7215
2002 Medical Parkway, Suite 215
Annapolis, MD
www.annapolisplasticsurgery.com



SEAN MULVANEY, M.D.

REGENERATIVE ORTHOPEDICS AND SPORTS MEDICINE ANNAPOLIS

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

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

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

About Dr. Mulvaney

Dr. Mulvaney is an Associate Professor of Medicine at the Uniformed Services University in Bethesda, Maryland and is

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

At ROSM, we have become the top authorities in the world on the use of stellate ganglion block (SGB) to treat PTSD. We founded the SGB Treatment center to provide compassionate, world-class care to our patients while also advocating on a national level for those struggling with PTSD. Dr. Mulvaney provides compassionate, world-class care to our patients while also advocating

on a national level for those struggling with PTSD. Dr. Mulvaney educated others on best practices for utilizing SGB in conjunction with trauma-focused therapy. We continue to conduct research, adding to our 17 peer-reviewed articles on this topic that we have published thus far.

ROSM ANNAPOLIS

116 Defense Hwy, Ste. 203
Annapolis, MD 21401
499 Idlewild Ave., Suite 103
Easton, MD, 21601
410-505-0530 ▪ 443-470-6899

www.rosm.org
www.sgbtreatmentcenter.com/
www.drseanmulvaney.com



Photo by Maureen Porto Studios

RIDDHI DESAI, DMD, MS, MBA

FAMILY ORTHODONTICS OF ANNAPOLIS

Dr. Riddhi Desai is a highly qualified board certified orthodontist whose treatment philosophy involves a methodical, evidence-based approach that offers tailored therapies to match each patient's individual needs. Dr. Desai loves helping patients preserve their natural smiles for a lifetime while curtailing the complications that could arise without proper treatment. Family Orthodontics of Annapolis (formerly Dr. Mairead O'Reilly Orthodontics) provides comprehensive, effective orthodontic treatment for patients of all ages. They will work closely with you and your family to develop the best plan to fit your individual needs, lifestyle, and goals for treatment.

Dr Desai recently got married and she and her husband are excited to be building their life here in the greater Annapolis community.

She enjoys playing tennis, going on long walks, hiking, attending sporting events, baking, and traveling. She has run 5 half-marathons in the last 5 years and hopes to soon complete her first full marathon.

Education

- Orthodontic Certificate, MS - Oregon Health and Science University
- DMD - University of Pennsylvania School of Dental Medicine
- MBA - University of Chicago Booth School of Business
- BS - University of Pittsburgh

Professional/Awards

- Diplomate, American Board of Orthodontics
- American Association of Orthodontists
- Charley Schultz Resident Scholar Award
- American Association for Dental Research Award

FAMILY ORTHODONTICS OF ANNAPOLIS

888 Bestgate Rd. ■ Suite 301
Annapolis, MD 21401
410-266-0025
AnnapolisOrtho.com



MARYLAND ONCOLOGY HEMATOLOGY

EXPERT CARE. CLOSE TO HOME.

Patient-Centered Approach

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

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

Maryland Oncology Hematology is a community-based practice, entirely owned and run by

Maryland physicians. Our team is devoted to providing state-of-the-art patient care for hematology and oncology, working on behalf of our community for the benefit of patients.

Expertise in One Place

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

- **Chemotherapy** and other medical oncology therapies destroy cancer cells, oftentimes with targeted approaches that cause less damage to normal, healthy cells.
- **Immunotherapy** treatment uses drugs that target a body's own immune system to help fight cancer.
- **Hematology** treatment for blood disorders using the latest in therapies and technologies. Our physicians work closely

with radiation oncologists, pharmacists, and other specialists to ensure comprehensive care for our patients.

- **Clinical trials** are cutting edge, innovative research studies that patients can participate in. These studies test the safety and effectiveness of new treatments to find better ways to diagnose and treat cancer and are often working on new therapies. In partnership with the Sarah Cannon Research Institute, MOH offers unprecedented access into numerous clinical trials.

Annapolis Office 810 Bestgate Road Suite 400 Annapolis, MD	Easton Office 509 Idlewild Avenue Suite 1 Easton, MD
410-897-6200 www.MarylandOncology.com	



SAMUEL F. BOLES, MD

ANNE ARUNDEL EYE CENTER

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

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

Anne Arundel Eye Center's entire medical team of caring and knowledgeable professionals make the best eye care comfortable and accessible to everyone.

Dr. Boles received his medical degree from the Medical College of Georgia, completed his post-doctoral training at a Harvard University Cornea research lab, a Yale University affiliated Hospital in Bridgeport, Connecticut, George Washington University for Ophthalmology Residency, and the University of California, San Diego, for Glaucoma Fellowship. He helped originate the Glaucoma Co-Management Roundtable to improve patient care through better communication and education. Dr. Boles is a former member

of the Board of Directors at The Polakoff Foundation and the Maryland Society for Sight. He is an active volunteer in the community offering periodic free screenings and specific community outreach programs.

SAMUEL F. BOLES, MD

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

www.AnneArundelEyeCenter.com



REINHEIMER ORTHODONTICS

DR. ORA REINHEIMER

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

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

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

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

Testimonial

"This review is for my child's initial consultation, which was wonderful. Staff was extremely friendly and welcoming. Exam was thorough and everyone took plenty of time to go over the evaluation and recommended treatment plan. There was no rushing; they made sure all of our questions were answered. We left with a nice folder of relevant info, including

a color photo printout of the same pictures they took for the evaluation! I was pleasantly surprised by the flexible payment options, too."

REINHEIMER ORTHODONTICS

**Annapolis
802 Bestgate Road, Suite B**

**Kent Island
101 St. Claire Place, Suite 104**

**410-263-5600
marylandbraces.com**



Charles Herbert, DDS

Michelle Rampulla, DDS

DR. CHARLES HERBERT & DR. MICHELLE RAMPULLA

ENDODONTICS, PA

Dr. Herbert and Dr. Rampulla are two distinguished endodontists who have dedicated their careers to providing exceptional dental care in Annapolis. Each brings a unique background and expertise to their shared practice, creating a synergy that benefits their patients.

Dr. Herbert earned his Bachelor's Degree in Biology from Johns Hopkins University before pursuing his DDS at the University of Maryland at Baltimore. His passion for endodontics was ignited during his time at UMAB, where he was mentored by the renowned Dr. Thomas Dumsha. He then specialized in Endodontics at the University of Illinois, Chicago. With over 20 years in practice and more than 35,000 root canals performed, Dr. Herbert is known for his

light-hearted approach to patient care, often guiding patients through procedures with a calm voice—and sometimes a song. Patients have even humorously remarked that he has “the voice of an angel.”

Dr. Rampulla graduated with a Bachelor's Degree in Biology from the University of Denver and earned her DDS from The Ohio State University. She then specialized in Endodontics at The Ohio State University. After dental school, Dr. Rampulla attended the United States Air Force Advanced Education in General Dentistry program at Wright-Patterson Air Force Base and served as a general dentist at Patrick Air Force Base, Florida. She later became the Chief Endodontist at Yokota Air Force Base, Japan, where she honed her skills in complex endodontic cases. These experiences have shaped her meticulous

approach to ensuring the best possible treatment for every patient.

Their practice is equipped with cutting-edge technology, including digital radiography to reduce radiation to the patient, dental microscopes which enhance vision and magnify canal spaces, and cone beam imaging (CBCT), allowing for precise diagnoses and treatments.

**DR. CHARLES HERBERT &
DR. MICHELLE RAMPULLA
ENDODONTICS, P.A.**

888 Bestgate Road
Suite 220 • Annapolis, MD
410-224-6150 • endodonticspa.com



ANNE ARUNDEL GASTROENTEROLOGY ASSOCIATES

COLON CANCER – PREVENTION IS THE KEY!

AGA has been a pillar of the local healthcare community for over four decades diagnosing and treating all symptoms and diseases associated with the GI tract (esophagus, stomach, small bowel, colon), pancreas, liver and gallbladder. Common symptoms and diseases include gastroesophageal reflux disease (GERD), inflammatory bowel disease (IBD) including Crohn’s disease and Ulcerative colitis, colon cancer prevention, Celiac disease, fatty liver and pancreatic inflammation, cysts and cancer. AAGA includes ten physicians and five midlevel providers who are all taking in new patients and are excited about caring for our community. Our main office

is located in Annapolis, and we have satellite offices located in Greenbelt, Odenton, Bowie, Pasadena and Kent Island.

Colorectal cancer is the third most common cause of cancer worldwide.¹ In the state of Maryland colon cancer is the second leading cause of cancer related deaths, accounting for ~9% of deaths annually.¹ The development and impact of colon cancer can be greatly reduced with colorectal cancer screening. For optimal health, it is essential that you meet with your Gastroenterologist or Primary provider to discuss when you should start screening, and which method is right for you! We are accepting new patients at all of our locations.

Feel free to visit us at www.aagastro.com or call to schedule an appointment at 410-224-2116. We look forward to meeting you soon!

1. Johns Hopkins Medicine – Cancer in Maryland. <https://www.hopkinsmedicine.org/kimmel-cancer-center/community-outreach-engagement/cancer-maryland#:~:text=The%20second%20most%20common%20cause,and%20liver%20cancer%20at%205%25>. Accessed Jan 26, 2024.

**ANNE ARUNDEL
GASTROENTEROLOGY
ASSOCIATES**

Locations in Annapolis, Pasadena, Bowie,
Odenton, Stevensville and Greenbelt

410-224-2116 • www.aagastro.com



ABOUT SMILES DENTISTRY

DR. APRIL CALTON

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

staff who engage in countless hours of annual continuing education. Dr. Calton and her team pride themselves on their clinical expertise, patient satisfaction, and genuine commitment to patient care.

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

have to be my amazing coworkers and interacting with my patients."

New patients welcome, contact us today to schedule your appointment.

ABOUT SMILES DENTISTRY

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

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

www.aboutsmilesdentistry.com



ANCHORED HOPE THERAPY

COMPASSIONATE TRAUMA THERAPY AND COUNSELING FOR INDIVIDUALS, COUPLES & CHILDREN

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

We are a group of specialized trauma providers that are uniquely trained to see the “whole person” rather than just a set of symptoms. We specialize in the integration of healing modalities for those

who have experienced trauma and endure chronic stress. We believe healing can happen within the therapeutic relationship. Nevertheless, community-based healing and non-traditional healing methods should not be overlooked as additional options for care. We are in-network with BCBS and recognize being out-of-network for other plans is a barrier to services. We value a teamwork approach to healing in a small specialized setting and are actively working to continue building community partnerships in order to increase accessibility to care for our clients.

What Makes Us Unique?

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

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

ANCHORED HOPE THERAPY

443-291-8090

info@anchoredhopetherapy.com

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Follow us on @anchoredhopetherapyllc



SMILES BY THE BAY ORTHODONTICS

DR. MARY C. TRAHAR-THOMAS, DDS, PA

In the news: In 2017, Dr. John Placido, an Eastern Shore Orthodontist passed away leaving nearly 500 active Medicaid (Maryland Healthy Smiles) children without an Orthodontist. The majority of Maryland Orthodontist do not participate with the Medicaid program and for valid reason. The Medicaid reimbursement for braces has stayed the same as it was nearly 25 years ago making the current reimbursement schedule insufficient to cover the costs of doing business ; putting the treating Orthodontist in the position of personally subsidizing a child's care in many cases.

Dr. Mary Trahar-Thomas stepped up to care for those children without an Orthodontist after Dr. Placido's passing, despite the anticipated financial risk. According to Dr. Trahar-Thomas, "It is challenging to participate

in the Medicaid system but it is extremely rewarding to offer Orthodontic care to children whose family would otherwise not be able to afford care."

Dr. Trahar-Thomas, is now on a mission along with a few Orthodontic colleagues, to make a change in the Maryland Healthy Smiles program. Keep your eye out on her website to see how you can help with Medicaid reform and show your support for our underserved children.

About Dr. Trahar-Thomas

Dr. Mary C Trahar-Thomas grew up in Annapolis. And while she traveled the world while in the United States Air Force and earning her advanced degrees in Orthodontics and Pediatric Dentistry, Annapolis always tugged at her heart strings.

It is because of this that she opened her 1st location in the winter of 2005 in Annapolis. Since then Dr. Trahar-Thomas has opened additional locations in Stevensville and Denton.

Dr. Mary Trahar-Thomas now lives on her Eastern Shore farmette with her husband and their big blended family—plus their 2 horses, 3 donkeys, 7 peacocks, 4 goats, dozen chickens, and their 5 cats and 4 dogs .

SMILES BY THE BAY ORTHODONTICS

Annapolis: 716 Giddings Ave

Kent Island: 160 Sallitt Dr.

Denton: 52 Denton Plaza

410-280-2484 | www.smilesbythebay.com



ANNAPOLIS HAND TO SHOULDER CENTER

DR. LEON NESTI | DR. TOM DENNIS | DR. KELLY KILCOYNE

The Annapolis Hand Center is now the Annapolis Hand to Shoulder Center!

New name, with the same trusted treatment, expertise and personalized care. The Annapolis Hand to Shoulder Center is excited to announce the addition of Dr. Kelly Kilcoyne to our practice, further expanding the treatment we provide to include all shoulder and elbow problems. Dr. Kilcoyne is a shoulder and elbow specialist with over 17 years of expertise in the treatment of the most complex upper extremity injuries. He is the second former military surgeon to join the practice, after Dr. Leon Nesti, a hand and upper extremity specialist, who joined in 2022 after 20 years of military service. Dr. Tom Dennis, the founder of the Hand Center,

is still providing the same expert care he has delivered to the Annapolis and surrounding area for over 30 years. In addition to 3 upper extremity surgeons, the Annapolis Hand to Shoulder Center also has 3 certified hand and upper extremity therapists on site, allowing personalized and efficient care for both operative and non-operative upper extremity conditions.

At the Hand to Shoulder Center, you will always see one of our three board certified, fellowship trained upper extremity physicians from the start of your treatment through completion. Our doctors specialize in injuries and conditions of bone, cartilage, ligaments, tendons and nerves and provide the highest quality, comprehensive treatment

for injuries and diseases of the hand, wrist, elbow and shoulder. From arthritis to sports injuries, we have the specialists to meet your needs.

Dr. Kilcoyne, Dr. Nesti, and Dr. Dennis are all accepting new patients.

ANNAPOLIS HAND TO SHOULDER CENTER

127 Lubrano Drive
Suite 202
Annapolis, MD 21401
410-544-HAND (4263)
AnnapolisHandCenter.com



CHESAPEAKE DENTAL ARTS

DR. MEREDITH ESPOSITO

SEE WHAT DR. ESPOSITO CAN DO FOR YOUR SMILE!



Before



After

Chesapeake Dental Arts is a family, implant, and cosmetic dental office located in Arnold, MD. As a member of the Advanced Implant Dental Study Club, Dr. Esposito stays up to date on the most current trends in implant dentistry. From a single front tooth to fixed or removable teeth on multiple implants, Dr. Esposito has the knowledge and skill to care for you. She understands the complexity of your bite and is able to fabricate beautiful, realistic veneers and crowns. But most importantly she brings her patience and kindness to even the most simple dental procedures. As a mom of 18 years and a dentist for over 20, she understands the needs of your family. Dr. Esposito has a caring team to walk you through the procedures and help navigate appointments and insurance.

Dr. Esposito's Credentials:

General Practice Residency - Albert Einstein Medical Center, 2002

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

College - The College of NJ, 1997

CHESAPEAKE DENTAL ARTS

1509 Ritchie Highway

Arnold, MD 21012

410-757-6200

www.Chesdentalarts.com



MID-ATLANTIC RHEUMATOLOGY

DR. ERINN MAURY | DR. HESUM CHEGINI | KAYLAR MYERS, PA-C | PATRICK FARLEY, MSHS, PA-C

Dr. Erinn Maury grew up in Annapolis, MD. She received her medical degree from Chicago Medical School and completed her residency and fellowship at the University of Maryland Medical Center in downtown Baltimore. She is board certified in Rheumatology and Internal Medicine. In 2016 she opened Mid-Atlantic Rheumatology LLC and in 2022 moved to a larger space in Millersville Maryland to expand services for her patients and accommodate her growing staff. Dr Maury is a current board member of MedChi, The Maryland State Medical Society, where she is active in legislation regulations and advocacy. Since 2020, she has served as the Anne Arundel County Legislative Committee Delegate and most recently in 2023 received the Dr Henry P&M Page Laughlin "Distinguished Member Award" for her outstanding contribution on behalf of

the physicians and patients of Maryland as a member of MedChi. Dr. Hesum Chegini joined the practice in 2022 and completed his fellowship in Rheumatology at the University of Maryland. He is board-certified in Rheumatology and Internal Medicine. Prior to joining the practice, Dr. Chegini worked for Kaiser Permanente for six years and was affiliated with Washington Hospital Center, Holy Cross Hospital, and Suburban Hospital. He enjoyed teaching residents and doctors in training as an adjunct faculty of Medicine for Kaiser Permanente. Joining the practice in June 2024, Ms. Kaylar Myers, PA-C. Kaylar received her Bachelor of Science in Molecular Biology from John Hopkins University. She went on to receive her Master of Medical Science for Physician Assistant Studies from Arcadia University. Newly joining the practice in September 2024, is Mr. Patrick Farley, MSHS, PA-C. Patrick has been a Physician Assistant

since 2005, after graduating from George Washington University. He was a clinical research coordinator for a rheumatology and bone health center.

Success in rheumatology is deeply tied to the improvement of patients' quality of life. When patients experience significant relief from symptoms, improved mobility, and better overall health, it is a direct indicator of effective and compassionate care.

MID-ATLANTIC RHEUMATOLOGY LLC

231 Najoles Rd, Suite 160
Millersville, MD 21108
410-787-9400
www.midatlanticrheum.com



ALL STAR PAIN MANAGEMENT AND REGENERATIVE MEDICINE

DR. ZVEZDOMIR ZAMFIROV

Founded in 2017 with the mission of providing a comprehensive approach to pain relief, All Star Pain Management and Regenerative Medicine has established itself as a leader in regenerative medicine in the Annapolis area. We offer three convenient locations to provide the care you need.

Our cutting-edge procedures not only focus on your acute and chronic pain symptoms but also target the underlying orthopedic condition that causes them. We pride ourselves on our ability to treat pain and injuries to the spine, joints, muscles, ligaments, and tendons. We provide a state of the art conventional approach including spinal injections, minimally-invasive spinal surgeries, neuromodulation, and joint injections.

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

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

With over 30 years experience in Orthopedics, our founder, Dr. Zamfirov (Dr. Zed), is one of the pioneers in regenerative medicine in the area. He built a successful practice with the goal of helping his patients obtain relief from their arthritis, neck and back pain, sports injuries, or chronic pain due to an orthopedic condition. Our innovative approach offers a wide variety of treatment options that are customized to our patients' individual needs and provide life-changing results.

443-808-1808
Offices in Annapolis, Glen Burnie
and Bowie
AllStarPainManagement.com



DR. ONALA TELFORD

CHESAPEAKE ENDOCRINOLOGY

Dr. Telford, a highly qualified endocrinologist, is dedicated to optimizing your hormonal health and overall well-being. With board certifications in Internal Medicine, Endocrinology, Lifestyle Medicine, and Obesity Medicine, as well as specialized training in Menopause, she offers a comprehensive approach to care.

Expert Hormonal Care

Whether you're experiencing symptoms of menopause, struggling with diabetes, or seeking to balance your hormones, Dr. Telford provides personalized treatment plans. Our areas of expertise include:

- Diabetes
- Thyroid disorders

- Adrenal imbalances
- Polycystic Ovary Syndrome (PCOS)
- Menopause management
- Osteoporosis prevention
- Weight management

A Holistic Approach

At Chesapeake Endocrinology, we believe in treating the whole person. Our team of experts, including nutritionists and diabetes educators, works collaboratively to create customized plans that address your unique needs.

New Services Coming Soon

We're excited to announce expanded services focused on women's health:

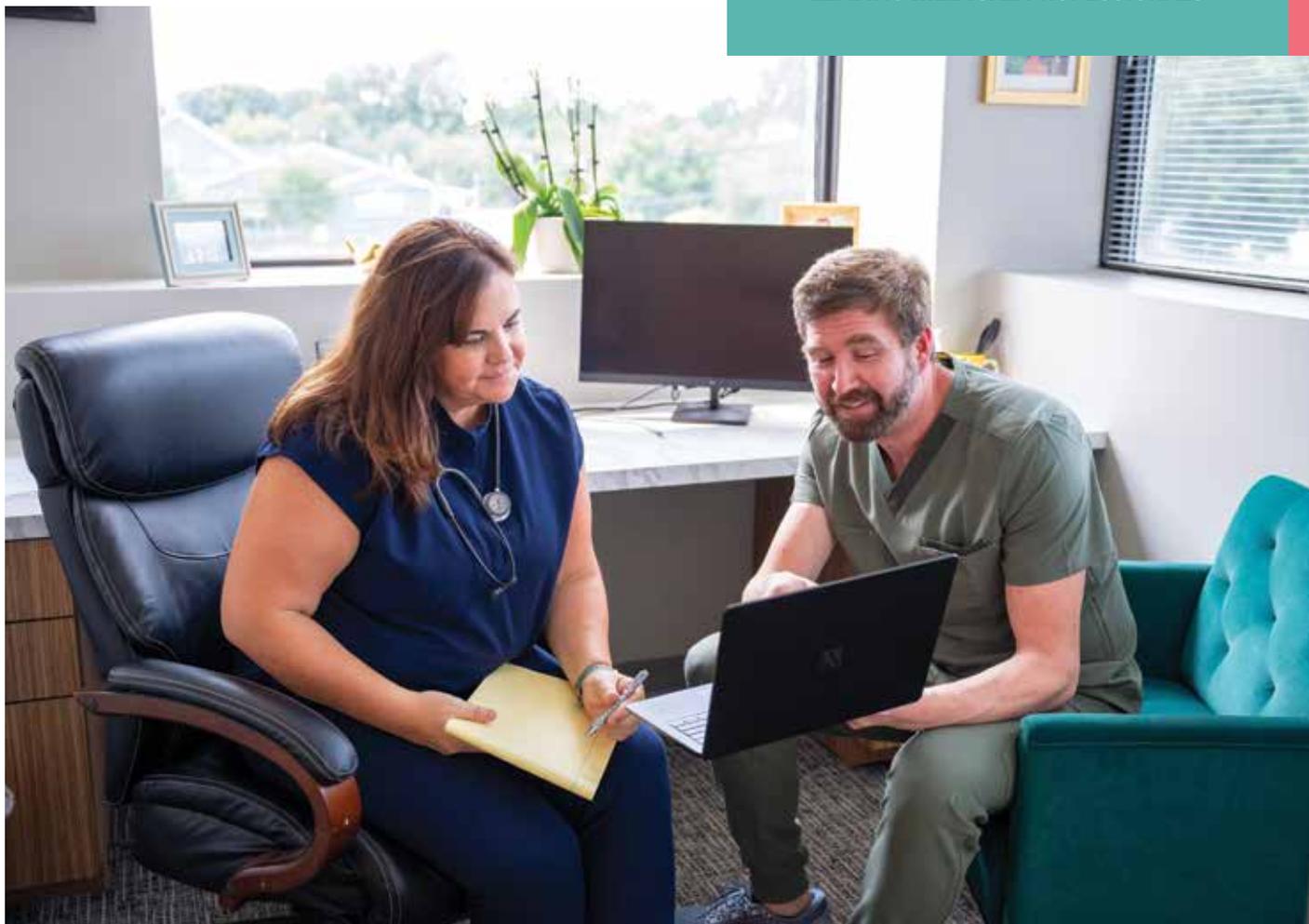
- Specialized care for pre- and post-menopausal women

- Nutrition education tailored to menopausal hormonal changes

Why choose Chesapeake Endocrinology?

- Highly trained and experienced staff
- A patient-centered approach
- Collaboration with nutritionists and diabetes educators
- Upcoming specialized menopause care
- We are proud to have been voted a What's Up? Top Doc in two categories for 2023-2024 by our patients in Annapolis and Central Maryland.

2191 Defense Hwy #308, Crofton, MD
 410-216-4445
www.cendomd.com



WARRIOR MEDICAL GROUP

GOOD NEWS: WE'RE TRANSFORMING HEALTHCARE

At Warrior Medical Group, **you're more than a patient**—you're a partner in your healthcare journey. We're dedicated to transforming the way you experience medical care, focusing on immediate access, personalized treatment, and proactive health management.

Become a Warrior in Your Health Story

Your health goals are unique, and so is our care. From creating customized care plans to offering specialized services like sports therapy and hormone replacement therapies, we ensure your healthcare complements your lifestyle. We prioritize preventive care, focusing on keeping you healthy and intervening early when needed.

Forget long waits for appointments. With Warrior Medical Group, you can directly reach

your care provider through phone, text, or email. Need an urgent consultation? We offer same-day or next-day appointments, along with convenient virtual visits to fit your schedule.

What We Do Best Our patient-provider relationships are built on trust and communication, ensuring you achieve the best health outcomes. With transparent pricing and a commitment to affordability, we make sure your healthcare is as accessible as it is exceptional.

How Direct Primary Care Puts You First

- Primary care services
- Wellness visits
- Preventive care
- Sports medicine
- Telemedicine services
- Chronic disease management

Our Direct Primary Care model is built on the foundation of a close, personalized relationship between you and your physician, sidestepping the usual complications of insurance companies and hospital bureaucracy.

For a simple monthly fee, you gain unparalleled access to your care team and an extensive array of services, ensuring your healthcare is both comprehensive and straightforward.

116 Defense Hwy ▪ Suite 200

Annapolis, MD

443-203-8145

warrior-medical.com



ANNAPOLIS ENDODONTICS

LOUIS H. BERMAN, DDS, FACD | SAURABH GUPTA, DDS | MARK D. LENTZ, DMD

For over 41 years, Annapolis Endodontics has been the leading provider of specialized endodontic care in Annapolis. As the longest-established endodontic practice in the area, founded by Partner Emeritus Dr. Lou Berman, they are committed to delivering unparalleled expertise and compassionate care to every patient.

The highly skilled Dr. Mark Lentz and Dr. Saurabh Gupta lead the practice. Together, their team brings the experience patients deserve, ensuring they receive the best possible care for their endodontic needs.

The team at Annapolis Endodontics understands that the thought of a root canal can be formidable, but there is no reason to fear! They utilize state-of-the-art technology in a contemporary, comfortable office

environment to make the patient's experience as smooth and pain-free as possible.

Consistency and care define the practice. Their dedicated team, with an average tenure of 20 years, guides patients through every step of treatment, providing personalized attention and support.

Trust Annapolis Endodontics for the highest standard of endodontic care. Your comfort, health, and smile are their top priorities!

Dr. Mark Lentz received his Doctor of Dental Medicine and specialty certification in endodontics from the University of Pittsburgh. He is a board-certified Diplomate of the American Board of Endodontics and has also lectured nationally on numerous endodontics topics. A native of Johnstown, Pennsylvania, he has been blessed to call Annapolis home

with his wife and two children.

Dr. Saurabh Gupta received his Doctor of Dental Surgery degree from the University of Maryland, Baltimore School of Dentistry, graduating Magna Cum Laude and as a member of the prestigious Omicron Kappa Upsilon (OKU) National Dental Honor Society. Dr. Gupta completed his two-year Endodontics residency at Temple University Kornberg School of Dentistry. He is a member of the American Association of Endodontics and the American Dental Association.

ANNAPOLIS ENDODONTICS
200 Westgate Circle Suite 104
Annapolis, MD • 410-268-4770



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

A: It is absolutely a myth! Modern technology, better local anesthetics, and advancements in endodontic therapy have made the root canal procedure as efficient as

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

DR. CHARLES HERBERT, Endodontics, PA



Q: How do I choose the right plastic surgeon?

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

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

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



Q: How do cataracts form?

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

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

DR. SAMUEL BOLES, Anne Arundel Eye Center



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

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

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

DR. APRIL CALTON, About Smiles Dentistry



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

A: I like to think of the changes that happen over time in our faces as having 3 components: skin (fine lines, pigment changes, laxity), wrinkles associated with repeated muscle movements

(number "11's" between the eyebrows, forehead lines, crowsfeet), and wrinkles or changes from losing fullness in areas of the face (around the mouth, the cheeks, and under the eyes). Each of these factors can be addressed separately in nonsurgical ways to restore youthful features without looking "done" or unnatural. A combination of skin care, Botox® (for movement-related wrinkles), and conservative use of fillers such as Juvederm® and Restylane® (for restoring fullness) can target the 3 aspects of aging when you are not yet ready for surgery.

CLAIRE S. DUGGAL, MD, Sandel Duggal Plastic Surgery



Q: How do I know if my thyroid is causing my troubles with hair and nails?

A: Changes in hair and nails can be a sign of an underlying thyroid issue. Your primary care provider is the best place to start. They can assess

your overall health, check your thyroid levels, and rule out other potential causes like nutritional deficiencies. If thyroid problems are identified, treatment may improve hair and nail health over several months. However, persistent issues might warrant consultation with an endocrinologist or dermatologist for further evaluation and specialized care.

DR. ONALA TELFORD, Chesapeake Endocrinology



Q: What are the pros and cons of veneers?

A: Veneers are often the most conservative way of resurfacing a tooth because of damage, color or inadequate shape. It is possible to have veneers placed with little to no

preparation of the tooth! They can be just as durable as natural teeth if designed properly. However, veneers cannot solve every problem. They are not bullet-proof. They require proper hygiene. Although they tend to be stronger than natural teeth, they can't withstand abuse (such as using your teeth as tools to open a container) and can chip or break. Veneers also require special planning and design, which can add cost and time.

SCOTT FINLAY, DDS, FAGD, FAACD, Annapolis Smiles



Q: How Can I Quit Smoking?

A: Smokers may have a better chance of quitting with a support program. Research suggests the best smoking cessation programs include individual or group counseling. When thinking about entering a program, look for a program where

the session duration is at least 30 to 90 minutes. It's also best to plan to attend at least four to seven sessions over a four-to-eight-week timeframe. The group leader should be certified to teach a smoking cessation class and the group should also have a health care provider who can provide medications that can increase your success. Need help with quitting smoking? Register for UM BWMC's free Quit Smoking class at umbwmc.org/calendar or call 410-787-4779.

KATRINA A. ROUX-BERNSTEIN, CRNP

Pulmonary Care Specialist at University of Maryland Baltimore Washington Medical Group



Q: How can I decrease the risk of colorectal cancer (CRC)?

A: Prevention is the key! Lifestyle factors that decrease the risk of CRC include a diet high in vegetables/fruits and low in processed meats, a healthy weight, remaining physically active and avoiding smoking and excess alcohol. Average

risk CRC screening is recommended to start at 45. Colonoscopy is the only method of screening which can detect and simultaneously remove precancerous polyps. Colonoscopy has long been considered the gold standard of CRC prevention and was recently shown to be the most effective method of screening, with a mortality reduction of 73%.

DAVID JENCKS, MD

Anne Arundel Gastroenterology Associates



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

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

the age of 7. By that time, children have a good mix of primary and permanent teeth. This initial visit is important because it can prevent issues further down the road - getting ahead of any orthodontic issues before they even have a chance to start. Whether there's an existing problem or if one is developing, we will come up with a treatment plan that best suits your child.

DR. ORA REINHEIMER, Reinheimer Orthodontics



Q: What are Dental Implants?

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

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

IT'S TIME TO SMILE AGAIN!

BOREK HLOUSEK, DMD, MD, Oral Surgery Specialists



Q: How do you cater to patients who are fearful or embarrassed about their dental health?

A: We understand that many people avoid dental visits due to fear or embarrassment. Our practice is dedicated to creating a supportive and non-judgmental

atmosphere. We offer sedation options for any procedure to help you relax and feel at ease. Our team is skilled in handling complex cases, including hopeless and missing teeth, with customized treatment plans that restore both function and aesthetics. Additionally, we provide complimentary consultations with 3D imaging to discuss your needs and goals without any pressure. Our mission is to help you regain confidence in your smile with compassionate, expert care.

KIAN DJAWDAN, DMD

Djawdan Center for Implant & Restorative Dentistry



Q: What laser skin treatments should I book now for a post-summer skin reset?

A: Fall marks the start of Laser Season, making it the perfect time to give your skin a fresh start with a laser treatment. Whether you're looking to tackle sun

damage, Melasma, rosacea, or just want to rejuvenate your skin, we have the right solution for you. As Sciton Luminaries and Distinguished Training Partners, Dr. Ambro and I bring trusted expertise to help you choose the best option for your skin. Some of the top laser treatments I recommend for a post-summer skin reset include BBL HERO for reversing sun damage and Rosacea, Moxi for improving tone and texture, Halo for aging skin and radiance, and Contour TRL for dramatic wrinkle reduction and youthful results in a single session.

CAROLINE SIMM, CRNP, Annapolis Plastic Surgery



Q: Why should I choose Annapolis Plastic Surgery?

A: Annapolis Plastic Surgery prides itself on having a team of surgeons that specialize in both facial and body aesthetic and reconstructive procedures. Our nurse practitioner,

nurse and aesthetician also perform cutting edge skin care, facial injections and myriad laser skin rejuvenation treatments. We are also very proud of our hair restoration services (PRP injections and NeoGraft) and have helped many patients feel more confident with a fuller, healthier head of hair.

BRYAN T. AMBRO, MD, MS, Annapolis Plastic Surgery
JAMES E. CHAPPELL, MD, FAC, Annapolis Plastic Surgery



Q: Is hormone replacement safe?

A: The answer to this question largely depends upon the type of hormone replacement used and your medical history. In 2002, the Women's Health Initiative released a landmark study that cited that hormone replacement was not

safe and even had a positive correlation with cardiac disease and cancer. Unfortunately, this study only used hormone therapy that was derived from animals, not Bioidentical hormones that were specifically designed for humans. In fact, men and women are at greater risk for diseases such as osteoporosis, cardiac disease, dementia, reduction in some cancers, and decrease in overall quality of life without bioidentical hormone replacement.

VALERIE WALLACE, CRNP, Primary Care, Warrior Medical Group



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

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

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

DR. ELBA M. PACHECO, Adoro Medical Spa



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

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

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

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



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

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

you just need a little help from a physician to harness your healing abilities and precisely direct them to the injured area.

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

JAMES H. LYNCH, MD
 All Star Pain Management and Regenerative Medicine



Q: I would like to brighten and possibly straighten my smile. What are some options?

A: You can do something simple like whitening your smile or more complex

like Veneers or Clear Aligners. We offer a variety of options that fit everyone's goals and budget! Please visit our website to review some before and after photos of our patients so you can see the amazing work that can be accomplished!

DR. MEREDITH ESPOSITO, Chesapeake Dental Arts



Q: What are some signs my child may require an Orthodontist?

A: While we generally recommend an orthodontic evaluation by age 7, we would advise scheduling a visit with a board certified orthodontist if you see any

of these four signs: 1. **Crossbite:** Misalignment where lower teeth sit outside upper teeth, either in the front or back. 2. **Narrow Palate/Crowding:** Caused by thumb sucking, pacifier use, tongue tie, or genetics, leading to crowded teeth. 3. **Early/Late Baby Teeth Loss:** Losing teeth too early or late can disrupt the eruption of permanent teeth. 4. **Snoring/Mouth Breathing:** Frequent snoring or mouth breathing can signal inadequate oxygen intake during sleep.

RIDDHI DESAI, DMD, MS, MBA
Family Orthodontics of Annapolis



Q: What is Rheumatoid Arthritis (RA)?

A: Rheumatoid arthritis (RA) is a long-term autoimmune disease that causes inflammation in the joints and surrounding tissues. It occurs when the body's immune system attacks its own tissues, which can lead to joint damage and disability. Understanding complex

autoimmune and inflammatory conditions and the depth to which this affects all aspects of a patient's life and comorbid medical conditions allows us to individualize treatment, collaborating with the patient. By integrating a nurturing attitude with a solid foundation of medical knowledge, clinicians should provide care that supports patients' overall well-being, promotes active participation in their medical conditions, and leads to meaningful and sustainable health improvements.

DR. ERINN MAURY, Mid-Atlantic Rheumatology



Q: Does my shoulder pain mean I am going to have to give up all the activities I enjoy doing?

A: Advances in the field of shoulder surgery, specifically shoulder replacement, in the last 10-15 years have been remarkable. We now have options for both anatomic and reverse shoulder replacements, with patient specific instrumentation and implants, to maximize the

functional outcome of patients. Our goal is to tailor the treatment that is right for you and get you back to all the activities that you like to do; whether it's tennis, pickleball, golf, fishing or sailing. At the Annapolis Hand to Shoulder Center, we offer the full spectrum of treatment for all upper extremity conditions including in office therapists, procedures, and biologics.

KELLY G. KILCOYNE, MD, Annapolis Hand to Shoulder Center



Q: How is the recovery after a root canal?

A: After root canal treatment, it is common to experience mild soreness, and/or some swelling. This is due to your body's natural inflammatory response, but this should improve as the tooth

continues to heal. Frequently, discomfort subsides within a few days after treatment. The post-op symptoms after the treatment depend on the level of inflammation or infection that is present in your tooth at the time of treatment. We provide you with anti-inflammatory medication and/or prescribe antibiotics as necessary to help alleviate any discomfort. You will then return to your general dentist for a crown on that tooth to protect and to restore its function.

MARK D. LENTZ, DMD, Annapolis Endodontics



Q: How will I know if I am high risk for breast cancer?

A: There are several factors that increase your risk for breast cancer. One thing to consider is your age, as most breast cancers are diagnosed after age 50. If you have a first-degree

relative such as a mother, sister or daughter who has breast or ovarian cancer, that increases your risk. Women who have inherited changes (mutations) to certain genes such as BRCA1 and BRCA2 are at a higher risk of developing breast cancer. If these factors apply to you, ask your doctor if a risk assessment and prevention program (RAPP) could be your next step. We offer RAPP at Luminis Health and our goal is to help you make an informed health care decision and personalized plan for breast cancer risk reduction and early detection.

ALLISON BRUFF, MD, 301-552-7805, Luminis.Health/Breast



Q: What should I know about your services as someone new to aesthetics?

A: Welcome! At Meg Fox Aesthetics, we pride ourselves on being a judgment-free zone. We

offer a range of treatments to help you achieve your goals. For static lines, neurotoxins like Botox and Dysport are ideal. If you need to restore volume, dermal fillers and biostimulators can help. Moxi and BBL lasers target pigmentation and texture, while microneedling boosts collagen for better skin quality. We offer free consultations, where our providers will assess your needs and create a personalized plan that fits your goals and budget. Contact us to get started!

MEG FOX, PA-C MS, Meg Fox Aesthetics



Q: What age should you start having Full Body Skin Cancer Screenings?

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

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

STEPHANIE CLEMENTS, MD
LESLEY SUTHERLAND, MD, Dockside Dermatology



Q: What tests can be done to look for cancer in healthy people?

A: Scientific studies show the major benefit of cancer screenings is early detection; they can detect cancer before it has started or when it's early. Recommended screening

tests include mammograms for women 40 and over; colonoscopies or Cologuard for everyone 45 and older; low dose chest CT scans for those with a 20-pack year smoking history, ages 50-80; regular pap smears in women; and testicular self-exams in young men. In individuals with a family history of breast or colon cancer, screening tests would start at a younger age. HPV vaccination is already saving lives. Insurers often cover screening tests. Get screened!

DR. JEANINE WERNER, Maryland Oncology Hematology



Q: What are the benefits of cosmetic procedures?

A: Controlled movement of teeth in proper alignment, often results in a broader, more beautiful smile, requiring less reduction

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

SCOTT FINLAY, DDS, FAGD, FAACD, Annapolis Smiles



Q: What makes your dental practice stand out among others in Central Maryland?

A: Our practice is unique in offering both surgical and restorative dental solutions under one roof. We specialize in comprehensive dental care, including advanced

implant and restorative dentistry. With our state-of-the-art in-office lab using CAD/CAM technology, we design and fabricate full arch restorations, crowns, and more, often in a single visit. Plus, we provide sedation for any procedure, ensuring a comfortable experience for even the most anxious patients. Our goal is to create custom treatment plans that align with your dental health goals, all in a compassionate and welcoming environment.

KIAN DJAWDAN, DMD
Djawdan Center for Implant & Restorative Dentistry



Q: Does Maryland Healthy Smiles (MHS) insurance cover the cost of orthodontics?

A: We believe that access to quality healthcare is fundamentally important to building strong communities in Maryland. That's why we are proud to participate in

the Maryland Healthy Smiles program in all of our offices. We are committed to making top quality orthodontic care easy and accessible for Maryland families, regardless of financial ability. Not every orthodontic practice accepts this type of insurance, but we think it's an important part of doing business in this community. It's also an incredible experience to be able to help a family in this way. When a child qualifies for orthodontic coverage under Maryland Healthy Smiles, that means they'll be able to get the orthodontic treatment they need for no out-of-pocket cost.

DR. MARY C. TRAHAR-THOMAS, DDS, PA
Smiles by the Bay Orthodontics



Q: What happens after a tooth is extracted?

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

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

ZIAD BATROUNI, DDS

Maryland Oral Surgery Associates



ASK THE DOC



Lisa Beagan, DVM

Mobile Pet Vet

Q:

Why is my pet shedding so much?

A:

Shedding in pets, especially during the fall, is often related to the natural cycle of hair growth, which is influenced by changes in daylight. Pets have a hair growth cycle consisting of three phases: growth (anagen), rest (telogen), and shedding (catagen). As the amount of daylight decreases, the change in light signals your pet's body to transition its coat in preparation for colder weather. Many dogs and cats will shed their lighter summer coat to make way for a thicker, warmer winter coat. This process is triggered primarily by changes in the amount of sunlight rather than temperature alone, so even indoor pets can experience increased shedding during this time. This seasonal shedding is normal, but regular grooming can help manage the extra hair and keep your pet's coat healthy.

Learn more: www.mobilepetvet.com | 410-544-8300

ASK THE DOC



Dr. Ganiyat Adeyemo
DNP-PMHNP

Thrive Behavioral Health

Q:

Why is good sleep important for your body?

A:

Good sleep hygiene is crucial for your body's overall health and well-being. Sleep plays a vital role in the body's ability to function properly. A good night's sleep is essential for maintaining mental health and allowing you to start the day refreshed and focused. On the other hand, a lack of sleep can impair your ability to concentrate on daily tasks. Tips to improve good sleep includes avoiding electronic screens before bedtime, maintain a consistent bedtime routine, avoid large amount of fluids before bed and sleep in a comfortable and quiet environment.

Learn more: www.thrivebh.com | 410-780-5203



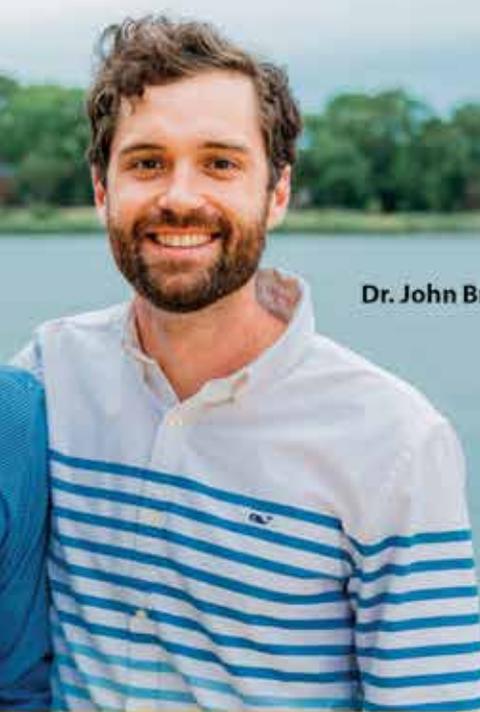
The Mugford Center

For Periodontics and Dental Implants

Dr. David Mugford, DMD



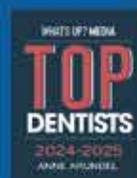
Dr. John Bruce, DMD



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Pre-Kindergarten 3 through Grade 12

FALL OPEN HOUSE EVENTS

Upper School
(Grades 9-12)
Thur., November 7
6:00 - 7:30 p.m.

Middle School
(Grades 6-8)
Thur., November 14
9:00 - 10:30 a.m.

Lower School
(PK - Grade 5)
Thur., November 21
9:00 - 10:30 a.m.

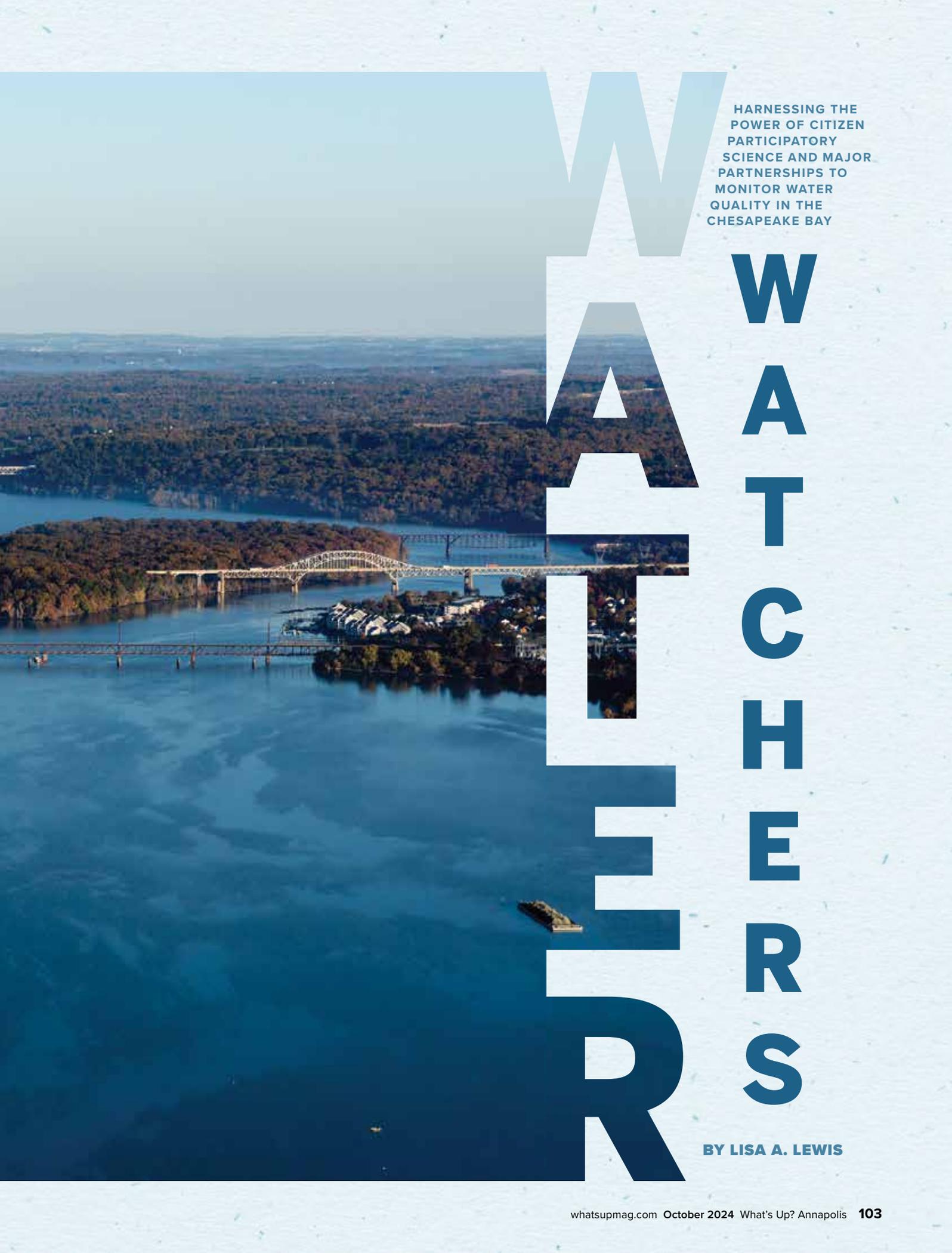
Upper School
(Grades 9-12)
Thur., December 5
6:00 - 7:30 p.m.

indiancreekschool.org

CHESAPEAKE HEROES
AN ARTICLE SERIES EXAMINING LOCAL
ORGANIZATIONS AND CITIZENS WORKING
TOWARD A HEALTHIER ENVIRONMENT.



The Susquehanna River empties into the upper Chesapeake Bay near Havre de Grace, left, and Perry Point. River Input Monitoring (RIM) stations measure river flow, nutrients, and sediment entering the Bay at its nine largest tributaries, of which the Susquehanna is one. Photo by Will Parson/Chesapeake Bay Program with aerial support by Southwings.



**HARNESSING THE
POWER OF CITIZEN
PARTICIPATORY
SCIENCE AND MAJOR
PARTNERSHIPS TO
MONITOR WATER
QUALITY IN THE
CHESAPEAKE BAY**

W A T C H E R S

BY LISA A. LEWIS



Mike Stricker is a citizen scientist who enjoys contributing water quality testing and data to Chesapeake Water Watch, a joint program of Smithsonian Environmental Research Center and the City University of New York. Stricker is pictured with a Secchi disk atop an oyster cage at the end of his dock. The disk, when lowered into the water, measures visibility (water clarity or turbidity) at a range of depths.

sonian Environmental Research Center (SERC) in Edgewater on the Rhode River. Perhaps the proximity of the farm to the organization was serendipitous—setting Stricker on a path that would lead to a new chapter in his life: volunteer and Bay restoration advocate.

“I was blessed to move to Susie’s farm,” Stricker says. “With a large amount of field and forest on the water, we were finally in a position to make a difference. We began growing oysters about 25 years ago for restoration efforts and also began reforestation and watershed restoration as we built our small horse-boarding business. After retiring from the Navy in July 2021, I was ready and able to do more. I learned about Chesapeake Water Watch at a SERC event during summer 2022. The project was the perfect opportunity to become involved with the Bay ecosystem at a deeper level, and I jumped at the opportunity.”

CHESAPEAKE WATER WATCH

A joint project between SERC and the City University of New York, Chesapeake Water Watch (CWW) is a participatory science project—research that engages volunteers in the scientific process—made possible by NASA’s Citizen Science for Earth Systems Program.

CWW utilizes a scientific process known as “ground truthing,” which involves collecting data on the ground—or, in this case, water—and cross-referencing it with information provided by satellites.

Volunteers, like Stricker, measure Chesapeake Bay water clarity by going out onto the water (at least 100 feet from the shore), opening the free HydroColor app in their smartphone, and taking photos within the app of a Secchi disk lowered into the water to obtain a water clarity reading. Volunteers can also take water samples if they choose. The samples are processed in the lab to analyze water clarity, colored dissolved organic matter, and in vivo chlorophyll (an indicator of “plant-like” material/algae in the water).

As a child growing up in Eastport during the 1970s, Mike Stricker enjoyed crabbing and swimming in Back Creek. But even at a young age, he was aware of the negative impacts of pollution on water quality, and it bothered him. By the late ’70s, there were frequent warnings about sewage spills from the wastewater plant at the head of Back Creek. Although Stricker was concerned about the decline in water quality—and even testified at a city council meeting with his dad—he felt powerless to bring about change.

However, Stricker continued to care about restoration efforts and sought ways to make a difference. In 1990, he moved to his wife’s family farm, which was located across the street from the Smith-

“THE PROJECT WAS THE PERFECT OPPORTUNITY TO BECOME INVOLVED WITH THE BAY ECOSYSTEM AT A DEEPER LEVEL”

Data is then uploaded to Fieldscope, an open-access database (website: serc.fieldscope.org), where researchers validate the readings to get a better understanding of water clarity conditions. Once the data is processed by the remote sensing team, satellite algorithms (recipes for combining different types of satellite data to estimate variables of interest) are modified—based on the data collected by volunteers.

“Existing satellite algorithms work well for the open ocean, but they don’t work as well in the Bay,” says Patrick Neale, Ph.D., senior research scientist at SERC. “Chesapeake Water Watch allows researchers to become better informed about tidal tributaries, shallow areas of the Bay, and areas that are understudied. The project offers opportunities to take samples in a broader area as well as more coordinated timing of samples. Adjusting the sat-

ellite algorithms provides more accurate readings. As we optimize the algorithms, we are essentially ‘training’ the satellites to become more effective. This allows us to see a more accurate picture of what’s happening in the Bay, which will result in improvement over time.”

According to Rachael Mady, participatory science coordinator at SERC, there were 142 accounts and 2,554 observations on Fieldscope at the time of this writing. (And this doesn’t include Riverkeepers and other organizations that interact with their own volunteers.)

“The best science is science that involves a lot of people and perspectives,” Mady says. “Participatory science invites people to become involved in different stages of the scientific process. It

invites more—more people, more perspectives, and better science. CWW wouldn’t be possible without volunteers. We hope this project can lead to better tools for monitoring the health of the Bay.”

“Participatory science is a great way to engage with a group of like-minded people,” Stricker adds. “Gathering data on the water allows us to keep tabs on water clarity. Volunteers get a lot of feedback from the scientists at SERC, which really helps us understand the relevance of the work.”

“THE BEST SCIENCE IS SCIENCE THAT INVOLVES A LOT OF PEOPLE AND PERSPECTIVES”

CHESAPEAKE BAY MONITORING PROGRAM

In addition to measuring water clarity, estimating hypoxia (low levels of oxygen in the water) is also a critical approach to monitoring water quality in the Bay. According to a press release issued by the Chesapeake Bay Program on June 21, 2024, researchers from the Chesapeake Bay Program, University of Maryland Center for Environmental Science, University of Michigan, and U.S. Geological Survey predicted this year’s dead zone in the Bay to be just above the long-term average taken between 1985 and 2023. Despite above-average rainfall in spring 2024, which led to relatively high water flows entering the Bay from around the watershed, nutrient pollution held at about the long-term average. This forecast is good news, as it shows that nutrient management has helped prevent the occurrence of a larger dead zone.



Secchi disk is dropped into the water near Poplar Island in Talbot County. Photo by Alicia Pimental/Chesapeake Bay Program.



A dead zone is an area of little to no oxygen that forms when excess nutrients (nitrogen and phosphorous) enter the water through polluted runoff and fuel the growth of algae blooms, which remove oxygen from the water when they die and decompose. The resulting hypoxic conditions, or “dead zones,” can suffocate marine life and decrease available habitat.

According to the data, stream and river flows to the Chesapeake Bay recorded from January to May 2024 were 63 percent higher than the previous year—and 23 percent higher than the long-term average—due to higher-than-average precipitation. Based on this data, researchers estimate that the total annual hypoxic volume for the Bay in 2024 will be just 4 percent higher than the historic long-term average.

“What the public sees when we say that the forecast is expected to be 4 percent above average is a

Volunteer Pierce Rosencranz takes a water sample during one of SERC’s “Satellites & Samples” days, a Chesapeake Water Watch youth participation event. Photograph by Victoria Rosencranz.

very specific result,” says Peter Tango, Ph.D., Chesapeake Bay monitoring coordinator, U.S. Geological Survey at the Chesapeake Bay Program office. “But the science is not absolute. Our forecast is expected to fall within a range of possible answers, and 4 percent is the most likely value. But we look at this value and say that we expect that it could be 4 percent, plus or minus, some amount.”

According to researchers, the slightly above-average hypoxia forecast indicates that management efforts to keep nutrient runoff out of the Bay watershed are having the “desired effect.” Targeted actions, such as upgraded wastewater treatment plants, agricultural practices to reduce the use of excess fertilizers, and stormwater ponds near development and urban areas, are reducing runoff. However, the outlook must continue to take into account factors such as weather conditions and climate change.

“EFFECTIVE FORECASTING PROVIDES GUIDANCE FOR DECISIONS ABOUT MANAGEMENT ACTIONS TO REDUCE NUTRIENTS IN THE BAY, IMPROVING WATER QUALITY AND OVERALL BAY HEALTH.”



Top: SERC intern Elizabeth Gaudlip takes a water sample from the Rhode River during an early phase of Chesapeake Water Watch. Photograph by Kristen Goodhue/Smithsonian Environmental Research Center. Above: SERC intern Ryan Kim tests the Hydrocolor app on his phone on the South River, as part of the Chesapeake Water Watch project. Photograph by Nancy Merrill/Arundel Rivers Federation.

“The science suggests that a really important time of the year for nutrients to flow into the Bay and affect the deep-water summer oxygen conditions is from January to May,” Tango says. “When we use that science to produce a summer forecast that is close to what is measured, that is a good sign. It demonstrates our basic understanding of how the Bay works, which helps inform how we manage it. Effective forecasting provides guidance for decisions about management actions to reduce nutrients in the Bay, improving water quality and overall Bay health.”

Researchers measure oxygen and nutrient levels as part of the Chesapeake Bay Monitoring Program, a Bay-wide cooperative effort that includes several major partners and is funded, in part, by the National Oceanic & Atmospheric Administration. The Maryland Department of Natural Resources (DNR) conducts 8–10 cruises between May and October to track summer hypoxia in the Bay. These findings allow researchers to detect changes in the conditions of the water and identify trends over time.



Jay Lazar, left, and a team from the National Oceanic and Atmospheric Administration work to retrieve a hypoxia monitoring buoy connected to sensors along inductive wire at the mouth of the Choptank River near Talbot County. The sensors routinely need to be cleared of barnacles that interfere with data collection. Photo by Marielle Scott/Chesapeake Bay Program.

In addition, the U.S. Geological Survey monitors river flow, nutrients, and sediment entering the Bay at the River Input Monitoring (RIM) stations, which are located on the Bay's nine largest tributaries (the Appomattox, Choptank, James, Mattaponi, Pamunkey, Patuxent, Potomac, Rappahannock, and Susquehanna rivers). This region represents about 78 percent of the total area of the watershed.

"Dissolved oxygen levels are a key measure of Bay health, as sufficient oxygen is needed to support vital fish, crab, and oyster populations, as well as a healthy ecosystem," says Mark Trice, water quality program manager at the DNR. "Bay monitoring data collected by the Chesapeake Bay Program's state and federal partners informs us of habitat conditions, advances our knowledge of Bay ecology, and measures the progress of our efforts toward restoration and nutrient reduction goals."



A hypoxia measuring buoy floats in the Choptank River.

Monitoring water quality is a critical mission that involves the collective efforts of many organizations and individuals—from major partnerships to volunteers—and scientists are seeing signs of progress. Indeed, participatory science projects, such as Chesapeake Water Watch, and large-scale projects, such as the Chesapeake Bay Monitoring Program, are making an impact on water quality.

“WE TALK ABOUT THE CHESAPEAKE BAY AS ONE ENTITY, BUT THE ABUNDANT LIFE IN THE BAY EXISTS BECAUSE OF THE DIVERSE ENVIRONMENTS IT CONTAINS,”

Neale says. “These include the shallow waters in the inlets and rivers and the deep waters in the middle of the Bay. These environments require different approaches to assess water quality. In the shallows, Chesapeake Water Watch (among other programs) monitors whether the water is clear enough for grasses to grow. In deep water, the Chesapeake Bay Monitoring Program monitors hypoxia that eventually leads to ‘dead zones.’ Both low water clarity and hypoxia are critical issues, which can be prevented by protecting the Bay.”

Special thanks to Kristen Goodhue, Public Affairs Specialist, SERC and Rachel Felter, Director of Communications, Chesapeake Bay Program.

To learn more about **Chesapeake Water Watch**, visit serc.si.edu/participatory-science/projects/chesapeake-water-watch OR scan here:



Water quality results of the **Chesapeake Bay Monitoring Program** can be viewed on the state’s *Eyes on the Bay* website at eyesonthebay.dnr.maryland.gov OR scan here:



An osprey flies over the Chesapeake Bay in front of the Bay Bridge, seen from Elktonia-Carr’s Beach Heritage Park in Annapolis, on June 21, 2024. Photo by Rhiannon Johnston/Chesapeake Bay Program.

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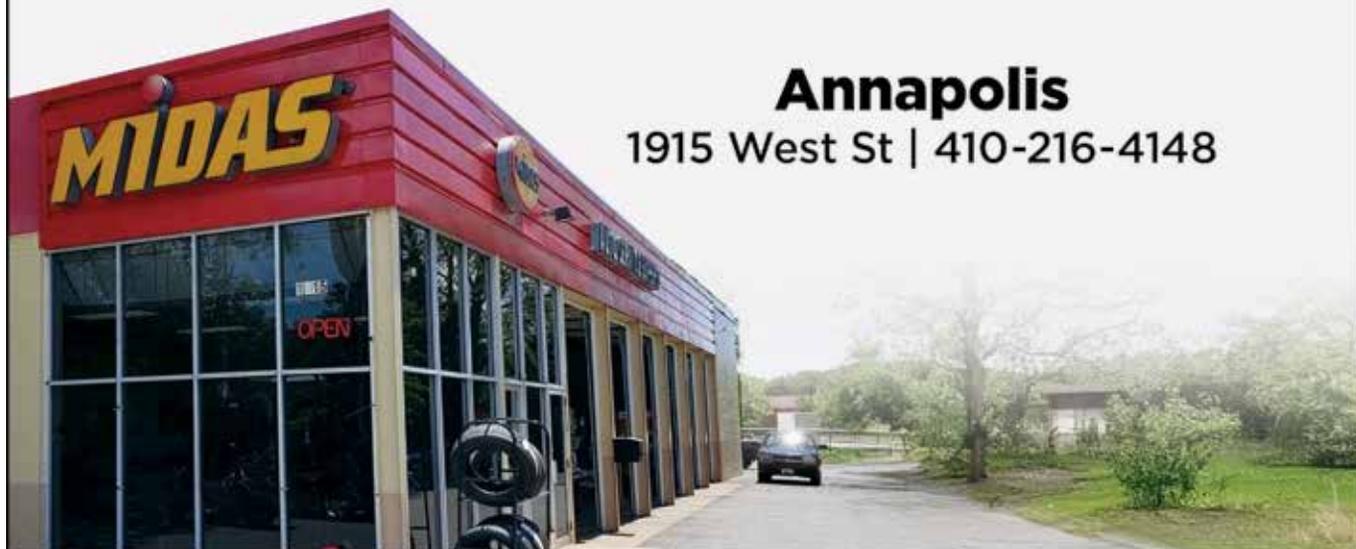


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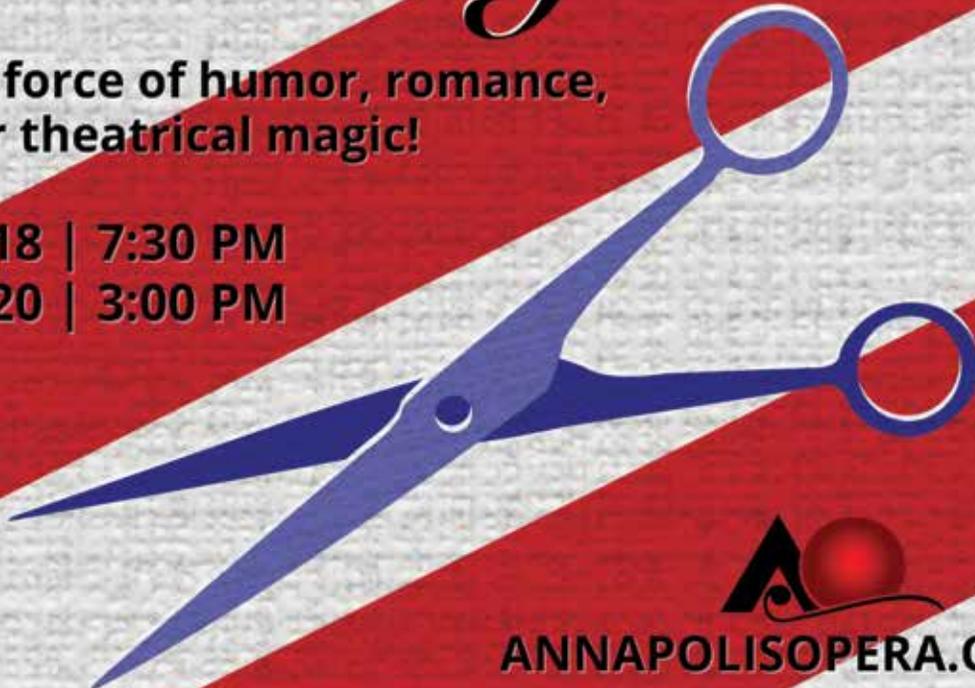
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MARYLAND'S HISTORIC & ICONIC ROADS

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A HISTORY OF MONIKERS AND
STORIES TO MATCH BY ELLEN MOYER





It is the oldest road in the nation. We know it as U.S. Route 1. But highways didn't get numbered designations until the action of the federal government in 1926. Before that, this route was known by a number of names: the "Kings Highway," the "Boston Post Road," and the "Atlantic Highway."

Its beginning goes back to 1650 but was formally planned in 1673 by order of King Charles II of England to connect Boston, Massachusetts, with Charleston, South Carolina, 1,300 miles away. The horse and foot route followed a collection of dirt roads through forests, farmland, and Native American trails. And then, governed by the 1704 Act of Province of Maryland that required counties to build 20-foot-wide roads, it grew wide enough to allow horse drawn carriages to pass comfortably.



View of U.S. Route 1 crossing the Conowingo Dam on the Susquehanna River.

Eventually, turnpike companies took over toll operations and maintenance, but the oldest road in the nation, after 300 years, still follows much of its original 1,300 miles. Today, of course, it is longer than 1,300 miles, extending from Fort Kent, Maine, to Key West, Florida. It is 2,370 miles long and roughly parallels Interstate 95.

Over the years, the route was known as the Boston Post Road as it was the mail delivery route between Boston and New York City when we were still colonial America. It was the Baltimore Pike between Baltimore and Philadelphia and the Dixie Highway on a western route along the Fall Line in Georgia. U.S. Route 1 was among the first auto trails established in 1911 and named the Atlantic Highway in 1915.



Monument at the start/end of US Highway 1 in Fort Kent, Maine.



The Tobin Bridge/U.S. Route 1 and the Boston skyline from Malone Park in Chelsea. Photo by Robbie Shade.

Along its way, U.S. Route 1 follows 2,165 miles of coast, crossing 14 States. It has a variety of route numbers today, as far the U.S. numbering system goes. Though it had many names throughout its history, the Kings Highway, ordered by an English King in the 1660s to connect two important colonial towns 1,300 miles apart and a host of others in between, was an innovative action by a real King (who would lose his head in 1685) 2,500 miles away.



Top: Photograph of a road sign in 1951 along the highway in Key West, Florida, announcing the beginning of U.S. Route 1 to Fort Kent, Maine. Bottom: Aerial view of the old and the new Seven Mile Bridge and the Overseas Highway (U.S. Route 1) at the Florida Keys.

It was the Atlantic Highway that first was assigned the U.S. Route 1 designation for being the eastern-most and longest north/south route when the U.S. road system was finally laid out in the 1920s. As the first interstate highway, it is one of history. Of its full 2,370 miles, 81 are in Maryland, from Rising Sun on the Susquehanna River to the Nation's Capital.

In Maryland, U.S. Route 1 follows the turnpike first chartered in 1796. The Baltimore-Washington Turnpike of 1812 followed an old dirt road from West Baltimore to D.C. at Bladensburg, with ferries crossing the winding Patapsco River at Elkridge Landing before a disastrous flood wiped it out. By 1915, however, Maryland's designated portion of the original road was completely paved and heavily used by World War I traffic. Then, as automobile traffic increased, Maryland's U.S. Route 1 became a roadway with thousands of billboards lining it into D.C.

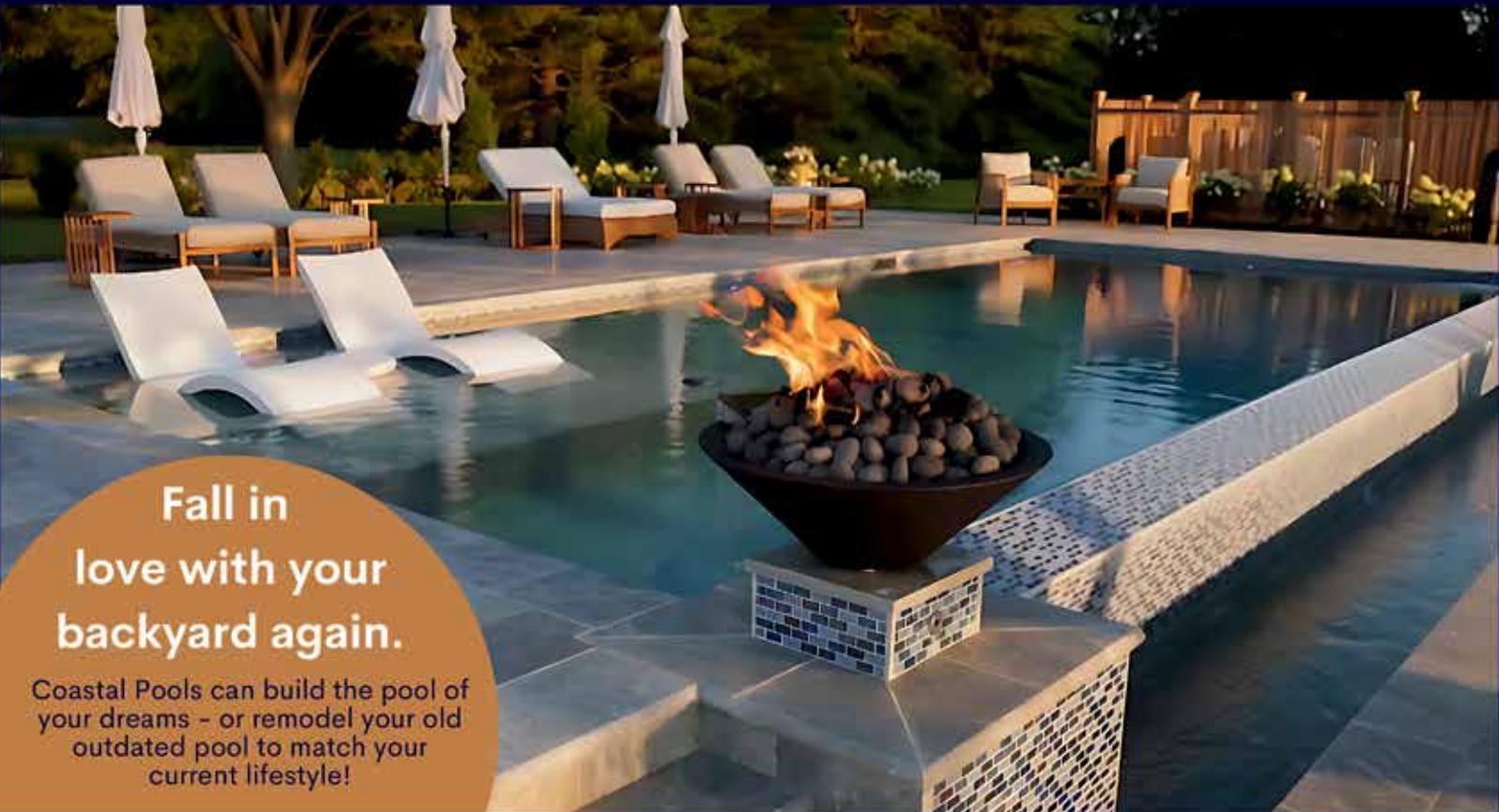
Today, a trip down U.S. Route 1 begins in Fort Kent, Maine, a French speaking border town of 4,000 residents. It is the home of the Olympic Biathlon training center that involves cross country skiing and rifle shooting. The winter sport had its origins in Norway as training for the military. The first world championship was in Austria in 1958. By 1960, it was an Olympic sport. Fort

Kent's motto is "the little town that could" when it was incorporated on February 23rd, 1869, after a non-war skirmish over the boundary with Canada. The Fort Kent Blockhouse built in reaction to the Aroostook War (nicknamed the pork and beans war) is a historic site, one of the few, if only, forts never engaged in combat. In 1926, Fort Kent boasted its designation as the start of U.S. Route 1 with a historic sign noting 2,370 miles to Key West, Florida.



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That Meets
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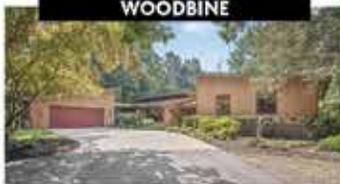
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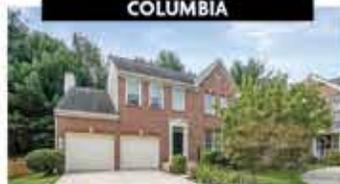
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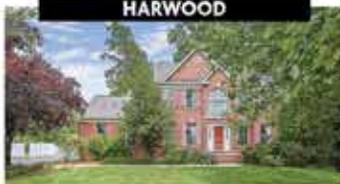
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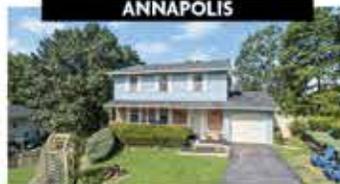
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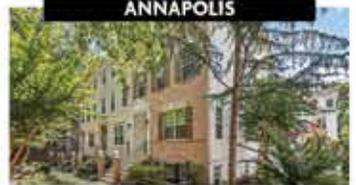
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New-School Elegance

A HOME THAT MEETS THE MOMENT

By Lisa J. Gotto

Today's world of real estate, architecture, and interior design can feel overwhelming at times. Fortunately, this month's featured home provides a blueprint for what happens when messaging, best practices, and exceptionally keen design advice combine to not only build a home that meets the moment, but one that will help create the moments that define the lives dwelling within it.

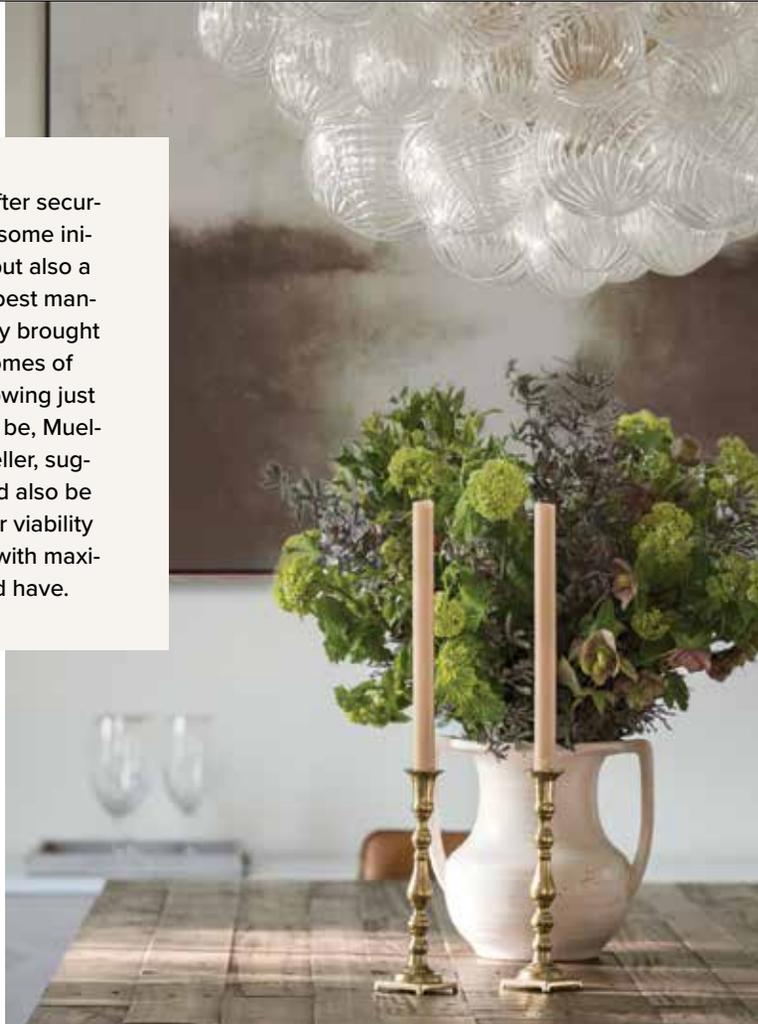
THE PROJECT: A rare, previously undisturbed parcel of forested waterfront land along the South River, and a young couple with hopes of building their seminal family home in which they would raise their three small children.

HOMEOWNER PROFILE: Jacqueline and Max are returning to Jacqueline's home state after years of living and working in New York City after college. Astute and busy professionals with defined and distinctive taste, they both prefer easy and understated elegance in design and are comfortable with setting standards and pushing a style barrier or two.



EXECUTING THE PLAN: After securing their land, the couple had some initial thoughts on home plans, but also a lot of questions about how to best manage a mature, forested lot. They brought their concerns to Mueller Homes of Annapolis to review them. Knowing just how tricky these situations can be, Mueller Homes' President, P.J. Mueller, suggested that an architect should also be consulted to review the site for viability and best practices associated with maximizing the space they would have.

DESIGN TAKE-AWAYS: So how does this home “meet the moment”? This is accomplished in various ways, large and small throughout the build explains Mueller.



Stephanie Cook from Speight Studio Architects of Annapolis would take the lead in that regard and set out to ensure that the experience of building a new home didn't begin and end with just fulfilling a wish list.

“The most important thing I can do by far is listen to the clients,” says Cook about her approach to a project. “Not only to what they are saying but to what they aren't saying as well. I always try to discover the little pieces that lay between the lines of the conversation, things that they may never think about verbalizing.”

Starting with the exterior, Mueller says, Jacqueline and Max made a less predictable choice for an Annapolis-based waterfront home.

“They really wanted the white brick, and brick creates a challenge, especially from an architectural standpoint because certain areas require a lot of structural [support] methods, especially on the inner walls and such.”

This, he adds, is something that he, project manager Jim Trotter, and Cook collaborated on from

a standpoint of securing the structure and adding elements to enhance the aesthetic, pointing to the Hardie plank siding that was added and an integrated gutter system mindfully contrived to double as an architectural feature that fits the façade so well it provides character and just a hint of elegance.





The entryway is a great example of how well the team collaborated to craft a dwelling that spoke to its owners' good taste. Max noted that it was important to them that the house, while new, embodied qualities of a home that looked like it could have been there forever.

"When we went to Stephanie (Cook), we said we want to have the size and scope of a nicely sized traditional home, but we want it to feel like it's 300 years old," Max explains. "Our goal was to have a truly timeless home and from an exterior standpoint, that's why we went with the whitewash brick and more of a traditionally shaped home. I like to say it's a modern English cottage style home from an exterior standpoint."

Along those lines, a covered, recessed, and arched front door was chosen. The approach was then enhanced by the unique placement of lighting at the entry.

"Two lanterns [were placed] on the side versus being on the face of the brick, providing an element of old cottage character, but yet it has a new school elegance to it," says Mueller, who credited Cook with the nuance and thought given to the details associated with the entry.

The homeowners, who are huge fans of interiors' expert and influencer, Shea McGee, chose solid white oak floors with an invisible finish to play up the pure, natural characteristics of the wood throughout the home.

"The inside of our home kind of falls into the category of transitional," Jacqueline explains. "We wanted to maintain just classic traditional elements, but also, we definitely are attracted to a more modern style...and we were inspired a lot by nature. We have a forest behind us right now, and we just tried to keep the colors inside the home, very neutral, but pulled in a lot of colors that you see in nature, dark greens and rich browns."



The couple notes they had many great partners working on the space that would become their kitchen and breakfast room, and these synergies paired with the ideas they brought to the table, resulted in an elevated family gathering space.

“I noticed with the type of subcontractors that we worked with ... they were excited when you brought something to them that they’ve never seen before,” says Max of the highly skilled craftspeople who helped ensure their vision.

And that feeling was mutual. Max adds he was not entirely sold on the concept of two islands in the kitchen before Cook suggested it, but now he says he can’t imagine not having the functionality they provide.

All the cabinetry was crafted to convey a top-quality, minimalist vibe. The couple worked with an Ohio-based subcontractor, Hilltop Woodworking, with whom Jacqueline’s family has a history. The process was a painstaking one, she admits, primarily because it all needed to be done remotely, but the company obliged in every way sending sample after wood sample, until they, for lack of a more appropriate term, ‘nailed it.’



Custom touches, such as the range hood and surround treatment, were advantageous suggestions put forth by Hilltop.

“The idea to do the live-oak beamed surround in the kitchen above the oven, that’s something that we had not seen anywhere, and it was not inspired by anything that we researched, so we just would’ve never thought to do that,” Max says.

The couple also used the kitchen as a style laboratory of sorts for the trends they were seeing in all their interiors’ research relating to mixing metals and finishes.

“We were told by everyone that mixed metals are in, and it’s absolutely okay to explore options with metals. For the most part, we stuck to gold, bronzes, and blacks just because I felt like that was the most complementary to the different tones and colors we were using throughout the home,” Jacqueline says.

While many younger families have been ditching the traditional dining room over the last couple of decades in favor of open-plan dining, these homeowners sided with tradition, citing with three kids and counting, and nearby families, having that dedicated space for celebratory events didn’t just sound good in theory, for them it was essential.





Following tradition in this manner provided an opportunity to get creative with how the spaces would transition from one to the next. Fortunately, getting from space to space turned out to be one of those things that Cook heard without the couple actually saying it, and the result is architecturally enriching throughout.

“People don’t often think too much about those moments spent moving from room to room in their homes, but there is potential there to be a little more thoughtful. In this particular home, we employed not only a series of arches, but also some really deep, cased openings to create an awareness of being ‘between’ and I think it positively affects the experience of moving through the house,” Cook says.

ELEVATING THE UPPER LEVEL

The home currently has four finished bedrooms, and the room to grow an additional guest suite above the garage. These rooms are among the most cherished aspects of the home for the couple, especially the personalized approaches taken in each of their kids' rooms, or their "little jewel boxes", as Jacqueline describes them.

Using thoughtful contemporary iterations of traditional colors, such as the muted rose pink in their daughter's room, decorative elements such as wallpaper on the ceiling, and updated approaches, such as matching the trim color to the wall color, each child's room is as individualized as the child—without looking like the standard "boy's" or "girl's" room from their parents' generation.

The primary suite, says Mueller, could have been easily executed with four standard walls of drywall, but why do that when you're building new and only a lack of imagination could limit you?



"The primary suite continues the elegance in complementing the rest of the house where these clients are waking up to this beautiful trim work that complements the downstairs ceiling of the family room, but yet with these simplistic beams that mimic the architecture of the rear bump out," says Mueller of the design detail suggested by Cook.





"It is so cool," says Jacqueline of the private sanctuary of their primary bathroom. "We wanted it to feel spacious, and Stephanie said, 'What if we did a cathedral ceiling above the tub? And then this is where we brought in our inspiration—we wanted a very long-chain light fixture to go above the tub.'"

Taj Mahal stone was then chosen to top their custom white oak vanities, stained dark, which were made to look like a dresser by sizing them so legs could be added at the bottom.

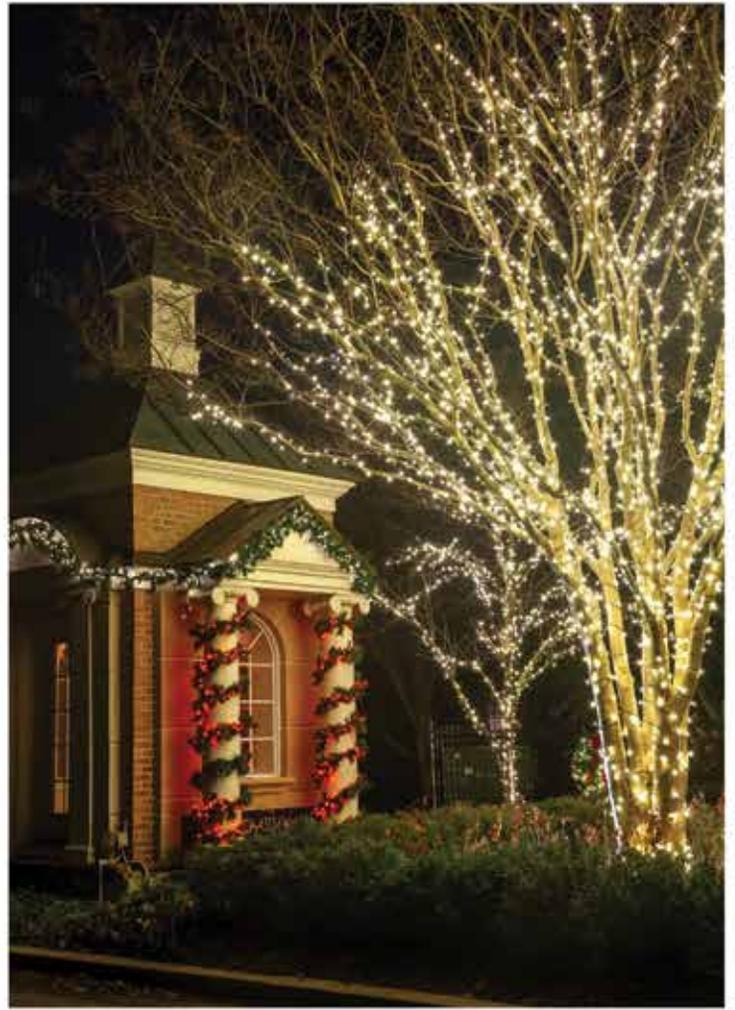
"So, it looks like old pieces of furniture rather than kind of your typical, 'Just set it and forget it' vanity," adds Jacqueline.

"I definitely followed Jacqueline's guidance on all this stuff," says Max of his wife's eye for details like these.

"I think the beauty that I see [in this process] is the fact that we pulled from so many different sources, and we scoured Pinterest and Instagram and design books. If we showed you how many Rizzoli interior design books we have now, really, we could have an entire library of them. But what we found is that the style we ended up with was 'Max and Jacqueline,' he explains.

"It speaks exactly to who we are as people, and as a couple, and as a family."





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Looking After the Earth...In Our Gardens

SOIL TESTING & COMPOSTING

By Janice F. Booth

Like me, you may be caring for an old, beloved garden surrounding an old and beloved house. You may face the same frustration I felt a year or so ago when it seemed my favorite shrubs and flowers stopped flourishing, produced fewer blooms, generally looked a bit tired. I fertilized; I replanted, and still my garden remained lackluster.

Then I talked with a local landscape-gardener. She observed that the original type of soil might not have been the best and with age the soil in my flower beds may have become compacted, needing aeration and helpful microbes. She suggested I check the condition of my garden's soil. She pointed out that if the soil was tired, worn out from years-and-years of planting, fertilizing, mulching, the soil may need restoration—a spa date, of sorts.

Here's a two-part prescription for perking up the garden and its plants:

- Determine your garden's soil type and its condition: Depleted of nutrients? Compacted? Under or overwatered?
- Consider a composting system for your tired garden soil. (Caution: Composting does not replace fertilizing.)



Whether you use a gardener, a gardening service, or do the work yourself, you may want to know how to identify the type of soil in your garden and, generally, the soil's condition. Some problems are fairly easy to correct.

6 BASIC SOIL TYPES AND THEIR CHARACTERISTICS:

LOAM: the ideal soil for gardens – a blend of clay, sand, and silt

CLAY: high in nutrients, wet and cold during winter, baked and dry during summer

SANDY: low in nutrients – dry, warm to hot, fine particles, often acidic

SILTY: varied nutrients levels – light particles, retains moisture, easily compacted

PEAT: high in organic matter, moist

CHALKY: low in nutrients, drains freely, usually alkaline (high pH level)

IDENTIFY SOIL TYPE: “TOUCH-AND-ROLL”

If you don't want to get involved with sophisticated lab tests, here's a simple way to get a general idea of the type of soil in your garden.

Grab a handful of soil in the area you're testing. (You may find different soil types in various places in your garden.)

Squeeze the soil in your palm to form a roll.

Observe the color and granules, and watch for any organic matter, such roots and tiny bugs and worms. Organic matter is a plus, indicating your soil is alive and breathing.



Note that:

- ◆ Sandy soil won't roll. It'll remain gritty.
- ◆ Clay soil will be sticky if wet or hard if dry.
- ◆ Silty soil will not have clumps. It will feel slippery and even soapy, if damp.
- ◆ Peat will feel squishy, dark in color, rolls into a mushy mass.
- ◆ Chalky soil will be powdery and dry with little to no organic matter.



TESTING THE CONDITION OF YOUR SOIL FOR FERTILITY AND CONTAMINATION

Basic Soil Test: For definitive information on your soil, seek a professional Soil-Testing Lab. (Farmers rely on these labs; you can too.) You'll find information about Soil-Testing Labs and their locations at <https://www.extension.umd.edu/resource/soil-testing-and-soil-testing-labs/>

These labs usually need 2 weeks to return results and charge from \$10–20 per soil sample.

Using a lab will ensure you have accurate information about things like phosphate, potassium, magnesium, and your soil's pH level (acidic to alkaline.) The results are called the “TILTH” of your soil. (Just to impress your gardener or the lab tech.)

Accurate lab testing may also save you the cost and effort of unnecessary treatments and conditioners for your garden's soil.



Do-It-Yourself Soil Evaluation: If you simply want a general idea of your garden soil's condition, here are some suggestions...

Look for earthworms. They're a great indicator of good soil aeration and biomass.

Smell Test,: Hold that handful of soil to your nose. Is there a pleasant, earthy scent? That's called GEOSMIN, and it comes from the *good* bacteria in healthy soil. Our human noses have evolved to be exceptionally sensitive to that earthy smell in even small concentrations—perhaps because our food sources depend on healthy soil.

Soil organisms: Dig a 6” deep hole; stare down into it for 4–5 minutes. Count the activity: beetles, centipedes, spiders, etc. (You can even poke about the sides of the hole with a small stick.) If you count fewer than 10 organisms, that's a bad sign.

Underwear Test: (I like this clever test.) You'll need a pair of 100 percent cotton briefs, a shovel, a marker flag or something to mark the spot.

- ◆ Dig a narrow trench 6" deep.
- ◆ Bury the briefs with the waistband sticking out above the soil.
- ◆ Mark the spot with a stick or flag. (I know that seems unnecessary, but just wait and see.)
- ◆ Leave the buried briefs for 2 months.
- ◆ Dig up what's left of the briefs and rinse off the soil.
- ◆ If the briefs have disintegrated and there's not much left, that's a GOOD SIGN. It means lots of tiny organisms were at work munching away, turning that cotton into nutrients for your garden's soil.



Now that you've figured out the condition of your garden's soil, let's talk composting.

Composting does *not* replace fertilizer. It improves your soils condition—less compacted and more biomass. There's a lot of information about composting: the good, the bad, and the ugly. So, let me just review some basics.



BASIC RULES OF COMPOSTING

Figure out first what you plan to use the compost for and where you can locate the compost pile or composter bin.

Oxygen is central to successful composting, so plan to aerate your compost material often.

Smelly? That's an indicator that the compost needs more air. Turn or stir it.

Water composting material so it retains a moisture content between 55–60 percent. (I think you'll just have to figure out what is a reasonable moistness for your compost.)

It'll take *about a year* before your compost will have cured enough to be applied to the garden's soil. It will eventually look like crumbly, dark earthy stuff; then it's ready to be used.

Monitor the temperature of the composting material. Keep it under 150 degrees Fahrenheit. Add nitrogen to cool the material.

I hope this information helps, whether you're planning to do the work yourself or hire folks to do the hard parts, you probably want to understand what work you're paying for and how to make sure you are getting the information and material your garden soil needs.

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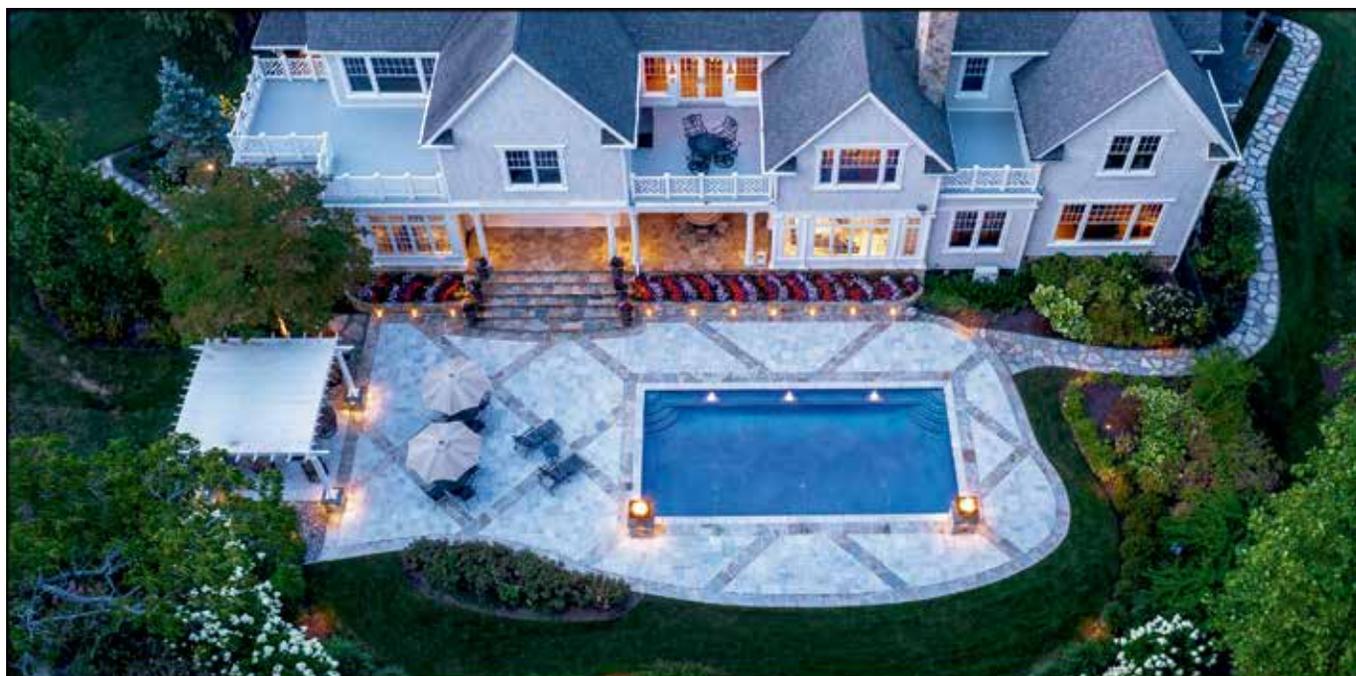
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Scenic Severn Dream

By Lisa J. Gotto

T

hey always say you get more out in the suburbs and that's certainly the case for this seven-bedroom stunner with its scenic sloping views of the Severn River.

Located in the highly desirable community of Nantucket on the Severn, this 7,000-square-foot home provides the perfect refuge for the large or extended family, accommodating and comforting all who enter with its warm woods, tranquil palette, and an abundance of natural light throughout.

A grand and gracious entrance opens to reveal expansive views out to the river and the beauty of Brazilian hardwood floors that flow throughout setting a majestic and luxurious tone. On the right, the entry opens to a spacious formal living room or home office with a large, arch-shaped window to match the arch entries that provide access to all the rooms, including a light-filled dining room on the left.

The center entry leads to the heart of the home, the great room and kitchen. Soaring two-story windows look out over the gorgeous property at the back of the home that leads down to the river. This area, populated with numerous mature

shade trees, is expertly landscaped to provide the equivalent of a private luxury resort with its sandy toe path to the water, a spacious wrap-around deck, and terraced gardens.

Back inside, these views will provide seasonal live art throughout the year from the magnificent great room with its stone-front, floor-to-ceiling fireplace flanked by well-crafted bookcases on either side. This special family and entertaining space flows into a cozy breakfast room in-the-round featuring a series of windows looking out to the water. This space also features a handsome tray ceiling and an oversized coffee bar that can be used as a convenient buffet server in the morning.

The gourmet kitchen features everything the aspiring chef could want, including a spacious center island topped with granite. This custom piece was designed in the nautical style with accents of weighty rope and porthole details. Large windows overlook the pool and the river, ushering in abundant light to enhance the already beautiful all-white custom wood cabinetry accented with farmhouse cabinet pulls. An integrated refrigerator complements the balance of the appliance package, all stainless steel, including the Wolf six-burner gas range.

Primary Structure Built: 2005

Sold For: \$3,650,000

Original List Price: \$3,650,000

Bedrooms: 7

Baths: 7 Full, 1 Half

Living Space: 7,002 Sq. Ft.

Lot Size: 4.67 acres





The main level of the home also offers a convenient and spacious primary suite, which opens via French doors to the wrap-around deck. Needless to say, the gorgeous river and property views continue here and are enhanced with the room's gas fireplace and fireside space for reading and relaxing. The primary bath offers an over-sized garden tub and a huge, glass and tile shower, along with separate vanities of dark wood with sparkling white countertops.

This amazing estate-like home features four additional bedrooms on the second floor, each with its own bath, and two bedrooms on the lower level, where the new homeowners also have lots of flex space that includes a second kitchen, so there's ample room to grow and space for envisioning each day as it comes along the scenic Severn.

Listing Agent: Melanie Wood, Berkshire Hathaway|PenFed Realty, 1997 Annapolis Exchange Pkwy., Annapolis, m. 410-346-3888, o. 410-266-0600, melanie@chesapeakehometeam.pro, bhhspenfedrealty.com **Buyers' Agent:** Jim Schaecher, Keller Williams Flagship, 231 Najoles Rd., Millersville, m. 301-928-4246, o. 410-729-7700, jimschaecher@gmail.com, kellerwilliams.com

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Bring Your Own Boat

By Lisa J. Gotto

The lifestyle of the boating enthusiast is what this immaculate cedar shake stunner is all about. Nearly 6,000 square-feet of interior living space combines with a lush and tranquil outdoor landscape to provide the prime jumping off point for adventures in and around Annapolis waterways.

Keen sitting on a one-acre lot located in the prestigious community of The Downs gives this home excellent elevation, creating great water views of the Severn River and the opportunity to personalize the grounds with garden terraces and attractive hardscaping.

Primary Structure Built: 1985

Sold For: \$3,500,000

Original List Price: \$3,500,000

Bedrooms: 6

Baths: 4 Full, 1 Half

Living Space: 5,917 Sq. Ft.

Lot Size: 1 acre

The front entry is impressive with its stone walk-up, handsome, wood double doors, leaded pane sidelights, and transom windows above. Inside, gleaming pecan-colored hardwoods have the benefit of abundant natural light from the home's many large windows throughout. The foyer leads into the home's gracious living room with its attractive accent wall of stone and stately stone fireplace front. A coffered ceiling above adds to the room's classic wood treatments. There's a huge formal dining room adjacent with incredible views out to the river.

An ivory-white gourmet kitchen offers tons of custom cabinets and numerous upscale features, such as stainless-steel appliances including a double oven and wine fridge. There's also a gourmet gas cooktop located in a granite-topped center island and lovely accent cabinetry with glass fronts. A charming breakfast nook offers tree-top views and easy access to the home's large, screened-in porch via glass sliding doors. This room also features breakfast bar seating overlooking a large family room with



Photography by RECreative Visual



an attractive corner gas fireplace and more sliders to the screened-in porch on the riverside.

The main level of this home offers the first of six bedrooms and a convenient *en suite* bath. The primary bedroom features its own bath with a large soaking tub and dual vanities, two huge walk-in closets, and a cedar closet. The level also provides an enormous waterside bonus room, and a large home office with extended seating area.

The home's lower-level features three large bedrooms, a recreation room, and a billiard room. This residence's primary recreational feature, however, has to be its outstanding water access to 12-feet of mean low water and a property that boasts three boat slips, a 25,000-pound boat lift, a 6,000-pound boat lift, and a floating dock. The new homeowners will also enjoy 1,000 meters of protected, calm waters ideal for rowing a shell, a rare find among waterfront properties.

Listing Agent: Kristi Neidhardt, Northrop Realty, 900 Bestgate Rd., Annapolis, m. 410-599-1370, o. 410-295-6579, kristi@kn-ream.com, kn-ream.com **Buyers' Agent:** Debbie Noone, Northrop Realty, 900 Bestgate Rd., Annapolis, m. 410-507-4456, o. 410-295-6579, debranoone@northroprealty.com, northroprealty.com

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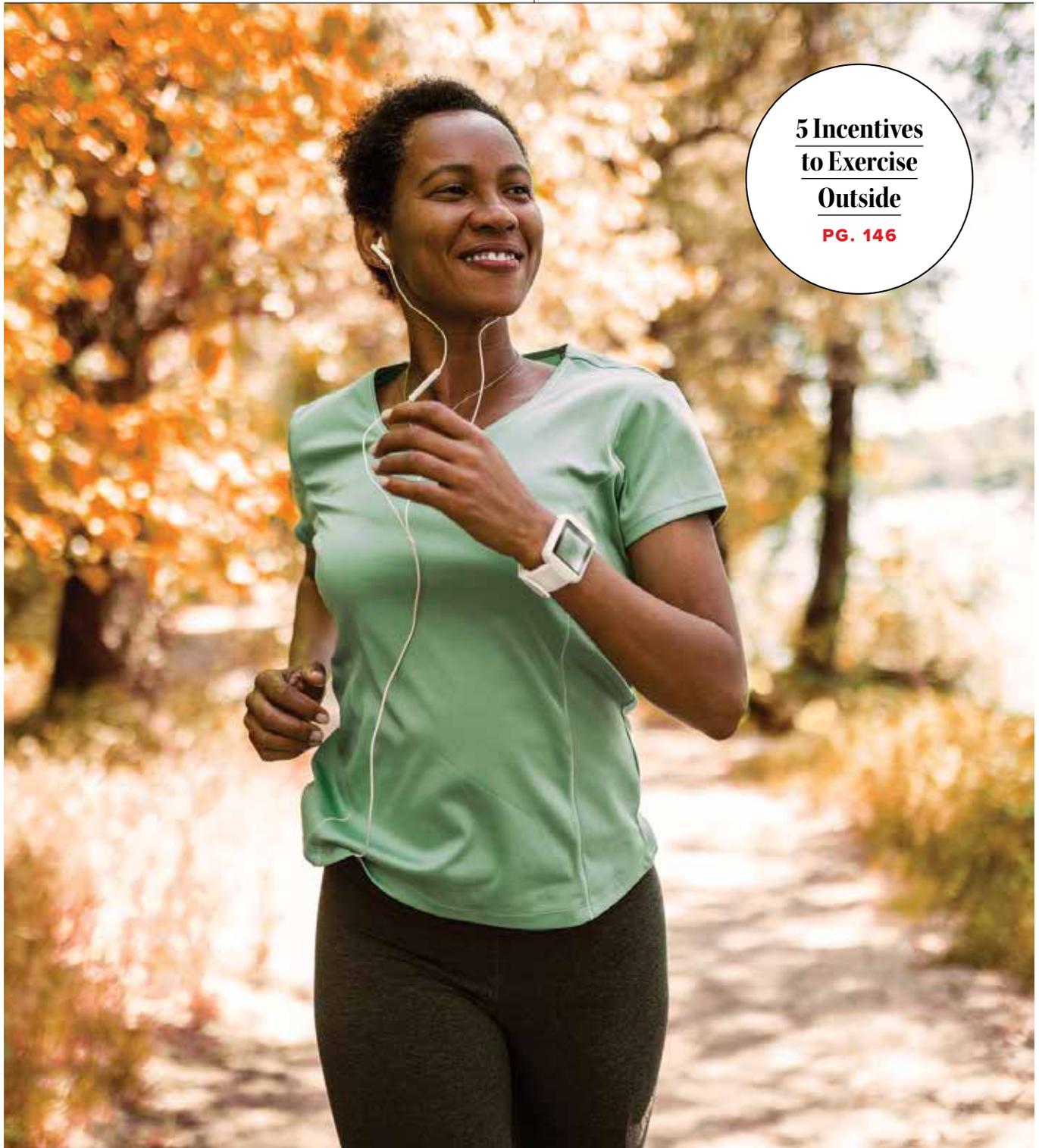
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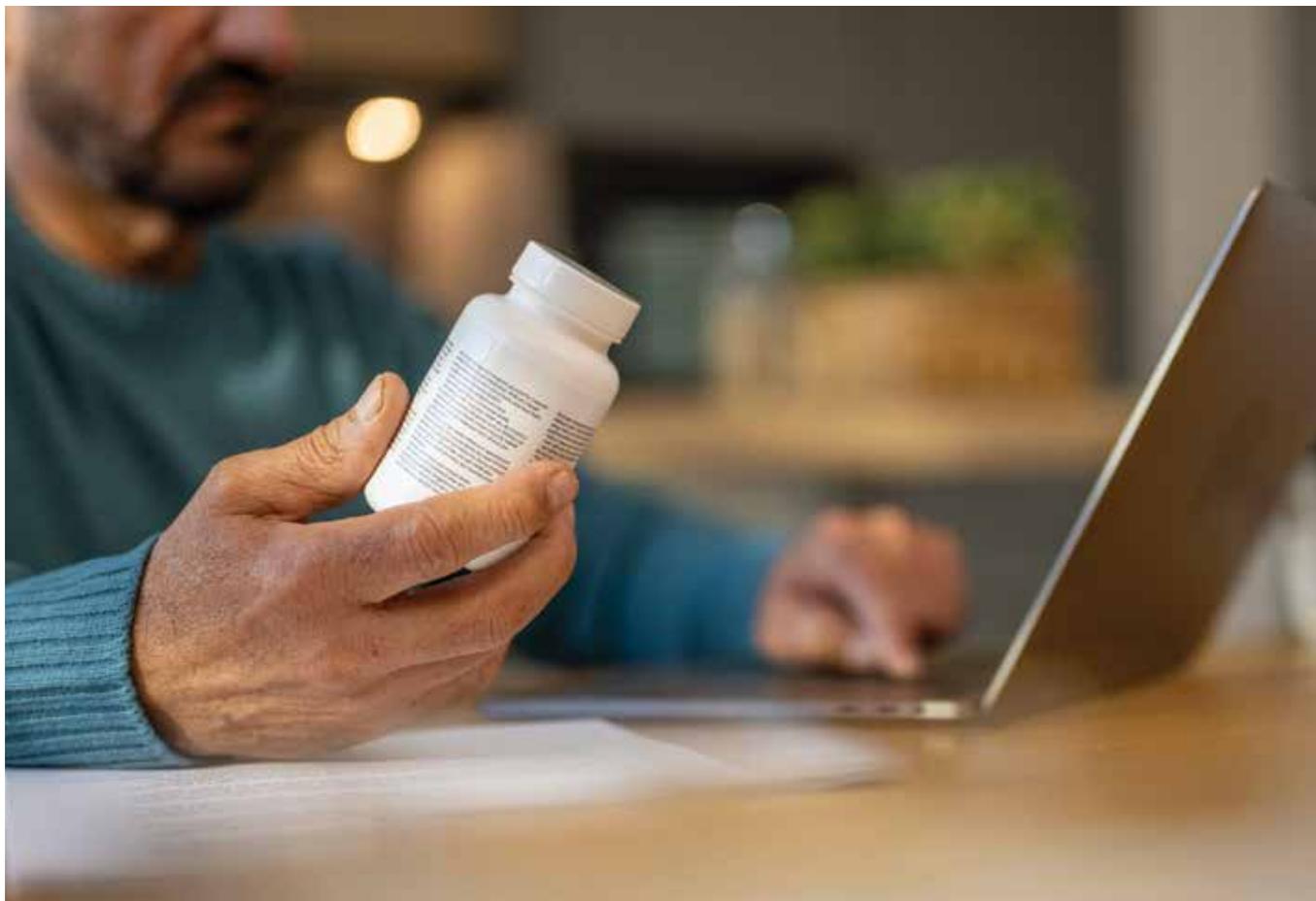
144 IMPROVE YOUR HEALTH LITERACY

147 IS IT ALL GREEK TO YOU-GURT?



**5 Incentives
to Exercise
Outside**

PG. 146



7 Ways to Improve Your Health Literacy

By Dylan Roche

Are you health literate? In an era when misinformation spreads so easily, a lot of us can fall victim to something we hear that sounds right but really isn't. Or we read something we don't fully understand, but we pretend we do because we don't want to feel foolish.

Well, October is Health Literacy Month, and it's a great opportunity to remember that critically consuming health information is important because it can make a profound impact on our quality of life. Poor health literacy can lead people to mismanage chronic conditions, abuse medicine, or not use the proper health services they should be using.

The Centers for Disease Control and Prevention defines health literacy as our ability to find and use information to make smart health decisions. If you see a post on social media about a health trend, or you start Googling symptoms you are experiencing, are you able to decipher what's good information and what's not?

IF YOU CAN'T, OR YOU JUST AREN'T SURE, HERE ARE SEVEN SMALL STEPS YOU CAN TAKE TO IMPROVE YOUR HEALTH LITERACY:



1 Don't be afraid to ask questions from somebody who is qualified to answer them, such as a doctor or pharmacist. Even if a friend sounds like they know what they're talking about, consider carefully whether they're qualified to be talking as an expert on the subject.

2 If you're reading about a health topic online, check the facts with reliable sources. Reputable websites, health care systems, medical journals, and government health agencies should always be your first source of health info.

3 Stay familiar with medical terms, especially if they apply to a condition you have. For example, if you're at risk of high cholesterol and heart disease, you'll have trouble understanding a lot of guidance if you don't know what high-density lipoproteins (HDL) and low-density lipoproteins (LDL) are. Look them up or ask your doctor.

4 Make sure you understand the benefits and risks of any health decisions you make or treatments you pursue. You should be able to translate these pros and cons into plain language and explain them to another person. If not, ask a doctor or nurse to clarify for you.

5 Get support from others around you. See whether your doctor's office, hospital, or community center has groups for people who share your experience. For example, if you're struggling with substance use, a support network can share what they've learned and offer guidance.

6 When it comes to the basics, remember there's a lot of misinformation out there. Nutrition, fitness, disease prevention, and mental health are all subjects that have bred many armchair experts—people who think they can speak authoritatively because they have a blog or a podcast. Go to resources like the Mayo Clinic, the Cleveland Clinic, or the National Institutes of Health for advice when you need it.

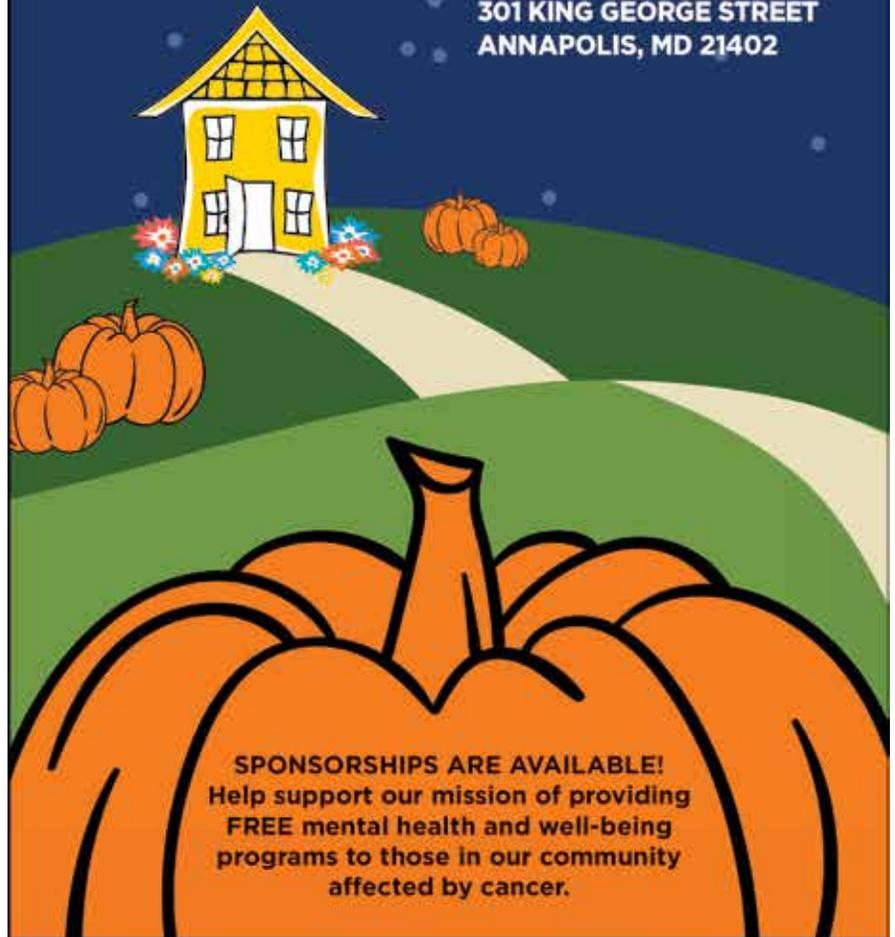
7 Don't ever stop learning. Health information is always evolving, so the more you stick with reading and asking questions, the easier it will be to understand.

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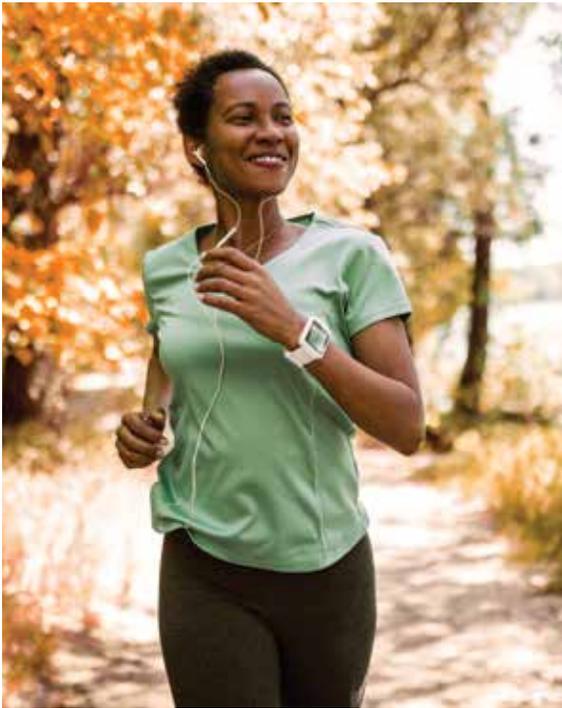
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5 Incentives to Exercise Outside

By Dylan Roche

You might've started out the summer excited to exercise outside, back before Memorial Day, when the weather was mild, and you had a few extra daylight hours. Then the heat and humidity of July and August struck. And who can blame you for opting to not overexert yourself when the weather is like that? That's not the kind of sweat session many people idealize!

But now it's fall, and the cooler temps have you tempted to take your exercise routine outside again. You might be surprised to learn that outdoor exercise offers some health benefits that make it even better than the same activity performed inside.

HERE ARE FIVE INCENTIVES TO TAKE YOUR EXERCISE ROUTINE OUTSIDE THIS OCTOBER:

1. YOU GET EXPOSURE TO DAYLIGHT

So much of our day is spent inside, but if you can make your workout dedicated outside time, you can get exposure to sunlight. This boosts your serotonin, which can improve your mood and ward off seasonal depression. Furthermore, getting sufficient exposure to sunlight during your waking hours can help you achieve sleep more easily and sleep peacefully throughout the night.

2. YOU HAVE EASIER ACCESS

It's not always easy to get out the door to the gym. But lacing up your walking shoes and hitting the streets around your neighborhood? That's easy. You don't have to factor commute time or navigate parking. When you see the outside as your gym instead of the huge building 10 minutes away from home, you have fewer excuses to skip exercise that day.

3. IT CAN BE MORE CHALLENGING

Going for a walk or a run on the treadmill gives you a lot of control—you're on a level surface, in a climate-controlled room, with the ability to adjust your speed very specifically. When you go outside, you have to adjust to the natural incline of a hill, the uneven terrain of a natural trail, or the resistance the wind puts against you. Your body has to adapt, making this environment more fun and challenging.

4. IT'S SOCIAL

One of the reasons parents are often encouraged to get their kids off electronics and outside to play is because it presents an opportunity to bond with their peers. The same rule applies for adults—there might be friends or neighbors who want to join you, which can turn exercise into a social outing. Social interaction is good for your mood and mental health. Plus, this adds a level of accountability.

5. IT'S EASIER TO STICK WITH

Because exercising outside is easier, more social, and oftentimes more enjoyable, this makes you much more likely to stick with it. And most exercise enthusiasts will tell you: The best workout is the one you will do consistently.



Is It All Greek to You-gurt?

UNDERSTANDING THE DIFFERENCE BETWEEN GREEK YOGURT AND THE REGULAR KIND

By Dylan Roche

Yogurt has long been hailed as a health food thanks to its protein and calcium content, but in the past couple of decades, you might have noticed the conversation emphasizes a specific type: Greek yogurt. What is it about Greek yogurt that's so special, and does this mean that regular yogurt is no longer a healthy choice? Let's strain through some facts here.

GREEK YOGURT GETS DOUBLE STRAINED. For starters, you can probably identify Greek yogurt based on how it looks and tastes. Greek yogurt is thicker than regular yogurt, and it has a richer, slightly tangier taste. That's because when yogurt is made, it goes through a culturing process

where bacteria is added to convert lactose—a natural sugar found in dairy—to lactic acid. Then the yogurt is strained to remove some of the liquids from the solids. In the case of Greek yogurt, it is double strained so more of the liquid is removed.

GREEK YOGURT HAS MORE PROTEIN. Because Greek yogurt has more of the liquid removed, it tends to be made of more milk solids—therefore, it has more protein. A serving of Greek yogurt might have twice the protein of its regular counterpart, depending on the brand. However, regular yogurt has the edge in other nutrients, as it contains more potassium and calcium.

REGULAR YOGURT IS SWEETER. Because regular yogurt retains more of its natural sugars than Greek yogurt, it tends to have a sweeter taste. This can make it the better option if you're adding it to a smoothie or if you simply want a sweet treat as an alternative to ice cream. Greek yogurt, on the other hand, because of its richness and tanginess, can be a good alternative to sour cream or mayonnaise when it's unflavored.

REGULAR YOGURT IS MORE COST EFFICIENT. Because Greek yogurt goes through more complicated processing and uses more milk, it tends to be a little bit more expensive than regular yogurt. If you're already getting plenty of protein from other sources, you might choose to balance your grocery budget by choosing the regular yogurt instead of the Greek kind.

THE STRAINED VERSION: BOTH YOGURTS HAVE A PURPOSE. If you need a good source of protein and don't mind spending a few more dollars a week, Greek yogurt is an excellent addition to your diet. But if you want something light and sweet that has an edge on calcium amount, regular yogurt might be your preferred choice.

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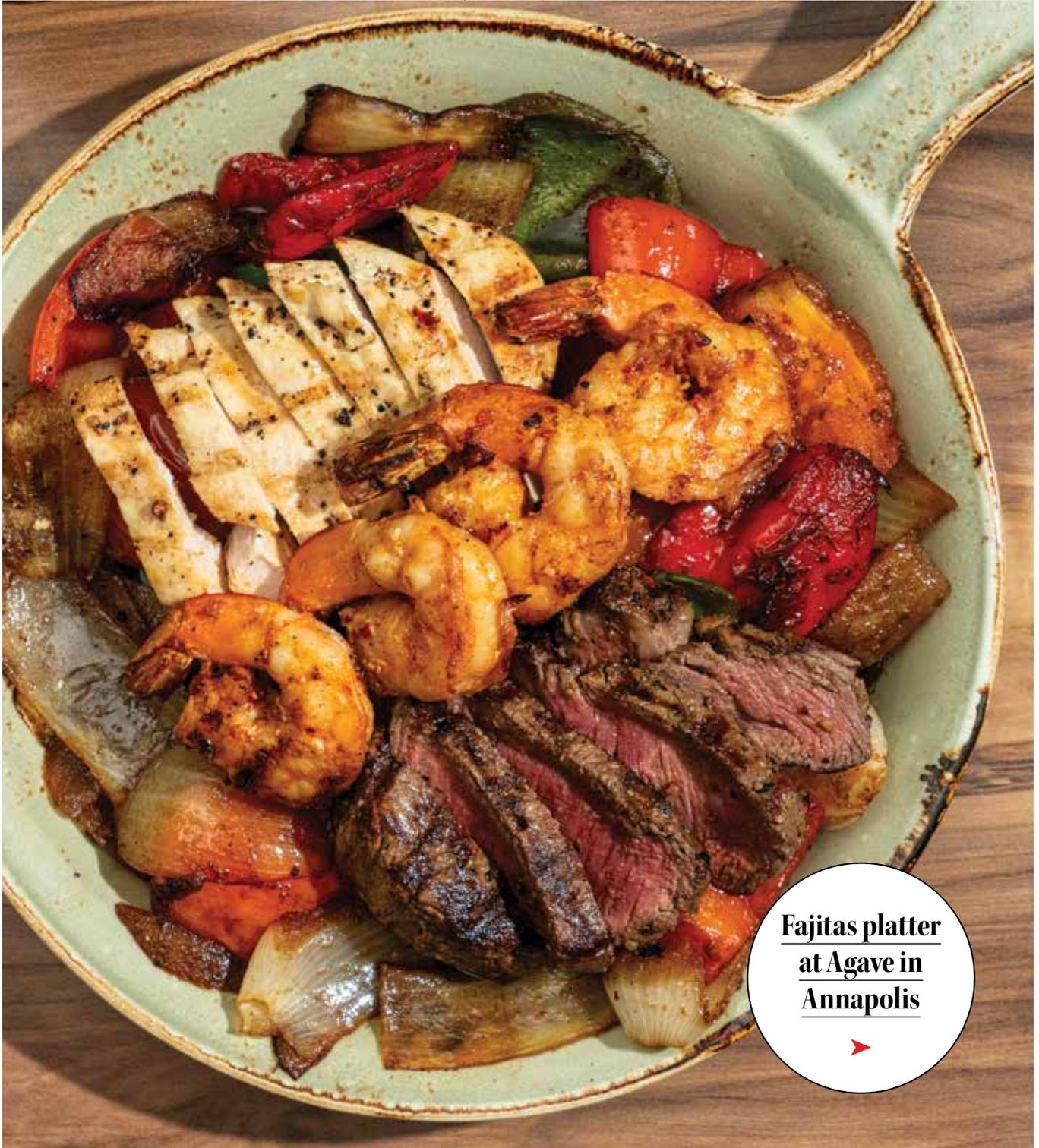
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Food & Dining

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Fajitas platter
at Agave in
Annapolis



Mexican Feast

FROM TEQUILA VALLEY TO
THE GUATEMALAN BORDER

By Mark Croatti

Having lived in Los Angeles, Houston, and Tucson, I came to love the collective taste of the American Southwest, a mix of California's Spanish influences, Arizona's Sonoran-style cooking, and the Tejano heritage of Tex-Mex specialties. While the broad term "Mexican food" is often applied to any similar cuisine, Mexico's 31 states and capital city feature their own diverse variations. When Chris McKeown opened Agave Mexican Restaurant and Tequila Bar in Lewes, Delaware in 2008, his Chef—and mother, Leisa Berlin—was inspired by the traditional indigenous fare of multiple regions: Oaxaca, Vera Cruz, and Chiapas, near Guatemala.

Nestled within Mexico's narrow Southwest between the Gulf of Mexico and the Pacific Ocean, Chiapas is not far from Tequila Valley in Jalisco's highlands, among the five places that make tequila from blue agave—one of over 200 species of the mezcal-producing agave plant (not a cactus). The popularity of Agave restaurant's unique, creative dishes and its 100-plus tequilas and mezcals led to Chris, his wife Jocelyn, and Mike Feretti adding a Rehoboth Beach location in 2011 and, last year, a third locale in West Annapolis.

On a Sunday afternoon, behind a front deck where people enthusiastically chatted and enjoyed the beautiful weather, two potted agave plants motioned us inside a hacienda-themed waiting area surrounded by shelves of recipe books, vases, and



AGAVE MEXICAN RESTAURANT & TEQUILA BAR

106 Annapolis Street, Annapolis; 410-449-3980; agaverestaurants.com

pitchers, sunken into pueblo-style adobe walls. The delicious aroma of sizzling meats, molé sauces, and frying tortilla chips wafted from the spacious dining room, where agave-shaped lamps illuminated framed Mexican illustrations and desert drawings.

A row of agaves growing in planters atop a long wall divided the room and gave the atmosphere a tropical vibe. We sat next to the bar, where over a hundred tequilas and mezcals stood at attention flanked by straws made from agave (not edible, but biodegradable). Manager Tammi Beach and our personable and very helpful server Chad, one of the bartenders, warmly greeted us and brought our children games and crayons. Agave's armada of mezcals and tequilas—reflecting blanco, repesado, and añejo degrees of aging—spawn an endless lineup of tempting margaritas. I chose the Pomegranate made with Rancho Alegre Blanco tequila distilled at Camp Azul in Jalisco and boasting notes of buttercream cake icing and dried mango; Pama liqueur—a delightful mix of California pomegranate juice, premium vodka, and more tequila—Triplo orange liqueur from Italy; and agave nectar. Tammi recommended it rimmed by a dark red, smoky, house-made blend of ancho and chili powders, tajin, paprika, and salt that superbly complemented this delectably fruity concoction and still allowed me to recognize the distinctly flavorful tequila.



For our young sons, we ordered a tabletop picnic constructed from the \$10 and below children's menu: The ground tenderloin Cheeseburger Slider, Queso, Salsa, and a basket of puffy Mexican pinwheel chips. We added a family-shared appetizer—the bountiful Guacamole Sampler and tortilla chips that included three of their five handcrafted styles, all of which are perfectly merged with diced tomatoes and onions, seasonings, and ripe, chunky avocados. The Basil & Cheddar was peppery and sharp; the Gale Apple & Moon Cheese contained crispy nubs of apple and a tasty, high-protein cheese; and the Goat Cheese & Pine Nuts exhibited a tangy, cashew-like appeal. As the boys dipped into the white, creamy Queso and the sweet, lightly seasoned, tomato-centric salsa, Chef Jonathan Silverio sat down and fascinated us with stories about how Chef Leisa cultivated flavors and techniques from across Mexico, which motivated us to indulge our culinary curiosity by mixing and matching the ingredients of our separate selections.

Suddenly, Chad slid another table alongside ours and said, “You’re gonna need it!” A number of preliminary courses soon arrived like a conveyor belt, each visually appealing. A loaded plate of Mango & Avocado Salad was topped with crumbled queso fresco, bacon, and crunchy pine nuts floating on a sweet, velvety pine nut dressing.

A deep bowl of Mexican Chili Soup, featuring succulent beef tenderloin swimming in a zesty stew of, beans, peppers, onions, tomatoes, spices, and more queso fresco, came with flour tortillas. The oversized “Half Rack” of Sweet Ancho Ribs was a large cluster of lean, extremely moist and meaty ribs that effortlessly fell off the bones. Glazed in a dry rub and then drenched in a luscious ancho chile barbecue sauce, the ribs paired well with a twice-baked sweet potato, overflowing out of its skin beneath the weight of an enticing orange crema and more pine nuts.

One of their most venerated side dishes, the Ginger, Cilantro, and Garlic corn on the cob, was an ideal partner. Roasted, lathered in a silky chipotle mayonnaise, and coated with an avalanche of queso fresco, the corn was simply exquisite and a perfect example of the imaginative prowess at work at Agave.

The heaping platter of Fajitas left a mesmerizing vapor trail as it was set before us, a dazzling display of plus-sized, generously portioned, and incredibly juicy slabs of medium-rare steak and seasoned chicken beside a plentiful helping of corpulent shrimp. Chef Silverio explained that the chosen heft of medallions is measured in-house from huge cuts of meat, then along with the shrimp and equally bulging wedges of grilled vegeta-



bles—onions and both green and red peppers—seared to seal in the flavors and served with cheese, lettuce, salsa, flour tortillas, and Mexican crema (not the orange kind). While wrapping each of the meats, vegetables, and other accompaniments into the light, airy tortillas made for a mouth-watering fajita, I also wanted to integrate the many regional elements, so I piled the Mango & Avocado salad on top and alternately ladled in dollops of queso, chili, and chipotle mayonnaise. Each new creation swirled everything together into a taste explosion! I’ve eaten fajitas almost everywhere on the continent, including Mexico, but these were the tastiest—and biggest—that I’ve ever had.

Three desserts provided a grand finale to a truly impeccable and memorable night. The buttery Horchata Ice Cream, conjoined with rice, coconut milk, nuts, cinnamon, and spices, was layered like icing over a bed of flaky Oreja pastries. The Pavlova looked like a pie—an outer ring of meringue encircling vanilla bean ice cream smothered in an amazing Chambord reduction sauce and garnished with fresh raspberries, blueberries, and strawberries. The Banana Tres Leches consisted of a supremely moist banana cake cylinder soaked in coconut tres leches cream buried under whipped cream, caramelized bananas, and toasted coconut. Thank you, Chefs Leisa and Jonathan, for taking me to a part of Mexico I’d never been to before. While I look forward to someday visiting Oaxaca, Vera Cruz, and Chiapas, until then, I now know where to find the food they’re famous for.



Mark Croatti has worked across the country from Los Angeles to Washington, D.C. as a caterer, prep cook, and food server at both specialty restaurants and major chains, including preparing meals for major figures in the entertainment industry and professional sports.



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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4817 Riverside Drive, Galesville; 410-867-2300; piratescove-md.com \$\$ ●●●●

Senor's Chile

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South County Café

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Stan and Joe's Riverside

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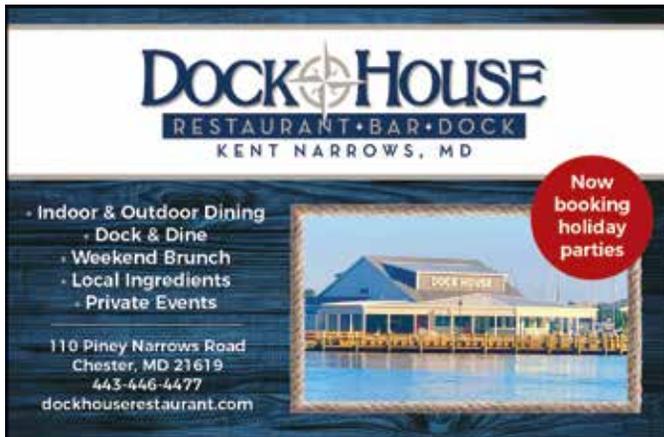
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IFC = Inside Front Cover	ICSI	159
IBC = Inside Back Cover	InGrano.....	154
BC = Back Cover	Indian Creek School.....	101
LMP = Leading Medical Professionals	Jalapenos.....	148
CD = Chesapeake Drives	Kenwood Kitchens	14
A La Mode	Key School.....	18
About Smiles Dentistry.....	Kitchen Tune Up.....	135
Academy Art Museum of Easton.....	Labbe Family Orthodontics.....	65
Adoro Medical Spa.....	Lash Moi.....	39
All Star Pain Management and Regenerative Medicine.....	Leadership Anne Arundel.....	62
Alternative Pet Care.....	Levnes' Steakhouse.....	157
Anchored Hope Therapy, LLC.....	Libbey's Coastal Kitchen + Cocktails.....	51
Annapolis Endodontics.....	Long & Foster—Mr. Waterfront Team.....	6
Annapolis Hand Center.....	Long & Foster Annapolis.....	8
Annapolis Ice Cream Company Always Ice Cream.....	Lost In Annapolis LLC, DBA Agave.....	33
Annapolis Opera.....	Luminis Health AAMC.....	11, LMP
Annapolis Painting Services.....	Lundberg Builders and 314 Design Studio.....	137
Annapolis Periodontics.....	Mahon Plumbing.....	159
Annapolis Plastic Surgery.....	Maryland Oncology & Hematology.....	LMP
Annapolis Symphony.....	Maryland Oral Surgery Associates.....	LMP
Anne Arundel Audiology.....	Maryland Paint & Decorating.....	49
Anne Arundel Eye Center.....	Meg Fox Aesthetics.....	43, LMP
Anne Arundel Gastroenterology Associates.....	Mercy Medical Center.....	15
Anne Arundel Medical Center - Fish For A Cure.....	Mi Lindo Cancun Grill.....	148
Archbishop Spalding High School.....	Midas.....	110
Baltimore Washington Medical Center.....	Mid-Atlantic Rheumatology.....	LMP
Bay Cove Dentistry.....	Miss Shirley's Cafe.....	153
Bay Ridge Lawn and Landscape.....	Mobile Pet Vet.....	LMP
Baypoint Wealth Management.....	Modern Dermatology.....	63
BayWoods of Annapolis.....	Nancy Hammond Editions.....	55
Bella Italia.....	Northrop Realty, A Long & Foster Company.....	121
Blue Heron Dental.....	Olmo Brothers Construction & Landscaping.....	13
Boatyard Bar & Grill.....	Omnia Real Estate.....	10
Brad Kappel, TTR Sotheby's International Realty.....	On The Green Inc.....	139
Cabinet Discounters.....	Osteria 177.....	39
Carpaccio Tuscan Kitchen & Wine Bar.....	Patuxent Nursery.....	136
Carrol's Creek Cafe.....	Rams Head on Stage.....	41
Chesapeake Bay Beach Club.....	Reinheimer Orthodontics.....	LMP
Chesapeake Bay Dentistry.....	ROSM Regenerative Orthopedic Sports Medicine.....	LMP
Chesapeake Dental Arts.....	Saint John the Evangelist Catholic School.....	29
Chesapeake Endocrinology.....	Sandel Duggal Center For Plastic Surgery.....	IFC, LMP
Choisser Automotive Services.....	Scott Finlay DDS & Associates.....	17, LMP
Chris Edge First Home Mortgage.....	Severn School.....	114
Ciminelli's Landscape Services, Inc.....	Sheehy Lexus.....	CD
Coastal Pools.....	Simply Stronger.....	159
Compass Stone & Tile Studio Finme Flooring.....	Skin Wellness MD.....	12
David Orso.....	The Mugford Center.....	99
Della Notte.....	The Tower Team with TTR Sotheby's International.....	23
Djawdan Center for Implant and Restorative Dentistry.....	The Wellness House.....	145
Dock House Restaurant.....	Three Bridges Pediatric Dentistry and Orthodontics.....	56
Dockside Dermatology.....	Thrive Behavioral Health.....	LMP
Dr. Charles Herbert.....	Tilghman Volunteer Fire Company.....	31
Drs. Walzer, Sullivan & Hlousek, P.A.....	Toastique Annapolis.....	156
Eat Sprout.....	Trahar, Mary C., DDS, P.A. Smiles By the Bay.....	LMP
Ehmann, Kathryn DDS.....	Tribe Cycle.....	158
Family Orthodontics of Annapolis.....	Wade Pools & Landscape Design, LLC.....	136
Fichtner Home Exteriors.....	Warrior Medical Group.....	LMP
Fishpaws.....	Waterfowl Festival.....	24
Harvest Thyme Modern Kitchen & Tavern.....	Werrlein Services.....	120
Homestead Gardens.....	Wood Ingenuity.....	159
Hospice of the Chesapeake.....		

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