

PURRFECT PETS!
Reader Photo Contest Winners

BEST HOLIDAY PARTIES!
All for Great Causes

WHAT'S UP?

annapolis

WHAT'S UP? MEDIA • ANNAPOLIS • EASTERN SHORE • CENTRAL SHORE • WEDDINGS • HOME GROWN LOCALLY OWNED

Chesapeake dinner table



COVETED
RECIPES
WITH THE
BAY'S
BOUNTY

WHAT'S UP? MEDIA NOVEMBER 2024

\$4.95 11>

0 74851 08748 0

+ THE HEARTBEAT OF HEALTHCARE!
Excellence in Nursing 2024 Honorees



Shira Leighty, RN, has been a valued member of the Sandel Duggal team since 2011, where she initially joined as Dr. Sandel's dedicated registered nurse. Over the years she expanded her expertise, and in 2016 began offering Aesthetic Laser Treatments, further enhancing the clinic's services.

Shira is not only a skilled and compassionate medical professional but also a proud mother of two beautiful children and a loving wife. Her multiple roles as a mother, wife and provider reflect her nurturing nature and her dedication to helping others.

Shira's true passion lies in providing her patients with flawless, glowing skin, and she takes great pride in her ability to tailor treatments to meet each individual's unique needs. Through her years of experience and her commitment to high standards, Shira continues to make a meaningful impact on her patients, helping them to achieve peak radiance.



SHIRA LEIGHTY, RN

Aesthetic Laser Nurse



WEST ANNAPOLIS MEDICAL SPA
AT SANDEL DUGGAL PLASTIC SURGERY



SANDEL DUGGAL
PLASTIC SURGERY

Contact us today to schedule your appointment

410.266.7120 | info@sandelduggal.com
104 Ridgely Ave, Annapolis, MD 21401
sandelduggal.com



30 years of Trustworthy Expertise.

At Djawdan Center for Implant and Restorative Dentistry, we're not just experts: we're pioneers in transforming smiles and lives. Our Board-Certified doctor brings specialized expertise in diagnosing and treating intricate prosthetic and implant challenges. Whether you need dental implants, full arch restorations, or advanced cosmetic and restorative dentistry, our team is equipped to provide top-tier patient care at the forefront of dental innovation.



American Board of
Oral Implantology

Dr. Kian Djawdan (pronounced jav-dan) has devoted his practice to helping adult patients with complex dental problems. We have created a unique dental practice where adult patients with complex dental problems can have all of their treatment completed in one office with one dentist. Dr. Djawdan is Board Certified by the American Board of Implantology/Implant Dentistry and is considered an Expert in implant dentistry. Dr. Djawdan is specially trained and licensed to administer IV sedation for any surgical or restorative dental procedure.

Call or Text 410-266-7645 Now
to Schedule Your Judgement Free (No Fee) Consultation

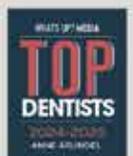
- ✓ *Decades of Specialized Experience*
Our 30-year legacy ensures that you'll enjoy stellar care and beautiful results from the hands of a seasoned expert.
- ✓ *Board-Certified Precision*
As a Board-Certified specialist, Dr. Djawdan possesses the profound knowledge and skill required to handle the most complex dental cases.
- ✓ *Integrated Dental Solutions*
Our ability to handle all aspects of your treatment ensures seamless coordination over fewer visits, more consistent care and superior results.
- ✓ *Advanced Sedation Options*
Experience anxiety-free procedures with our comprehensive sedation options, tailored to your comfort and specific needs.

Djawdan Center
for Implant and Restorative Dentistry
Restoring Hope & Confidence

133 Defense Hwy, Suite 210
Annapolis, Maryland 21401

410.266.7645

www.smileannapolis.com



Our Professional
Training & Dental
Credentials



GRADUATE
KOIS CENTER

ICOI
International Congress of Oral Implantologists





200 Bridgeview Lane
\$15,750,000



101 Cove Creek Court
\$5,995,000



29 Homeport Drive
\$4,898,000



411 Ridgely Avenue
\$3,950,000



3154 Arundel on the Bay Road
\$2,500,000



Sunset Wharf at Bay Bridge Marina
Units starting at \$2,325,000



3451 Godspeed Road
\$2,195,000



914 Coachway
\$1,995,000



755 Dividing Road
\$1,935,000



Visit BradKappel.com to Secure *Your Waterfront Escape*

Call Brad to Make *Your* Move in 2024

100% ★★★★★ 5-STAR REVIEWS



3207 Bennett Point Lane
\$4,500,000



915 Governors Bridge Road
\$2,295,000



432 Maureen Lane
\$1,775,000



Brad Kappel
Executive Vice President

m +1 410 279 9476

o +1 410 280 5600

brad.kappel@sothebysrealty.com

bradkappel.com

Annapolis Brokerage 209 Main Street, Annapolis, MD

TTR | **Sotheby's**
INTERNATIONAL REALTY



MARYLAND'S

#1

WATERFRONT
REALTOR

©2022 Sotheby's International Realty Affiliates LLC. All Rights Reserved. Sotheby's International Realty® is a licensed trademark to Sotheby's International Realty Affiliates LLC. Each Office is Independently Owned And Operated. SIR1



TURN BACK THE CLOCK

WITH A FACELIFT & NECK LIFT

EXPERIENCE PERSONALIZED FACIAL REJUVENATION WITH NATURAL, LASTING RESULTS AT ANNAPOLIS PLASTIC SURGERY.

At Annapolis Plastic Surgery, we specialize in delivering natural, long-lasting results to help you look and feel your best. Our double board-certified plastic surgeon, Dr. Bryan Ambro, combines artistry with advanced techniques to deliver natural-looking results that enhance your natural beauty.

A facelift and neck lift can provide a refreshed, more youthful appearance by reversing the signs of aging or enhancing your features. Dr. Ambro tailors each procedure to your individual needs, offering a variety of techniques to lift and tighten the face, jawline, and neck. From your initial consultation through post-op care, our

team will be with you every step of the way, ensuring your comfort, safety, and satisfaction.

Say goodbye to loose skin and hello to a rejuvenated, youthful look. Start your journey towards a more confident you by scheduling a consultation at Annapolis Plastic Surgery.

When it comes to your appearance and well-being, trust in the expertise and care you deserve.

UNWRAP THE GIFT OF RADIANCE THIS HOLIDAY SEASON

Looking for the perfect gift this holiday? Treat your loved one to the gift of confidence and beauty from Annapolis Plastic Surgery!

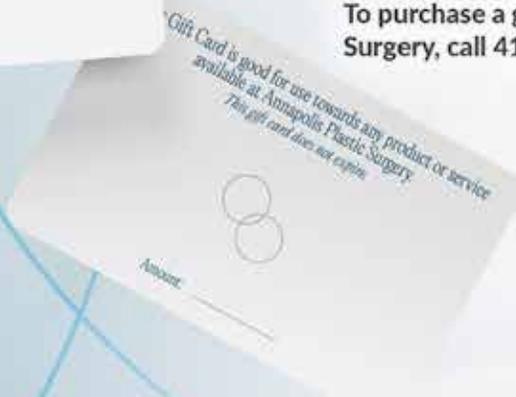
Our gift certificates can be used for a wide range of both surgical and non-surgical treatments, making them ideal for anyone who wants to give that special someone the gift of looking and feeling their best.

Winter is the perfect time to refresh and renew the skin after summer sun damage and prepare for a glowing start to the new year!

Choose from treatments like:

- Botox
- Dermal Fillers
- Diamond Glow Facial
- Laser Skin Treatments (BBL HERO, MOXI, HALO)
- Chemical Peels

To purchase a gift certificate to Annapolis Plastic Surgery, call 410-266-7215.



JAMES E. CHAPPELL, MD, FACS
Board Certified in Plastic Surgery by the American Board of Plastic Surgery

BRYAN T. AMBRO, MD, MS
Board Certified, Facial Plastic Surgeon

CAROLINE SIMM, CRNP



LASER SKIN REJUVENATION • FACE/NECK LIFT • RHINOPLASTY • BREAST AUGMENTATION • TUMMY TUCKS • LIPOSUCTION • COOLSCULPTING

annapolis 
PLASTIC SURGERY

Schedule a consultation today at: (410) 266-7215

2002 Medical Parkway, Suite 215, Annapolis, MD
annapolisplasticsurgery.com



BRINGING MORE BUYERS AND SELLERS TOGETHER IN **ANNE ARUNDEL COUNTY**



Annapolis Bestgate
711 Bestgate Road
410-224-0600

Annapolis Eastport
320 Sixth Street
410-260-2800

Annapolis Fine Homes
145 Main Street
410-263-3400

Severna Park
541-B Baltimore Annapolis Blvd
410-544-4000



Source: Information included in this report is based on data supplied by BRIGHTMLS and its member Association(s) of REALTORS, who are not responsible for its accuracy. Does not reflect all activity in the marketplace. July 1, 2023 – June 30, 2024, as of July 19, 2024. Information contained in this report is deemed reliable but not guaranteed, should be independently verified, and does not constitute an opinion of BRIGHTMLS or Long & Foster Real Estate, Inc. ©2024 All rights reserved.



IT'S THE **ONE** WAY WE DO REAL ESTATE

Picture a path to homeownership where every step is meticulously designed to cater to your needs. Long & Foster is the only brokerage to offer an All-Inclusive Real Estate Experience. Our agents are supported by a team of specialists in mortgage, home inspection, title, insurance, moving and property management who are there to guide you every step of the way. They'll make sure things run smoothly, closing happens on time, and that you arrive at your dream home according to plan.

We're here for one reason — to make the process as seamless and joyful as it can be. All you have to do is focus on what's most important, settling into your new home.

All-in on our All-Inclusive Real Estate Experience? Let's get started.

LONG & FOSTER[®]
REAL ESTATE

longandfoster.com



REAL ESTATE | MORTGAGE | HOME INSPECTION | TITLE | INSURANCE |
MOVING | PROPERTY MANAGEMENT | VACATION RENTALS | RELOCATION

Recently Sold: *Compass Luxury Listings*

SEARCH FOR HOMES ON COMPASS.COM



3448 HIDDEN RIVER VIEW ROAD
\$2,600,000 4 BD | 3.5 BA | 4,463 SF
Sold by Jen Holden & Megan Koppe



4-B CONSTITUTION AVENUE
\$1,599,000 4 BD | 4.5 BA | 3,717 SF
Sold by Kate Liscinsky



608 AMOSS ROAD
\$1,502,500 3 BD | 3 BA | 2,772 SF
Sold by Dakota Wendling



6 CARVEL ROAD
\$1,400,000 4 BD | 3 BA | 3,915 SF
Sold by Shane Hall



1803 TABOR DRIVE
\$1,200,000 4 BD | 4.5 BA | 4,014 SF
Sold by Nina Galvez



1102 COLLISON ROAD
\$1,050,000 4 BD | 3.5 BA | 2,578 SF
Sold by Jennie Melvin & Eric Sasko

The Private Exclusive Advantage

With a Compass agent you gain exclusive access to our Compass Private Exclusive program, featuring an exclusive inventory of off-market homes that are only available to our Compass agents and serious buyer clientele.

With no online history, Private exclusive inventory do not accumulate days on market, show price adjustments, or appear in public home search websites keeping your information private and allowing you access to homes before they enter the public marketplace.

THE SELLER'S EDGE:

- Quickly Test Your Price Without Risk
- Soft Launch Before Market Ready
- Generate Buzz
- Maintain Privacy

THE BUYER'S BENEFIT:

- Access Exclusive Home Inventory
- Take your Time to Prepare an Offer
- Preserve your Privacy



Get to know our Anne Arundel County Real Estate Experts.





Your Comeback Starts Here

Sudden injuries deserve immediate care

Luminis Health is here for you with **same-day or next-day appointments**. And we're open every day, including **weekends and evenings**, to take care of the bumps and bruises that come with being active.

To book an appointment today, call **410-268-8862** or visit **LuminisHealth.org/Orthopedics**

Annapolis | Bowie | Easton | Lanham | Mitchellville | Odenton | Pasadena

Skin Wellness *md*

skinwellnessmd.com



FALL LASER SPECIALS & PACKAGES ARE BACK AT SKIN WELLNESS MD

Our laser treatments provide patients with visible results without the downtime of a surgical intervention.

Our specials this season will feature the **BBL Laser** for the face AND body including the neck, chest, hands, arms and legs, as well as the **HALO Laser** for the face and body. Laser packages will provide patients with thousands in savings and rejuvenated, youthful-looking skin.

Visit our website for package details!



Before Treatment



After, BBL + HALO Combo Treatment

BBL
Broad Band Light

Our **BBL Laser** treatment uses Broad Band Light to treat rosacea, vessels, brown spots & sun damage, giving patients clearer, younger-looking skin.

halo
Aesthetic Medical Laser

The **HALO Laser** gives a deeper treatment to provide marked improvements in tone, texture, acne scarring, hyperpigmentation, fine lines, wrinkles & pore size.

WHY SKIN WELLNESS MD?

The team at Skin Wellness MD is comprised of highly trained medical professionals who specialize in the latest aesthetic technologies & techniques.

With over 20 years of collective experience, the team shares the goal of providing patients with the highest quality of cosmetic care in the industry.

SEE OUR RESULTS



COMPLIMENTARY CONSULTATIONS

Call us today to schedule your consult

410-224-2400



127 Lubrano Drive, Suite 101, Annapolis, MD 21401 | kim@skinwellnessmd.com

“

Every piece of jewelry tells a story;
it's a little piece of art that you can wear.

PALOMA PICASSO



Shop our collection and pick up the new



Zachary's Magazine in store this month.



100 Main Street | Annapolis
ZacharysJewelers.com | 410.266.5555

WHY DO I STILL HAVE SYMPTOMS WHEN MY LAB TESTS ARE NORMAL?



We meet people everyday who, despite having normal test results, suffer with symptoms such as:

- Chronic Fatigue
- Weight Gain
- Depression
- Hair Loss
- Gut Issues
- Brain Fog
- Anxiety
- Mood Swings
- Numbness/Tingling
- Unusual Pain

► Routine lab testing may provide an incomplete diagnosis. Comprehensive testing to find the root cause of your symptoms can solve your problem:

Living Health Comprehensive Testing

- ✓ Gut Bacteria, Viruses & Parasites
- ✓ Gut Candida & Gut Inflammation
- ✓ Food Sensitivities
- ✓ Neurotransmitters
- ✓ Hormone Balance
- ✓ Mold & Heavy Metal Toxicity
- ✓ Environmental Pollutant Toxicity
- ✓ Inflammation
- ✓ Vitamin & Mineral Deficiency
- ✓ Antioxidant Deficiency
- ✓ Mitochondrial Dysfunction
- ✓ Routine Lab Testing

VS.

Routine Lab Testing

- ✗ Cholesterol
- ✗ Triglycerides
- ✗ Glucose
- ✗ HBA1C
- ✗ Kidney Function
- ✗ Liver Function
- ✗ Red Blood Cell Count
- ✗ White Blood Cell Count

Call our office at 410-216-9180 to schedule your appointment today



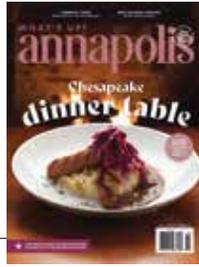
1833-A Forest Drive
Annapolis, MD 21401
www.mylivinghealth.com
410-216-9180



Drs. Steph &
Tom Chaney, DC

Thank you for voting us Best Alternative Wellness Therapy and Best Nutritionist

Contents



NOVEMBER 2024

◀ **On the Cover:** We share traditional and unique holiday recipes from local restaurants/chefs. Design by Lauren Ropel. Photography by Tony Lewis, Jr. *What's Up? Annapolis* online at whatsupmag.com. ♻️ Please recycle this magazine.

Arts & Culture

22 Events highlight special celebrations and activities to enjoy this month BY MEGAN KOTELCHUCK

30 Arts covers local exhibitions, artists, galleries, and museums

32 Theater covers upcoming plays, performers, and venues

34 Social showcases photographs of recent charity events

38 Business & Community features local business and community news

42 Education profiles local student athletes, performers, and programs



83



98



Features

◀ **46 Excellence in Nursing** names more than 100 exceptional nurses in 17 nursing specialties, all voted by their peers into the 2024 class!

60 Save the Date! Our winter/spring philanthropic calendar has something for everyone; all great events for great causes!

68 Charitable Giving & Financial Planning offers advice on how to responsibly allocate assets with philanthropic and financial goals in mind

73 Chesapeake Holiday Dinner Table features eight magnificent recipes with photos of dishes shared by local restaurants, chefs, and caterers

83 Our Beloved Pets presents the winning photographs, plus a few favorites, of our annual readers' pet photography contest

Home & Garden

90 Featured Home: #Vacation-HomeGoals showcases a getaway home specially built for a D.C.-based family escaping to St. Michaels for weekends and more BY LISA J. GOTTO

98 Interior: Dinner is Served... explores myriad customizations, accessories, and décor within the dining room BY LISA J. GOTTO

102 Garden: Between the Leaves offers twelve books worth gifting to your resident green thumb this holiday season BY JANICE F. BOOTH

104 Severn Style & Splendor offers an insider look to this \$2.8 million custom-built home on a wooded lot with views of the river BY LISA J. GOTTO

106 Traditional with Upgraded Twists profiles a charming, estate-style property with access to all the amenities of waterfront living BY LISA J. GOTTO



22



73

Meet some of our staff's favorite four legged friends!

WHAT'S UP? annapolis

Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

COO & Director of Advertising

Ashley Raymond (x1115)



Gingerbell

Entertainment Editor

Megan Kotelchuck (x1129)



Tucker

Contributing Editors

Lisa J. Gotto, Dylan Roche

Contributing Writers

Janice Booth, Mark Croatti, Tom Worgo

Staff Photographers

Steve Buchanan, Tony Lewis, Jr.

Contributing Photographers

Chris Petrini/A Digital Mind,

Nima Mohammadi/ReCreative Photography,
ShowingTime Plus

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Arden Haley

Production Coordinator

Amanda Stepka

Marketing and Social Media Specialist

Maria Dimalanta



Piccola



Scout, Scrappy,
and Kylo



Mango

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

Beth Kuhl (x1112), Nina Peake (x1106),

Michelle Roe (x1113)

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)



Otis

WHATSUPMAG.COM



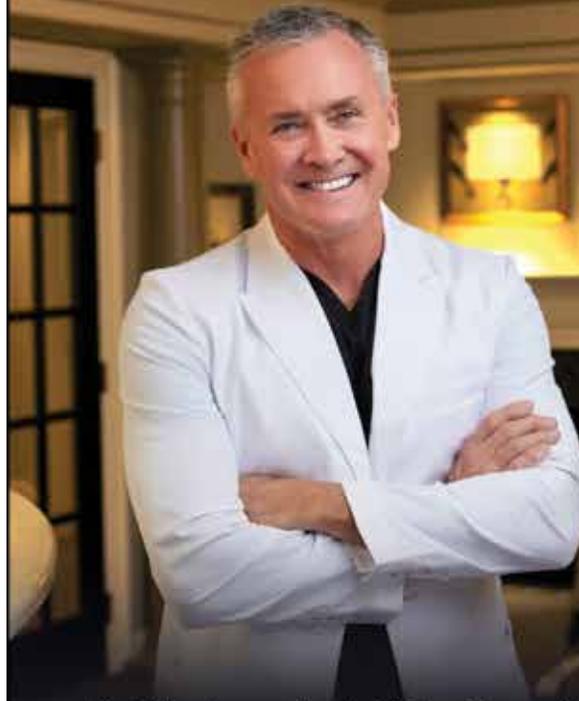
What's Up? Annapolis is published by What's Up?

Media 201 Defense Highway, Suite 203, Annapolis, MD 21401, 410-266-6287. Fax: 410-224-4308. No part of this magazine may be reproduced in any form without express written consent of the publisher.

Publisher disclaims any and all responsibility for omissions and errors. All rights reserved. Total printed circulation is 46,072 copies with an estimated readership of 164,550. ©2024 What's Up? Media. **Home**

Grown, Locally Owned: This issue of What's Up? Annapolis employs more than 25 local residents.

EXCELLENCE



See the smile transformations Dr. Finlay has created!

Dr. Finlay is one of only 75 dentists worldwide and the only Annapolis dentist to achieve Accredited Fellowship through the American Academy of Cosmetic Dentistry. His practice is known for exemplary patient care and quality-driven service utilizing the latest in dental technology.

SMILES BY

Scott Finlay DDS

Fellow of the American Academy of Cosmetic Dentistry,
Diplomate of the American Board of Cosmetic and Aesthetic Dentistry



AnnapolisSmiles.com
410-989-7132



1460 RITCHIE HIGHWAY, SUITE 203, ARNOLD, MD

BERKSHIRE HATHAWAY HOMESERVICES



- 2012
- 2013
- 2014
- 2015
- 2016
- 2017
- 2018
- 2019
- 2020
- 2021
- 2022
- 2023
- 2024

WHAT'S UP? MEDIA

**BEST OF
ANNAPOLIS
2024**

13 TIME WINNER



For the last 21 years, David and Dawn Orso have served the real estate needs of over 1,500 families in the Annapolis area. David is peerless as the top-selling agent in Anne Arundel County in total sales since 2013. An obsession with the client's needs have led to curated systems for maximum results with minimal stress. David's educational foundation in Psychology, an MBA in Strategic Marketing and negotiation training from Harvard University is tailor-made to give his clients a competitive advantage.

A reputation built on superior real estate RESULTS; David has 284 unsolicited FIVE STAR reviews from happy clients.

Consider a confidential conversation with David when you are ready to take the next step in your real estate journey. His professional and approachable style will showcase the substantial value he can add to your real estate journey.

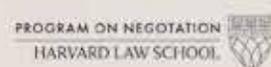
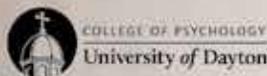
DAVIDORSO.COM

WE SELL THE FINEST HOMES...YOURS

443.372.7171 -o • 443.691.0838 -m

8 Evergreen Road Severna Park, MD 21146

1997 Annapolis Exchange Parkway Annapolis, MD 21401



Contents

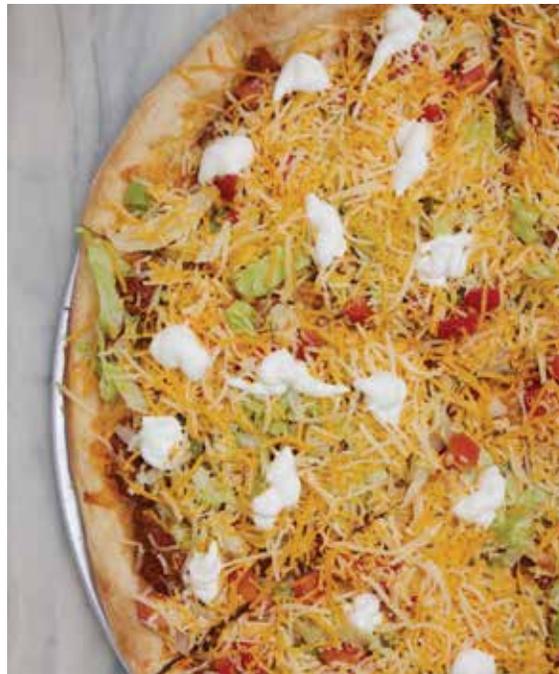
COMING UP IN DECEMBER 2024

Faces of the Chesapeake, Local Authors/Books, Holiday & New Year's Events, Seasonal Décor Tips

Health & Beauty

BY DYLAN ROCHE

- 110 Temp Check
- 111 The Color Black: A Safe Fashion Choice
- 112 Colostrum Trend
- 114 7 Big Skincare Mistakes
- 115 Virtual Reality Therapy



Food & Dining

- ◀ 118 **Go-To Gourmet Italian Cuisine** is our dining review of Bella Italia in Annapolis BY MARK CROATTI
 - 120 **Readers' Restaurant Reviews** highlight your real reviews of local restaurants!
 - 122 **Readers' Dining Guide** features local restaurant listings for your consideration
- ## In Every Issue
- 128 **Where's Wilma?** Find the *What's Up? Media* mascot and win

From the EDITOR

They're our neighbors, they're our friends, they're confidants, worker bees, caretakers, lifesavers. Nurses. They are—as our cover states—the heart-beat of healthcare. You probably know someone working in healthcare; perhaps you personally know a nurse. You've probably gotten to know a few by name. After all, when we visit the doctor's office or hospital, in good times or worse, nurses are on the frontlines greeting and treating us.

In this issue we honor more than 100 exemplary nurses in our region. They were nominated by their nursing peers as shining individuals within their hospital, practice, or organization. I hope you enjoy reading the endearing comments that nurses shared about each other in this year's class of "Excellence in Nursing" honors.

We have plenty more in this issue—lots of holiday content, for sure. Recipes that call on tradition and local ingredients in "Chesapeake Holiday Dinner Table." Festivities that bring communities together. The winter-through-spring guide to philanthropic events. Gift giving ideas, and even reader-curated content (check out "Our Beloved Pets" and the "Readers' Restaurant Reviews").



**THE AIR IS COOL, THE LEAVES HAVE
TURNED. THE HOLIDAYS ARE COMING.
BE WELL AND ENJOY THE SEASON.**

A handwritten signature in black ink, appearing to read 'Dylan Roche'.

Total Rejuvenation is Our Art

Elba M. Pacheco, M.D.

*Board Certified Cosmetic Eyelid
Surgeon, Injectables Artist*

Dr. Pacheco is known in the region as one of the premier cosmetic eyelid surgeons. Highly skilled and with an artistic eye, she is also a master with injectables and non-invasive techniques, allowing her patients to achieve total rejuvenation.



Mary Cofran RN,BSN,MS

Awarded 2024
Best Aesthetic
& Laser RN



Injectables | Halo® | Thermage® | HydraFacial® | Cosmetic Eyelid Surgery | Liquid Facelift



Open Your Eyes to the Possibilities...

SCHEDULE A CONSULTATION TODAY!

410.647.0123 | myeyelids.com

DISCOVER INDIAN CREEK!



Indian Creek is the premier Annapolis-area independent school where kindness is currency, well-being is priority, and excellence in education is relentlessly pursued. Visit our beautiful, 114-acre wooded campus- just minutes from Annapolis - to learn more about our Early Childhood Outdoor Education Program, Middle School Project Based Learning Curriculum, Upper School STEM Program, Center for Community & Well-Being, and more!



INDIAN CREEK SCHOOL

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

Arts & Culture

22 EVENTS

30 ARTS

32 THEATER

34 SOCIAL

38 BUSINESS & COMMUNITY

42 EDUCATION

HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

Fish For a Cure Tournament

PG. 22





KENNEDY KRIEGER INSTITUTE'S FESTIVAL OF TREES

The 35th Annual Festival of Trees with Kennedy Krieger Institute is returning to the Maryland State Fairgrounds in Timonium on Thanksgiving Weekend, November 29th through December 1st. Hundreds of designer-decorated trees, wreaths, and gingerbread houses will be on sale and displayed, turning Cow Palace into a winter wonderland. Visit Santa, artisan vendors, and holiday entertainment! The three days of holiday cheer will benefit the patients, students, and programs at Kennedy Krieger Institute. Find more information at kennedykrieger.org.

FISH FOR A CURE TOURNAMENT

Fish For A Cure (F4AC) is a fishing and fundraising competition that benefits cancer patients and their families in our community. Over the last 17 years, F4AC has raised more than \$5 million to support the Cancer Survivorship program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. The 18th Annual F4AC Tournament, Paul C. Dettor Captain's Challenge, and Shore Party will take place at Safe Harbor Annapolis, the new tournament home, on November 9th. The shore party will have food and drinks, and most importantly, a dance floor, and will announce the winners of the day's tournament. Find more information at fishforacure.org.



Bay Bridge Run

Your only chance to run or walk across the majestic Chesapeake Bay Bridge this year is November 10th. The 10-kilometer (6.2 mile) race will take runners over the eastbound span of our Bay Bridge, which reaches 186 feet at the tallest point. This unique experience is only once a year, and allows you to travel from Anne Arundel County to Kent Island in Queen Anne's County, and will finish with a huge post-race party. Find more information at bikesignup.com/race/md/annapolis/baybridgerun. Photo courtesy of Corrigan Sports.



RAMS HEAD

On Stage

November Highlights

BE THE FIRST TO FIND OUT ABOUT NEW CONCERTS BY SUBSCRIBING TO OUR EMAIL LIST! VISIT WWW.RAMSHEADONSTAGE.COM TO JOIN

📧 RAMSHEADONSTAGE 📺 RAMSHEADONSTAGE

BEST OF ANNAPOLIS 2024



NOVEMBER 3
CRACK THE SKY
ALL AGES MATINEE



NOVEMBER 3 & 4
GAELIC STORM
CELTIC ROCK



NOVEMBER 6
TOMMY CASTRO & THE PAINKILLERS



NOVEMBER 7
BLITZEN TRAPPER
W. LOUISA STANCIOFF



NOVEMBER 9
DULCE SLOAN
OF THE DAILY SHOW



NOVEMBER 11
BRUCE COCKBURN
FOLK SINGER SONGWRITER



NOVEMBER 12
BBMAK
W. JESSICA CARTER ALTMAN



NOVEMBER 13
DRIVIN N CRYN
W. GLOOM GIRL MFG



NOVEMBER 14
JOHN FORD COLEY
W. PAUL DAVIE



NOVEMBER 16
1964 THE TRIBUTE
BEATLES TRIBUTE



NOVEMBER 17
HERMAN'S HERMITS
STARRING PETER NOONE



NOVEMBER 18
COCO MONTOYA & RONNIE BAKER BROOKS



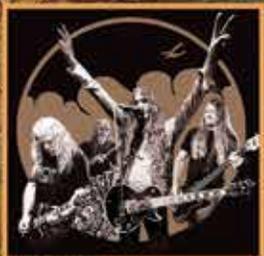
NOVEMBER 19
MARSHALL CRENSHAW
40+ YEARS IN SHOWBIZ



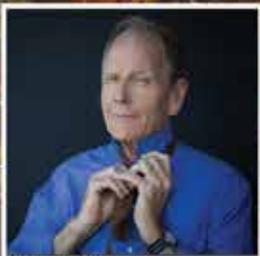
NOVEMBER 20
JOHN SPLITHOFF
THROWBACK SOUL/LAID-BACK POP



NOVEMBER 21
CHRISTIE LENEY
FINGERSTYLE GUITAR



NOVEMBER 22
THE BLUES VULTURES
MARYLAND-BASED ROCK BAND



NOVEMBER 23
LIVINGSTON TAYLOR
W. ALICE HOWE & FREEBO



NOVEMBER 24
ONE PARTICULAR HARBOUR
JIMMY BUFFETT TRIBUTE MATINEE



NOVEMBER 26
THE NIGHTHAWKS
W. SOUL ROOTS

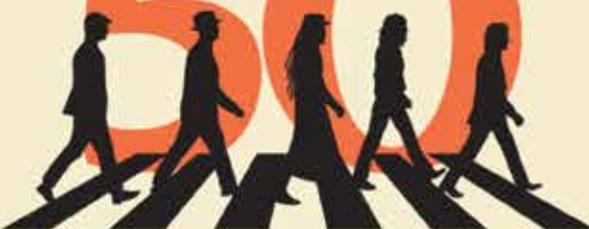


NOVEMBER 30
JUSTIN SCHLEGEL PRESENTS CHAOS THEORY A COMEDY SPECIAL

RAMSHEADONSTAGE.COM • 33 WEST STREET | ANNAPOLIS, MD • 410.268.4545

RAMS HEAD PRESENTS

IT WAS **50** YEARS AGO TODAY



A TRIBUTE TO

THE BEATLES

ARTISTS PERFORMING THEIR HITS PLUS YOUR FAVORITE SONGS FROM **Let It Be & Hey Jude Albums**

STARRING CHRISTOPHER CROSS, DAVID PACK OF AMBROSIA, MAXI PRIEST, JASON SCHEFF, AND BADFINGER FEATURING JOEY MOLLAND

November 12
Maryland Hall

MARYLAND HALL



RAMSHEADPRESENTS.COM



CASABLANCA GALA

Join Anne Arundel County CASA in celebrating 27 years of advocacy with the upcoming CASAblanca Gala at the Westin Annapolis Hotel on November 2nd. The night will be one to remember with dinner, drinks, dancing, and live and silent auctions. CASA (Court Appointed Special Advocates) believes every child who has been abused or neglected deserves to have a dedicated advocate speaking up for their best interest in court, at school, and within our community. Find more information and get tickets at aacasa.org.



VOICES OF OUR TIME: THE DENYCE GRAVES FOUNDATION

On November 17th, Annapolis Opera will present a program of inspiring performances and interpretations featuring *Shared Voices*, an unprecedented collaboration between HBCUs and top schools of music in the United States founded by renowned mezzo-soprano Denyce Graves. This collaboration is a testament to the power of partnership in creating meaningful opportunities in the arts. The performance will be held at Asbury United Methodist Church in Annapolis. Purchase tickets at annapolisopera.org.



Eastern Shore Sea Glass & Coastal Arts Festival

The Chesapeake Bay Maritime Museum in St. Michaels gets in the festive spirit, hosting the Holiday Edition of the Eastern Shore Sea Glass & Coastal Arts Festival on November 23rd. This fun-filled festival offers a terrific opportunity to get a jump on holiday shopping while enjoying food, drinks, and live music on CBMM's waterfront campus. Dozens of artisans and vendors from around the region and beyond will be on hand, selling coastal and sea-glass related jewelry, home décor, art, and more. Buy tickets and learn more at cbmm.org/SeaGlassFestival.



Eyelash Extensions

Microblading

Permanent Makeup

Crofton

(410) 721-5274
1166 MD-3 #108
Gambrells, MD 21054

Annapolis

(410) 881-5158
108 Old Solomons Island Rd Unit L3
Annapolis, MD 21401

Bowie

(240) 996-6969
1322-C Crain Highway
Bowie, MD 20716



Perfect for your Holidays Party or any social events.

Gift cards available on our website.

www.osteria177.com

410.267.7700

177 Main Street . Annapolis . MD





PAUL MECURIO'S PERMISSION TO SPEAK TOUR

After finishing a sold-out run off-Broadway, Paul Mecurio is bringing his *Permission to Speak* comedy tour to Maryland Hall in Annapolis on November 23rd, starting at 8 p.m. The live theater experience features hilarious and jaw-dropping stories from audience members alongside comedian, actor, and host Paul Mecurio who is a recurring performer on *The Late Show* with Stephen Colbert. Get your tickets and find more information at ramsheadpresents.com.

SULTANA DOWNRIGGING FESTIVAL WEEKEND

The largest annual gathering of Tall Ships in North America happens to be in Chestertown each year, so why not make the event even bigger by adding a top-notch Bluegrass festival to the weekend? November 1st through 3rd, The Sultana Education Foundation's Downrigging Weekend will take the streets of Chestertown with a weekend of music, sailing, ship tours, lectures, exhibits, and family activities. All of the events of the weekend will benefit the Foundation's environmental literacy programs and the other educational nonprofits participating in the festival. Find more information and where to be this weekend at downrigging.org.



Waterfowl Festival

The 53rd Annual Waterfowl Festival offers three days of the best local wildlife, nature, art, heritage, food, and fun! This year, the festival will be in the streets of Easton from November 8th to 10th. This is a great way for locals and visitors to discover the town, through a tradition that has been going on for generations. Art collectors find exceptional wildlife art from renowned master artists, along with a variety of events and vendors with everything from fishing lures to all-terrain vehicles and boats. Those looking for entertainment can take in retriever demonstrations, Dock Dogs competitions, goose and duck calling contests, and street musicians. Holiday shoppers can find unique items for everyone on their list. And after an afternoon of fun and exploration, visitors can sample Eastern Shore cuisine, supplied by local nonprofit organizations raising important funds for their worthwhile causes. Find more information at waterfowlfestival.org.





ARCHBISHOP
SPALDING
HIGH SCHOOL

**OVER 50 YEARS OF
CATHOLIC EDUCATION**

- INTERNATIONAL BACCALAUREATE WORLD SCHOOL
- 26 AP CLASSES
- PROJECT LEAD THE WAY/PATHWAY TO ENGINEERING
- 30 ATHLETIC TEAMS
- OVER 40 CLUBS AND ORGANIZATIONS

ARCHBISHOPSPALDING.ORG



Best Italian
Restaurant

EXPERIENCE THE PLEASURE OF AL FRESCO DINING IN OUR CHARMING PIAZZA

CARPACCIO

TUSCAN KITCHEN | WINE BAR

ON/OFF PREMISE CATERING • BANQUETS • COMPANY PARTIES • FAMILY GATHERINGS

OUTDOOR
SEATING
AVAILABLE



410-268-NJOY (6569) • 1 Park Place - Annapolis • www.carpacciotuscankitchen.com



the Cottage ON MAIN

Locally owned in Severna Park and Annapolis

TAILGATE READY!

We've got spirit & the season's BEST selection of GIFTS, APPAREL, JEWELRY, DECOR & MORE!



PINK FRIDAY - 11/22
BLACK FRIDAY EVENT - 11/29



We're always open at [ShopTheCottage.com](https://www.ShopTheCottage.com)

The Cottage on Main
149 Main St.
Annapolis
410-650-9009

The Cottage
562B Ritchie Hwy
Severna Park
410-647-6742

 @ShopTheCottageSP
 @ShopTheCottage
 @ShopTheCottageSP

Jazz in the Garden

Visit the William Paca House in Annapolis on November 3rd for a festive fall afternoon. Enjoy the musical stylings of Annapolis Jazz Collective while you stroll the garden. This family-friendly event will allow you to take in the autumn air as you sip, mingle, and listen to the jazzy, soulful sounds of the season. The Annapolis Jazz Collective plays tribute to this broad style of music by showcasing songs that have captivating harmonies, energetic rhythms, and creative improvisation. Find more information and get tickets at annapolis.org.



50TH ANNUAL **MARYLAND** **IRISH FESTIVAL**

Celebrate Irish culture with great music, amazing performances, food, vendors, and more at the Maryland Irish Festival at Maryland State Fairgrounds in Timonium on November 8th through 10th. The festival is presented every November by Irish Charities of Maryland and features local, regional, and international Irish music, dancers, traditional Irish cuisine, cultural exhibits, workshops, and vendors of Irish/Celtic goods. Find more information and get tickets at irishfestival.com.



Looking Ahead

A FEW EVENTS WORTH JOTTING DOWN ON YOUR DECEMBER CALENDAR.

Nutcracker Tea – December 1st at Graduate Hotel in Annapolis; multiple seatings; what-supmag.com

Festival of Trees – through December 3rd at Tidewater Inn in Easton; festival-of-trees.org

11th Annual Lights of Kindness – December 5th–8th at Homestead Gardens in Davidsonville; rotarylightsofkindness.org

Chocolate Binge Festival – December 8th in Downtown Annapolis; annapolischocolatefestival.com

Christmas in St. Michaels – December 12th–15th in Downtown St. Michaels; christmas-instmichaels.org

Eastport Lights Parade – December 14th at Eastport Yacht Club in Eastport; eastportyc.org

Santa Swim – December 14th at Hyatt Regency Chesapeake Bay Resort in Cambridge; careandsharefund.com



INTRODUCING 2024 COLOR TRENDS

This palette focuses on looking inward to create a deeper, more holistically connected relationship with oneself. Consumers of all ages are putting their mental, emotional and social well-being at the forefront.



SWEET SPICEBERRY
PPG1059-7



SUBDUED
PPG1015-4



TAMPICO BROWN
PPG16-23



CAJUN SPICE
PPG1191-6



JAM SESSION
PPG1172-3



CRAFTSMAN GOLD
PPG1092-4



CABIN FEVER
PPG1021-7



NIGHT RENDEZVOUS
PPG1037-5



PERSUASION
PPG1077-3



BLUSH BEIGE
PPG1070-2



FOCUS
PPG1008-1



AQUAMARINE DREAM
PPG1135-4

TO LEARN MORE AND
VISUALIZE THESE COLORS,
SCAN THIS QR CODE



410.280.2225
209 CHINOUPIN ROUNDROAD,
SUITE 100
ANNAPOLIS | MDPAIN.TCOM

Maryland Paint &
DECORATING



© 2023 PPG Industries, Inc. All Rights Reserved. The PPG Logo is a registered trademark of PPG Industries Ohio, Inc. PPG 10/23

Arts

COVERING LOCAL EXHIBITIONS, ARTISTS, GALLERIES, AND MUSEUMS



Trang Huynh's "Tangled Affections"

**Maryland Hall, Annapolis
Through December 26th
Marylandhall.org**

"Tangled Affections" offers a deeply personal journey through Trang Huynh's memories, exploring the tangled web of emotions that are influenced by her past. Through a multimedia showcase with a primary focus on painting, complemented by print-making, collage, and intricate laser-cut patterns, this exhibition serves as a visual memoir of love, pain, and forgiveness. Amidst the complexity and turmoil, "Tangled Affections" also offers a message of hope and resilience. By shining a light on the importance of forgiveness and the transformative power of healing, the exhibition encourages viewers to confront their own emotional landscapes and embark on a journey towards inner peace and understanding.



Theatre of Turmoil

**The Mitchell Art Museum at St. John's College, Annapolis
Now through December 8th; Sjc.edu/mitchell**

The history of art is filled with images of chaos and turmoil. Some—of famous battles or revolutions—commemorate transformative, if violent, moments or episodes. Others depict mythic stories by Homer and others have been handed down through centuries. Still others visualize the more troubling aspects of daily life, such as fatal accidents or domestic violence. This exhibition of black-and-white reproductions from the Baroque to the present—featuring Gentileschi, Géricault, Goya, and many others—is intended to stimulate conversation on the role of such images in art, how these artworks reflect the anxieties of life, and the psycho-emotional impacts both have on us.



Small Originals: Members' Exhibition

**Waterfowl Building, Easton
November 22nd through
December 29th
Academyartmuseum.org**

For the 2024 season, the Academy Art Museum invited members to get creative, imaginative, and experimental around a Small Originals theme in any medium. The resulting exhibition will kick off the holiday season, when family visits and holiday cheer are at their peak. This year brings new awards in Fiber and Sporting Art, along with the traditional roster of awards for painting, prints, ceramics, and wood pieces.



Midnight Marauder

Chesapeake Arts Center,
Brooklyn Park
November 11th through January 9th
Chesapeakearts.org

Midnight Marauder, a solo exhibition by Qrcky, delves into the enigmatic realm of nighttime exploration, where shadows dance with moonlight and secrets whisper beneath the stars. Through a collection of evocative artworks, the exhibition invites viewers to embark on a journey through the mysterious allure of the midnight hour. Drawing inspiration from Josef Albers' exploration of color theory, Midnight Marauder dynamically shifts from stark black-and-white line art to vibrant hues, exploring the emotional resonance and depth that color evokes. Each piece immerses the audience in a dreamscape where imagination knows no bounds and reality blurs with fantasy, echoing the enigmatic spirit of the night.

SPECIAL ALL STORE
BOTTLE ETCHING

SPECIAL EVENTS

SATURDAY, NOVEMBER 23, 4-7PM
Brown Forman Bottle etching featuring Woodford Reserve,
Gentleman Jack & Herradura Tequila

FRIDAY, NOVEMBER 29, 12-6PM
All Store Bottle Etching! Debra, a calligrapher, engraver, and lover of
all things lettered. Debra will be here engraving any wine or spirit.

*This is an opportunity for a one-of-a-kind gift. If you can't make the event, then
you can preorder the product. Please speak to the manager on duty.
All preorders must be paid for in advance.*

◀ Come and see our incredible selection
of cheeses from around the world!

Local delivery available
Order online fishpawsmarket.com
410-647-7363
954 Ritchie Hwy | Arnold, MD
fishpawsmarket.com

WINE • SPIRITS • BEER • ICE

f i

Theater

**COVERING UPCOMING
PLAYS, PERFORMERS,
AND VENUES**



Twelfth Night

**Anne Arundel Community College, Arnold
November 8th through 17th; Aacc.edu**

Set in the fictional kingdom of Illyria, this William Shakespeare play follows the twins Viola and Sebastian, who are separated in a shipwreck. Viola disguises herself as a young man, Cesario, and enters the service of Duke Orsino. As Cesario, Viola becomes the intermediary in Orsino's pursuit of the countess Olivia, leading to a series of comedic misunderstandings and romantic entanglements. The subplot involves the antics of Olivia's steward, Malvolio, who becomes the unwitting victim of a prank orchestrated by Olivia's household. This production is directed by Madeline Austin.

Same Time, Next Year

**Compass Rose Theatre at
Maryland Hall, Annapolis
Through November 17th
Compassrosetheatre.org**

One of the most beloved romantic comedies of the century, "Same Time, Next Year," won a Tony® Award for the captivating performance by Ellen Burstyn. The story follows Doris and George, each married to someone else, as they meet for a secret rendezvous once a year. Over 25 years, their love affair unfolds with hilarious and touching moments, capturing the evolution of manners and morals in a truly unforgettable way.

The Winslow Boy

**The Colonial Players, Annapolis
Through November 16th
Thecolonialplayers.org**

What begins as a small incident ultimately grows into a "cause celebre" nearly shaking the foundations of the government. The incident is simply that of a youngster in an English government school who is expelled for an alleged theft. As a matter of fact, the youngster was entirely innocent, but practically all the evidence was against him. The boy's family, in particular his father, proceed to contest the decision of the school and challenge its right, as a government-run institution, to damage the reputation of a boy without sufficient legal safeguards. The issue that began as a private matter involves the right of official agencies to impose their authority on the individuals of any democracy and, as the play moves relentlessly forward, we see, in effect, citizens of a democracy challenging the forces of bureaucracy, and thus keeping alive the issue of the basic rights of the individual.

Guys & Dolls

**Community Players of Salisbury
November 1st–3rd
Communityplayersofsalisbury.org**

Guys and Dolls is a musical romantic comedy involving the unlikeliest of Manhattan pairings: a high-rolling gambler and a puritanical missionary, a showgirl dreaming of the straight-and-narrow and a crap game manager who is anything but. Add a group of gamblers, dancers, and missionaries along with wonderful songs, and you have Guys and Dolls.

A Hanukkah Carol, or Gelt Trip! The Musical

**Round House Theatre, Bethesda
November 20th through
December 22nd
Roundhousetheatre.org**

Misanthropic millennial influencer Chava Kanipshin's internet followers are turning into haters. Desperate to regain her popularity, Chava shuns anything and anyone she sees as an obstacle, including her family, friends, and holiday traditions. But on the first night of Hanukkah, Chava is visited by the ghost of deceased social media star Mimi Marley and other spirits who warn her to change her ways—or be cursed forever. The spirits lead Chava on a madcap journey through Hanukkah's past, present, and future to help her reconnect with her spirit of generosity, her Jewish identity, and an appreciation of her real-life supporters.



VISO GROU



ADVISORY GROUP

Ray Hobson, CFP®

At HF Advisory Group, you can expect simple unbiased financial advice.

Every family has a different idea of what their financial goals are and how they want to get there. We tailor plans to each of our clients' specific needs.

As a fiduciary, we are obligated to give you wealth management advice that is in your best interest. We follow a seven-step plan with all of our clients.

1. Gather Data
2. Set Goals
3. Analyze Data
4. Create the Plan
5. Present Recommendations
6. Implement the Plan
7. Monitor the Plan

Step Six, "Implement the Plan" is the most important part of the financial planning process. Meeting with a financial advisor to gather, analyze data & make a plan will only be successful if the plan is executed.

We help our clients through every step of the process. We want you to know we're here to support you in all stages of your wealth-management journey. That includes getting to — and across — the finish line of accomplishing your financial goals.

Simple & unbiased financial advice in a complicated financial world.

HF Advisory Group

166 Defense Highway, Suite 102
Annapolis, MD 21401

410-571-1415

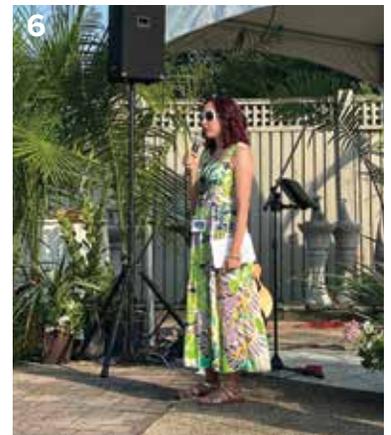
www.hfadvisorygroup.com



Thank you for your continued support and for voting us 'Best Financial Advisor' for another year!



Scan the QR code to see what you can expect on your first visit with us



A Taste of Arundel Grown

On July 19th, Anne Arundel Economic Development Corporation’s Arundel Ag signature event, A Taste of Arundel Grown, celebrated local agriculture by showcasing food, beer, and wine grown and produced by Anne Arundel County farmers. The event supports the *Buy Local Challenge* (BLC), an annual statewide initiative that encourages all Marylanders to support local farmers by purchasing locally produced farm products. Hosted by Homestead Gardens in Davidsonville, the annual event featured a one-of-a-kind menu using ingredients from 15 of Anne Arundel County’s farmers and producers; wine and beer from local producers; remarks on the importance of buying local by County Executive Stuart Pittman, AAEDC President & CEO Amy Gowan, and AAEDC Agricultural Business Development Director Shelley Garrett. Learn more at aaedc.org/agriculture/overview.

- 1. The crowd enjoys the event
- 2. Shelley Garrett
- 3. Steve Adams, James Kitchin, Erin Pittman, and Stuart Pittman
- 4. The Anne Arundel Economic Development Corporation team
- 5. Steve O’Leary, Steve Primosch, and Steve Adams
- 6. Amy Gowan
- 7. The crowd enjoys the event

Expert of the Month



Elizabeth M. Bennett

**Elizabeth M. Bennett, MBA
Principal, CEO
CERTIFIED FINANCIAL PLANNER™**

**Chesapeake Financial Planning
& Tax Services**



Bennett has worked in the finance industry since 1991. From venture capital and corporate America to individualized financial planning, her experience has given her a strong appreciation for financial planning and wealth management. She provides her clients with a broad comprehensive perspective on wealth management guidance, preservation, estate planning, and tax efficiency planning. In 2012, Bennett earned her CERTIFIED FINANCIAL PLANNER™ certification, and she takes pride in providing her clients with complete objectivity, transparency, and customized strategies.

Why is it so important to work with a financial planner?

Two generations ago, investing was simpler than it is today—mostly because we are in a more complex environment than we were in the past. Investment solutions have evolved, which requires greater knowledge and financial planning for retirement and estate planning. We help our clients navigate these areas. In addition, tax strategies have evolved, and rules and regulations are complex. So it is important that you work with someone who understands your needs and the solutions.

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

We start with the most important tool to help you achieve your financial goals: your financial plan. We develop your plan to fit your lifestyle and your objectives. Our discussions will include your personal goals, risk tolerance, and money management. Once we understand your current situation, we can put the plan into action to help you achieve your goals. Implementation of your plan is critical to your success.

What makes Chesapeake Financial Planning & Tax Services stand out from other firms in the area?

We believe that our team stands out in the investment community because of our client-centric approach. We take pride in our in-depth preparations for client reviews, and we are committed to being there when you need us. We educate our clients and provide them with customized solutions that correspond with their personal circumstances and life events.

71 Old Mill Bottom Road North | Suite 201
Annapolis, MD 21409 | 410-974-0410
www.chesapeake-financial.com



Mental Health Gala & Awards Dinner

On Saturday, May 18th, the National Alliance on Mental Illness' Anne Arundel County chapter held its Fourth Annual Gala and Awards Dinner at Crowne Plaza Hotel in Annapolis. Guests enjoyed a seated dinner, awards presentation, raffle drawing, and camaraderie. The event was a success in raising funds and awareness toward mental health programs. Learn more at namiaac.org.





2025 CALL FOR ENTRIES!

What's Up? Media is seeking the next class of Up & Coming Lawyers to honor! We are calling upon local law firms practicing in the Chesapeake Bay region to nominate exemplary lawyers in the early stages of their legal career. We are currently accepting nominations from your firm's management of young, up and coming lawyers. For editorial consideration, management must complete an online form nominating an employed lawyer within your firm that is 40 years old or younger by the deadline of December 31, 2024. Nomination forms are online here:

whatsupmag.com/upandcominglawyers2025



Each firm may nominate up to three lawyers in this unique opportunity to showcase the young talent within your organization!

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

New name, with the same trusted treatment, expertise and personalized care.



ANNAPOLIS HAND to SHOULDER CENTER LLC

Specializing in Adult & Pediatric Upper Extremity Care

Dr. Dennis & Dr. Nesti are excited to announce the addition of **Dr. Kelly Kilcoyne**, 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.

At the Hand to Shoulder Center, you will always see one of our three board certified, fellowship trained upper extremity physicians from the start to completion of your treatment. 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.



127 Lubrano Drive, Suite 202 | Annapolis, MD 21401
410-544-4263 | www.annapolishandcenter.com

DISCOVER

SEVERN

Where academic excellence meets enthusiasm and every student has the potential to be exceptional.



Register for a campus tour today.



Severn School



BETTY CENTER OPENS

Betty Center, LLC, a therapy practice and women’s center located in Annapolis opened in June. The Betty Center team and local officials including County Councilwoman Lisa D.B Rodvien (District 6) officially cut the ribbon on their newly-renovated office space. Betty Center offers mental health therapy for individuals, kids and teens, couples and families, plus a full calendar of workshops, support groups, and special events for people of all ages and life stages. Learn more about Betty Center and get connected at bettycenterconnect.com.



REHAB 2 PERFORM MAKES INC. 5000 LIST

In August, Inc. Business Media, the leading multimedia brand for entrepreneurs and publisher of *Inc.*, revealed that Rehab 2 Perform of Maryland ranks No. 2,618 on the Inc. 5000 2024, its annual list of the fastest-growing private companies in America. The prestigious ranking provides a data-driven look at the most successful companies within the economy’s most dynamic segment—its independent, entrepreneurial businesses. Microsoft, Meta, Chobani, Under Armour, Timberland, Oracle, Patagonia, and many other household-name brands gained their first national exposure as honorees on the Inc. 5000. Rehab 2 Perform is a cutting-edge physical therapy and sports rehabilitation company with locations in Annapolis, Gambrills, and more. Learn more at rehab2perform.com.



Always Ice Cream Opens in Crofton

Always Ice Cream Company held a grand opening of its sixth location in Crofton/ Gambrills on September 14th. Located at Crofton Station, 1153 MD-3 N, Ste. 90, Gambrills, MD 21054, the new store features the same delectable treats that have won hearts and taste buds across Annapolis, Baltimore, and Central Maryland. “We couldn’t be more excited about this new chapter,” says Adam Cohen, co-founder. “We look forward to becoming a favorite spot for local families and participating in community events. This is more than just a new store— it’s a new home for us.” Additionally, Always Ice Cream Company will open in Severna Park in November and Prince Frederick next summer. Learn more at alwaysicecreamcompany.com.



Agave

TRADITIONAL AND MODERN MEXICAN

JOIN US FOR
BRUNCH
SATURDAYS
& SUNDAYS
AT 10AM

AGAVE
Visit our
website at
agaverestaurants.com



STREET LUNCH
ALL ITEMS \$20
OR LESS

FRESH & FAST LUNCHES

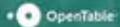
Everything is made in house, hand picked ingredients made fresh daily.



BOLD FLAVORS
FRESH
INGREDIENTS
HAND SQUEEZED
MARGARITAS

Check our website for hours

106 Annapolis Street | Annapolis MD 21401
410-449-3980 | www.agaverestaurants.com



St. John
the Evangelist
SCHOOL
Severna Park, MD

*Academic Excellence in the
Catholic Tradition Since 1959*

Apply now for 2025-26!

FAITH • FAMILY • ACADEMICS

4 year old Pre School through Grade 8

410-647-2283 | www.stjohnspschool.org
Severna Park, MD 21146

Contact Lynne Fish at LFish@stjohnsp.org
for more information



“Dr. Ehmann and her team are wonderful.”

“I haven’t been to the dentist in a long time and they were so kind, understanding, and did an extremely thorough cleaning. From the front desk to the doctor, everyone is amazing. Great practice.”

~Dr. Ehmann patient testimonial

New Patients Welcome



Katy Ehmann, DDS

600 Ridgely Avenue, Suite 217
Annapolis, MD 21401
410.224.1105

www.ehmanndds.com



Blue Ribbon School

In September, St. Mary’s Elementary School was recognized as a 2024 National Blue Ribbon School by the U.S. Department of Education, one of just 50 non-public schools nationwide to receive this prestigious honor. This marks the second time St. Mary’s Elementary School has earned this distinction, having previously been awarded in 2013.

St. Mary’s Elementary School Principal Mrs. Megan Back said, “Our St. Mary’s community stands with immense pride as we receive the elite distinction of being named a 2024 National Blue Ribbon School. It is a testament to our strong commitment to academic excellence, vibrant faith, and the holistic development of our students.”

The National Blue Ribbon School award is the highest honor bestowed upon schools by the United States Department of Education. Established in 1982 by Secretary of Education Terrell H. Bell, it recognizes public and private elementary, middle, and high schools that fall in either or both of the two performance award categories: Exemplary High Performing or Exemplary Achievement Gap Closing. Learn more about the school at stmarysannapolis.org/school.

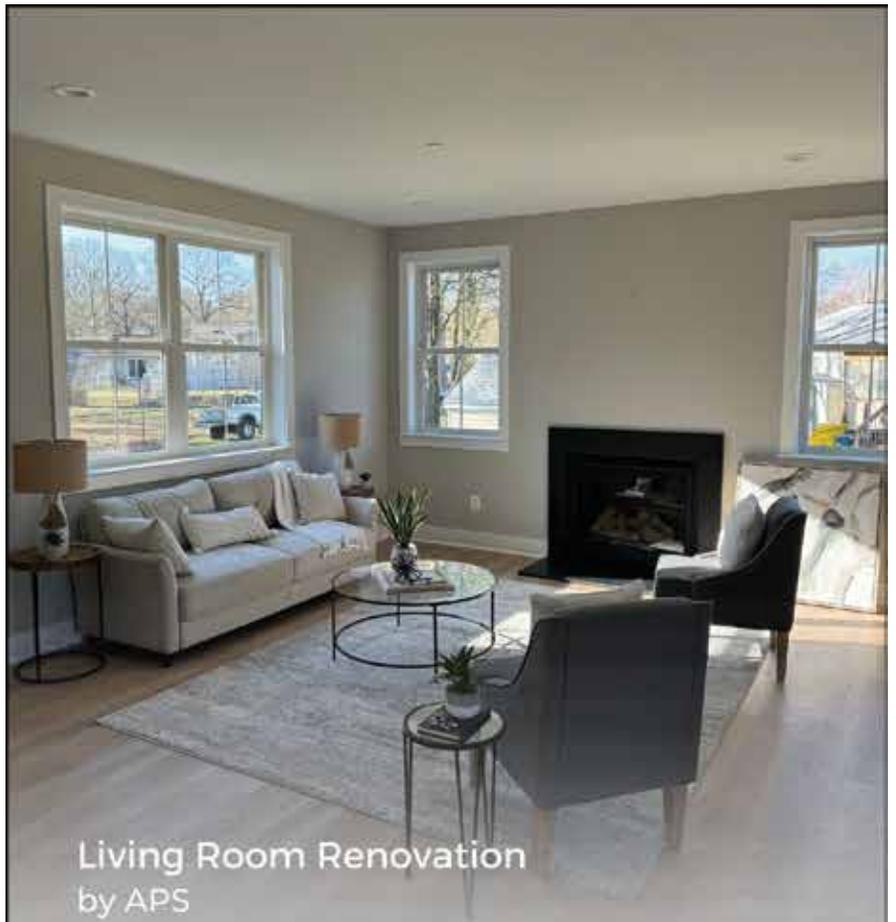


**ARUNDEL LODGE AWARDS
FORMER SENATOR ASTLE**

Arundel Lodge Behavioral Health recently announced the presentation of its first Lifetime Achievement Award to former Senator, Colonel John Astle (pictured center, holding award). This accolade honors Colonel Astle’s exceptional service and unwavering dedication to both his country and community. Colonel John Astle’s storied career spans distinguished service in the Marine Corps, a notable tenure in the Maryland Senate, and steadfast support for Arundel Lodge Behavioral Health Center. “It was our great honor and pleasure to present this award to John. He has distinguished himself in so many areas of his multifaceted career. His dedication to supporting his fellow community members is reflected in his longstanding support of Arundel Lodge’s mission and all of his efforts to help provide the resources that were needed to keep moving forward” said Kevin Hazucha, CEO of Arundel Lodge Behavioral Health (pictured far right). Learn more about Arundel Lodge Behavioral Health and its programs at arundellodge.org.



**DO YOU HAVE BUSINESS
OR COMMUNITY NEWS TO
PUBLICIZE? EMAIL US AT
EDITOR@WHATSUPMAG.COM**



Living Room Renovation
by APS



Interior Painting | Trim Installation
Windows & Doors | Vinyl Flooring

**You have the dream,
we have the team**



2561 Housley Road | Annapolis, MD 21401
www.annapolispainting.com
(410) 974-6768

Meet Student Athlete Ryleigh Osborne

CROFTON HIGH SCHOOL SENIOR IS ONE OF THE HIGHEST-RANKING FIELD HOCKEY GOALIES IN THE NATION

By Tom Worgo

Ryleigh Osborne played the mid-field position with comfort and confidence for the Freedom Field Hockey club as a sixth grader. So, when a Freedom coach looked for a tall player on the team to volunteer to jump into the goal, Osborne was surprised, but intrigued. She ended up as the goalie.

The experiment gave Osborne, now 5-foot-8, a new level of excitement for field hockey. “I really fell in love with it,” Osborne explains. “It was just the position for me. I really liked how you are able to see the whole field. You have to be obsessed with it to get to the level of field hockey I am playing.”

And the Crofton High School senior is playing the sport at the highest level, ranking as one of the best field hockey goalies in the country. She earned a spot on the MaxPreps High School Sports Class of 2025 100 Players Watch List and was a member of the 2023 USA Field Hockey U16 National Team. Atop of recent accolades, Osborne was among the USA Today Top 25 nominees for National Player of the Year last season.

“She is really that good,” says Freedom Coach Kyler Greenwalt, who also runs the Stevenson University women’s field hockey program. “She owns the goalie cage. The experiences she’s had at such a young age helped make her the great goalie she is now.”

“THE EXPERIENCES SHE’S HAD AT SUCH A YOUNG AGE HELPED MAKE HER THE GREAT GOALIE SHE IS NOW.”



It’s not surprising the 17-year-old Osborne will be attending one of the best women’s college field hockey programs in the country—the University of Maryland—on an athletic and academic scholarship. She carries a weighted 4.4 grade-point average and plans to major in business, or psychology.

“Maryland is a very competitive program, but she is definitely ready and built for it,” Greenwalt says. “She is excited to continue her growth before she gets there. She never stops with field hockey.”

The Terrapins’ winning tradition appeals to Osborne. Maryland, coached by Severna Park resident Missy Meharg, who is in her 37th year, has won eight national and 29 conference championships.

Maryland had some competition. About 35 Division I schools recruited Osborne and she received five scholarship offers. Osborne says the number of offers was low because she verbally committed to Maryland “really early,” a month after college coaches were allowed to contact her. She will sign the equivalent of a contract, a National Letter of Intent, in mid-November.

“It’s my dream school,” Osborne explains. “In my heart, I knew that’s where I wanted to be. When I was younger, I would always go to the Maryland Field Hockey Camp. It will really be an honor to represent Maryland.”

At Crofton, Osborne, a four-year starter, will leave quite a legacy. She served three years as the Cardinals’ co-captain, led the program to consecutive Class 4A state championships (2022 and 2023)

and, so far, has amassed a whopping 29 shutouts across four years. Now, Osborne and her teammates will be gunning for a third consecutive state title in early November.

“I have been coaching for 16 years and she is the best high school goalie I have seen,” Crofton Field Hockey Coach Amy Skrick says. “She is extremely athletic. She can dive for a ball and get up very quickly and easily. There are balls that you don’t think she is going to save, but she does. She is just so quick to the ball.”

From time to time, Greenwalt will see Osborne, who also plays varsity girls lacrosse, shine for her high school team.

“I like how she can make great decisions and saves in the heat of the play,” Greenwalt says. “She has such confidence in goal and is very calm. When things go wrong, she is definitely able to rebound, self-evaluate, and make changes right away. That’s so important.”

Osborne’s coaches rave about her character. She’s shown that with an affinity for working with students with disabilities. Osborne does that at Crofton as a member of the Unified Bowling team and Best Buddies club.

Osborne also belongs to the American Sign Language Honor Society and has taken four years of sign language classes. She’s put them to good use, communicating with an elementary school student she babysits and several Crofton students.

“I just like to see people grow, making connections and friendships,” Osborne says. “Working with students allows me to use my platform as a student-athlete to help them.”



**WANT TO NOMINATE
A LOCAL STUDENT?**
EMAIL US AT EDITOR@
WHATSUPMAG.COM

Holidays AT THE INN

Chesapeake Bay Beach Club

Festive Hotel Packages

Christmas Lights All Winter Long

Ugly Sweater Happy Hour

Holiday Sip N' Shop

S'mores Family Night

Dine & Give Back

New Year's Eve & Day Festivities

THE INN

Knoxie's TABLE

the MARKET

THE Spa
Chesapeake Bay Beach Club

NURSING

INVESTING IN NURSING

1 IN 4

Hospital Nursing
Positions is Vacant



BY 2035,

the Workforce is
Projected to Only
Meet 80% of
the Demand for
Registered Nurses

AACC,

the Largest
Supplier of
Nurses to our
Community's
Hospitals,
is Addressing
this Challenge

COMMUNITY CHALLENGES NEED COMMUNITY SOLUTIONS

Anne Arundel Community College is working to significantly expand its Registered Nursing program to meet the increasing demand for nurses in our community. AACC's program is regularly ranked No. 1 in Maryland and offers exceptional training in state-of-the-art facilities. Students can complete their associate degree and begin rewarding careers in only two years.

But current and prospective students face financial barriers on their journey to becoming a nurse. The rigors of a registered nursing degree make it challenging for students to maintain employment while balancing the demands of the program and the substantial time required for on-site clinicals. A significant portion of AACC's nursing students struggle to live above the poverty line, leaving them extremely vulnerable financially and academically.





INVESTING IN OUR COMMUNITY TOGETHER

AACC and the AACC Foundation are committed to removing financial barriers that prevent community members from pursuing the dream of becoming a Nurse, **but we need your help!**

Donor-funded scholarships through the AACC Foundation make it possible for more students to pursue education that leads them to their chosen career as a caregiver. An investment in the Future Nursing Professionals Scholarship at AACC is an investment in the people who will care for us and our families when we need it most.

Our health care infrastructure is at a pivotal moment. Please consider **making a gift to the AACC Foundation to support the Future Nursing Professionals Scholarship.** Together, we can make our community stronger!

AACC
FOUNDATION

INVESTING IN OUR
COMMUNITY



To learn more about supporting AACC students through the Future Nursing Professionals Scholarship, scan the QR Code or email us at foundation@aacc.edu.

40%

of AACC's RN Students are the First Generation to Attend College

78%

of AACC Nursing Program Scholarship Recipients Live at or Below the Poverty Line

The Average Unmet Need for an AACC Nursing Student is over

\$13,000
per Year



WHAT'S UP? MEDIA'S 2024

EXCELLENCE IN N NRSING

WELCOME TO A REMARKABLE
PROJECT—THE BIENNIAL
EXCELLENCE IN NURSING
HONORS, WHICH CELEBRATES
EXEMPLARY NURSES
PRACTICING IN THE GREATER
CHESAPEAKE BAY REGION!

Earlier this year, we surveyed local nurses practicing in Anne Arundel, Prince George's, Queen Anne's, Kent, Talbot, and Dorchester counties. We asked them to nominate and, therefore, honor the most commendable of their peers in 16 categories of nursing specialty. The response was incredible. We thank the many, and very busy, nurses for their valuable time and consideration.

This project is truly *professionals nominating professionals*. This was not open to the public. Only licensed nurses and medical professionals contributed to this survey. We also meticulously vetted nurse credentials and current licensing with the Maryland Board of Nursing, a division of the Maryland Department of Health.

And although the nominating process is kept confidential, we did ask each survey contributor's "reason for nomination" of their peer(s). And it is those responses that are truly endearing and exemplify what teamwork, leadership, camaraderie, and family mean to this profession. You'll read remarks about most of the listed honorees.

Congratulations to this year's Excellence in Nursing honorees!

LISTED ALPHABETICALLY BY FIRST NAME UNDER EACH NURSING SPECIALTY.



Advanced Practice

Masters prepared nurse in an advanced practice setting; clinical nurse specialist, certified nurse midwife, nurse practitioner, nurse psychotherapist, CRNA

AILEEN MENDEZ of Johns Hopkins Anesthesiology & Critical Care Medicine, Baltimore; *“Aileen is one of the only CRNAs in the state to provide anesthesia for pediatric patients undergoing open heart surgery. In addition, she co-administers a mentoring program for high school students interested in careers in healthcare. She is one extraordinary CRNA!”*

ALICIA BLAKE-HALL of Eat Healthy to B-Healthy, Pasadena; *“Alicia is kind, caring, and very knowledgeable.”*

ALISON BENKO of UM Shore Regional Health, Chestertown; *“Allison goes above and beyond to ensure that all patients in the emergency department are cared for in an appropriate and timely manner. She a valued team member and greatly appreciated by all staff.”*

ASHLEY FENTON of The Collective NP Clinic LLC, Severna Park

BRITTANY PEED of On-Site Medical House Calls, Annapolis; *“Goes above and beyond standard job requirements.”*

CAROLINE SICA of UM Shore Regional Health, Cambridge; *“Caroline is an extremely strong and well versed advocate for her patients and staff. Speaks to the heart from her heart. Her genuine empathic engagement with patients and staff is commendable and appreciated.”*

CATHERINE GVOZDEN of Gvozden Pediatrics, Millersville; *“Caring and dedicated practitioner.”*

CESAR VISURRAGA of Visurraga Enterprises LLC, Baltimore; *“Cesar is a tireless CRNA dedicated to optimizing patient safety and satisfaction with his anesthesia services.”*

CLARE ROSS of UM Shore Regional Health, Easton; *“Excellent patient care and takes the time to educate patients. Follows appropriate care guidelines. Is responsive to patient and nursing questions.”*

DEBRA RENEE EDSALL of UM Shore Regional Health, Easton; *“Cares for each individual patient’s physical, mental, and emotional needs. It is obvious she cares about each person and does everything she can to promote health and improve their quality of life.”*

DIANA GAIL SHORTER of UM Shore Regional Health, Easton; *“Gail is a spirited team member and is collaborative and thoughtful in all of her interactions with patients and her team.”*

DIANA GOMEZ of Luminis Health, Annapolis

HANNAH MULES of Gvozden Pediatrics, Millersville

JACLYN CRAWFORD of UM Shore Regional Health, Easton; *“Advocate for the mental ill patient for two decades.”*

JUSTIN TODD SMITH of UM Shore Regional Health, Easton; *“Justin always goes above and beyond for his patients, never hesitates to take the extra time to comfort or explain things to the patients or family members and he is absolutely amazing with pediatric patients.”*

LESLIE FOX of Peace of Mind Mental Health Services LLC, Easton; *“Leslie is an outstanding nurse practitioner. She always goes above and beyond for her patients. She is supportive to her colleagues.”*

LESLIE LAWSON of Maryland Oncology Hematology, Annapolis; *“Leslie is energetic and dedicated to patient care. She’s always interested in learning more about how to best care for the patients.”*

LORI MANN of Arcadia Assisted Living, Gambrills / Chester; *“Lori has a wonderful heart will do anything for anyone no questions asked. She by far has been the best DN I’ve encountered.”*

NICOLE BACHMANN of OnSite Medical House Calls, Annapolis; *“Patients love her; she goes above and beyond.”*

PATRICIA LANCASTER of UM Shore Regional Health, Easton; *“Excellent patient care and takes the time to educate patients. Follows appropriate care guidelines. Is responsive to patient and nursing questions.”*

RACHEL SWEENEY of Maryland Primary Care Physicians, Arnold

ROBYN LANASA of UM Shore Regional Health, Easton; *“Provides excellent care to her patients, and educates them on self-management of their heart conditions. Responsive to patients and colleagues.”*

SARAH FREBURGER of OnSite Medical House Calls, Chester; *“Goes above and beyond standard job requirements.”*

SUSAN DELEAN-BOTKIN of FamilyCare Of Easton, Easton; *“Susan is a wonderful nurse practitioner providing excellent primary health care to people of all ages in the community.”*

WENDY TOWERS of UM Shore Regional Health, Easton; *“Wendy is a very knowledgeable, caring, and respectful. She is always offering her helping hand in the recovery room, without batting an eye.”*



Our Nurses Are Rising Together

Thank you to our nurses
for coming together to care for our community.



Join our team and rise with us at
LuminisHealthCareers.org

Anne Arundel Medical Center
Annapolis, MD

Doctors Community Medical Center
Lanham, MD

100+ Primary and
Specialty Care Locations

YOU CAN LIVE AN EXTRAORDINARY LIFE



THRIVE BEHAVIORAL HEALTH
MEETING PEOPLE WHERE THEY ARE

Life can be hard.

Together we can find a way for you to thrive. Offering in person, virtual and individual, family and group services.

Thank you for voting us Best Mental Health Services

410-780-5203 • www.thrivebh.com



THE SUMMIT SCHOOL

We've Been Making Sense Of Dyslexia and Other Learning Differences since 1989!

We Teach Students To Love Learning Again

- ✓ Research-Based methodologies
- ✓ Structured Literacy Instruction
- ✓ Explicit Instruction In Written Language
- ✓ Standards-based, hands-on math instruction
- ✓ Multi-sensory instruction and discovery learning across the curriculum
- ✓ An average Teacher-Student ratio of 5:1

Unparalleled Academic Outcomes. Lifelong Impact.



BAY WOODS
of ANNAPOLIS



Some communities say that they are a waterfront retirement community but we *really* are...

NOW ACCEPTING ASSISTED LIVING RESIDENTS

Assistance Designed for Every Individual Need

Located on 14-acres of picturesque waterfront property - All Private Rooms with Private Baths

NEW INCENTIVES ON SELECT 1-BEDROOMS CALL TODAY!

New Memory Care Program Opening Soon!

The Chester

1 bedroom and balcony - 1,000 sq. ft.



The Wye

1 bedroom, 1.5 baths, den, & balcony - 1,300 sq. ft.



The Wye II

1 bedroom, 1.5 baths, den, & balcony - 1,100 sq. ft.



baywoodsofannapolis.com • 443.837.1208 • 7101 Bay Front Drive • Annapolis, MD 21403





Aesthetic/ Cosmetic Nursing

Provides care for patients during elective or reconstructive surgery processes, inclusive of non-invasive procedures (such as administering Botox), therapeutics, monitoring the healing process, and helping facilitate communication between physicians and patients.

CHRISTIANE MCCOMBIE of Chesapeake Plastic Surgery, Annapolis

DANA EYERLY of Bella Rose Medical Aesthetics & Wellness, Chester; “So kind, helpful, non-judgmental. Dana is an instant pick me up!”

DORIS TATE of Bayside Aesthetics & Wellness, St. Michaels; “Doris continually expands her knowledge and develops her skills to provide quality results for each patient. She is an experienced NP who looks at each patient’s health history as she is developing an appropriate treatment plan.”

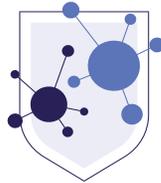
KATIE CLEMENTS of Maryland Primary Care Physicians, Arnold

KELLY SUTTER of Skin Wellness MD, Annapolis

MARY COFRAN of Adoro Medical Spa, Severna Park; “Mary is a meticulous aesthetic nurse, that delivers excellent results to her patients but also is caring.”

RACHEL MARKOW of Perpetual Skin, Annapolis; “Truly an expert, she is up to date on cutting edge treatments and her treatment plan is individualized for each patient. I trust her ethics and her clinical skills implicitly.”

SUSAN DELEAN-BOTKIN of FamilyCare Of Easton, Easton



Ambulatory Nursing

Clinic, office, and other ambulatory care settings, employee health, occupational health, industrial health, infection control

BRENDA ALEXANDER of Maryland Oncology Hematology, Easton; “She does a great job caring for patients and leading her team of similarly excellent nurses.”

BROOKE JONES of Maryland Oncology Hematology, Annapolis; “She does a great job caring for patients and leading her team of similarly excellent nurses.”

GEORGIA ORR of UM Shore Regional Health, Easton; “As a veteran wound care specialist, Georgia goes above and beyond every single day for the patients she cares for. She carries in depth knowledge of her craft and shares that knowledge through teaching and coaching of patients and their families.”

JAMES YOO of UM Baltimore Washington Medical Center, Glen Burnie

JANAT BASHIR of UM Baltimore Washington Medical Center, Glen Burnie; “Janat’s dedication to the field of Women’s Health is unparalleled. She strives to care for the whole patient, providing unbiased comprehensive care to every patient she meets.”

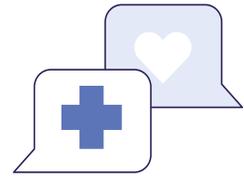
JENNIFER KING of Gvozden Pediatrics, Millersville

LAUREN PRINCIOTTA of UM Shore Regional Health, Easton; “Lauren works hard to make sure her patient’s needs are met each and everyday. She brings such a positive light to the office and her passion is truly inspiring.”

LINDA WILT of UM Shore Regional Health, Easton; “Linda has been an essential part of the Pain Center team for over 20 years. Her knowledge about types of pain, interventional injections, and other testing procedures have benefitted her patients to find more comfort and improved quality of life.”

NICOLE VOJACEK of OnSite Medical House Calls, Pasadena / Denton; “Goes above and beyond her standard job requirements.”

SHIRA LEIGHTY of The Sandel Duggal Center for Plastic Surgery, Annapolis; “She is an amazing and affectionate nurse. Not only does she manage the team she takes exceptional care of our patients.”



Behavioral Health

Behavioral health and addictive services

ASHLEY FENTON of The Collective NP Clinic LLC, Severna Park

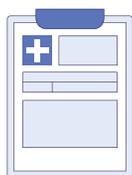
BRIANNA CHESTER of UM Shore Regional Health, Easton; “Brianna is a calm and introspective RN who is able to manage not only the daily patient needs but also the occasional crisis that impacts patients who are acutely ill.”

JILL BURGHOLZER of Multiple Affiliations / Independent, Stevensville; “Jill is an excellent behavioral health clinician offering much needed services in Eastern Shore where there are relatively few behavioral health providers. She is caring, compassionate, and skilled in her specialty.”

JULIE MCLAIN of UM Shore Regional Health, Easton; “Julie is focused on all that is good, as well as the areas of improvement that patients must work on. Her empathic and kind approach, opens padlocked doors to hurting souls.”

KIM BUTLER of UM Shore Regional Health, Easton; *“Kim is the most wonderful peer to have in nursing. She provides care with compassion and integrity, promoting effective communication, teamwork, and shared decision-making in the delivery of psychiatric care.”*

LESLIE FOX of Peace of Mind Mental Health Services LLC, Easton; *“Leslie is an amazing nurse practitioner. She is non-judgmental, understanding, and caring. She goes above and beyond for her patients and colleagues.”*



Case/Quality Management, Managed Care Informatics

Community or hospital case manager, quality management, risk management, infection prevention, patient safety, utilization management, and informatics

ALYSSA CHADWICK of UM Shore Regional Health, Easton; *“Consistently goes the extra mile for her patients. Ensures that medical care is appropriate according to national standards.”*

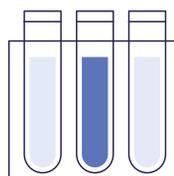
AMY CUSTIS of UM Shore Regional Health, Easton; *“Amy stands out as a leader in her department. She takes on new tasks and the job of orienting new team members.”*

CONSUELLA BOWEN of UM Shore Regional Health, Chestertown; *“Consuella is a vital part of not only her department but the several other departments she serves. She works tirelessly day in and day out to assist with the best possible transitions for our patients.”*

LAUREN SAUTER of UM Baltimore Washington Medical Center, Glen Burnie; *“As an informatics specialist and RN, Lauren’s attention to detail and ability to find the root cause of an issue is outstanding.”*

STEPHANIE TIBBS of Luminis Health, Annapolis; *“Stephanie is a great asset. She is organized and detail oriented. Her communication to the nurses, patients, and families is above all the rest.”*

STEPHANIE WOLF of UM Shore Regional Health, Easton; *“Stephanie works very hard to discover patient needs and to find the best possible options for them to return to their highest level of function.”*



Clinical Education

Nurse educators responsible for overseeing or administering ongoing clinical education and resources

ALICIA BLAKE-HALL of Eat Healthy to B-Healthy, Pasadena; *“She has a deep understanding of diabetes management and treatment, which allows her to effectively educate both patients and other healthcare professionals.”*

ALLISON HAWKINS of Luminis Health, Annapolis; *“Allison is the Pediatric Nurse Educator at AAMC, a strong advocate of excellent patient care, and embraces new technologies to educate all staff members.”*

ASHLEY FENTON of The Collective NP Clinic LLC, Severna Park; *“Dr. Fenton is an assistant professor at Johns Hopkins School of Nursing (JHUSON). Her practice experience includes community health clinics, outpatient mental health, weight management programs, public health research, and much more.”*

DANETTE READING of Luminis Health, Annapolis; *“As a Nursing Educator on the elderly unit, Danette’s positivity and support have made an extraordinary impact on both patients and staff.”*

GERALDINE RABER of Luminis Health, Annapolis

GLENDIA MILLER of UM Baltimore Washington Medical Center, Glen Burnie; *“Glenda is a committed clinical educator! She is always available to help us no matter what we need. She encourages each one of us, checking in to see if we are okay.”*

JEAN LITTLE of Luminis Health, Annapolis

STEPHANIE BLADES of UM Shore Regional Health, Easton; *“Stephanie is the educator for the Women and Children’s units within Shore Regional Health in Easton. She is one of the most amazing nurse educators. She is kind, compassionate, and patient.”*

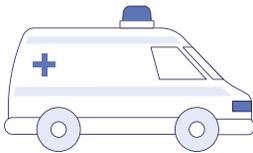
TALISHA TILGHMAN of Optum Maryland, Denton; *“She is a visionary educator whose dedication to excellence has made a profound impact on the professional development of nursing support staff as a self-employed entrepreneur. As a Nurse Educator, she plays a pivotal role in shaping the future of nursing practice through innovative educational initiatives and programs.”*



Critical Care

Adult ICU/CCU, cath lab, oncology, special procedures

KELSEY WALTERS of Luminis Health, Annapolis; “Worked as a PCT on ICU, and transitioned to a new grad nurse on ICU. Is an asset to the unit and organization.”



Emergency

Emergency department, flight, ambulance, pre-hospital, telephone triage

AMANDA COLLINS of UM Shore Regional Health, Chestertown; “Cares about patient outcomes and well-being, and is dedicated, kind, and supportive.”

AMANDA NELSON of UM Shore Regional Health, Chestertown; “Kind, caring, and goes above and beyond for her patients.”

ARLENE BROWN of UM Shore Regional Health, Easton; “Arlene approaches each interaction with kindness, understanding, and a genuine desire to alleviate suffering and provide comfort to patients and their families during times of crisis.”

BOBBIE JO TROSSBACH of UM Shore Regional Health, Chestertown; “Bobbie Jo shows exemplary leadership in her clinical coordinator role. She is dedicated to providing quality care to the patients in our rural health community by collaborating with staff and our EMS partners to ensure positive outcomes!”

LAUREN MESSICK of UM Shore Regional Health, Cambridge; “Lauren is kind, compassionate, a valued team member, and above all a fierce patient advocate. She makes sure each and every patient is cared for in an appropriate manner and advocates for them to be involved in making decisions for their own health care.”

LESLIE COLLIER of UM Shore Regional Health, Easton; “Leslie is an outstanding Emergency Department nurse, providing the highest quality of care to the patient’s who enter the hospital at Easton’s doors. She has previously been awarded the Daisy Award for exemplary patient care.”

MEGAN STUBBS of UM Shore Regional Health, Cambridge; “Megan has worked for Shore Regional Health for over 25 years. She functions as a charge nurse, preceptor to new staff members, and is an asset to our team. Megan has a wealth of knowledge and clinical experience for the emergency department.”

MELANIE GALE of UM Shore Regional Health, Chestertown; “Shows the upmost care and compassion for her patients and coworkers. Is always on top of it and one step ahead.”

STEVEN PRINGLE of UM Shore Regional Health, Queenstown; “Steven is very knowledgeable and passionate with his patients. He never hesitates to jump in and help with extra critical patients and is always willing to help educate patients and staff.”



Emerging Nurse Leader

Inclusive of charge nurses, assistant nurse managers, supervisors; first-line nurse leaders are those professionals who are responsible for overseeing first-level nursing services

ANGELA TREMPER of Luminis Health, Annapolis; “Angie is a team player on the unit. She can often be found organizing and cleaning up the entire unit when she is the charge nurse. She was recently promoted to Clinical Supervisor of a new unit.”

CAITLIN COUTU of UM Shore Regional Health, Easton; “Caitlin is a rising professional in our nursing facility. Takes on numerous roles and excels at patient care.”

CHELSEA COMPTON of UM Shore Regional Health, Easton; “Chelsea is a star among nurses. She takes on extensive responsibility and provides frontline leadership to her team.”

DIANE WHITE of Luminis Health, Annapolis; “Diane’s exceptional teamwork and caring nature have made a profound impact on our team and patients. Diane’s leadership fosters a sense of unity and cooperation among the staff.”

EMILY BIRD of Luminis Health, Annapolis; “Always teaching, looking out for you and your patients, and there when you need her.”

EMMA DURHAM of Luminis Health, Annapolis; “As a new Clinical Supervisor, Emma has quickly become an invaluable asset to our team through her calm demeanor and support for her staff.”

HELEN FOXWELL of UM Shore Regional Health, Easton; *“Helen embodies an emerging leader. She is driven, compassionate, and dedicated to making a positive impact on both colleagues and patients.”*

JACLYN CRAWFORD of UM Shore Regional Health, Easton

JULIE MCCLYMENT of Luminis Health, Annapolis

NATALIE JOHNSTON of Luminis Health, Annapolis; *“She makes every effort to be fair to all staff. She listens to the needs of the unit and works hard to make sure we are taken care of.”*

RACHEL BIELER of Luminis Health, Annapolis; *“Always teaching, looking out for you and your patients, and there when you need her.”*

SARAH KNOBEL of Luminis Health, Annapolis; *“As a Clinical Supervisor on the Acute Care of the Elderly Unit, Sarah is an exemplary leader whose positivity and organizational skills have a profound impact on our team and patients.”*

SHANNON HEIM of UM Shore Regional Health, Easton; *“Shannon moved from a staff nurse position into her current clinical coordinator position three years ago. She has done very well to understand the business and organizational needs of her department.”*

SHAWNE DAVIS of UM Shore Regional Health, Easton; *“Shawne’s leadership growth has been a pleasure to witness over the last three years. She is patient and team member focused.”*

SONIA ANTAO of Luminis Health, Annapolis; *“She works tirelessly to support the staff.”*

STACY DION of UM Shore Regional Health, Easton; *“Stacy is such a selfless, caring, hardworking clinical nurse coordinator! She is always going above and beyond to help not only the patients in same day surgery, but the staff, patients, and their families in all of our areas!”*

WILLIAM SHERTENLIEB of UM Shore Regional Health, Cambridge; *“This year, Bill has transitioned into the charge nurse role at his facility. Bill has truly thrived in this role. He is truly an asset to our team.”*



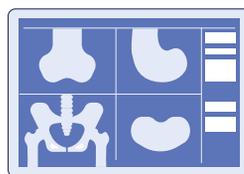
Home Health/ Hospice

Staff nurse in home health care settings, hospice, in-patient hospice

ABBEY LUDEAU of Hospice of the Chesapeake, Pasadena; *“An exemplary nurse who treats with compassion and the utmost care.”*

NICOLE VOJACEK of OnSite Medical House Calls, Pasadena / Denton; *“Goes above and beyond her standard job requirements.”*

SCOTT MOREHOUSE of AccentCare Hospice & Palliative Care, Columbia; *“As an in-home Hospice Nurse, Scott’s ability to provide unbiased, compassionate care to patients is unmatched. He is kind, smart, and thorough.”*



Long-Term Care Rehabilitation

Nursing home, gerontology, services for disabilities, rehabilitative services, subacute/transitional unit

BEVERLY SOMERVILLE of Acts Retirement-Life Communities (Heron Point), Chestertown; *“Beverly is a strong advocate for resident rights and quality of life, actively engaging in initiatives to enhance the care and services provided within the long-term care setting. Her nursing leadership has had a profound impact on the lives of residents and staff alike.”*

JAMIE MERRITT of UM Shore Regional Health, Easton; *“Jamie is the epitome of a rehab nurse. Her tenacious spirit lifts up patients and her care and commitment to the nursing profession is rehab is unwavering.”*

JOAN GANNON of HeartFields Assisted Living at Easton, Easton; *“Joan goes above and beyond for each resident here at HeartFields. Even donating her time to members of the community not looking for assisted living.”*

LORI MANN of Arcadia Assisted Living, Gambrills / Chester; *“Lori cares for our residents and anyone around her. She is the most caring, loving person I know!”*

RENEE MERSON of Complete Care Corsica Hills, Centreville; *“Renee is a kind, caring, and knowledgeable nurse. She is an asset to not only her team but to all the patients and residents that are cared for at Corsica Hills.”*



Maternal-Child/ Women's Health

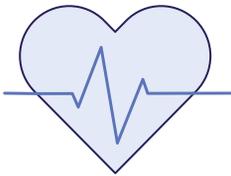
Obstetrics, gynecology, women’s health, nursery, pediatrics, NICU, PICU, Peds ER, early childhood/early intervention services

CATHERINE GVOZDEN of Gvozden Pediatrics, Millersville; *“Caring and dedicated practitioner.”*

CHRISTINE GATES of Luminis Health, Annapolis; *“Chris is an effective networker with the ability to work autonomously within the organization. Chris is skilled, flexible, and focused on details.”*

DANIELLE YOURGEVIDGE

of UM Baltimore Washington Medical Center, Glen Burnie; *“Danielle has dedicated her career to Women’s and Children’s services. She works every day to provide comprehensive care to high-risk pregnant women. Her positive attitude creates an environment of care and compassion.”*



Medical/Surgical

Acute or chronic medical and surgical nursing specialties

AMANDA KULABONISH

of Luminis Health, Annapolis; *“Amanda consistently demonstrates what it means to be a great team player. She is always ready to lend a hand, offer support, and share her expertise with her colleagues.”*

ANGELA TREMPER

of Luminis Health, Annapolis; *“Angie exemplifies the highest standards of nursing through her dedication, compassion, and exceptional clinical skills. Her ability to remain calm under pressure and her proactive approach to problem-solving make her an invaluable asset to our team.”*

ARIANNA GRAZIADEI

of Luminis Health, Annapolis; *“Arianna has been a dedicated member of our nursing team for over 10 years, consistently demonstrating a level of professionalism, compassion, and expertise that sets a high standard for others.”*

BRITNEY REYES

of Luminis Health, Annapolis; *“Britney is a seasoned nurse on the ACE Unit. She brings a calming energy to every situation. Britney mentors and educates new nurses in a respectful uplifting manner.”*

BRITTANY ROPER

of Luminis Health, Annapolis; *“Brittany’s compassionate approach to nursing ensures that every patient feels cared for and respected. She takes the time to listen, understand, and address the individual needs of her patients.”*

GILBERT WAIRIA

of Luminis Health, Annapolis; *“Gilbert’s ability to remain composed and empathetic in challenging situations is truly commendable. His calm demeanor and professional approach ensure that even the most difficult patients receive the care and respect they deserve.”*

JASMINE SIMMS

of Luminis Health, Annapolis; *“Her warm personality, her connecting bedside manner along with her knowledge and dedication to care her patients to the best of her ability makes her one of a kind.”*

JENNIFER COLLINS

of UM Shore Regional Health, Easton; *“Jennifer is hard working, always puts her patients first, and serves as a resource person for our new nurses. She always lends a helping hand regardless of her work load.”*

JESSICA O’CONNELL

of Luminis Health, Annapolis; *“Jessica is truly the sunshine of our nursing team, bringing warmth, positivity, and exceptional care to every patient she encounters. Her cheerful demeanor and compassion make her a beloved figure among both patients and colleagues.”*

LEIGH TOMEY

of UM Shore Regional Health, Easton; *“Leigh is the epitome of what a nurse should be. In fact, she is better than what a nurse should be. She goes above and beyond for her patients and colleagues every single day. She truly is a vessel of inspiration.”*

LELAND LEAVERTON

of Luminis Health, Annapolis; *“Leland is an exceptional nurse whose dedication, skill, and positive attitude make him an invaluable asset to our team. His enthusiasm and positive attitude create a motivating and collaborative work environment.”*

LINDSAY KIMBLES

of UM Shore Regional Health, Easton; *“Lindsay is one of those nurses that you know if she were taking care of your family member they are in good hands. She is very compassionate in care and makes sure her patient’s needs are taken care of.”*

LYNDA KRAMER

of Luminis Health, Annapolis; *“Lynda is an outstanding nurse who consistently demonstrates calmness, exceptional clinical skills, and dedication to patient care. Her expert clinical skills and sound judgment ensure that the highest quality of care is delivered, even in the most challenging situations.”*

MEREDITH CLEMENS

of Luminis Health, Annapolis; *“I am honored to nominate Meredith for her exceptional dedication, attention to detail, and compassionate care that she consistently provides to her patients and their families.”*

PATRICIA ANNETTE

MOORE of UM Shore Regional Health, Easton; *“Excels at patient care and team approach to total joint replacement surgery/recovery.”*

RONGLI LIU

of Luminis Health, Annapolis; *“Rongli is known for her extraordinary kindness and sweetness, which greatly enhance the care and comfort of our patients. Rongli’s gentle and compassionate nature makes her a beloved figure among both patients and colleagues.”*

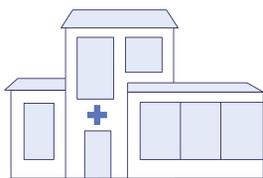
SHANTICE KEENE

of Luminis Health, Annapolis; *“Shantice’s compassionate nature shines through in every interaction she has with her patients. She approaches each individual with kindness and understanding, ensuring that they feel valued and respected.”*

SHAUNA JOHNSON of Luminis Health, Annapolis; *“Shauna is an exceptional nurse and deserves to be recognized for her extraordinary care. I have watched her support families in the most difficult times of their lives and show care as if they were her family. Shauna makes every life better that she touches, she is a ray of sunshine on the Ace Unit.”*

TARA BINNALL of Luminis Health, Annapolis; *“Tara goes above and beyond to make sure her patients feel safe and supported, often taking extra time to address their concerns and needs.”*

TIMAH RICKETTS of Tidal Health, Salisbury / Seaford; *“Timah approaches every aspect of her role with professionalism, integrity, and a deep sense of compassion for the individuals under her care.”*



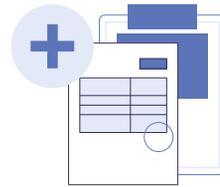
Nurse Executive Leadership

Inclusive of Chief Nursing Officers (CNOs) Chief Executive Officers (CEOs), Deans, executive vice presidents of nursing, or equivalent, these professionals are responsible for leadership at the executive table; designing strategic, operational delivery systems and directing patient care services/education throughout an organization

CHRISTINE FROST of Luminis Health, Annapolis; *“As our Chief Nursing Officer, Christine has demonstrated unparalleled dedication to our nursing staff and the community we serve. Christine’s commitment to excellence is evident in her tireless efforts to support and uplift our nursing team. She fosters a culture of professional growth, continuous learning, and mutual respect, ensuring that every nurse feels valued and empowered.”*

JENNIFER “JENNY” BOWIE of UM Shore Regional Health, Easton; *“I am writing this nomination for Jenny because she comes out of her office and spends time with our team listening to challenges and celebrating successes. Recently on a weekend Jenny went to all four of our sites at Shore to spend time with nurses. She is always willing to spend face time and to help us get to a better place.”*

TISHA THOMPSON of UM Shore Regional Health, Easton; *“Tisha stands as a beacon of inspiration within our institution, leading with compassion, integrity, and a visionary approach to nursing administration. She has not only transformed our organization’s approach to patient care but has extended her impact beyond our walls through dedicated community outreach initiatives.”*



Nursing Leadership

Inclusive of clinical nurse managers, coordinators, directors; these middle management nurse leaders are often responsible for overseeing several units, departments, or service lines within an organization

AMY BRADLEY of UM Shore Regional Health, Easton; *“Amy’s most remarkable qualities is her eagerness to embrace practice initiatives and her unwavering dedication to improving patient care.”*

BOBBIE JO TROSSBACH of UM Shore Regional Health, Chestertown; *“Patient advocate and great attention to detail, and is proficient in problem solving.”*

BRITTANY ADAMS of UM Shore Regional Health, Easton; *“Brittany is an exceptional leader and has functioned in a variety of nursing roles. Brittany leads with ease. Brittany’s focus is always patients first, with optimal patient outcomes.”*

CASSANDRA BILBROUGH of UM Shore Regional Health, Chestertown; *“Cassandra is the clinical coordinator for Acute Care and is a strong leader and role model for us all. She goes above and beyond and will jump in and help wherever she is needed!”*

CHRISTINE USILTON of Luminis Health, Annapolis; *“As the Nursing Director on the acute care for the elderly unit, Christine exemplifies outstanding leadership, dedication, and compassion. Her commitment to providing the highest quality of care for our elderly patients is truly remarkable.”*

DENNIS KELLY of Luminis Health, Annapolis; *“Dennis leads the busiest ED in the state of MD. Through Dennis’ collaborative approach and openness to shared governance, our ED throughput times are dramatically improved. Dennis’ team values his leadership style, visibility, and humbleness.”*

DEVRA COCKERILLE of Luminis Health, Annapolis; *“Devra advanced to Clinical Director Nursing. Though her home unit was sad to see her go, we have high hopes of her carrying on the culture and standards of the ACE Unit hospital-wide.”*

JAN CLEMONS of Luminis Health, Annapolis

JASON WEAVER of UM Shore Regional Health, Easton; *“Jason can be counted on to not only meet the needs of the moment but to also provide ongoing support to all the teams across the organization.”*

JESSICA GENRICH of UM Shore Regional Health, Easton; *“Jess is an incredible leader. She is kind, calm, and compassionate. Her actions and decisions demonstrate that she is mindful of the best interest of staff, patients, and families.”*

KARI MIMNAUGH of Luminis Health, Annapolis; *“Kari is a thriving Nurse Director who embraces challenges with flexibility, grace, unique innovations. Nurses experience professional nirvana in Kari’s departments.”*

KIMBERLY KRAL of UM Shore Regional Health, Cambridge; *“Kim is the clinical coordinator for Cambridge Emergency Department through Shore Regional Health. She is the oil that keeps our machine moving most days. She always has a positive attitude and is willing to help wherever she can.”*

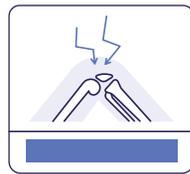
LYNN PARMENTIER of UM Baltimore Washington Medical Center, Glen Burnie; *“Lynn is the Clinical Nurse Coordinator at the BWMC Center for Advanced Fetal Care. She is a champion for thorough, just, and equitable care for our patients.”*

MARY COLLINS of UM Shore Regional Health, Easton; *“Clinical nurse manager who is an excellent leader, very supportive of her staff, and an advocate for our patients.”*

MARY GRACE HENSELL of UM Shore Regional Health, Easton; *“Mary Grace is the absolute best director you could ask for! She is knowledgeable, caring, and respectful.”*

SANDRA PROCHASKA of UM Shore Regional Health, Chestertown; *“Sandy is the manager of ER and Acute Care in Chestertown. In addition to managing her two units, she is very involved in the daily operations of the other departments within the hospital. Sandy is a resource for all and always willing to help.”*

TARA SMITH of UM Shore Regional Health, Easton; *“Excellent leadership skills, organization skills, and coordinates teamwork on large nursing unit.”*



Perioperative

Perioperative, recovery room, day surgery, operating room

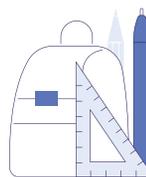
CHRISTINE HOYER of Luminis Health, Annapolis; *“A dedicated nurse of 36 years, 33 of those in the operating room. Worked through covid. Can equally scrub and circulate all cases. Has compassion and encompasses diversity in her everyday performance.”*

HENRIETTE KELLEY of Luminis Health, Annapolis; *“Henriette is a very dedicated and professional Operating Room Nurse. She is compassionate, kind, and a great role model.”*

HOLLY FRASE of UM Shore Regional Health, Easton; *“Holly is a superb PACU nurse. She is hardworking, caring, and an excellent leader in the relief charge roll! We are so lucky to have her.”*

MARTHA DELSING of Luminis Health, Annapolis; *“Martha is an effective leader for her team. She is able to solve problems, develop ideas to help the staff, and is very flexible, supportive, and empathetic.”*

MEGHAN JOHNSON of Luminis Health, Annapolis; *“Excellent clinical nurse, preceptor to new nurses, and advocate for patients and staff.”*



Public Health/ Community/School

Public health, school, forensic, transplant coordinator, telehealth, parish, and corrections/prison nursing

SHANNON TEMPLE of UM Shore Regional Health, Easton; *“Shannon’s leadership has been instrumental in ensuring that survivors receive comprehensive, trauma-informed care throughout the forensic examination process. She has worked tirelessly to establish protocols and procedures that prioritize the safety, dignity, and well-being of survivors.”*

STACY THOMPSON of Hurlock Elementary School / Dorchester County Public Schools, Hurlock; *“Stacy has been a nurse for the Dorchester County School System for almost 20 years. She has spent all of that time working at Hurlock Elementary School. Her students love her and so does her staff. She truly is one of Dorchester’s finest!”*

45
Years of
Celebrating
Life



**They wanted her to
remember another
family dinner.**



Creating Moments that Matter.

If your loved one wants it to happen, we provide the care needed to make a moment a reality. We create a comfortable scenario to provide medical, emotional and spiritual care to bring them unique, meaningful moments with friends and family.

410-987-2003 | HospiceChesapeake.org

Experience Extraordinary

What is an extraordinary education?



ACADEMIC EXCELLENCE

Guided by exceptional faculty, our students experience a rigorous, innovative curriculum using a project-based approach to learning.

DEDICATED COMMUNITY

Fun, diverse and committed to student well-being and academic success. That's the portrait of a Key School family.

EXCEPTIONAL OUTCOMES

Key fosters critical thinking, creativity and independence, empowering students to become resourceful, thriving graduates.

RECOGNIZING EXTRAORDINARY

Key School now offers merit scholarships to recruit talented students (grades 6-12) who demonstrate academic, athletic, artistic, and/or leadership promise!



Best Private
K-12 Schools

- #1 Private High School in Anne Arundel County
- #1 Private K-12 School in Anne Arundel County
- #6 Private K-12 School in Maryland

READ MORE



See what our families and graduates have to say about Key!

PLAN YOUR VISIT



Experience extraordinary for yourself. Attend one of our fall admission events or schedule a private tour of campus today!



WINTER/SPRING PHILANTHROPIC CALENDAR

Save the Date!



As the weather gets colder and the days become shorter, it's easy to want to hibernate at home. Luckily, the Winter/Spring Philanthropic Calendar is here to clear those winter blues! Grab your calendars and explore our extensive list of charity events, all benefiting various nonprofit organizations. From galas to parties and festivals, you'll have plenty to look forward to this season!

November

NOVEMBER 1ST THROUGH 3RD

Sultan Chase Brexton Health Care Inaugural Annapolis Gala at The Chesapeake Bay Foundation's headquarters in Annapolis. Benefits Chase Brexton Health Care. Chasebrexton.org

NOVEMBER 8TH THROUGH 10TH

Waterfowl Festival at various locations in Easton. Benefits William A. Perry Scholarship Fund and Samuel H Shriver, Jr. Sporting Heritage Fund. Waterfowlfestival.org

NOVEMBER 8TH

50th Annual Maryland Irish Festival at the Maryland State Fairgrounds in Timonium. Benefits Irish Charities of Maryland. Irishfestival.com

NOVEMBER 9TH

Fish for a Cure at the Safe Harbor Marina in Annapolis. Benefits the Cancer Survivorship Program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute. Fishforacure.org

THE GREAT FALL FUNDRAISER

THANK YOU TO OUR SPONSORS

Paddle Raise Sponsors

Acierno Family Foundation • O'Reilly Family Foundation

Champion Sponsors



LIFF WALSH
& SIMMONS
EAGLE | TITLE



Brian and Christina O'Meara • Wardour & Wine LLC

Patron Sponsors

Dr. Angel & Jane Torano • Insperity • Landmark Roofing • The Ruokonen Family

Friend Sponsors

Adoro Medical Spa • Annapolis Dragon Boat Club • Crest Wealth Advisors • Jack's Fortune • Barb & Brad Kappel
Steve & Joyce Patten • BJ Radhe & Lisa McCulley • Severna Park Automotive
University of Maryland Baltimore Washington Medical Center

Media Sponsors

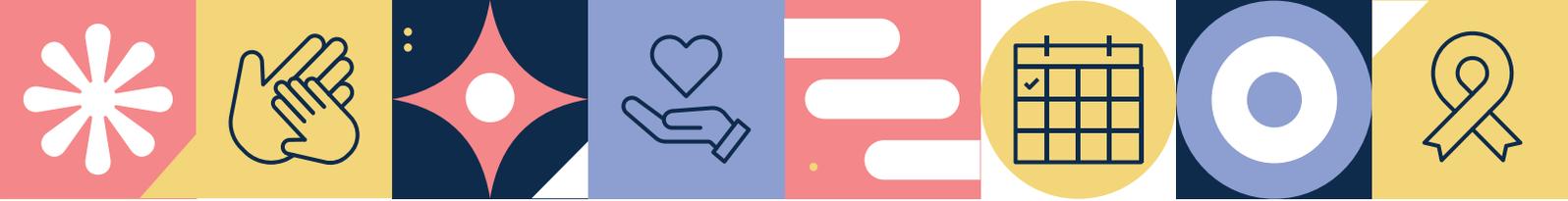


In-Kind Sponsors



Jordon Sims





Beef, Bonfires, and Cigars at Prospect Bay Country Club in Grasonville. Benefits Haven Ministries. Haven-ministries.org

NOVEMBER 10TH

Bay Bridge Run on the Chesapeake Bay Bridge. Benefits Chesapeake Conservancy, Imadi, Severn Leadership Group, and Walk the Walk Foundation. Bikesignup.com/race/baybridgerun

NOVEMBER 14TH

Annual Fashion Show & Holiday Gift Bazaar at Eastern Shore Hospital Center in Cambridge. Benefits Eastern Shore Hospital Center's residential patients and patient programs. 410-221-2357 or visitdorchester.org

NOVEMBER 21ST

A Celebration of Charities at Chesapeake Bay Beach Club in Stevensville. Benefits Chesapeake Charities. Chesapeakecharities.org

NOVEMBER 29TH THROUGH DECEMBER 1ST

Festival of Trees at the Maryland State Fairgrounds in Timonium. Benefits Kennedy Krieger Institute. Kennedykrieger.org

NOVEMBER 30TH

The Festival of Trees at The Tidewater Inn in Easton. Benefits Friends of Hospice to benefit Talbot Hospice. Festival-of-trees.org

December

DECEMBER 5TH

Greater Baltimore Chapter Banquet at Union Craft Brewing in Baltimore. Benefits Coastal Conservation Association. Ccamd.org

Bugatti: Reaching for Perfection Special Gala Preview at Academy Art Museum in Easton. Benefitting Academy Art Museum. Academyartmuseum.org

DECEMBER 5TH THROUGH 8TH

11th Annual Lights of Kindness at Homestead Gardens in Davidsonville. Benefits The Rotary Club of South Anne Arundel County. Rotarylightsofkindness.org

DECEMBER 8TH

Annapolis Chocolate Binge Festival on West Street in Annapolis. Benefits the Inner West Street Association and Annapolis Arts District. Annapolischocolatefestival.com

DECEMBER 12TH THROUGH 15TH

Christmas in St. Michaels at venues throughout St. Michaels. Benefits local nonprofit organizations. Christmasinst Michaels.org

DECEMBER 14TH

Santa Swim at Hyatt Regency in Cambridge. Benefits Care and Share Fund of Dorchester County. Careandsharefund.com

Bay Bells & Shark Tails at Charles Carrol House in Annapolis. Benefits Core Shark H2O. csh2o.org

January

JANUARY 29TH

Polar Bear Plunge at Sandy Point State Park in Arnold. Benefits the Special Olympics Maryland. Plungemd.com

February

FEBRUARY 8TH

The 2025 Bernie House Mardi Gras Benefit Gala at Graduate Hotel in Annapolis. Benefits The Bernie House. Theberniehouse.org

FEBRUARY 22ND

Casey Cares Annual Gala at American Visionary Museum in Baltimore. Benefits Casey Cares. Caseycares.org

March

MARCH 1ST

Black Tie & Diamonds at Graduate Hotel in Annapolis. Benefits Rotary Club of Annapolis. Annapolisrotary.org

MARCH 4TH

Wild and Scenic Film Festival at Maryland Hall in Annapolis. Benefits Alliance for the Chesapeake. allianceforthebay.org

MARCH 21ST

"Seas" The Day Gala at The Atreum @ Soaring Timbers in Annapolis. Benefits GiGi's Playhouse. Gigisplayhouse.org

MARCH 27TH THROUGH 30TH

Annapolis Film Festival in various locations in Downtown Annapolis. Benefits the Annapolis Film Festival. Annapolisfilmfestival.org



ANNE ARUNDEL MEDICAL CENTER FOUNDATION

DENIM & DIAMONDS

BENEFITING MENTAL HEALTH IN OUR COMMUNITY

SAVE THE DATE

April 26, 2025 | 6:00pm - 11:00 pm

We are excited to reunite with our community after six years to celebrate Denim & Diamonds, Luminis Health Anne Arundel Medical Center's largest fundraiser supporting mental health services in our community.

A limited number of tickets will go on sale in January.
Guarantee your spot by becoming a sponsor today.

For more information, please contact us at: denimanddiamonds@luminishealth.org.

www.AAMCDenimAndDiamonds.org



Anne Arundel Medical Center

MARYLAND HALL presents



YELLOW BIRD CHASE

KIDS SHOW

Fri, November 22 | 6:30PM
Live @ Maryland Hall

An epic adventure of masks, puppets, and gibberish!

Appropriate for ages 2+ and is fully accessible to the deaf & hard of hearing community as well as non-English speakers!

For tickets and group prices please contact: info@marylandhall.org




For over 50 years, Bello Machre has been guided by our mission: to provide a lifetime of loving care, opportunities, and guidance for people with developmental disabilities throughout Maryland. Founded in 1972 by parents of children with developmental disabilities, our name means "Home of My Heart" in Gaelic. We provide residential services along with a range of community programs, ensuring that the people we support feel safe, loved, and have a meaningful day – every day. To learn more or make a donation, please visit our website.



7765 Freetown Road,
Glen Burnie, MD 21060

bellomachre.org
443-702-3000

AAA ANNAPOLIS ARTS ALLIANCE

GALLERY 57 WEST

57 West Street, Annapolis, Maryland, 21401

Gifts of Art! Coming Your Way!

- Jewelry
- Hats
- Scarfs
- NoteCards
- Pottery
- Paintings
- And More



gallery57west@gmail.com



MARCH 29TH

Bosum Buddies Ball at the Westin Hotel in Annapolis. Benefits Bosum Buddies Charities. Bosumbuddiescharities.org

Bubbles and Bingo at The Atreum at Soaring Timbers in Annapolis. Benefits Hospice of the Chesapeake. hospice-chesapeake.org

April

APRIL 5TH

Summit School Gala location TBD. Benefits The Summit School. TheSummit-school.org

APRIL 26TH

AAMC Foundation's Denim & Diamonds benefits Luminis Health Anne Arundel Medical Center's mental health services. Aamcndenimanddiamonds.org

Hope Grows Here Black Tie Gala at Spain Wine Bar in Ocean City. Benefits Unstoppable Joy. Unstoppablejoyco.org

20th Annual Walk for the Woods at Bacon Ridge Natural Area in Crownsville. Benefits Scenic Rivers Land Trust. srtl.org

APRIL 27TH

Red Shoe Shuffle 5K Run and Walk at the Ronald McDonald House in Baltimore. Benefits The Ronald McDonald House Charities. Redshoeshuffle.org

Share Your Charity Event Online

To have your organization's event added to our digital calendars and for consideration in next season's guide, please fill out the form online at Whatsupmag.com/events/submit.html or scan here:



Your Generosity Empowers Families Through the Family Fund

Child-centered services are life-changing for the children and families who use them. At The Arc Central Chesapeake Region, we prioritize supporting the children, youth, and families who experience the most need with the right combination of resources, removing the barriers families face in supporting their children.

What is The Family Fund?

Founded in 2017, The Family Fund is a grant designed to provide financial assistance and essential resources to families navigating the complexities of raising children with disabilities. Many effective resources, therapies, and services make an incredible difference in the quality of life for children with intellectual and developmental disabilities but are not covered by insurance and are out of reach financially for the families who need access to them most.

Why Your Donation Matters

Raising a child with a disability often comes with unexpected expenses and emotions. From specialized educational resources to adaptive equipment and countless therapies, the financial strain on parents can be overwhelming. Since 2017, The Arc has granted more than \$200,000 to children with disabilities throughout the community, providing access to critical therapies, equipment, and educational and life-enriching opportunities. This program is 100% funded by generous donors like you, who understand that families don't always have the financial means to access the resources they need the most.



How to Get Involved

Your donation to The Family Fund can fund:

- **Educational Resources:** Grants for tutoring and therapies that can make a world of difference in a child's learning and development.
- **Adaptive Equipment:** Financial assistance for tools and devices that enhance daily living.
- **Healthcare Costs:** Support for therapies and other essential health services that ensure children receive the care they need.
- **Family Support Services:** Respite care and support services that help families balance supporting their children while maintaining their well-being.

Every contribution--no matter the size--directly benefits a child in your community.



Scan QR code to donate or visit thearcCCR.org/givefamilyfund

410-269-1883 |





LEADING BUSINESS & FINANCIAL PROFESSIONALS



Joe Powanda, CFP®, CPWA®
Dan Ebinger, CFA, CFP®, CPWA®
Billy Hufnell, CFP®, CPWA®

Let us help you plan for tomorrow, today!



www.baypointwealth.com

582 Bellerive Road, 4D
Annapolis, MD 21409
410-626-8198

409 Love Point Road
Stevensville, MD 21666
410-626-8198

BAY POINT WEALTH

Leaving a Legacy: Securing Your Future While Giving Back

At Bay Point Wealth, we believe that true wealth extends beyond finances—it's about the legacy you leave behind. With decades of experience, our team of Certified Private Wealth Advisors® helps families and business owners design personalized strategies that reflect their values, ensuring their wealth benefits future generations and the community.

Charitable Giving: Strengthening Your Community Tools like Donor-Advised Funds (DAFs) provide immediate tax benefits while allowing you to make charitable donations over time. Updating IRA beneficiaries for partial charitable gifting can further reduce tax burdens, ensuring your resources support what matters most.

Leaving a Legacy for Your Children Trusts are an effective way to transfer wealth responsibly. You can also make annual tax-free gifts to family members. For business owners, a sound succession plan ensures smooth leadership transitions and financial stability for your family.

Minimizing Taxes: Efficient Estate Planning By leveraging estate tax exemptions and Qualified Charitable Distributions (QCDs), you can minimize taxes while maximizing the inheritance left to your heirs.

At Bay Point Wealth, we provide the guidance you need to navigate the complexities of estate planning, charitable giving, and tax efficiency. Our goal is to help you create a lasting legacy—one that reflects your values, strengthens your community, and secures your family's future.



PROSTATIS FINANCIAL ADVISORS GROUP

Prostatist Financial Advisors Group focuses on accountable retirement, tax, and estate planning, paired with clear and consistent personal contact with clients. The Prostatist team emphasizes diversification and conservative long-term asset allocation strategies. Working side-by-side with clients, Prostatist develops comprehensive financial plans that provide peace of mind as they transition toward retirement. Prostatist aims to help clients implement investment strategies that allow them to maintain their lifestyle throughout retirement, ensuring a lasting income.

Whether clients are approaching retirement or already retired, Prostatist provides sound plans to protect their investments, guide them through financial transitions, and achieve financial freedom.

Whether you are thinking about retiring or already in retirement, you need a sound plan to ensure the safety of your investments.



Prostatist Financial Advisors Group

7580 Buckingham Boulevard
Suite 180
Hanover, MD 21076
410-863-1040
www.prostatistfinancial.com

Charitable Giving & Financial Planning



HOW TO RESPONSIBLY ALLOCATE ASSETS WITH PHILANTHROPIC AND FINANCIAL GOALS IN MIND

BY WHAT'S UP? MEDIA

Americans are characteristically inclined toward being generous—giving precious time, sharing practical knowledge, and donating money to assist those less fortunate in our society. While our generosity is personally rewarding, the charitable contributions we make entitle us to benefits provided for in the tax code—one being the tax-saving advantages associated with our financial support of the causes we care deeply about.

With annual changes in federal tax laws and varying economic forecasts, coupled with end-of-the-year financial tidying, now is a good time to take stock of your personal finances and make some decisions that may have been on hold. Consulting with a financial advisor or estate-planning specialist is a wise first step. You should also discuss how their fees are structured for the expertise you will require.

Estate-planning requires a strategy for maximizing and preserving assets, minimizing tax obligations, maintaining overall financial health,

and reaching long-term goals. Part of the process involves a well-developed plan for charitable giving whereby your gifts allow you certain tax benefits—if you itemize deductions on your federal tax return *and* the donations are made to IRS-approved, “qualified charitable organizations” that exist and operate exclusively to support public purposes, such as tax exempt, 501(c)(3) nonprofits.

Before giving to any charity, check its financial statements to ensure donations are responsibly managed and spent primarily on its programs and stated mission—not on salaries and fundraising. Charity ratings, statistics on charitable giving, and a host of other useful information is available on various websites.

There are many options for supporting “qualified” charities and benefiting from tax savings; advantages and tax implications depend upon the type of gift, how it’s gifted, and other considerations. Each type of donation has annual limits on the amount you can deduct.

Whatever your long-term charitable or financial goals may be, a financial professional can guide you through the maze of options and suggest the charitable-giving “vehicles” most suited to your particular needs and desired outcomes. Here are some options to consider when structuring a plan to preserve your wealth, create a lasting legacy, and provide for your heirs—so that they, too, can show generosity through meaningful contributions of their own.

IN PLANNING YOUR GIFTING STRATEGY, YOU'LL NEED TO CONSIDER:

1. Where you want your assets to go 2. Who your beneficiaries will be 3. How your assets will be titled, particularly when it comes to ownership of trusts 4. Asset management 5. Whether gifts will be outright, term-limited, or deferred 6. Whether gifts provide income for you, as well as benefit your heirs and charity 7. Tax implications, and make decisions about many other important factors

Vehicles of Giving

Note: Due to the complex and, often, fluid tax code, it is highly advisable to consult a tax professional or fiduciary to confirm the options outlined below.

OUTRIGHT GIFT: The most common gifting option, providing immediate support to charity and maximum possible tax deduction for you. Donations are usually made in cash and written checks (but can be securities or other assets).

CHARITABLE BEQUEST: A (revocable) planned gift whereby charity is made a beneficiary in your will or a designated beneficiary of your life insurance policy, qualified retirement plan, or other asset. It supports charity after your death and may reduce estate taxes.

IRAS AND QUALIFIED RETIREMENT PLAN ASSETS (401(K), 403(B), ETC.): Gifting these can reduce potentially high taxes if the donor doesn't expect to use all the assets while still living or has other ample assets (securities, etc.) by 1) naming charity the beneficiary of some/all can save taxes and preserve more non-retirement plan assets, or 2) designating that the plan's remaining termination-date assets fund a gift plan that pays family/loved ones for life, and charity gets the gift plan's remaining termination-date assets. Benefits include federal and state tax savings, and preservation of non-retirement plan assets.

LIFE INSURANCE POLICIES: If payments are up to date, the cash value is significant, and there are no outstanding debts against it, a policy can be gifted to charity, which may 1) cash it in for immediate use or wait for the termination-date cash value, while the donor benefits from tax savings and no change in cash flow; or 2) become the policy's beneficiary and upon its termination get some/all of the death-benefit proceeds, while the donor benefits from tax savings, no change in cash flow, and the option to take back the gift, if necessary.

PUBLICLY TRADED SECURITIES (SHARES OF STOCK, MUTUAL FUNDS, ETC.): May be an option if the securities were purchased at least one year ago, have increased in value significantly, or generate little or no income. Shares are transferred to a charity and are typically either gifted outright or made a gift whereby you receive lifetime payments. The benefit is reduced income and capital-gains taxes.

POOLED-INCOME FUND: Provides donor income for life and saves on taxes. An irrevocable gift of cash or securities goes into the fund, the donor gets annual payments of their share of the net income for life, and the share then goes to charity.

CHARITABLE GIFT ANNUITY: Charity makes fixed, lifetime payments to donors in exchange for irrevocable gifts of cash or securities. A way of maintaining or increasing current income, earning tax-free income, receiving payments for life, or saving on income and capital gains taxes. Principal remaining when the gift annuity ends goes to charity.

CHARITABLE FLIP UNITRUST: A vehicle for making a large gift now that will supplement your future retirement income and reducing income or capital gains taxes if you're thinking of gifting \$100,000 or more. Cash or securities are transferred to your flip unitrust, which makes payment to you or your designee during its term. You'll first be paid the lesser of a percentage of its value or net income at first, and down the road you'll receive a percentage of its value annually, no matter how much net income is earned. Assets that remain at the flip trust's termination go to charity. Flip trusts typically provide lifetime payments and tax savings.

CHARITABLE LEAD ANNUITY TRUST (IRREVOCABLE): Designed to shift wealth to heirs or named beneficiaries in a tax-efficient manner, especially in a low-interest-rate environment.

CHARITABLE LEAD UNITRUST (IRREVOCABLE): Allows the transfer of assets to heirs or named beneficiaries at reduced tax costs, and charity receives payments for a fixed term.

CHARITABLE REMAINDER ANNUITY TRUST (IRREVOCABLE): A custom-designed trust that gives you a fixed income for a fixed term or life and an income-tax deduction, and provides a future gift to charity.

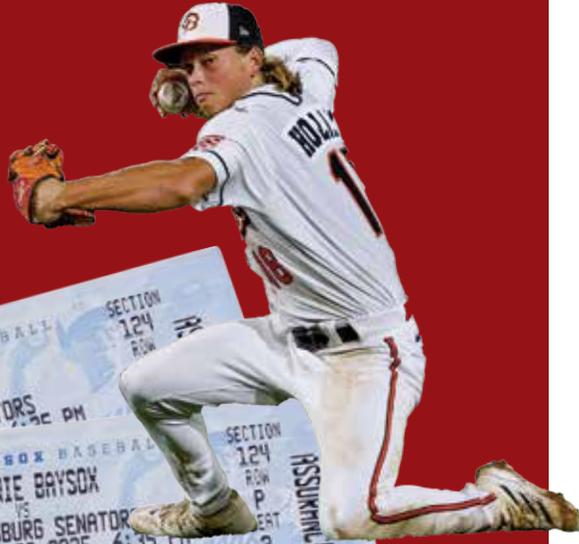
CHARITABLE REMAINDER UNITRUST (IRREVOCABLE): A custom-designed trust that gives you a variable income for a fixed term or life and an income-tax deduction, and provides a future gift to charity.

There are many other vehicles for leaving a lasting legacy through charitable giving—each with distinct advantages and structured for reaching specific goals, depending on one's needs and desired outcomes—such as donor-advised funds, endowments, and private foundations, to name a few.

Holiday Gift Guide 2024



1.



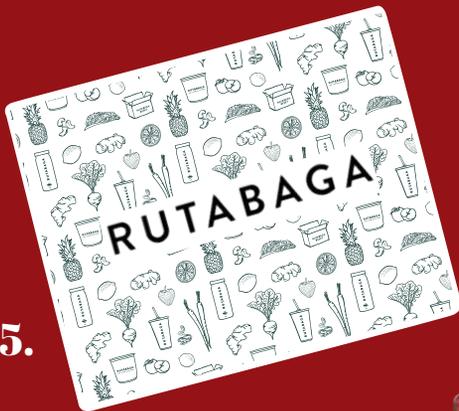
2.



3.



4.



5.



6.



1. Sterling silver with a touch of nautical charm. These elegant love knots symbolize the enduring connections that unite us. Visit us downtown Annapolis or online to find the perfect holiday gifts. Blanca Flor Silver Jewelry, Downtown Annapolis, 34 Market Space, Annapolis, MD 21401, 410-268-7666, BlancaFlorSilverJewelry.com

2. Give the gift of Baseball with Bowie Baysox tickets: Lock in your 8 or 16-undated ticket voucher plan with the Baysox and get a bobblehead of future star Samuel Basallo along with other great perks. www.milb.com/bowie/ tickets or 301-805-6000 to purchase.

3. Festive teas and exclusive tea-infused candles! Savor Chocolate Candy Cane Black, Red Hot Toddy, or escape with Tropic Chai's tropical twist or sip Mulled Cranberry Herbal. Pair with clean-burning, American-made soy candles for the perfect holiday indulgence. Available solo or in Holly Jolly sets! The Spice & Tea Exchange of Annapolis, 155 Main Street, Historic Annapolis, annapolis@spiceandtea.com

4. Slay with stunning lashes! Buy a gift card: Give \$50, save \$5; \$100, save \$15; \$150, save \$30. Elevate your look and save! The Lash Lounge, 1907 West St, Suite 101, Annapolis, 410-352-7477, Gambrills - Waugh Chapel, 1404 S Main Chapel Way, Suite 104, Gambrills, MD 21054, thelashlounge.com

5. Join the Merry Gift Card Giveaway! Win FREE Rutabaga for a year, give back to local causes, and earn up to 25% bonus cash. Visit us online or in store for more details, rutabagajuicery.com, 4 Ridgley Avenue, Annapolis

6. Sip In Style! Elevate your whiskey experience with Fishpaws premium single barrels. Get your bottles etched at our all bottle etching date this year November 29, 12-6. Fishpaws Marketplace, 954 Ritchie Hwy, Arnold, 410-647-7363, fishpawsmarket.com

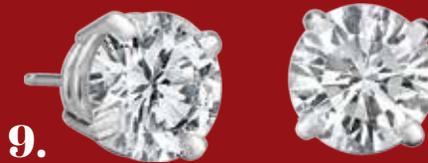
Holiday Gift Guide 2024



7.



8.



9.



10.

11.



12.



7. Scout & Molly's has everything you need to be a trend setter.

This fun pink sweater from Charlie B telegraphs you are a woman of the world! Matched with slim leg black denim, you will definitely be a vanguard. Visit Scout & Molly's at the Annapolis Town Center, 1910 Towne Centre Boulevard, Suite 115. (443) 837-6036.

8. EscapeTime Gift Cards:

Experience the ultimate holiday adventure in Annapolis, Severna Park, and Easton. Perfect for creating lasting memories with family and friends. Give the gift of fun! Buy now online. EscapeTime, 410-544-1188, escapetimemd.com.

9. Round, brilliant diamond studs,

set in white gold are a classic & perfect choice. 3/4ct. total weight under 2k. Various sizes available. Zachary's Jewelers, 100 Main St., Annapolis, MD, 410-266-5555, zacharysjewelers.com

10. Give the Gift of Confidence at Youthful Obsession!

Buy a gift card & get 10% off your first service! Improve skin health with cutting-edge medical grade skin care & anti-aging aesthetic treatments from botox alternatives to laser treatments. Youthful Obsession, 165 Mitchells Chance Rd, Edgewater, 410.696.5009, youthfulobsession.com

11. The gift of What's Up? Magazines.

Save 60% off the cover price! Subscribe to the Chesapeake Region's favorite magazines and get your finger on the pulse of everything going on around town! You don't want to miss an issue. Call 410-266-6287 or visit whatsupmag.com.

12. The Cottage is always on trend with the most popular games and gift ideas!

Our new Oh My Mahjong sets have everything you need – tiles, mats, bags & more – in chic designs perfect for gifting or game night. Shop our boutiques in Severna Park & Downtown Annapolis or at www.ShopTheCottage.com!



13.



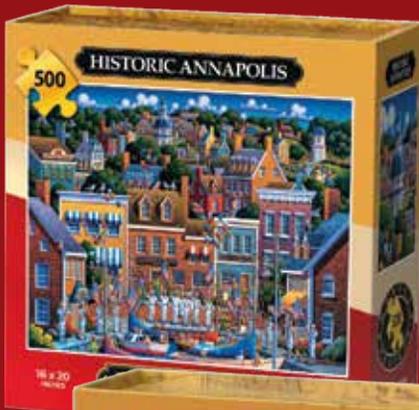
14.



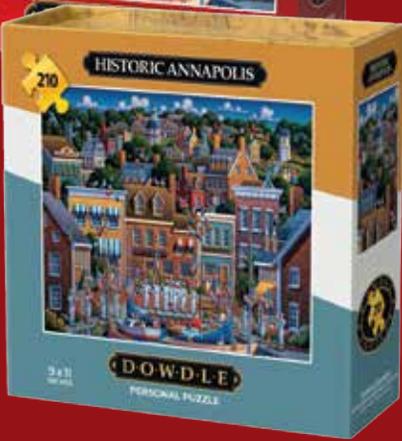
Holiday Gift Guide 2024

13. Custom Charcuterie Board. Let our Certified Cheese Specialist suggest or create a cheese and charcuterie tray. 72 hour notice required for trays, Fishpaws Marketplace, 954 Ritchie Hwy, Arnold, 410-647-7363, fishpawsmarket.com

14. Give the gift of beauty this Holiday Season with a gift card to Avalon Nails & Spa. 410-956-6367, Edgewater, MD.



15.



15. Take home a piece of history with this Historic Annapolis puzzle. Choose from 500 pieces or 210 pieces. Available for purchase at the Museum of Historic Annapolis and the William Paca House & Garden. Museum of Historic Annapolis, 99 Main Street, 410-267-7619, annapolis.org

16.



16. Crafting Crowlers Crafting Cheers: Discover unique brews, perfect gift paired with a gift card. A gourmet experience awaits! Fishpaws Marketplace, 410-647-7363, 954 Ritchie Hwy, Arnold, fishpawsmarket.com

17. Give the gift of a Carrol's Creek Gift Card and starting on Black Friday weekend 11/29-12/2 receive a \$40 bonus* with each \$100 gift card purchased. After that through 12/24 receive a \$40 bonus* with each \$200 gift card purchased. *Limitations and exclusions apply. carrolscreek.com



17.

18.

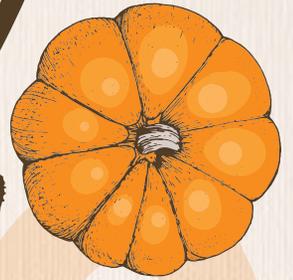


18. Discover the most enchanted boutique in Edgewater. The Painted Cottage. Introducing our most decadent holiday collection from Glasshouse Fragrances. This Limited Edition Kyoto in Bloom candle and carousel twirl with delight with fragrances Camellia and Lotus to electrify and mesmerize your senses. Check off your holiday list at The Painted Cottage, 164 W. Central Ave, Edgewater, 410-956-2434

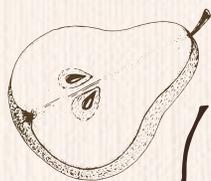
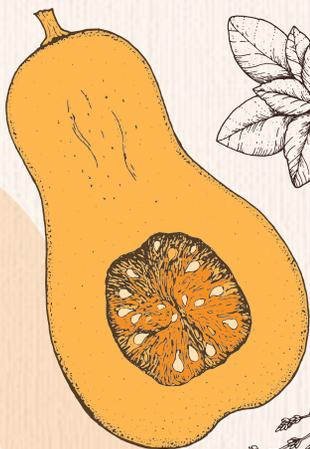


CHESAPEAKE

holiday dinner table



Culled from our recipe archives and restaurant collaborations of these many years, we present multiple courses that incorporate seasonal and local ingredients. Each recipe herein is a microcosm of Chesapeake-style dining. Most are fairly easy to make at home. All will impress your guests. Bon appetit or as we like to say 'round these here parts, "Y'all enjoy!"





Antoine's Stuffed Oysters Rockefeller

Courtesy Boatyard Bar & Grill

400 Fourth Street, Annapolis;
410-216-6206; boatyardbarandgrill.com

All ingredients can be quickly rough chopped as we will puree mixture when its cooking is complete. We recommend a buttery rich Kendall Jackson Chardonnay as a paired wine. Makes 2-3 dozen oysters

INGREDIENTS

- 1 stick butter
- 3/4 cup peeled shallot, diced
- 1 1/2 cups chopped celery
- 2 whole carrots, shredded
- 2 1/2 pounds fresh baby spinach
- 1/2 cup fresh chopped basil
- 1/2 cup fresh chopped parsley
- 1 tablespoon chopped fresh garlic
- 1/2 cup Pernod (more or less to taste...may substitute Anisette or other anise flavored liquor)
- 1/2 cup panko breadcrumbs
- 1 1/2 cups shredded Parmesan-Reggiano cheese & mozzarella mix
- 2-3 dozen Chesapeake Bay oysters

In a large heavy sauté pan add butter and heat until bubbly; add shallot, celery, carrots and sauté until soft. Add spinach, basil, parsley and garlic and sauté 'til spinach is wilted. Carefully, as it is flammable, add liquor and reduce till almost dry. Pour this mixture into a mixing bowl and add breadcrumbs to absorb excess moisture. Stir in 1/2 cup of the cheese, and salt and pepper to taste. When cool, add small batches to food processor and pulse until ingredients are a rough/smooth consistency. Not too smooth. Let cool. Add another 1/2 cup of cheese. Shuck desired number of oysters and stuff each oyster with cooled spinach stuffing enough to almost cover oyster, don't pack down. Place your oysters on a sheet pan, top with the remaining 1/2 cup of shredded cheese. (You may substitute the cheese and use a hollandaise or béarnaise sauce.) Place in 400-degree oven or under broiler until oysters are cooked and cheese and spinach mix are just brown. Serve oysters over rock/Kosher salt with fresh lemon wedges and your desired wine or Champagne.





Maryland Cream of Crab Soup

Courtesy Carrol's Creek Café
410 Severn Avenue, Annapolis;
410-263-8102; carrolscreek.com

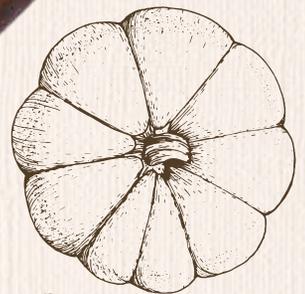
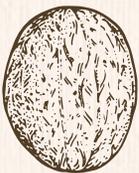
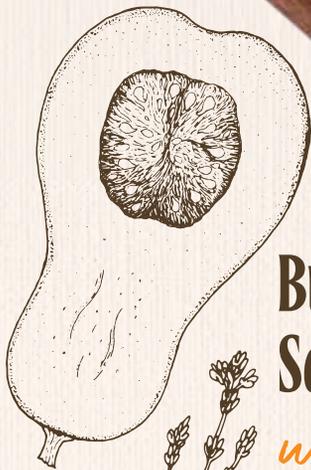
Serves at least eight bowls,
with more in reserve

INGREDIENTS

1.5 lbs. jumbo lump crabmeat
(pick clean of shells)
1/2 gallon milk
1 cup heavy cream
1 yellow onion (sliced)
1/2 cup sherry
1/2 cup brandy
2 Tbsp. crab base
(substituted for crab stock)
3 whole cloves
1 Tbsp. Old Bay Seasoning
Pinch cayenne pepper
5 oz. melted butter
5 oz. flour

In a medium saucepan, whisk the butter and flour over low heat for 5 minutes. Set aside. In a large heavy gauge pot, combine all the other ingredients (except crabmeat) over low medium heat. When the soup is hot to the touch, turn heat to low and whisk in the butter/flour mixture (roux). Stir every few minutes until the desired thickness is reached. Be careful not to bring to a boil. Strain into another pot and stir in the crabmeat. Enjoy.





Butternut Squash Bisque

with pumpkin butter

Courtesy Treaty of Paris
 iconic/beloved Annapolis restaurant that closed in 2019

Serves 2

INGREDIENTS

- Vegetable oil spray
- 1 two-pound butternut squash (cut in half lengthwise)
- 2 cups of low sodium chicken broth
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground marjoram
- 1/2 teaspoon dried thyme
- Pinch of grated nutmeg
- 1 cup of half and half
- Kosher salt and freshly ground pepper
- 1 jar of pumpkin butter
- Chopped pistachio nuts

Preheat oven to 375F degrees. Spray a 9" x 13" baking dish with vegetable oil spray. Place the squash halves, cut side down, in the prepared dish. Pierce the skin sides several times with a fork. Bake until the squash is tender, about 45 minutes. Set aside until cool enough to handle. Using a large spoon, scrape the flesh from the cooked squash into a food processor. Discard the skins. Add 1 1/2 cups of the chicken broth, cinnamon, marjoram, thyme, and nutmeg, and puree until smooth. Transfer the puree to a large saucepan. Whisk half and half into the soup over medium heat. If you prefer a thinner consistency, add the remaining broth. Season to taste with salt and pepper. Ladle the soup into warmed bowls. Top with a dollop of pumpkin butter and sprinkle with chopped pistachios before serving.

Rockfish Topped with Crab Imperial

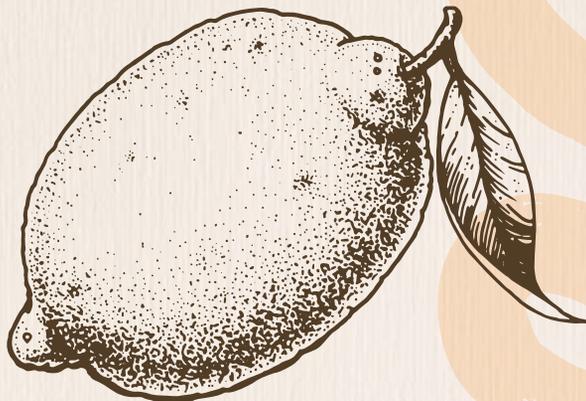
**Courtesy Captain's Ketch
Seafood Market**

316 Glebe Road, Easton;
410-822-7177;
captainsketchseafood.com

Serves 4

INGREDIENTS

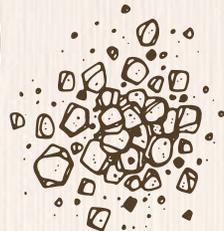
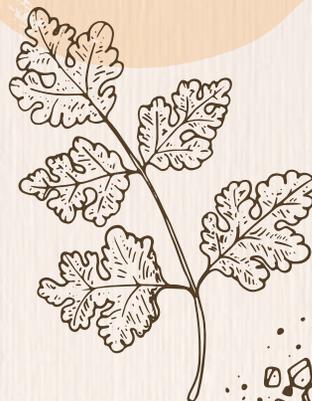
1 egg, lightly beaten
1/2 cup mayonnaise
1 tablespoon creamy Dijon mustard
1 teaspoon Old Bay seasoning
1 tablespoon Worcestershire sauce
1 teaspoon parsley (chopped)
1 teaspoon Tabasco
1/4 cup Panko breadcrumbs
1 pound lump Maryland backfin crab meat
2 pounds Rockfish fillets (skin on)



IMPERIAL SAUCE INGREDIENTS

1/4 cup mayonnaise
1/8 teaspoon Tabasco sauce
1/8 teaspoon lemon juice
1/8 teaspoon Worcestershire Sauce
1/8 teaspoon Old Bay Seasoning

Preheat oven to 350F. Spray a baking pan with cooking spray and place fillets on pan, skin side down. Mix first eight ingredients together in a separate bowl. Gently fold crab meat into mixture. Spread mixture over fillets. Bake for 25 minutes, or until flaky. Top with Imperial sauce. Bake for an additional 3 minutes.





Honey Rosemary *chicken*

**Courtesy Julie St.
Marie Catering &
Event Coordination**

juliestmarie.com

Serves 2

This is a stress-less chicken dish. These simple, flavorful chicken breasts are one of our most popular lunch entrees.

INGREDIENTS

(2) 8-ounce air-line chicken breasts
1/2 tablespoon chopped fresh oregano
1 tablespoon chopped fresh rosemary
1/4 cup honey
1/4 cup vegetable oil
1 teaspoon salt and freshly ground pepper
1 teaspoon Montreal Steak seasoning
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1 teaspoon lemon pepper seasoning

Preheat oven to 300F. Mix olive oil and honey together; set aside. Mix remaining ingredients together and season the chicken with them. Marinate seasoned chicken for at least 8 hours in the refrigerator (Add more oil as needed). Spray a baking sheet with non-stick spray. Place chicken on the pan and cover with excess marinade. Place chicken in preheated oven and bake 30 minutes. Increase heat to 350F and bake an additional 15-20 minutes until golden brown.





Fordham Brats and Mash

Courtesy Rams Head Tavern

33 West Street, Annapolis;
410-268-4545;
ramsheadtavern.com

Serves 1

INGREDIENTS

2 Fordham bratwursts
8 ounces mashed potatoes
(recipe below)
4 ounces sauerkraut
3 ounces pickled red cabbage
Garnish: 2 tablespoons whole-
grain mustard gravy
(mustard + gravy)
pinch minced fresh parsley

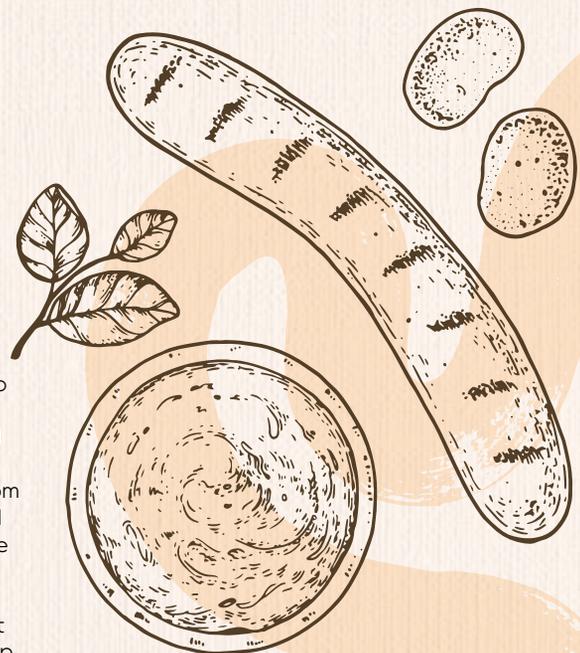
Grill the bratwursts. Sauté sauerkraut and pickled cabbage until hot. Put mashed potatoes in bowl, top with sauerkraut, pickled cabbage, and bratwursts. Ladle mustard gravy over the top and garnish with a pinch of minced parsley.

MASHED POTATOES

Serves 4

2 pounds Russet potatoes
5 tablespoons butter,
at room temperature
1/4 cup milk, hot
1/4 cup heavy cream, hot
1/2 tablespoon Kosher salt plus
freshly ground black pepper

Scrub, peel, and cut potatoes into large pieces. Steam until tender enough to mash easily. Drain and dry them on a sheet pan in the oven until no more steam rises from them. While the potatoes are still hot, whip them in a mixer. Add the butter and mix into the potatoes until just incorporated. Add the milk and cream (small amounts at a time), salt, and pepper and whip until smooth and light. Taste. Add salt and pepper to taste.



Apple Crumble

All in One

Courtesy David's Natural Market

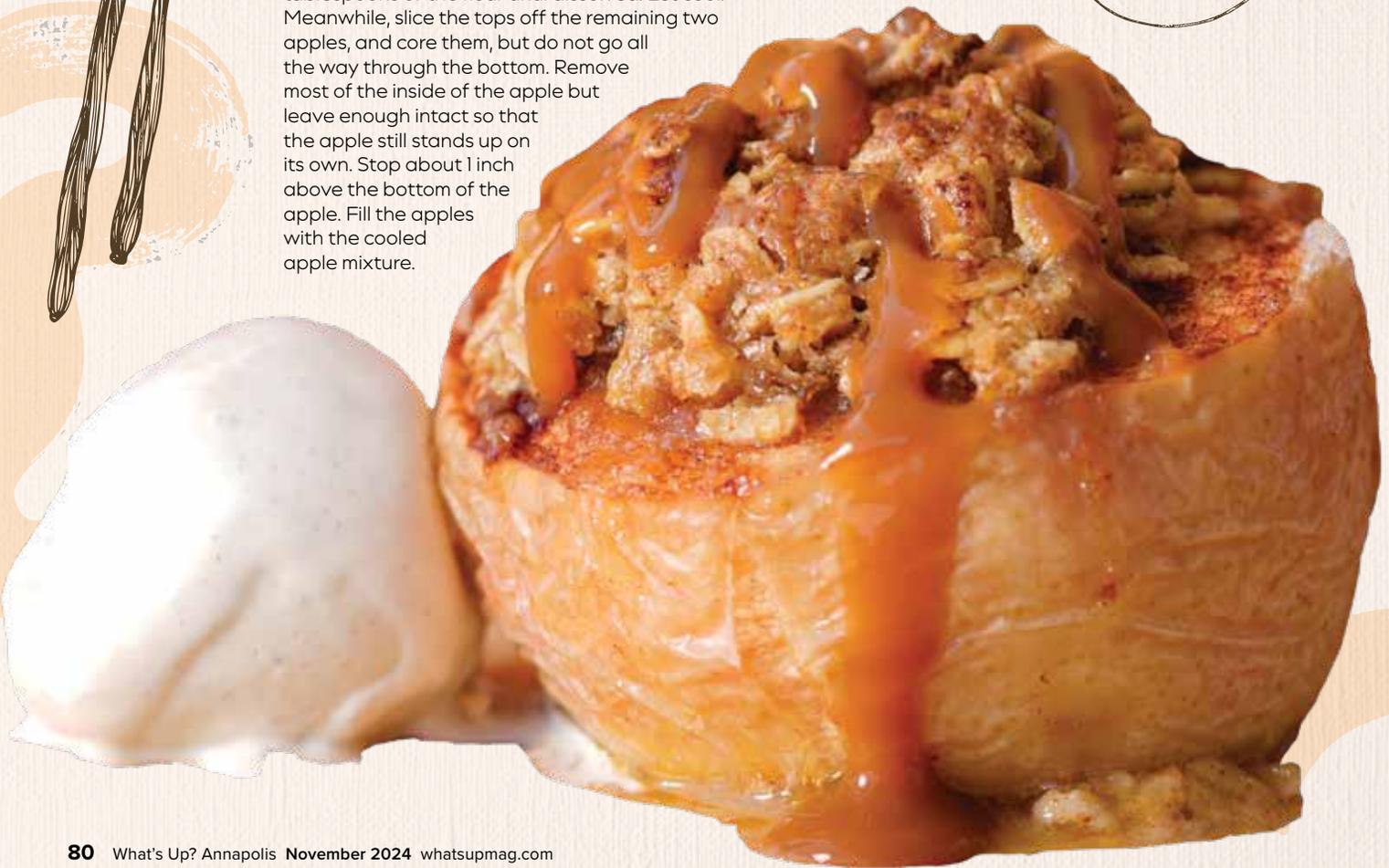
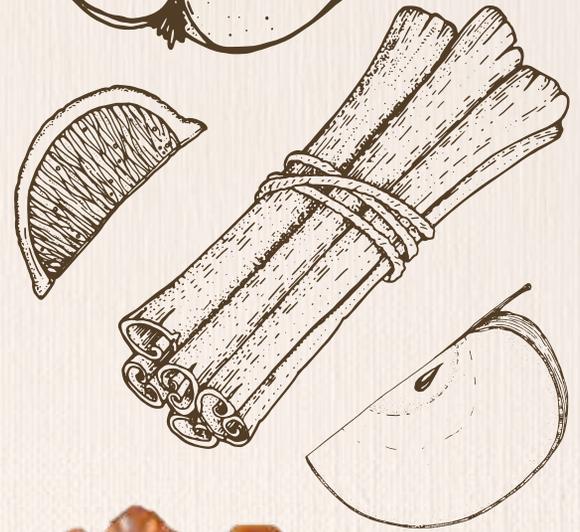
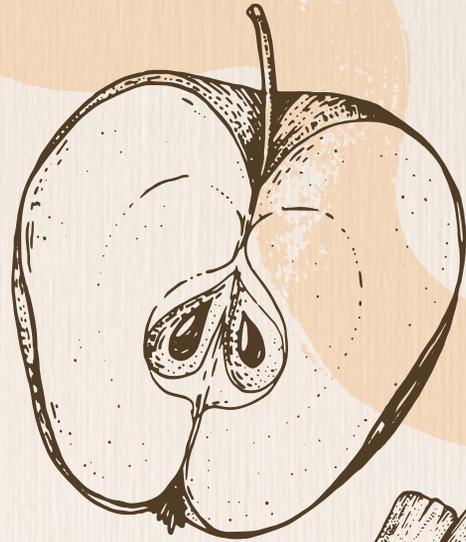
871 Annapolis Road, Gambrills;
410-987-1533; davidsnaturalmarket.com

Serves 3

INGREDIENTS

3 large apples
1 1/4 teaspoon ground cinnamon, divided use
2 teaspoon fresh lemon juice
1/4 cup, plus 1 tablespoon
brown sugar, divided use
4 tablespoons butter
1/4 cup flour, divided use
1/4 cup rolled oats
2 scoops of vanilla ice cream
and caramel for serving

Preheat the oven to 375F. Peel, core, and dice one apple. Place it in a small skillet with 1 teaspoon of cinnamon, lemon juice, 1/4 cup of brown sugar, and 1 tablespoon of the butter. Turn the heat to medium high, stir, and cook until the apple dices start to soften and release their juices, about 5 minutes. Turn off the heat, and then stir in 2 tablespoons of the flour until dissolved. Let cool. Meanwhile, slice the tops off the remaining two apples, and core them, but do not go all the way through the bottom. Remove most of the inside of the apple but leave enough intact so that the apple still stands up on its own. Stop about 1 inch above the bottom of the apple. Fill the apples with the cooled apple mixture.



Chocolate Chip, Oatmeal & Toffee *cookies*

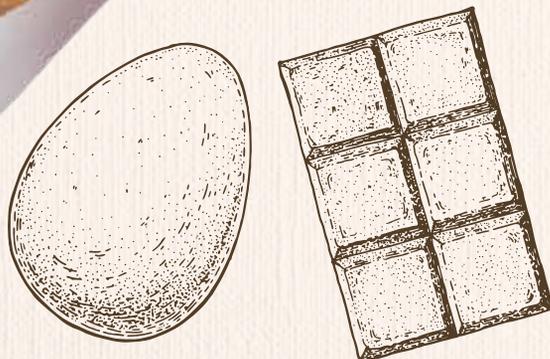


Courtesy Doris Wisner,
who won "Most Creative Cookie"
in What's Up? Media's 2018
Cookie Contest

INGREDIENTS

1 1/2 cups flour
1 teaspoon baking soda
1 cup butter
3/4 cup granulated sugar
3/4 cup light brown sugar
1 egg
1 teaspoon vanilla
1 1/2 cups quick oatmeal
1 cup mini chocolate chips
1 cup toffee bits
(Skor or Heath Bar bits)

Mix together flour and baking soda. Separately, beat together butter, granulated sugar, and light brown sugar; add egg and vanilla. Add flour mixture to creamed mixture. Add quick oatmeal, chocolate chips, and toffee bits. Divide into 3 parts and roll into 3 logs about 1 1/2" diameter in plastic wrap. Refrigerate for at least one hour and preferably overnight. Remove from refrigerator and slice 1/4" to 3/8" thick and bake on a greased baking sheet for about 10 minutes until light brown at 350 degrees. Enjoy!



Mobile Pet Vet
 We Bring Veterinary Medicine to Your Door
 Less Stress for You and Your Pet



MOBILE PET VET
 BEST OF ANNE ARUNDEL 2024

www.mobilepetvet.com
 (410) 544-8300
 Covering Annapolis and Surrounding Areas



LEADERSHIP ANNE ARUNDEL

CALLING GRASSROOTS LEADERS



Practical leadership training in Anne Arundel County!



Participants will learn how to assess community needs, engage with residents, and connect to valuable networks and resources. Thanks to grant support, this LAA program is offered at no cost to eligible applicants. Sessions run monthly from January through June. Learn more & apply below.

APPLICATION DEADLINE: 12/15/24

www.leadershipaa.org/page/NLA



ALTERNATIVE pet care md
 PROVIDER · GROOMER · TRAINER

Vet trained, First Aid Certified, Licensed, Bonded & Insured
EXPERIENCE the DIFFERENCE

Highly recommended by Chesapeake Veterinary Emergency Center, Muddy Creek Animal Hospital, Dunkirk Vet and Annapolis Animal Hospitals

sandy@alternativepetcaremd.com
 2562 repeat clients, 579 FIVE star reviews
 NEW* Pet Waste Removal SVC by The Everyman, 443-547-2939
 410.349.7828 • alternativepetcaremd.com

Ballet Theatre of Maryland

The Nutcracker



December 14-22 at Maryland Hall
 For tickets visit www.BalletMaryland.org

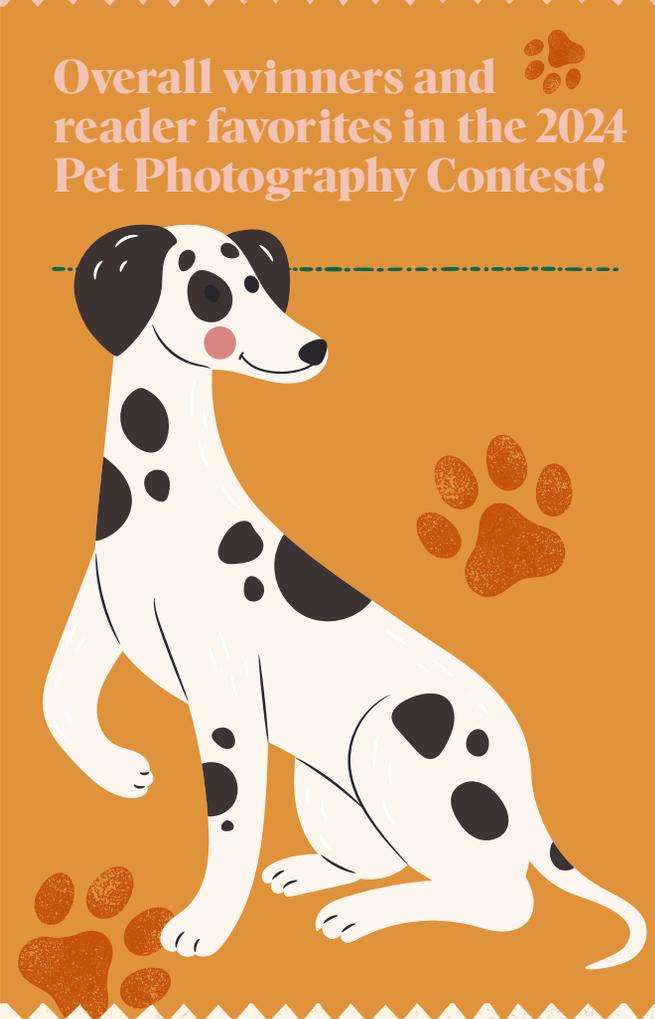
Sugar Plum Party!
 Take pictures with your favorite characters and enjoy light refreshments one hour before each Sunday Performance!
 Tickets for the Sugar Plum Party can be selected as an Add-On when purchasing your ticket for a Sunday performance of The Nutcracker



OUR BELOVED



PETS



**Overall winners and
reader favorites in the 2024
Pet Photography Contest!**

We sure have some cute pets! The evidence poured in this past summer when we announced the magazine's Pet Photography Contest. Open to all readers, we asked for photos of your pets at play, being whimsical, sleepy, silly, and just plain lovable!

This contest had a philanthropical twist, too. Each entry requested a \$10 donation, which will be given to local animal shelters. Dozens of photos were submitted during the July entry period and in August, we then asked readers to vote for your favorites. The voting was fun and competitive.

**THE RESULTING WINNERS AND READER
FAVORITES DESERVE KUDOS FOR
CAPTURING THEIR PETS AT THEIR BEST!**

FIRST PLACE WINNER

Ovi, submitted by Dawn B. of Owings

“OVI IS A SIX-YEAR-OLD LAB THAT JUST ENJOYS BEING OUTSIDE AND HANGING OUT WITH PEOPLE.”



SECOND PLACE

Lulu, submitted by Susan L. of Crownsville

“Fifteen-year-old Lulu came to our family last June as a hospice foster after she was abandoned at our local shelter. She wasted no time winning over the hearts of family and friends with her sweet disposition and perpetual smile, and quickly moved from fostered to adopted. More than a year later, Lulu has soaked up lots of pets, enjoyed road trips and boat outings, and continues to teach us to greet each day with a smile no matter what challenge you face.”



THIRD PLACE

Shinichi, submitted by Stacey C. of Annapolis

“My beautiful, rescued boy, chillin’ in his favorite spot.”



FOURTH PLACE

Stori Sinclair, submitted by Lola T. of Arnold

"Stori Sinclair is the best good girl. She is a Maltese shih tzu, smells fantastic, loves to go to work, has hair as soft as a baby bunny, and never leaves mom's side. She's shown here hard at work being a balloon studio manager."

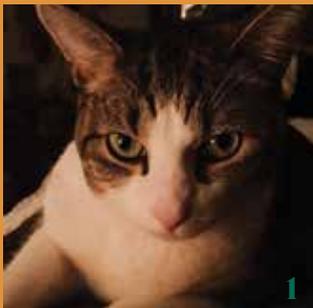
FIFTH PLACE

Skippy Do Dog, submitted by Maxwell H. of Annapolis

"Skippy is a rescue pup who we are so lucky to have found, he had a life in the shelter sleeping in cold crates and now gets tucked in every night! We hope everyone can find a rescue like Skippy."



READER FAVORITES OTHER CUTE VOTE GETTERS!



1



2



3

1. **Nugget**, submitted by Alicia B. of Pasadena

2. **Jetty**, submitted by Julie B. of Severna Park

3. **Charley**, submitted by Kristi B. of Arnold

4. **Sadie**, submitted by Amanda M. of Selbyville

5. **Daisy**, submitted by Karen M. of Annapolis

6. **Nala**, submitted by Megan L. of Stevensville



4



5



6



- New Decks
- Composite deck Remodeling
- Porch Conversions
- Cable railing installations
- Deck Repairs



Proudly serving Annapolis and surrounding areas since 2012
For more information about us, please visit our website at

WeRestoreDecks.com

(410) 263-6270

Home & Garden

98 DINNER IS SERVED...

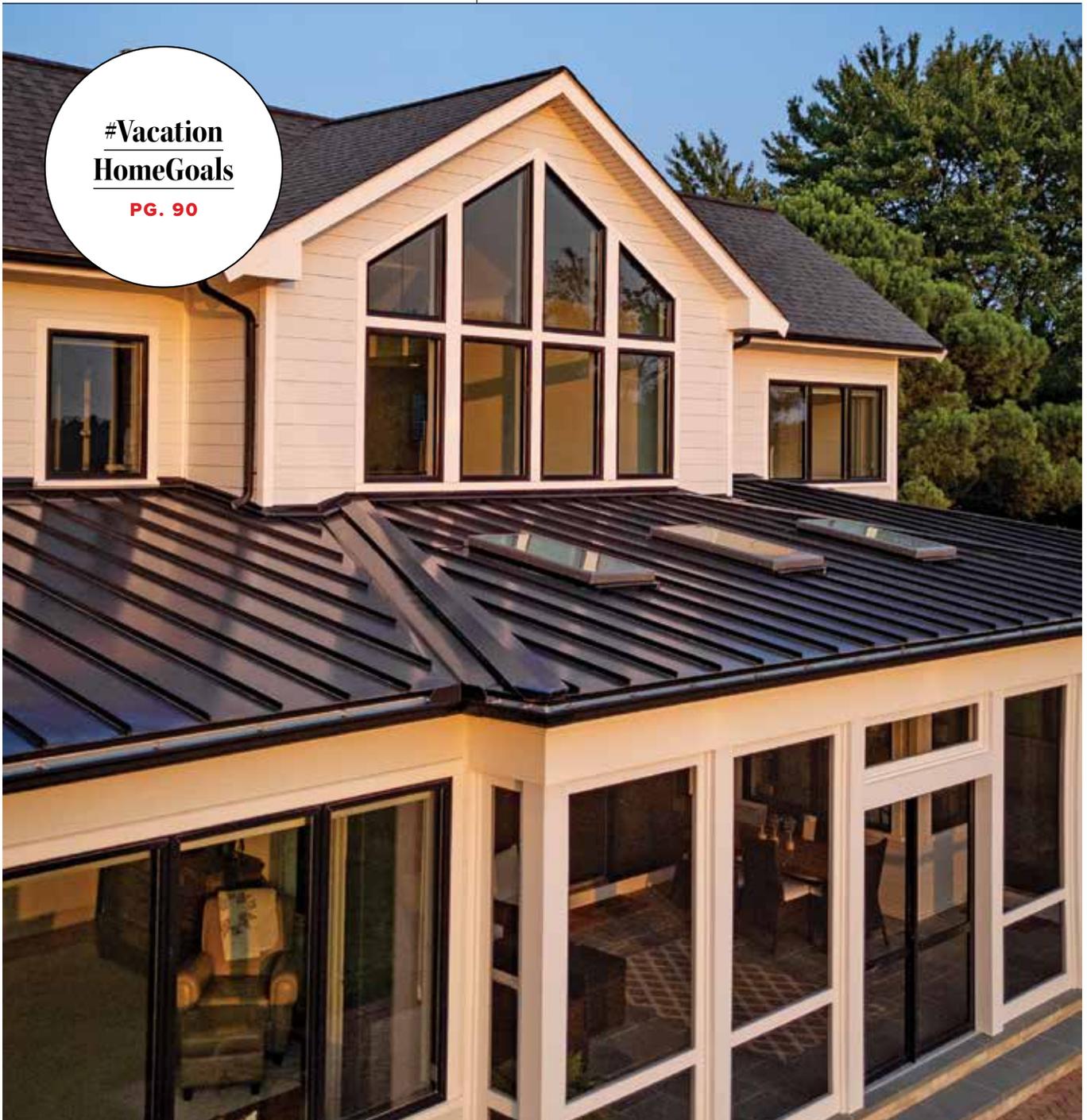
102 BETWEEN THE LEAVES

104 SEVERN STYLE & SPLENDOR

106 TRADITIONAL WITH UPGRADED TWISTS

**#Vacation
HomeGoals**

PG. 90





No one does Christmas like Homestead Gardens.

Join us this holiday season at Homestead Gardens where the spirit of Christmas comes to life – your one-stop destination for all things merry & bright.

Plan your visit & stop by our Girls Night Out event on November 20th in Davidsonville from 5-8pm to **enjoy 25% off storewide** (no coupon necessary).

Scan here for more info & to view our full line-up of holiday events



visit us in-store or online at:

743 W. CENTRAL AVE, DAVIDSONVILLE, MD 21035

WWW.HOMESTEADGARDENS.COM



In 2024, Northrop Realty has settled or put under contract 495+ listings within ONE WEEK of being on the market!

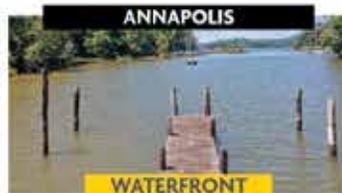
Call us today to learn how we can sell yours!
410.501.5025



MARIOTTSVILLE

\$2,300,000

1336 CROWS FOOT ROAD

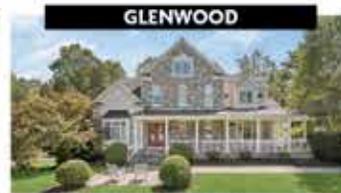


ANNAPOLIS

WATERFRONT

\$1,900,000

1632 WINCHESTER ROAD



GLENWOOD

\$1,650,000

3227 HUNTERS WORTH



WOODBINE

\$1,425,000

3163 LORENZO LANE



WEST FRIENDSHIP

\$1,400,000

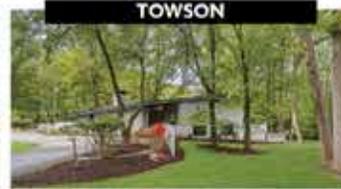
13936 ROVER MILL ROAD



WOODBINE

\$1,250,000

16170 ED WARFIELD ROAD



TOWSON

\$847,500

1308 MILLDAM ROAD



MARIOTTSVILLE

\$789,900

2618 EMMA STONE DRIVE



LAUREL

\$750,000

9839 WILDERNESS LANE



HARWOOD

\$750,000

3005 WHITE BEECH DRIVE



LANHAM

\$745,000

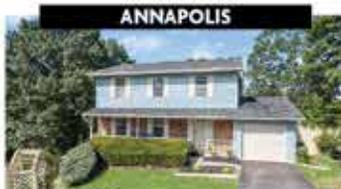
6321 KINSEY TERRACE



TRAPPE

\$650,000

1011 LAKE CHAMPLAIN COURT



ANNAPOLIS

\$575,000

1180 NEPTUNE PLACE



ARNOLD

\$550,000

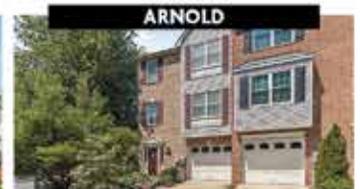
421 CENTURY VISTA DRIVE



LAUREL

\$535,000

8301 PIGEON FORK LANE



ARNOLD

\$500,000

1110 NIBLICK COURT



TRAPPE

\$449,990

1013 LAKE CHAMPLAIN COURT



BALTIMORE

\$395,000

23 PIERSIDE DRIVE #331



COLUMBIA

\$319,900

10386 FAULKNER RIDGE CIRCLE



DELMAR

\$280,000

9365 STAGE ROAD

Office: 443.921.3900
NorthropRealty.com



#Vacation HomeGoals

AFTER A LONG WEEK AT WORK (ESPECIALLY IN D.C.), WHAT FAMILY DOESN'T WANT TO JUST JUMP IN THE CAR WITH A COUPLE OF SUITCASES AND HIT THE ROAD FOR AN ALTERNATIVE DESTINATION DESIGNED SPECIFICALLY FOR THEM?

By Lisa J. Gotto

A location, the homeowners say, that would provide the laid-back vibes that their kids expressed feeling when they would head to the beaches and other areas on the Shore, such as Royal Oak, Bozman-Neavitt, and Easton, for vacations.

“Finally, we narrowed in on St. Michaels,” the wife says. “We loved the town itself and its prox-

THE PROJECT: A new home build for a family that wanted to create the quint-essential DMV-centric vacation-home escape; something that was large enough to relax in, re-connect, play golf, and put the work week behind them, without creating a forward-looking to-do list.

imity to Easton was ideal. At the time, the Inn at Perry Cabin had recently purchased the property formerly known as Harbourtowne, in the Martingham neighborhood, and had also purchased the golf course.”

And when she learned the course, which became the Links at Perry Cabin, was to be designed by the renowned golf course architect, Pete Dye, she said that sealed the deal for them.

“The neighborhood of Martingham shot to the top of our list and we considered a few homes,” she adds. “Then, a lot became available, and it was on the water with western exposure which would allow us to enjoy the sunsets—a huge priority of ours. It was also a great spot in the neighborhood, just down from the Links and what will one-day be the Lodge at Perry Cabin.”





THE PLACE: The homeowners, who reside in Northern Virginia when they're not on the Shore, were referred to Brent Paquin of Paquin Design/Build by their real estate agent, who had spent more than a year touring with his clients throughout Talbot County, looking for just the right location.



EXECUTING THE PLAN: Paquin says the couple gravitated to a custom home plan that he happened to already have on the drafting table.

Paquin says he was impressed by the size and location of the lot that provided ample acreage and could potentially provide ideal views of the water from the back of the home. This was a particularly lucky find for the couple because it was an older, well-established community, and one that did not require the planting of trees that might otherwise obstruct the view of the creek.

“This community surrounds a golf course and it kind of sits out on the peninsula,” explains Paquin. “There are a lot of waterfront houses there, and some golf course frontage houses that have been around since the '70s.”

“When they explained to me what they were looking for, this plan lent itself to that and they liked it, we just made some tweaks to it.”

The result is a residence, with a waterfront view

of Porter Creek, built to provide just over 4,200 square-feet of living space, four bedrooms, and four-and-a-half baths. Paquin describes the style as a modern farmhouse look from the street, but with a more modern vibe for the rear exterior.

“The back of the house, the water side of the house, is all picture windows and casement windows. The street side of the house has double hung windows just to achieve the modern farmhouse look that we were going for.”

The process for the homeowners, they say, was seamless. “We liked the way Brent was open to working with clients, and he had several existing designs to start the process. His team on the site was outstanding, including their staff superintendent who was incredibly nice and had a keen attention to detail.”





MEANINGFUL MAIN LEVEL LIVING

The couple was also happy to take advantage of Paquin's suggestions for their exterior and his interior design team's take on the inner spaces that would come to mean so much to them.

"Brent presented a farmhouse-style home, and we loved it right away," the wife explains. "We definitely wanted a front porch and a screened-in-porch. We also wanted to have a bright, happy feel. Inside, the most important thing to us was to take advantage of our water views."

The homeowners say that they also prize their vaulted ceiling on the main level that is open to the upper-level recreation area and designed with massive windows, a space they would use to accommodate a pool table and television. They love that the layout allows the kids and guests to be upstairs playing pool, but still engaged with the action downstairs.



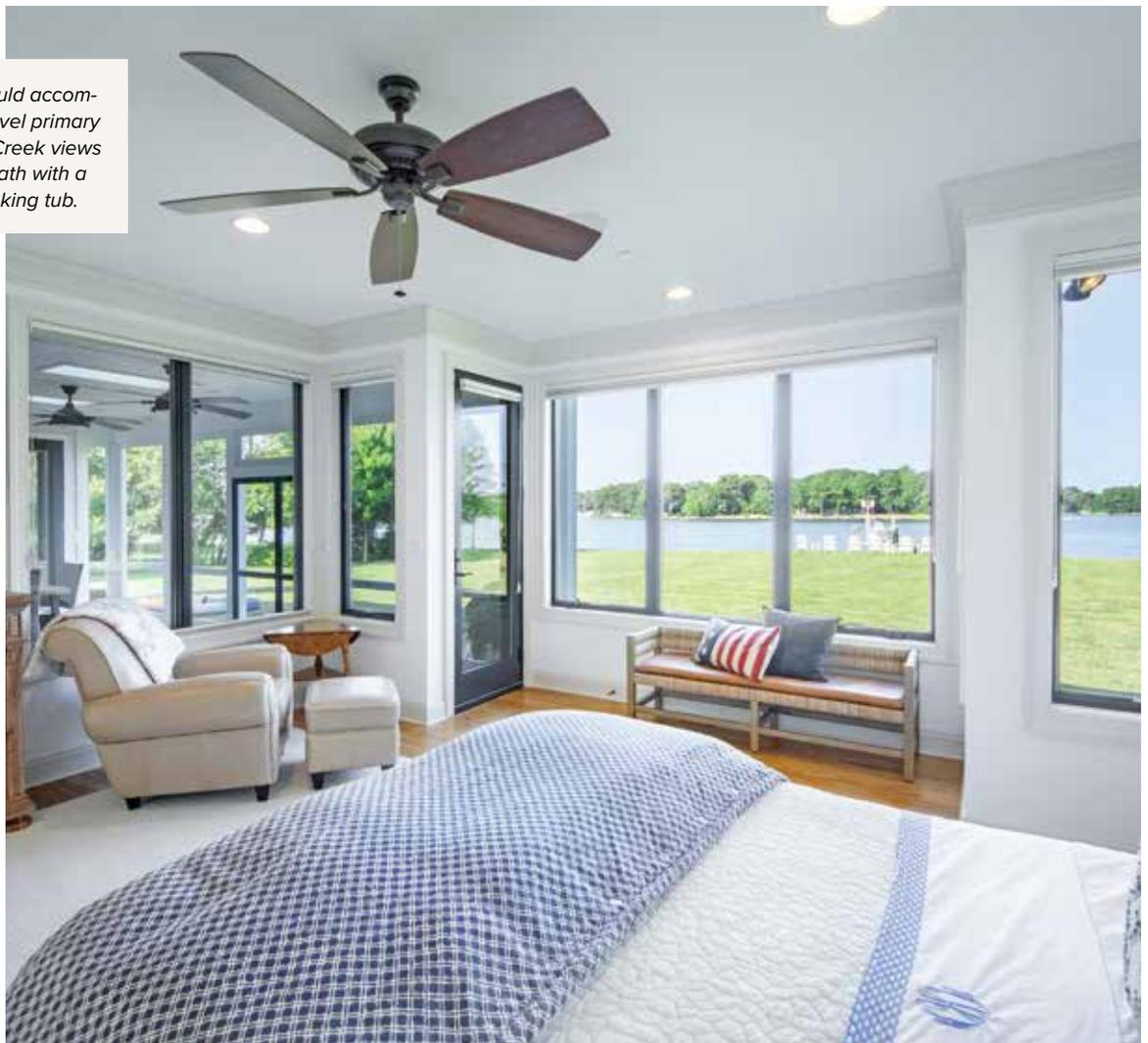
“Finally, we wanted as many guest rooms as possible, which is why we put two over the garage. Brent made it all happen.”

As far as the feel of the home, that all originated with one room in particular.

“The work in the kitchen was the launch for the design and feel for the whole house, as we carried the paint choices everywhere,” the wife says. “The other thing we knew we wanted were some great built-ins in the family room. The design team immediately suggested navy grass cloth for the back of the built-ins, the perfect touch to tie in with the navy island. Everything flowed from there—light selections, countertops, et cetera—all with a nautical theme wherever possible. The same is true for our tile and bathroom choices. It all just came together.”

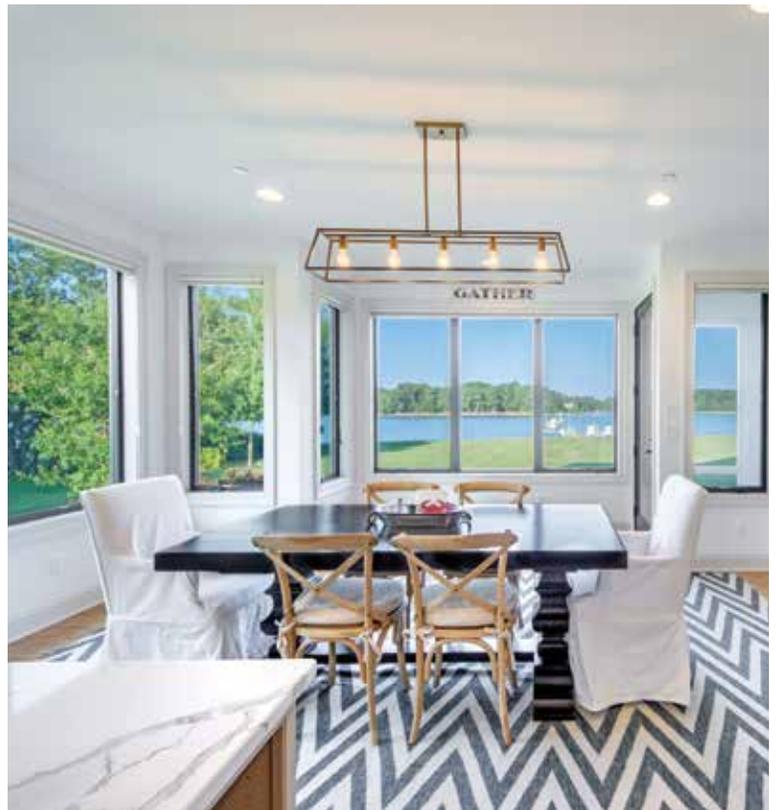


The floorplan would accommodate a main level primary suite with Porter Creek views and a primary bath with a sumptuous soaking tub.





Homeowners chose Eucalyptus Hardwoods in Natural Tupelo Honey from Ambient Flooring, Hinkley's "Amelia" mini pendants over the island, counter-tops of Calacatta Laza-Q-Stone, and a backsplash of Calacatta Cressa Honed Marble wall tile in the kitchen. Kitchen cabinetry sourced through Kitchen Creations, Easton.



The couple says they knew they wanted white walls with neutral paint for the trim work, an idea they said they had picked up from one of their stays at the Inn at Perry Cabin.

“We definitely wanted to mimic their gorgeous and sophisticated, yet serene, vibe. We also wanted a nautical feel—white with a khaki/taupe accent color and navy in strategic places, like the island in the kitchen. The design team helped us pick a perfect taupe for the kitchen cabinets that looked great with the navy island and a complimentary color for the trim work throughout the house.”

In terms of achieving those vacation home goals, especially when it came to choosing a location that would foster that sense of reconnection and relaxation that the whole family was striving for...

“We loved the feel of the place, and the vibe of the town. It provides the benefits of a maritime retreat without the craziness of the beaches, and a cute town that feels more like New England than the exploding commercialism of the beach boardwalk,” the wife says.

“Our blood pressure drops 20 points as soon as we cross the Bay Bridge.”



“Some of the design elements Brent added were amazing, such as the faux-wrapped beams that look like antique beams, a gorgeous modern wood and wire [cable] stair banister, and the barndoor shutters on the front of the house,” the wife says.



Image courtesy of homebuilding.com.uk

Dinner is Served...

BUT DO YOU REALLY NEED A DINING ROOM?

By Lisa J. Gotto

If you're like many homeowners, the next two months on the calendar are the ones you wait for all year long to justify that huge formal room off the kitchen that generally sits empty for the remaining 10 months of the year.

The frustration of having a room that you barely use but always have to clean has been a topic visited in interior design circles for decades and has been soundly addressed with the advent of the

open main level floor plan. For many families this way of using space just makes the most sense when it comes to entertaining for larger group events, building in more communal family time, and transitioning away from the traditional front of house formal living and dining room scenarios.

The only blip on the open-plan-radar materialized during the pandemic when families needed to use the same space for everything, every day, and we needed to get creative again about carving out smaller personal spaces within the open plan. Statistics do not, however, find homeowners choosing the open-plan option less post-pandemic, but it does make those with new home dreams more mindful about what open-plan living means now.



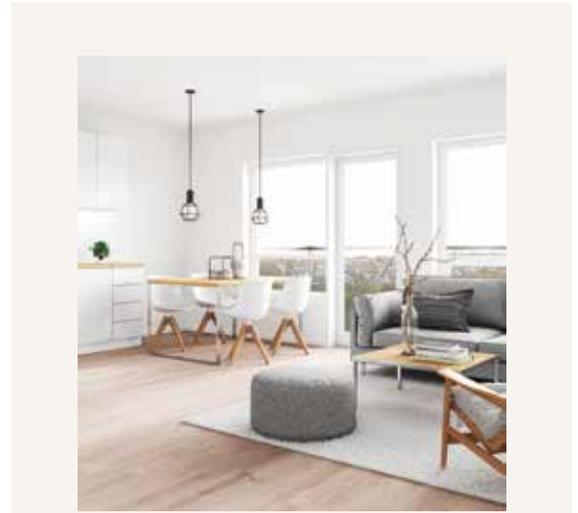
IF YOU ARE PLANNING A NEW HOME SCENARIO AND CONSIDERING YOUR OPTIONS, HERE ARE FOUR VERY IMPORTANT QUESTIONS TO ASK YOURSELF BEFORE YOU CONSIDER DITCHING YOUR FORMAL DINING ROOM:

WHAT IS MY COMFORT FACTOR WHEN IT COMES TO BEING LESS TRADITIONAL?

Not having a dedicated dining room will be noticed when those formal occasions crop up. If you're the type that is into making reservations over making dinner for special days, then you're probably a good candidate for 24/7 open plan living. Culturally, if you come from a familial background where breaking bread is the celebration, having that special space takes on greater meaning.



Image courtesy of megafurniture.sg



How important is my home's resale value to me?

Are you comfortable that future buyers may see your choice as a drawback, potentially affecting your home's resale value? Also, keep market preferences in mind. In some areas, formal dining rooms are highly valued.

How might noise, smells, and a lack of privacy affect the way my family lives in this space over time?

This, for many, is the largest concern homeowners have about open-plan living—the living with it everyday part. Noise from appliances, frying foods, and running faucets becomes common place, as do the aromas that will waft about into your living, dining, and studying spaces on a daily basis. The trade-off in exchange for the planned connectivity received is worth it for many, but this is something that will affect the overall ambiance and functionality of your primary living space, which happens to include your dining area.

AM I COMFORTABLE SEEING MY GUESTS USING THEIR LAPS AS A TABLE?

While the space in an open-plan scenario may seem bigger because it has less walls, also consider that it may not have the tabletop capacity that a formal dining room offers. And many times, the countertops are being used as buffet servers for special occasions.



Image courtesy of perigold.com

FLEX-PLAN SPACE

Not sure where you stand? If you already have a formal dining room that you feel is under-utilized most of the year, try using these tips to convert the space into something more flexible.

Start by assessing your room for square footage and determine if it is large enough to set up separate spaces within the larger room. You can visually divide and conquer by creating distinct zones within the room, and for example, set up a small home office in one corner with a desk and chair, while the main area remains open for dining. You can even use a stylish screen or bookshelf as a room divider to add character.

Choose versatile furnishings, like a convertible dining table that can fold down or expand, allowing the room to switch between dining and other functions. Add flexible seating that is lightweight and easy to move. Or consider adding bench or ottoman seating that doubles as a storage component. Manufacturers are more responsive than ever when it comes to providing options that strike that perfect balance between form and function.



Image courtesy of paradeofhomes.com



Image courtesy of modernpower.solutions.com

Use a pop-up or foldaway desk and a hidden charging station to outfit your flex space so it doesn't channel any basic office or media room vibes, and install smart lighting or a smart thermostat so you can easily adjust the environment to match with the activity type.



Counteract clutter with flow by ensuring the room's layout allows for easy movement between activities and arrange furniture mindfully so when it's time to switch the room's function, the tweaks are minimal and seamless.



Image courtesy of ballarddesigns.com



Add attractive storage solutions such as sideboards or buffets that can accommodate both house and office wares.

With some out-of-the box-thinking and clever execution, you just may just turn that often-underutilized room into something functional and fabulous for every month of the year!



AFTER



BEFORE

- ROOFING
- SIDING
- WINDOWS
- GUTTERS

What's Up? Winners
SINCE 2012



CALL FOR A FREE ESTIMATE!
410.981.9466
fichtnerexteriors.com

FICHTNER
HOME EXTERIORS
where beauty meets protection



Between the Leaves

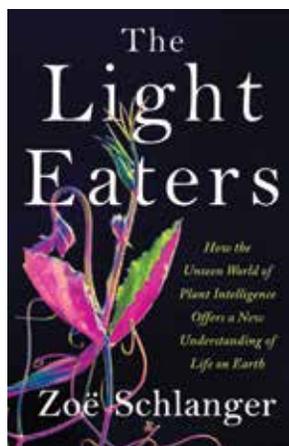
BOOKS TO GIVE AS GIFTS TO YOUR GARDENING FRIENDS... AFTER YOU'VE READ OR REREAD THEM YOURSELF

By Janice F. Booth

You've just checked off the last items on your gardening to-do list and stashed your gardening gloves and boots in the closet. Hurray! But, now what? Review that list of preparations for Thanksgiving? Write to family and friends you're inviting to holiday festivities?

Hold on. Before you get too far into organizing for the holidays, how about a *book break*? Let me share with you 12 books that will touch your gardener's heart and make perfect gifts for your friends who share your love of gardens and gardening.

I'll begin with the most recent publications and work back to some beloved classics in the gardening library.

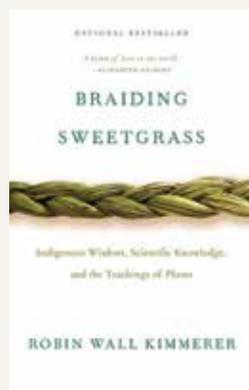
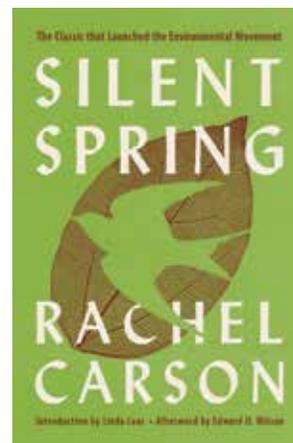


***The Light Eaters: How the Unseen World of Plant Intelligence Offers a New Understanding of Life On Earth* by Zoë Schlanger 2024**

What botanists have learned about plant life; just the facts! Schlanger is a journalist who spent five years gathering information on the discoveries and insights gained by botanists in the last decade. The book is packed with amazing explanations of how plants live and fight to survive. Because Schlanger is a journalist, her prose is elegant, clear, and sometimes amusing. Read it before you gift it! (I promise not to tell. Just avoid a coffee cup ring on the cover.)

***Silent Spring* by Rachel Carson 1962**

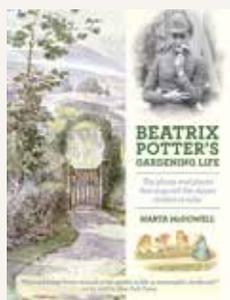
Reading this courageous book opened minds to environmentalism. As powerful today as it was in the 1960s, Carson's research and carefully documented account of our careless destruction of plant and animal life reignites our commitment to doing better, less harm and more respect for the natural world. This book exposed the destructiveness of DDT and led to the banning of certain pesticides. Her exposé began the environmental movement and changed the course of history.



***Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and Teachings of Plants* by Robin Wall Kimmerer 2020**

Where we humans stand in our relationship to Nature and our codependence. Wall Kimmerer is a botanist, an author, and a citizen of the Potawatomi Nation. This book, another beautiful read, focuses on the integral dependence of human beings and

plants. She shares ancient Potawatomi wisdom and explains how her ancestors applied their insights to feeding their people—planting and harvesting.



***Beatrix Potter's Gardening Life: The Plants and Places That Inspired the Classic Children's Tales* by Marta McDowell 2013**

A biography focused on Potter's love for gardens and all that inhabit them. McDowell divides the book into an initial biography, followed by a year in Beatrix Potter's garden, and concluding with how and where to visit these gardens—perfect gift for those lucky enough to be planning a trip to the British Isles.

***Onward and Upward in the Garden* by Katherine S. White 1958**

Amusing and timeless short essays on seed catalogues, gardeners, and anything else White chose to say about gardening. This is one of my favorite reads. White was a *New Yorker* magazine staff writer who wrote 14 columns on gardens, published in the late 1950s and early 1960s. An excellent bedside table book—such lovely prose to fall to sleep with.

***Sissinghurst: Vita Sackville-West, the Creation of a Garden* by Sarah Raven 2014**

Intriguing history of a British National Treasure as well as practical tips on gardens. Raven's amusing and carefully researched book on the beautiful house and gardens of a major figure in Britain's early 20th century world of letters, includes interesting photos and drawings.



***My Garden (Book)* by Jamaica Kincaid 1991**

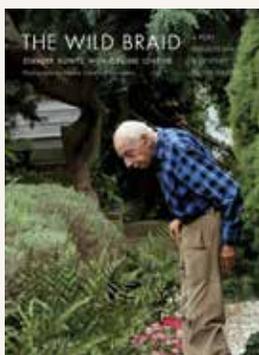
A personal recounting of Kincaid's deepening love of gardening and gardens. This popular novelist writes with easy grace of her garden in Vermont and recollections of her childhood gardens in Antigua. Lots of charming anecdotes about specific flowers, shrubs, and vegetable plants given to her by friends and what those plants brought to her life.

***The Well-Tempered Garden* by Christopher Lloyd 1971, revised & in paperback 2003**

Practical advice on gardening delivered with British wit and elegance. Lloyd was a renowned 20th century gardener. His designs were lush, cottage gardens filled with color and foliage. This is a great resource for practical tips and solutions to common garden problems.

***Plant Dreaming Deep: a Journal* by May Sarton 2014**

A deeply personal account of the transformation of a farmhouse and gardens. Sarton was an internationally recognized poet and novelist. Her connection with nature was personal and beautifully expressed. In this journal Sarton explains the gratifying and difficult work of refurbishing a derelict New England farmhouse and its gardens. This is one of her most popular works.



***The Wild Braid: A Poet Reflects On a Century in the Garden* by Stanley Kunitz 2005**

Poetry, reflections, and photos from a brilliant and passionate

poet-gardener. One of my favorite books, published just a year before his death at 100. Kunitz speaks elegantly about the braid of life, which is experienced by each of us who love gardening. The poems included are elegant, plain spoken, and wise.

***Planting: A New Perspective* by Piet Oudolf & Noel Kingsbury 1993**

An intriguing explanation of the "New Perennial Movement" in public and private gardens. If you've walked the High-Line Park or Battery Gardens in New York City, you've experienced Dutch garden designer Oudolf's vision of the garden. With clear prose and wonderful photos, this book explores the spare and architectural style Oudolf developed.

And while we're considering bedside books:

***The Gardener's Bed Book: Short and long pieces to be read in bed by those who love green growing things.* Edited by Richard Wright and taken from *House & Gardens Magazine* 1929**

365 short essays on wide-ranging topics of interest to anyone... and particularly to those of us who garden. This is definitely a book to read and then leave on the bedstand in your guestroom for others to enjoy. (Get a second copy to give as a hostess gift when you are a houseguest.)

Happy reading!



Severn Style & Splendor

By Lisa J. Gotto

With its prime location along the Severn River and just minutes from downtown Annapolis, this exquisite, custom-built home is concrete proof that you can have it all. Nestled within a small, private community on a mature, wooded lot, this home's unique layout and architectural details place it in a category all its own in terms of style and substance.

The gracious foyer is a visual prelude to what lies ahead with its sophisticated Georgian-style columns and entries to various parts of the home from this starting point. Just to the right, there's a congenial study/den, followed by the home's statement-making kitchen. Though this home was built in 1990, upgrades and improvements have been made regularly over the years, and are especially evident in the spacious, modern kitchen. Custom, white wood cabinetry is offset with a large, square center island of black wood cabinetry topped with a luscious, white stone. The island offers breakfast seating for three, and there's separate seating in the adjoining breakfast nook.

Primary Structure Built: 1990

Sold For: \$2,800,000

Original List Price: \$2,700,000

Bedrooms: 5

Baths: 5
Full, 1 Half

Living Space: 5,365 Sq. Ft.

Lot Size: 1.23 acres



Listing Agent: Trish Dunn, Long & Foster Fine Homes, 145 Main St., Annapolis, Md. 443-995-5375n, o. 410-263-3400n, trish.dunn@longandfoster.comn, longandfoster.com **Buyers' Agent:** Rowena DeLeonn, Coldwell Banker Realtyn, 4800 Montgomery Ln., Bethesda, Md. 240-423-2422n, o. 301-719-0010n, rowena.deleon@cbrealty.comn, coldwellbankerhomes.com



The main level of the home is also where the primary bedroom suite is located. This part of the residence serves as a private oasis with its own foyer and steps down into a glamorous bedroom with a soaring two-story ceiling, fireplace, and sliding glass doors that lead to a private, second-level deck overlooking the gorgeous pool and patio area.

The owners will enjoy a spa-like bath retreat with separate vanities, a modern, free-standing soaking tub, gorgeous glass shower surround, and high ceilings.

The gallery-like second level hallway opens to the home's four additional bedrooms, each with its own personality and most with an *en suite* bath.

The lower level is the home's total fun zone with its large rec room and full-serve bar with counter seating. This is also where you will find the home's theater room, sauna, workout room, and another full bath, creating a residence with every lifestyle aspect covered.



BEAUTIFUL LIVING SOLUTIONS

A large kitchen and dining area with a bar, white cabinets, and a view of a lake. The room has a high ceiling and a light-colored floor. The bar has four brown stools. The dining area has a round table and chairs. The kitchen has a white countertop and a sink. A large window provides a view of a lake and a house in the distance.

LUNDBERG BUILDERS, INC.
DESIGN • BUILD • REMODEL • MAINTAIN

314 Main Street | Stevensville, MD | 410-643-3334 | www.lundbergbuilders.com

PHOTO: PETER H. HARRIS

Traditional with Upgraded Twists

By Lisa J. Gotto

The core of this gorgeous, traditional-style home was built in 1945, but the structure has been expanded and expertly updated over the years to provide a residence of tradition with many upgraded twists. Located on a lush, mature lot just over an acre in size, the property boasts lovely views of, and community right of way to, the Severn River.

Primary Structure Built: 1945

Sold For: \$1,625,000

Bedrooms: 3

Baths: 2 Full, 1 Half

Living Space: 3,316 Sq. Ft.

Lot Size: 1.10 acres



The surrounding grounds of the home have been graciously maintained and landscaped with an air of sophistication and glamour with its manicured hedgerows and its pool-side hardscape. The front façade of the home has been enhanced with two large Palladian-style windows highlighted with elegant awnings.

This home's entry opens further on either side with two charming sets of glass doors with decorative side panel windows. To the right, the home opens to a large formal living room with nostalgic wide-plank pine floors, a coffered ceiling, and the first of those two Palladian windows, that flood the space with light. The L-shaped floorplan of the room is accented with a wood-burning fireplace and lovely built-ins. An extension of the living room on one side leads to a bright and charming sunroom overlooking the grounds of the property's garden landscape.

The living room on the opposite side leads to a large, charming kitchen with rustic tile floors and the convenience of an open plan to a large, but cozy family room. The kitchen has been up-



Listing Agent: Jean Andrews, Long & Foster Real Estate, Severna Park, 541 Baltimore Annapolis Blvd., Severna Park, m. 410-507-9968, o. 410-544-4000, jeanandchristine@inf.com, longandfoster.com **Buyers' Agent:** David Orso, Berkshire Hathaway Home Services | Pen Fed Realty, 8 Evergreen Rd., Severna Park, m. 443-691-0838, o. 443-372-7171, david@davidorso.com, davidorso.com





dated to include matching countertop and sideboard topped with rich, neutral granite, stainless steel appliances, and an upcycled center island that seats six.

The family room has two walls of custom built-ins, a wood-burning stove, and access to the home's back and side deck. The kitchen opens toward the front of the house to a stunning formal dining room with hardwood floors and the second Palladian-style window

The pine hardwood floors flow upstairs to the residence's primary suite with its tranquil water views, walk-in closet, and large primary bath. This room sports rustic, green ceramic tiles, a free-standing clawfoot tub, and a roomy, tile shower.

There are two additional bedrooms that share the third bath in the house. One of the bedrooms is large enough to serve as a multi-guest bunk room and features wonderful water views.



Discover a wide selection of quality flooring options at our studio, from hardwood to tile and carpet.

Our knowledgeable designers provide expert advice, ensuring you find the perfect fit for your space!



Visit our newly expanded showroom!



f 302 Harry S Truman Pkwy • Suites A-C • Annapolis MD 21401
@ cst-studio.com | Tile - 410-224-0700 | Flooring - 410-268-4848





ANNAPOLIS OPERA
2024
2025
SEASON



VOICES OF OUR TIME
 THE DENYCE GRAVES FOUNDATION
 11.17.24

TROUBLE IN TAHITI
 1.17.25 & 1.19.25

LITTLE RED'S MOST UNUSUAL DAY
A Children's Opera
 02.08.25

LA TRAVIATA
 03.14.25 & 03.16.25

37TH ANNUAL
VOCAL COMPETITION
 04.13.25

ANNAPOLISOPERA.ORG



NANCY HAMMOND EDITIONS



VARIATIONS ON A HERON BY NANCY HAMMOND
 SIGNED AND NUMBERED LIMITED EDITION GICLEE, 33" X 48"
 SIGNED ARTIST PROOF, 40" X 60"

416 6TH ST, ANNAPOLIS, MD 21403 · 410-295-6612 · WWW.NANCYHAMMONDEDITIONS.COM

Health & Beauty

110 TEMP CHECK

112 COLOSTRUM IS TRENDY, BUT SHOULD YOU TRUST IT?

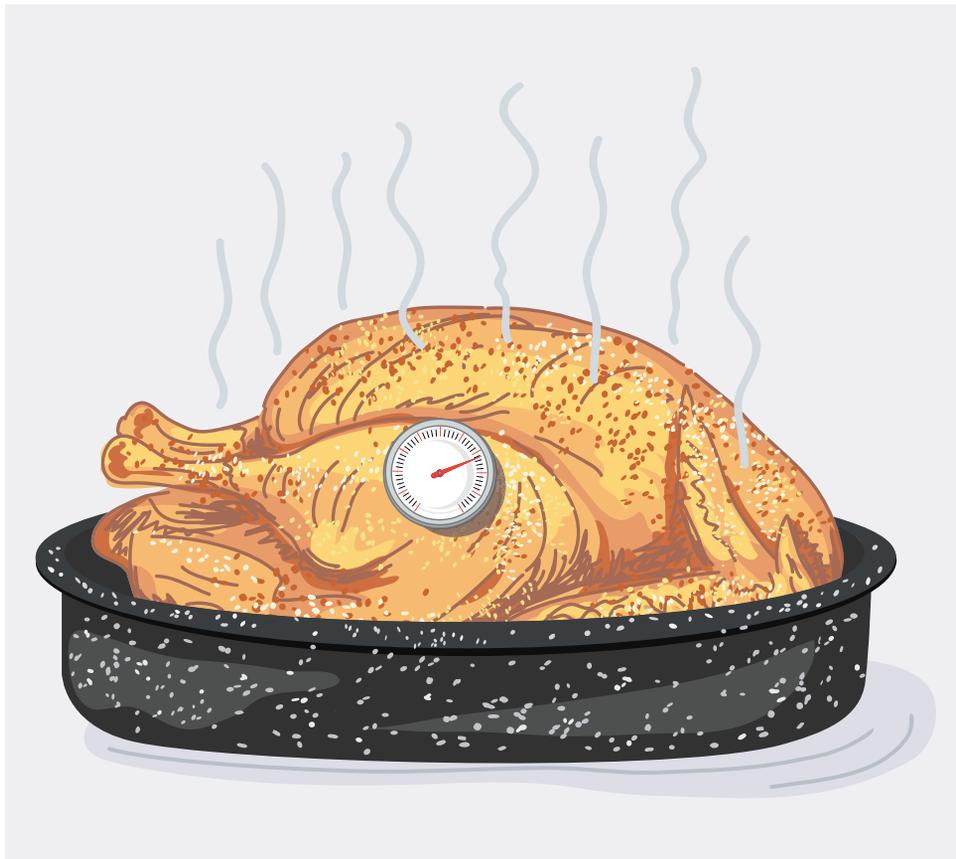
114 7 BIG SKINCARE MISTAKES

115 VIRTUAL REALITY THERAPY (VRT)?

**Why Black
Is Always A
Safe Fashion
Choice**

PG. 111





The safest way to know that your Thanksgiving turkey or any other meat is safely cooked? A meat thermometer. The USDA encourages the use of food thermometer to ensure that all food is cooked to a safe internal temperature that kills all bacteria:

- ◆ Poultry (e.g. turkey): 165F
- ◆ Beef, pork, veal, lamb: 145F
- ◆ Ground meat: 160F
- ◆ Fish: 145F
- ◆ Eggs: 160F

Temp Check

A QUICK STEP-BY-STEP GUIDE TO A MEAT THERMOMETER (AND WHY IT MATTERS)

By Dylan Roche

Nothing says, “Happy Thanksgiving” quite like under- or overcooked turkey. But if you’re cooking this year’s bird based on visual or physical cues like color and texture, you might be taking a risk. The Centers for Disease Control and Prevention says about 1 in 6 people suffer food poisoning from undercooked meat or poultry every year.

So, if you’re resolving to bust out the meat thermometer for this year’s Thanksgiving dinner, here’s what you should do:

DETERMINE THE TYPE OF FOOD THERMOMETER YOU WANT TO USE. Some instant-read thermometers require you to first remove the food from the oven and insert it to get a read in between 10 to 20 seconds. But you can also use an oven-safe thermometer that goes into the meat before you put it in the oven, and you can then read the temperature via a monitor outside the oven without ever opening up the door. SMART thermometers will even send the temp directly to your phone.

MAKE SURE YOU’RE INSERTING THE THERMOMETER PROPERLY. The thermometer should go into the thickest part of the meat. In the case of your Thanksgiving turkey, that would be the breast. Be careful to avoid letting the thermometer touch non-meat parts, such as bone, fat, gristle, or the pan, because these will affect the temp reading. Remember, it’s the meat you need to check.

KEEP THE THERMOMETER CLEAN. If you’re using an instant-read thermometer, you might find that the food needs to go back in the oven. Or maybe you’re using the same thermometer to check different foods. Be sure to clean the thermometer between uses to avoid cross contamination. And of course, when you’re done, clean it before you put it away. Use warm, soapy water to wash it off, just like you would with any other kitchen utensil.

Count on a meat thermometer to ensure any meal is a safe, healthy one!

Why Black Is Always A Safe Fashion Choice For Any Occasion

By Dylan Roche

Your fall and winter schedule can fill up quickly—it seems as if every week has a party, a gathering with friends, a networking mixer, or some other kind of event you're planning to attend. Who has time to be stressing out over what to wear? It's why so many people count on black as their all-occasion, dress-it-up or dress-it-down choice that minimizes a lot of overthinking.

DON'T THINK OF BLACK AS SOMETHING FOR FUNERALS OR OVERLY FORMAL OCCASIONS. BLACK CAN BE THE PERFECT STYLE CHOICE ANY TIME, AND HERE ARE FOUR REASONS WHY:

1. BLACK IS TIMELESS. It seems as if there's always a hot color of the season, but these trends come and go. Black, on the other hand, never goes out of style, and it works well whether you're trying to be traditional or trendy. It's why most women own a black dress and most men own a black suit—these outfits are straightforward and will often last for decades.

2. BLACK GOES WITH EVERYTHING—AND IS EASIER TO ACCESSORIZE. When you wear black, you never have to worry about whether it matches. Black clothes pair with other black clothes, and they work equally well with colors. Fashion sensibilities of the past discouraged trying to match black with brown or navy, but that's not the case anymore. Black isn't ostentatious, but it's still stately enough that you'll stand out in a crowd when you wear it.

3. BLACK HELPS YOU FEEL CONFIDENT. When you wear too many colors or patterns, it's easy to get overstimulated, even by our own outfits. Black tends to mellow out our emotions—many people who wear black say it helps them feel grounded. Plus, black communicates a sense of sophistication and authority, which is one of the reasons it works well not only at parties but also in professional environments.

4. BLACK FLATTERS EVERYONE. There are plenty of colors that don't work for everyone. Not the case with black—it tends to look good with all complexions, on all body types, and for any age or gender.



TIPS FOR WEARING BLACK

Still not feeling totally confident about wearing black? Here are tips for a great look:

1. Vary your fabrics and textures so your all-black ensemble isn't too much of the same.
2. Add at least one statement accessory or element of color to every outfit, which will pop against the rest of your black attire.
3. Dress in layers, which, like texture, will add an element of interest and variety.
4. Make sure your black clothes are well taken care of and unfaded by washing them with gentle detergents in cold water.



Colostrum is Trendy, But Should You Trust It?

By Dylan Roche

Think about a newborn baby—they need a lot of nutrition in the first few days of life. It’s when their immune system is adapting to a world outside the womb and their small bodies are gaining strength and size almost immediately. So, what if grown adults could benefit from the same kind of powerful nutrition that benefits newborn babies?

That’s the idea behind the latest health trend of supplemental colostrum. All lactating mammals naturally produce a type of milk called **colostrum** in the days after giving birth. It’s rich in protein, antioxidants, antibodies, and other compounds that a newborn baby needs. By taking supplemental

SPECIFICALLY, HERE’S WHAT’S FOUND IN COLOSTRUM:

- ◆ **Protein:** One of the three major macronutrients (the other two being fats and carbohydrates), this nutrient is known for building muscle in your body.
- ◆ **Essential fatty acids:** These are fatty acids your body can’t produce by itself, and they aid in hormone production and the development of important systems, such as your nervous system.
- ◆ **Antibodies and immunoglobins:** These help your body fight off infection and neutralize harmful bacteria and viruses.
- ◆ **Essential nutrients:** Vitamin A, magnesium, copper, and zinc all aid in boosting essential bodily systems—your nervous system, cardiovascular system, and immune system. They also aid in growth and development at the cellular level.

colostrum made from cow milk, health-conscious consumers are seeking to benefit from these nutrients in a big way.

Because of these nutrients, colostrum was described in a June 2021 study in the peer-reviewed journal *Frontiers* as compositionally distinct from mature milk and offering a “wealth of potentially bioactive molecules.” That’s important because the same benefits of these bioactive molecules might be beneficial beyond neonatal development, the study explains. They might actually be nutritionally beneficial throughout an entire lifespan, even after physical maturity.

This is an example of early research that supports the idea colostrum supplements could be beneficial for adults, but many health experts emphasize there’s still more support needed. As colostrum gains visibility in wellness circles, more research institutes, as well as government agencies like the National Institutes of Health, want to explore what the science says about the effectiveness and safety of colostrum (specifically, bovine colostrum) in adult humans.

WHAT THE WELLNESS INFLUENCERS ARE SAYING

The research may certainly be mixed, but plenty of people swear by colostrum. So, what should you expect if you decide to try it?

Most supplemental colostrum comes in the form of powder that you can mix into a drink or food, though there are pill/capsule options on the market. These supplements are made from bovine colostrum—in other words, cow's milk—primarily because the nutritional needs of a calf and a human infant are similar, so bovine colostrum is nutritionally similar to human colostrum.

Because newborn mammals are physiologically vulnerable, these nutrients could help adults who have similar vulnerabilities. For example, if you suffer from Crohn's disease or chronic diarrhea, the immunoglobins that strengthen a young digestive system could help strengthen your own digestive system and help you better absorb nutrients from food.



If your immune system is weakened by chemotherapy, the antibodies could help ward off infection. People who supplement with colostrum often claim they have:

- ◆ better digestive health
- ◆ a stronger immune system
- ◆ improved recovery from exercise

For these reasons, colostrum has become as embraced by athletes as it is by people with chronic illness. Intense physical activity over an extended period of time can reduce immune function, and some high-level athletes swear by colostrum to avoid getting sick during times of especially intense training. The growth factors in colostrum, which promote tissue repair and muscle growth, mean you could potentially see not only faster recovery but also enhanced muscle growth after recovery.

A HEALTHY DOSE OF SKEPTICISM

Even with the early research indicating potential benefits, it's important to remember that a colostrum supplement is exactly that: a supplement. As such, it's not regulated by the Food & Drug Administration the way medicine is, and there's no guarantee that it will fulfill any claims you read on the label.

Many variables could even affect the quality of the colostrum, including: How healthy is the cow that produced the colostrum? How long after the cow gave birth was the colostrum taken? What is the length of time between the cow's pregnancies? What kind of environment does the cow live in and what kind of diet is it fed?

These and other factors can affect the quality of the colostrum and how dense in nutrients it is.

Plus, many people may not be a good fit for taking colostrum. It contains trace amounts of estrogen, and people who are sensitive to hormones—especially those battling cancer—may need to avoid even minimal estrogen. Somebody who is intolerant of dairy won't tolerate colostrum very well, and even other digestive issues, which some consumers claim colostrum can help, will be exacerbated by large doses. And because colostrum boosts immune function, it could be detrimental to patients who are taking immunosuppressant drugs.

YOUR BEST SOLUTION?

MD Anderson Cancer Center suggests skipping colostrum supplements and focusing on a varied, nutrient-dense diet. When you get everything you need from vegetables, fruit, whole grains, dairy, and lean protein, you don't need to worry about supplements. Plus, your body has a better ability to absorb nutrients from whole foods than it does from processed supplements.

If you're inclined to follow the trend and see why many people swear by it, start by talking to your doctor to determine whether it's safe. Look for a supplement that's made from grass-fed cow's milk and processed without high heat, which has the potential to denature the immunoglobins and reduce immunity-boosting effects. Powdered colostrum often has a higher bioavailability than colostrum in capsule form.

So even though supplemental colostrum might seem like the golden calf of health boosts and nutritional miracles, just remember that it's never a bad idea to be a little bit skeptical about anything that seems too good to be true.

7 Big Skincare Mistakes

YOU MIGHT BE MAKING

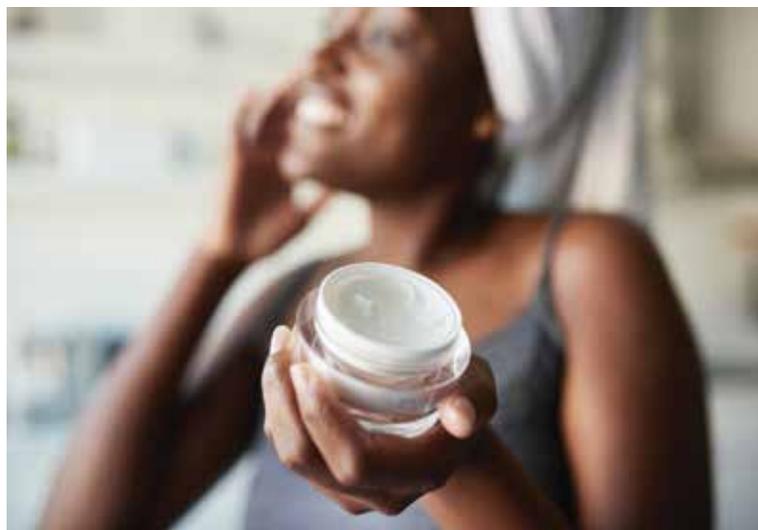
By Dylan Roche

Taking good care of your skin becomes a habit you prioritize more and more as you get older—but how many of us are actually doing it properly? Some skincare mistakes are so commonplace and normalized that a few of us could be forgiven for not realizing these are mistakes.

SO, IF YOU WANT TO KEEP YOUR SKIN HEALTHY AND LOOKING ITS BEST (AND WHO DOESN'T?), Dermatologists remind you to avoid making these mistakes:

1. SKIPPING SUNSCREEN. The first step to healthy skin is all about being preventative. Applying sunscreen every day, even when it's cold and cloudy outside, protects your skin from harmful rays that cause premature aging and skin cancer. Use a minimum of SPF 30 and reapply if you're spending prolonged time in the sun.

2. BEING INCONSISTENT. Most people don't stick with a skincare routine long enough to actually see the results they want. In order for your skincare routine to benefit you, stick with the same products and follow the same steps every morning and evening. You need about two months of consistency to see significant difference.



3. NOT UNDERSTANDING YOUR SKIN TYPE. Not everyone has the same skin type, so it only makes sense that not everyone is going to need the same products. If you have oily skin, you wouldn't want to use a product that's targeted for dry skin, and vice versa. If you don't know what type of skin you have and which products you should be using (or avoiding), talk to your dermatologist.

4. OVERCLEANING. Cleaning your skin twice a day is important, but doing it more often or using cleansers that are too harsh can leave your face dry, red, or burnt. It might even compensate for the dryness by producing more oil. It's best to avoid alcohol-based cleansers and limit any exfoliating washes to twice per week. Make sure you're applying moisturizer after every wash to avoid dryness.

5. APPLYING PRODUCTS IN THE RIGHT ORDER. When you're applying skincare products, the order matters. Moisturizing creams are designed to create a barrier over your skin, locking in moisture. That means they can also keep products out. So, if you're applying eye cream or serum after your moisturizer, they won't be absorbed by your skin the way they need to be. In general, go from lightest to heaviest when applying products.

6. USING TOO MUCH OF A PRODUCT. More isn't always better. Too much moisturizer or serum can overload your skin, sometimes even causing breakouts. Stick to a pea-sized amount or refer to the instructions on the package.

7. NOT WASHING OFF MAKEUP BEFORE BED. Too many women fall asleep with a full face of makeup on. Leaving makeup on overnight can clog pores and even prematurely age your skin. Even if you're tired and looking to get to sleep as quickly as possible, take a few minutes to wash your face at the end of the day.



Virtual Reality Therapy (VRT)?

**YES, IT'S REAL—
AND EFFECTIVE!**

By Dylan Roche

Virtual reality technology is to the point now where it's possible to step into a highly realistic computer-generated world. So, what if you could use that computer simulation to face your biggest fears or find refuge in a calmer environment. That's the idea behind virtual reality therapy, an increasingly popular option for psychotherapists who want to help their patients overcome trauma and gain confidence.

Just as you would if you were using virtual reality to play a game, virtual reality therapy involves wearing a headset that covers your head and gives you a 3-D view of a computer simulation where you can look up, down, left, and right, undistracted by the environment outside of the headset, which you can't see.

These simulated realities offer a huge opportunity for therapists to create specific environments that can help their patients in healing and recovery. It may sound strange or surprising to someone who has never experienced virtual reality before—after all, how can a fake world help that much? Here's what you should know:

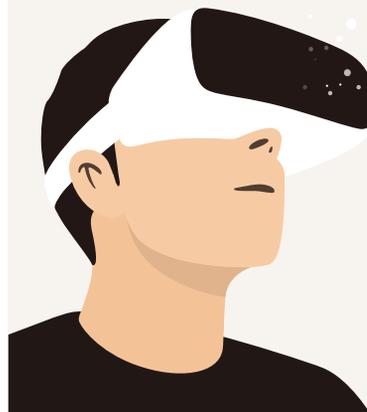
1 It's not the virtual reality itself that's therapeutic. Instead, a therapist is able to create specific experiences that aid in cognitive behavioral therapy, in which a patient is able to identify unhelpful thoughts and strive for positive reactions.

2 Virtual reality can make therapy sessions more efficient because a therapist can put a patient in an otherwise triggering situation that they are now able to experience in a controlled environment. For example, if a patient has experienced trauma that makes them afraid of crowds, virtual reality can simulate a realistic experience of standing in a huge crowd of people with sights and sounds.

3 Patients can apply coping skills in real time with a therapist's guidance, particularly if they need to try multiple times through repeated exposure. In typical talk therapy, a patient must imagine these scenarios, which is not as immersive, or wait until they experience them in real life, which can feel less safe.

4 It's not just about creating negative experiences so patients can overcome them. Virtual reality can also create calming, peaceful experiences—such as a tranquil beach or a peaceful field—that helps patients relax.

5 Some patients use virtual reality for virtual therapy sessions from home, finding that being immersed in a simulated environment feels much more personal than sitting on a video call. Some patients will even use avatars to maintain anonymity, which can help them open up more easily.



6 Studies show that virtual reality can be an effective addition to therapeutic treatment. Research published in *JMIR Mental Health* in May 2023 showed virtual reality offers an alternative for people with social anxiety or depression who can't do in-person sessions.



The holidays are near!

Our private waterfront dining rooms are perfect for hosting your special event.

Call us today for arrangements.



410 Severn Avenue
Eastport
410.263.8102
carrollscreek.com

Carroll's Creek Cafe
A Waterfront Dining Experience

WATERFRONT BANQUET SPACE AMPLE ON-SITE PARKING WATER TAXI STOP HAPPY HOUR

From **Authentic Mexican Dishes** to **Traditional Spanish Tapas**

Happy Hour
Sunday thru Thursday 4-6
Friday and Saturday 3-5
Bar Only

Lunch
Mon-Sat 11:30am-2:30pm

Dinner
Tues-Sat 4-10 Mon & Sun 4-9

JALAPEÑOS
Authentic Spanish & Mexican Cuisine

85 Forest Plaza
410-266-7580

BEST OF ANNAPOLIS 2024

Crab Cakes Make Great Gifts!

www.goldbelly.com/boatyard-bar-and-grill



Stocking stuffers, hats, tees, hoodies, dog gifts. Gift cards, too!

Fresh Seafood Specials & Oyster Daily
Happy Hour M-Th • Party platters
Weekend brunch



Boatyard
Bar & Grill

400 Fourth St Annapolis, MD
boatyardbarandgrill.com • 410-216-6206

Committed to: Great Crabcakes • A Healthier Bay
Sailing Fast • Fishing with Friends • Happy Kids

IN CRUST WE TRUST

Our pizza is handmade with fresh, natural ingredients. From our hearty Woodcutter to our vegetarian Harvest to our Italian-inspired Bianca Con Salsiccia, our pizza oven is where the magic happens. Bubbly hot with a Neapolitan crust - it's pizza that wins hearts.

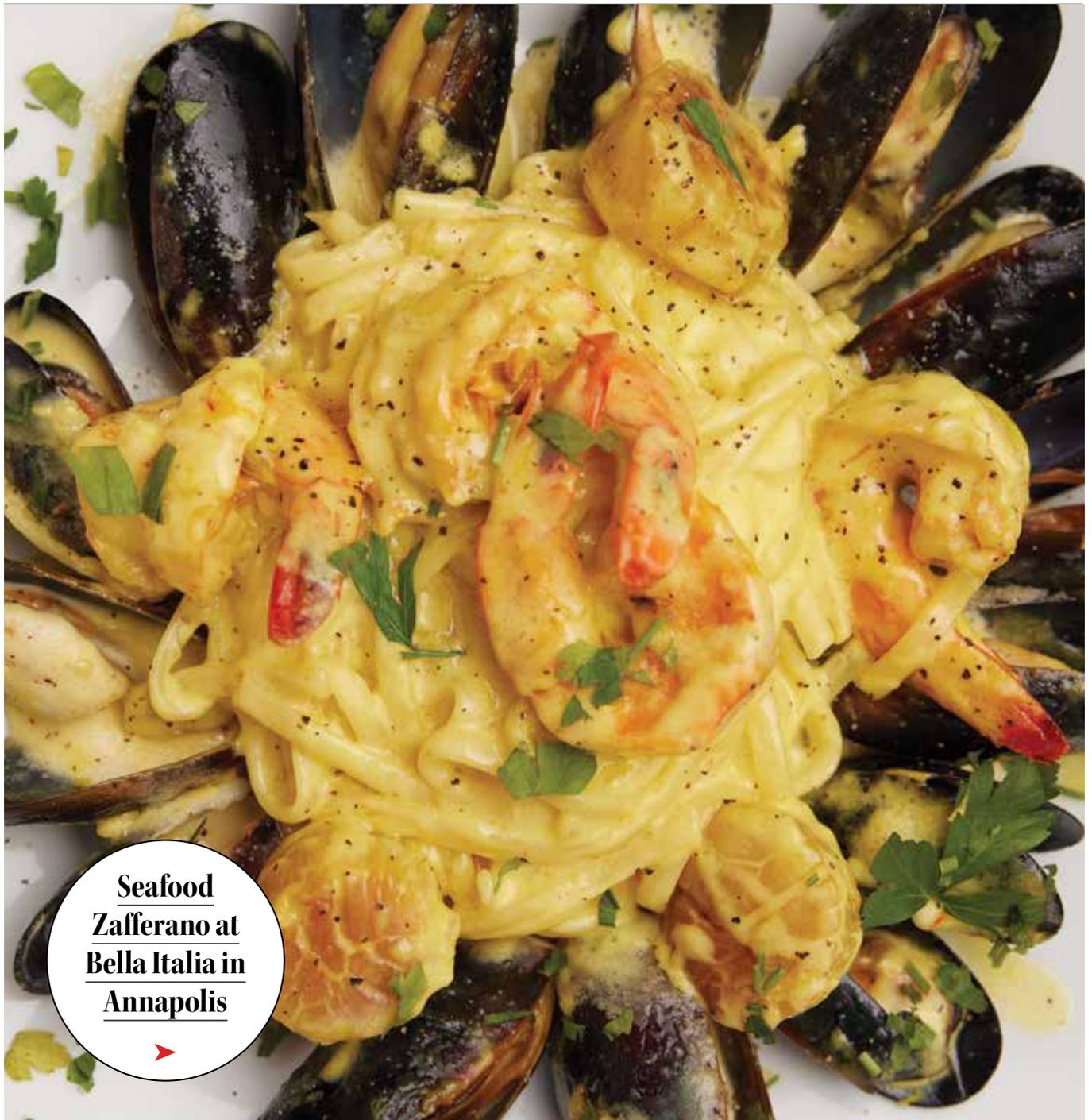


Food & Dining

118 GO-TO GOURMET ITALIAN CUISINE

120 READERS' RESTAURANT REVIEWS

122 READERS' DINING GUIDE



**Seafood
Zafferano at
Bella Italia in
Annapolis**



Go-to Gourmet Italian Cuisine

By Mark Croatti

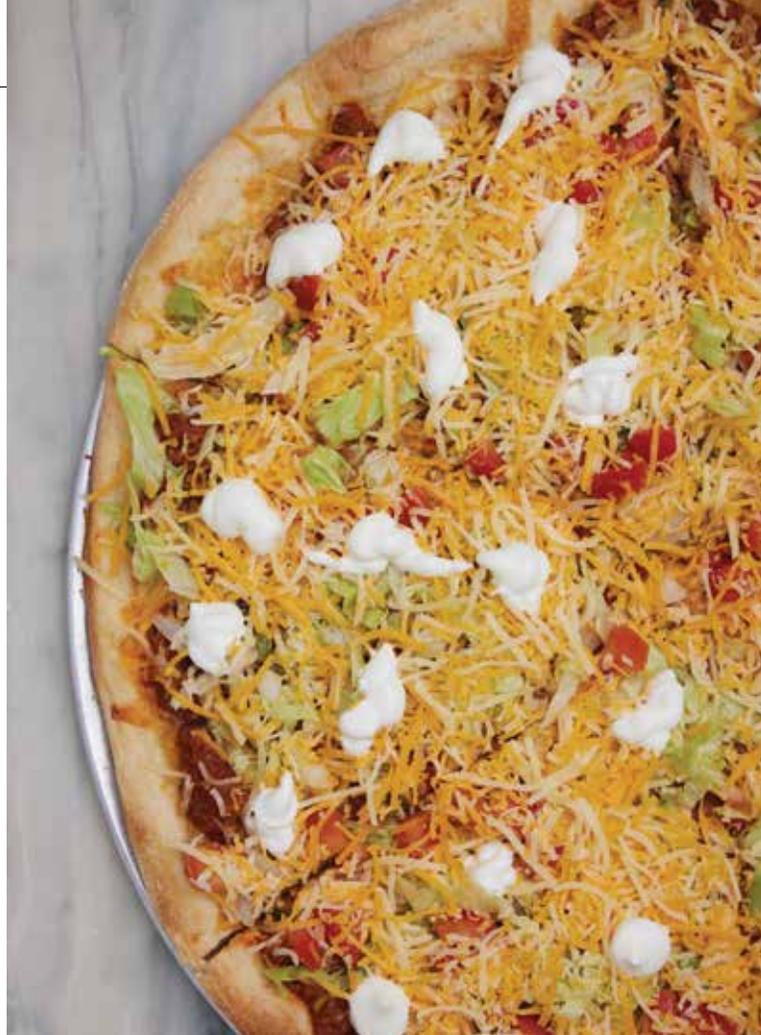
While a new, exciting culinary scene in West Annapolis has caught the attention of “foodies” far and wide, a familiar eatery since 2003 is Bella Italia, nestled inside the Graul’s Market complex, across the street from Navy-Marine Corps Memorial Stadium. Bella Italia is well-known locally for their 16 different mouth-watering pizzas on either New York-style thin crust or Sicilian-style thick crust. They showcase creative blends of cheeses, meats, and toppings expertly assembled into visually captivating pies ranging from the Capricciosa to the Mediterranean Delight, available whole or by the slice.

However, there’s much more to Bella Italia than pizza, sandwiches, and specialty subs; their talented chefs have crafted an impressive 45 intriguing entrees categorized among three seductive listings: Pasta Lovers, Chicken & Veal, and Seafood Specialties. Many of these are sold as complete takeout dinners with house salad and toasted bread. On a warm Saturday evening following a recent Naval Academy football game, my family stopped in for what turned out to be a delicious and satisfying sit-down meal.

Beyond a door that displays a handwritten sign with today’s specials, a tall stack of detailed menus with photos leads to spacious, two-tiered dining area divided in half by a short, room-length wall and engulfed by the aroma of baking pizzas. Seven bottled wines next to the register stare out from behind a glass partition. We sat ourselves at an upper, corner booth that offered more privacy and began reading over the colorful menu.

Bella Italia is set up as an easy, order-and-pay-at-the-counter operation. Once we picked out the items we wanted, we went back up front to pay for them and pour our own beverages at the adjacent soda fountain while the food was expedi-

**HOWEVER,
THERE’S MUCH
MORE TO
BELLA ITALIA
THAN PIZZA.**



BELLA ITALIA

609 Taylor Avenue, Annapolis; 410-216-6061; bellaitaliamd.com

tiously cooked to perfection. Within minutes, an appetizer of Wild Mushroom Ravioli promptly appeared—a dazzling collection of thick, circular, doughy morsels smothered in tangy mushrooms and lathered in a light brown, marvelously thick and flavorful spiced alfredo sauce. There were plenty of raviolis on the plate, but they vanished practically by the time they caught our gaze.

Soon, our children’s choices arrived in unison. My eight-year-old son excitedly watched a slice of Taco Pizza placed before him, with its collective layers of ground beef, yellow cheddar cheese, chopped tomatoes, shredded lettuce, and dollops of sour cream. It tasted like a crisp, fresh taco resting on a buttery, flaky crust—a unique Mexican/Italian collaboration. His five-year-old younger brother couldn’t wait to dig into his slice of Tomato, Bacon, and Ranch Pizza—diced tomatoes piled on top of lean, smoky, crunchy bacon and complemented by a warm ranch dressing perfectly swirled into the thick Mozzarella cheese. The boys also shared the Spaghetti with Meatballs from the children’s menu as a side pasta dish—a plentiful helping of linguini buried in a rich, red tomato stew accompanied by a big, (lightly) spicy meatball.

Torn between the endless options, I finally chose the hearty Chicken Contandina featuring two burly, oval-shaped filets—flaky and exceedingly moist—showered with a bounty of garden vegetables that included: tasty, sauteed mushrooms; roasted red peppers; zesty artichoke hearts; steamed broccoli; and cooked spinach. It was all perched high on a bed of spaghetti and immersed in a light, dark orange marinara broth that is also absorbed into the noodles.

If pasta with a sizable helping of healthy veggies is desirable—for an adult or child—this is an ideal choice. My wife decided on the Seafood Zafferano, boasting a generous serving of ocean favorites: plump, shelled mussels; chewy, jumbo shrimp exploding with flavor; and meaty, buttery, melt-in-your-mouth scallops. They all swam in a yellow, velvety, scrumptious saffron sauce comprised of finely minced shallots, dry white wine, and heavy cream that enhanced the flavor of the ingredients while skillfully also allowing the distinctive tastes of the many components to be separately recognized and savored.



She and I also shared the Penne alla Vodka as a side pasta dish; a heaping pile of pasta tubes under an avalanche of those amazing mushrooms and rectangular pieces of both ham and smoked, melted mozzarella. All fused together with a bright orange, silky, vodka rosé sauce beneath a sprinkling of parsley.

Members of Bella Italia's attentive staff brought over a basket of hot triangular, garlic-seasoned "plain bread" for soaking up the succulent sauces from each exceptional course. Their team did everything possible to ensure that we had a wonderful overall experience, frequently bringing over extra napkins, bread, and side plates.

For dessert, an array of enticing selections, including Carrot Cake and Cannoli, are arranged inside a refrigerated display. Desserts are made daily and delivered from a nearby bakery. The boys divided a towering Oreo Cake—multiple rows of chocolate and crème frosting crowned by crushed Oreos—while my wife and I devoured, from opposite ends, an inviting cube of espresso-soaked tiramisu, dusted with cocoa.

We were so happy to be treated to a magnificent night out after the football game and still get the kids home in time for bed. For a delectable family dinner that is also economical and well-paced, yet incredibly relaxing, it's hard to beat Bella Italia. It was simply the perfect ending to a most enjoyable day!

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' Restaurant Reviews

REAL DINING EXPERIENCES SHARED BY YOU, OUR READERS!

Submit your review for a chance to win a \$50 dining gift certificate by visiting [Whatsupmag.com](https://whatsupmag.com) and selecting the "Food & Dining" tab, then "Submit Your Dining Review." Or scan this QR code:



Congratulations to last month's winner, Linda B. of Edgewater, who submitted the following review:

"Chris's Grill is the best Greek restaurant in the area. I have had several dishes and the food is delicious. My favorites are gyros and pizzas. The employees are so nice and when I order carryout, the employees offer to carry to my car. Everyone greets you with a smile and the service is great. I have been going to Chris's since they opened in Annapolis and am so glad they are now in Edgewater!"

*"If you're looking for a restaurant where you can sit back and enjoy the beautiful outside ambiance under the gorgeous wood pergola... **Lures in Crownsville** is the place. Great fresh catches of the day and seasonal menus are both flavorful and hearty. The cream of crab soup is loaded with lump crab meat and is rich in flavor. Inside, you'll enjoy friendly service, great bar selections, and a nice wine list. Watch your favorite game or enjoy just chilling with your partner or friends in either of two inside eating spaces. Guaranteed to have something for everyone. Kid friendly and also a great spot for enjoying a casual night out. Their Sunday brunch is out of this world good as well. Favorite restaurant by far."* —**Terrie B. of Crownsville**



"Great Mexican food! Do not miss the birrias or the margaritas!" —**Darryl Hodge of Arnold with kind words for Senor's Chile in Arnold**

*"Shhh...don't tell anyone about **The Goat in Annapolis!** This little gem is tucked away, a block away from the hustle and bustle. A delightful eatery with a bar full of creative drinks and local beers. The menu always changing and full of surprises, many with a Latino spin. Food is always fresh and creative. The outdoor patio is pet friendly. The wait staff are attentive and helpful with food and drink suggestions. This is one of Annapolis' special places."* —**John F. of Annapolis**

Editor's Note: Our apologies John...the secret is out!

"First time diner at **Libations in Millersville** and I wish I would have come sooner. The staff was friendly, and the food was wonderful. I had and would recommend the short rib. I will be going back for the short rib grilled cheese." —**Rebecca C. of Severna Park**



RESTAURANT & WINE BAR

DELLA NOTTE

Since 1823

HAPPY HOUR

3:00 - 6:30PM • tuesday - friday
1:00 - 4:00PM • saturday

\$5 HOUSE WINES

Cabernet Sauvignon • Pinot Noir
Chardonnay • Pinot Grigio

\$3 Domestic Bottled Beer
\$1 Off Draft Beer
\$2 Off Well Drinks
\$2 Off Signature Cocktails

1374 Cape St Claire Rd • Annapolis, MD 21409 • 410-757-2919
www.dellanotterestaurant.com



FREE APPETIZER
with the purchase of an entree.
Offer expires 11/30/24





Thank you for voting *Senor Chile's* Best Wait Staff/Customer Service 

A true Authentic Mexican experience.




2134 Forest Drive | Annapolis, MD | 410.571.0500 | lindocancungrill.com

SEÑOR'S CHILE 

Join us for Happy Hour Edgewater 1-5 pm Arnold 2-6 pm 

Edgewater • 105 Mayo Rd. 410-216-2687
Arnold • 1264 Baydale Dr. 410-421-1010
Severna Park • 594 Benfield Rd 410-431-3000
Kent Island • 2142 Didonato Dr 410-204-9444





Toastique

GOURMET TOAST & JUICE BAR

Fall into Flavor with Toastique's Fall Specials!

Leaves are falling, and so are Toastique's fall flavors! Swing by and enjoy a seasonal treat - from our Pumpkin Spiced Smoothie, Pumpkin Spice Latte, Seasonal Cold-Pressed Juice, Hot Steel Cut Berry Oats and, Apple Spice Oats, and more!




214 Harker Place • Annapolis, MD 21401
(443) 430-0085
<https://toastique.com/annapolis>

@toastiqueannapolis @toastique



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.

Advertisers Listed in Red

Avg. Entrée Price
 \$ 0-14
 \$\$ 15-30
 \$\$\$ 31 and over

- Reservations
- Full bar
- Family Friendly
- Water View
- Outdoor Seating
- Live Music
- Grab and Go

Downtown Annapolis

49 West Coffeehouse, Wine Bar, and Galley
 49 West Street, Annapolis; 410-626-9796; 49westcoffeehouse.com \$ ●

Acme
 163 Main Street, Annapolis; 410-280-6486; acmegrill.com \$\$ ●

Acqua Al 2
 236 Main Street, Annapolis; 410-304-3424; acquaal2.com \$\$\$ ●●

Annapolis Ice Cream
 196 Main Street, Annapolis; 443-714-8674; annapolisicecream.com \$ ●●

Annapolis Market House
 25 Market Space, Annapolis; 443-949-0024; annapolis-markethouse.com \$\$ ●●

Armadillo's Bar and Grill
 132 Dock Street, Annapolis; 410-280-0028 \$\$ ●

The Big Cheese
 47 Randall Street, Annapolis; 410-263-6915; tbcsannapolis.com \$ ●

Buddy's Crabs & Ribs
 100 Main Street, Annapolis; 410-626-1100; buddysonline.com \$\$ ●●

Café Normandie
 185 Main Street, Annapolis; 410-263-3382; cafenormandie.com \$\$\$ ●●

Carpaccio Tuscan Kitchen & Wine Bar
 1 Park Place Suite 10, Annapolis; 410-268-6569; carpacciotuscankitchen.com \$\$ ●●●

Castle Bay Irish Pub
 913A Main Street, Annapolis; 410-626-0165; castlebayirishpub.com \$\$ ●●●

Chick & Ruth's
 165 Main Street, Annapolis; 410-269-6737; chickandruths.com \$\$ ●● Breakfast all day everyday

The Choptank
 110 Compromise Street; 443-808-1992; thechoptank-restaurant.com \$\$\$ ●●●●●

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

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

Dry 85
 193B Main Street, Annapolis; 443-214-5171; dry85.com \$\$ ●●

Eat Sprout
 100 State Circle, Annapolis; eatsprout.com \$ ●

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

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

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

Game On Bar + Arcade
 114 West Street, Annapolis; 410-885-4589; gameonbar-arcade.com \$ ●

The Goat
 137 Prince George Street; thegoatannapolis.com \$\$ ●●●

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

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

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

Joss Café & Sushi Bar
 195 Main Street, Annapolis; 410-263-4688; josssushi.com \$\$ ●

Latitude 38
 12 Dock Street, Annapolis; 667-204-2282; latitude38waterfront.com \$\$ ●●●●●

Lemongrass
 167 West Street, Annapolis; 410-280-0086; lemongrassannapolis.com \$\$ ●●●

Leo Annapolis
 212 West Street, Annapolis; 443-782-7549; leoannapolis.com \$\$ ●●

Level A Small Plates Lounge
69 West Street,
Annapolis; 410-268-0003; levelannapolis.com \$\$ ●●

Lighthouse Bistro
202 West Street,
Annapolis; 410-242-0922; lighthousebistro.org \$ ●●●

Luna Blu Ristorante Italiano
36 West Street,
Annapolis; 410-267-9950; lunablufanapolis.com \$\$ ●●

McGarvey's Saloon
8 Market Space,
Annapolis; 410-263-5700; mcgarveysannapolis.com \$\$ ●●●

Metropolitan Kitchen and Lounge
169 West Street,
Annapolis; 410-280-5160; metropolitanannapolis.com \$●●●

Middleton Tavern
2 Market Space,
Annapolis; 410-263-3323; middleton-tavern.com \$\$,●●

O'Brien's Oyster Bar & Seafood Tavern
113 Main Street,
Annapolis; 410-268-6288; obriensoysterbar.com \$\$ ●●●

Osteria 177
177 Main Street,
Annapolis; 410-267-7700; osteria177.com \$\$\$ ●●●

Parley Room
25 State Circle,
Annapolis; 443-837-6481; parleyroom.com \$\$ ●

Picante Cocina Mexicana
48 West Street; 443-775-5957; picanteannapolis.com \$ ●●

Potato Valley Café
47 State Circle,
Annapolis; 410-267-0902; potatovalleycfe.net \$ ●

Preserve
164 Main Street,
Annapolis; 443-598-6920; preserve-eats.com \$\$ ●●●●

Pusser's Caribbean Grille
80 Compromise Street,
Annapolis; 410-626-0004; pussersannapolis.com \$\$\$ ●●●●

Ram's Head Tavern
33 West Street,
Annapolis; 410-268-4545; rams-headtavern.com \$●●●●

Red Red Wine Bar
189B Main Street,
Annapolis; 410-990-1144; redredwinebar.com \$\$ ●

Reynolds Tavern
7 Church Circle,
Annapolis; 410-295-9555; reynoldstavern.com \$\$ ●●

Sofi's Crepes
1 Craig Street,
Annapolis; 410-990-0929; sofiscrepes.com \$ ●●

Stan and Joe's
37 West Street,
Annapolis; 410-263-1993; stanandjoessaloon.com \$\$ ●●

Trophy Room
126 West Street, Annapolis in Graduate Hotel; 410-263-7777 ex 3225; graduate-hotels.com \$\$ ●

Tsunami
51 West Street,
Annapolis; 410-990-9869; tsunamiannapolis.com \$\$ ●

Vida Taco
200 Main Street;
443-837-6521;
vidatacobar.com \$\$\$ ● Farm-to-Table

Greater Annapolis

Agave Mexican Restaurant
106 Annapolis Street,
Annapolis; 410-555-24283; agaverestaurants.com \$\$\$ ●●

Always Ice Cream Company

129A Mitchell's
Chance Road,
Edgewater; 443-949-8309; always-icecreamcompany.com \$ ●

Azure
100 Westgate Circle,
Annapolis; 410-972-4365; azureannapolis.com \$\$\$ ●●

Bean Rush Café
112A Annapolis
Street, Annapolis;
410-263-2534;
beanrushcafe.com \$,
Daily Breakfast, ●

Bella Italia
609 Taylor Ave,
Annapolis; 410-216-6072; bellaitaliamd.com \$ ●

Cantler's Riverside
458 Forest Beach
Road, Annapolis;
410-757-1311;
cantlers.com \$\$ ●●●●

Chessie's Wharf
609 Melvin Avenue,
Annapolis; 443-603-1235; rarbrewing.com \$ ●●

Cooper's Hawk Winery and Restaurant
1906 Town Centre
Blvd, Annapolis; 443-837-9989; chwinery.com \$\$\$ ●●●

Davis' Pub
400 Chester Ave,
Annapolis; 410-268-7432; davispub.com \$\$\$ ●●

Della Notte
1374 Cape St. Claire
Road, Annapolis;
410-757-2919; dellanotterestaurant.com \$\$ ●

Eat Sprout
150 Jennifer Road
Suite K, Annapolis;
443-223-0642;
eatsprout.com \$ ●

Eggcellence Brunchery
2625 Housley Road,
Annapolis; 410-573-9503; eggcellence-brunchery.com \$ ●

Evelyn's Annapolis
26 Annapolis Street,
Annapolis; 410-263-4794 \$\$ ●

First Watch
2339 Forest Drive,
Annapolis; 667-380-2422; firstwatch.com \$ ●●

**Your Gift to them,
Our Gift to You!**

SPICY SHIRLEY | AMY'S BAYOU OMELET | BLUEBERRY PANCAKES | SOUTHERN SLAMMER

\$10 BONUS CARD* with EVERY \$100 in gift cards purchased!
**See website for restrictions. While supplies last.*

ANNAPOLIS
1 Park Place

INNER HARBOR
750 E Pratt Street

ROLAND PARK
513 W Cold Spring Lane

8 AM - 3 PM
Brunchin' 7 days a week!

443.4BRUNCH
MissShirleys.com/Gifts

Miss Shirley's CAFE
Award Winning
Breakfast, Brunch & Lunch
Locally & Family Owned

Full On Eats & Drinks

2478 A Solomons Island Road, Annapolis; 443-949-0203; fulloncraft.com \$ ● Beer and Wine

Grapes Wine Bar

1410 Forest Drive, Annapolis; 410-571-5378; grapeswinebarannapolis.com \$\$ ● Wine

Hangry Joe's Hot Chicken

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

Ingrano

16 Annapolis Street, Annapolis; 410-980-5514; ingranoannapolis.com \$\$\$ ●●

InGrano Bakery

302 Harry S Truman Parkway; 410-919-0776; ingranobakery.com \$\$ ●

Jalapeños

85 Forest Drive, Annapolis; 410-266-7580; jalapenosonline.com \$\$\$ ●

Jongro Korean BBQ

2002 Annapolis Mall Road, Annapolis; 443-221-7283; jongrokkbbq.com \$\$ ●● All Your Can Eat Specials

Julep Southern Kitchen & Bar

2207 Forest Drive, Annapolis; 410-571-3923; julepannapolis.com \$\$ ●●

Lasang Pinoy

1000 Annapolis Mall Road, Annapolis; 443-949-9580; Lasangpinoyllc.com \$

Lemongrass Too

2625 Housley Road, Annapolis; 410-224-8424; Lemongrassannapolis.com \$\$ ●●

The Lodge

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

Lures Bar and Grille

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

Main & Market

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

Memo's Bar & Grill

302 Harry S Truman Parkway Suite K, Annapolis; 410-266-5006; memosbarandgrill.com \$\$, ●●●

Mi Lindo Cancun Grill

2134 Forest Drive, Annapolis; 410-571-0500; lindocancungrill.com \$\$ ●●

Miss Shirley's Café

1 Park Place, Annapolis; 410-268-5171; missshirleys.com \$\$ ●●●

Park Deli

1 Park Place, Annapolis; 443-733-3099; goparkdeli.com \$ ●

Pit Boys

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

Red Hot & Blue

200 Old Mill Bottom Road, Annapolis; 410-626-7427; redhotandblue.com \$\$ ●●●

Rodizio Grill

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

Sandy Pony Donuts

2444 Solomons Island Road, Annapolis; 410-873-3272; sandyponydonuts.com \$ ●

Seoul Blues Coffee & Dessert

1084 Annapolis Mall Road, Annapolis; 443-949-8018; seoulbluescafe.com \$ ● Pastries

Severn Inn

1993 Baltimore Annapolis Boulevard, Annapolis; 410-349-4000; severninn.com \$\$, ●●●

Stoney River Steakhouse and Grill

2190 Annapolis Mall, Annapolis; 410-224-8312; stoneyriver.com \$\$ ●●

Toastique Gourmet Toast & Juice Bar

214 Harker Place, Annapolis; 443-430-0085; toastique.com \$ ●●

True Food Kitchen

1906 Town Centre Blvd Suite 110, Annapolis; 443-775-5179; truefoodkitchen.com \$\$ ●●●●

Tuscan Prime Italian Chophouse & Dolce Bar

1905 Towne Centre Blvd #100, Annapolis; 443-572-4677; tuscanprime.com \$\$\$ ●●●

Vibe

2072 Somerville Road, Annapolis; 443-949-7582; vibeannapolis.com \$\$ ●●●

Eastport/Bay Ridge

Adam's Grille and Taphouse

921 C Chesapeake Ave, Eastport; 410-267-0064; adams-ribs.com \$\$ ●

Annapolis Smokehouse and Tavern

107 Hillsmere Drive, Eastport; 410-571-5073; annapolis-smokehouse.com \$\$ ●●●

Bakers & Co

618 Chesapeake Avenue, Annapolis; 410-280-1119; bakersandco.com \$ ● Breakfast and Baked Goods

Beacon Waterfront Galley and Bar

2020 Chesapeake Harbour Dr; 443-949-8456; beaconwaterfront.com \$\$ ●●●●

Blackwall Hitch

400 Sixth Street, Eastport; 410-263-3454; blackwall-hitchannapolis.com \$\$ ●●●●

Boatyard Bar & Grill

400 Fourth Street, Eastport; 410-216-6206; Boatyardbarandgrill.com \$\$ ●●●●

Bread and Butter Kitchen

303 Second Street, Suite A, Annapolis; 410-202-8680; breadandbutterkitchen.com \$\$ ●

Carrol's Creek Café

410 Severn Avenue, Eastport; 410-263-8102; carrolscreek.com \$\$\$ ●●●●●

Chart House

300 2nd Street, Eastport; 410-268-7166; chart-house.com \$\$\$ ●●●

Eastport Kitchen

923 Chesapeake Avenue, Annapolis; 410-990-0000; eastportkitchen.com \$ ● Beer and Wine

Forward Brewing

418 Fourth Street, Annapolis; 443-221-7277; forwardeastport.com \$ ● Beer

INGRANO
RESTAURANT • EVENTS

Explore the essence of Annapolis at InGrano Restaurant + Events, nestled in West Annapolis. Co-founded by local friends Adam Pusateri and Mack Lewnes, this charming bistro embodies their shared love for fine food and community. Adam's culinary journey began at St. Mary's High School, followed by the Culinary Institute of America and culinary adventures in Las Vegas. Mack, known for co-owning Lewnes' Steakhouse, brings his expertise to create a warm, inviting atmosphere. Open for dinner, InGrano offers a menu crafted with care, perfect for intimate evenings or special events. Experience Annapolis through elevated dishes and genuine hospitality at InGrano.

410.980.5514
17 ANNAPOLIS ST., ANNAPOLIS, MD 21401
WWW.INGRANOANNAPOLIS.COM

Grumps Cafe

117 Hillsmere Drive, Annapolis; 410-267-0229; grumpscafe.com \$ ●

Lewnes' Steakhouse

401 Fourth Street, Eastport; 410-263-1617; lewnessteakhouse.com \$\$\$ ●●

O'Leary's Seafood Restaurant

310 3rd Street, Eastport; 410-263-0884; olearysseafood.com \$\$\$ ●●●

Ruth's Chris Steak House

301 Severn Ave, Eastport; 410-990-0033; ruthschris.com \$\$\$ ●●

Vin 909

909 Bay Ridge Ave, Eastport; 410-990-1846; vin909wine.com \$\$ ● Beer and Wine

South Anne Arundel

100 Lots

Kitchen + Bar
74 West Central Avenue, Edgewater; 667-270-5878; 100lotskitchen.com \$\$ ●●

Adam's Taphouse

169 Mayo Road, Edgewater; 410-956-2995; adamsgrilleedgewater.com \$\$ ●

Always Ice Cream Company

129A Mitchell's Chance Road, Edgewater; 443-949-8309; alwaysicecreamcompany.com \$ ●

Bayside Bull

108 W Central Ave, Edgewater; 410-956-6009; baysidebull.com \$ ●●

The Boathouse

604 Cabana Blvd, Deale; 410-867-9668; theboathouse-deale.com \$\$ ●●●

Cappy's

479 Deale Road, Deale; 443-607-4138; cappysdeale.com \$\$, ●●● Seasonal

Chad's BBQ

158 W Central Ave, Edgewater; 410-956-7774; chadsbbq.com \$ ●●

Cooper's Tavern

173 Mitchell's Chance Road, Edgewater; 443-837-6126; coopers-tavern.com \$\$ ●●

Dockside Restaurant & Sports Bar

421 Deale Road, Tracy's Landing; 410-867-1138; docksiderestaurantmd.com \$\$ ●●●●

Edgewater Restaurant

148 Mayo Road, Edgewater; 410-956-3202; edgewater-restaurant.com \$\$ ●●

Happy Harbor Waterfront Restaurant and Bar

533 Deale Road, Deale; 410-867-0949; happyharbor-deale.com \$\$ ●●●●

Harper's Waterfront Restaurant

1107 Turkey Point Road, Edgewater; 410-798-8338; harperswaterfront.com \$\$\$, Reservation Only ●●●●

Harvest Thyme Tavern

1251 West Central Ave, Davidsonville; 443-203-6846; harvestthymetavern.com \$\$ ●●

Jesse Jays

584 West Central Avenue, Davidsonville; 240-903-8100; jessejays.com \$ ●●●

Killarney House

584 West Central Avenue, Davidsonville; 410-798-8700; Killarneyhousepub.com \$\$ ●●●●●

Lemongrass South River

3059 Solomons Island Road, Edgewater; 443-221-7693 \$\$ ●●

Mike's Crab House

3030 Riva Road, Riva; 410-956-2784; mikescrabhouse.com \$\$ ●●●●

Petie Greens

6103 Drum Point Rd, Deale; 410-867-1488; petiegreens.com \$\$ ●●●

The Pier Waterfront Bar & Grill

48 South River Road, Edgewater; 443-837-6057; thepierwaterfrontbarandgrill.com \$\$ ●●●●●

Pirate's Cove Restaurant and Dock Bar

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

Senor's Chile

105 Mayo Road, Edgewater; 410-216-2687; senorschile.com \$\$ ●●

Skipper's Pier Restaurant & Dock Bar

6158 Drum Point Road, Deale; 410-867-7110; skipperspier.com \$\$ ●●●●

South County Café

5960 Deale Church-ton Road, Deale; 410-867-6450; southcountycafe.com \$ ●

Stan and Joe's Riverside

4851 Riverside Drive, Galesville; 410-867-7200; stanandjoesaloon.com \$\$ ●●●●

West River Pit BBQ

5544 Muddy Creek Road, West River; 443-223-9956; westriverpit.com \$ ●

Yellowfin Steak & Fishhouse

2840 Solomons Island Road, Edgewater; 410-573-1333; yellowfinedgewater.com \$\$ ●●●●

Shore Bound

Anthony's Italian Restaurant

26342 Oxford Road, Oxford; 410-226-1118; anthonyoxford.com \$\$, ●●

The Jetty Dock Bar and Restaurant

201 Wells Cove Road, Grasonville; 410-827-4959; jettydockbar.com \$\$ ●●●●

Knoxie's Table

180 Pier One Road, Stevensville; 443-249-5777; baybeach-club.com \$\$ ●●●

Libbey's Coastal Kitchen and Bar

357 Pier One Road, Stevensville; 410-604-0999; libbey-scoastalkitchen.com \$\$ ●●●●●

CELEBRATING 100 YEARS
Lewnes' since 1921

Prime Steaks



Located on Restaurant Row in Annapolis' Historic Eastport 4th & Severn Avenue.

Buttery crisp outside, juicy tender inside. With over 100 years restaurant experience, LEWNES' serves only USDA prime aged steaks.





VOTED BEST STEAKHOUSE
VOTED BEST ROMANTIC RESTAURANT

Ranked Top 100 Most Romantic Restaurants in the Country by OpenTable

20 YEARS CONSECUTIVE WHAT'S UP? AWARD WINNER



BEST OF AWARD OF EXCELLENCE
2004



BEST OF AWARD OF EXCELLENCE
2024

20 YEARS

CONSECUTIVE BEST OF AWARD OF EXCELLENCE WINNER

410-263-1617

FEATURING USDA PRIME STEAKS
WWW.LEWNESSTEAKHOUSE.COM



the LASH LOUNGE



At The Lash Lounge, we focus solely on your lash and brow health, safety and quality. We're able to provide a comfortable, fully customized luxury experience with top-notch client care and on-time service at great pricing! Our team is THE best at what they do, and they LOVE doing it. Once you have your first visit with us, you'll never look back.

Discover our new spot at Waugh Chapel Towne Center! We are excited to serve the wonderful Gambrills community.

New Location

The Lash Lounge - Annapolis
 (410) 352-7477
 1907 West St Ste 101B Annapolis, MD 21401

The Lash Lounge - Waugh Chapel
 (443) 292-9229
 1404 S Main Chapel Way Ste 104 Gambrills, MD 21054

KING STREET TECHNOLOGY MANAGED IT SERVICES | CYBERSECURITY | BUSINESS CONTINUITY



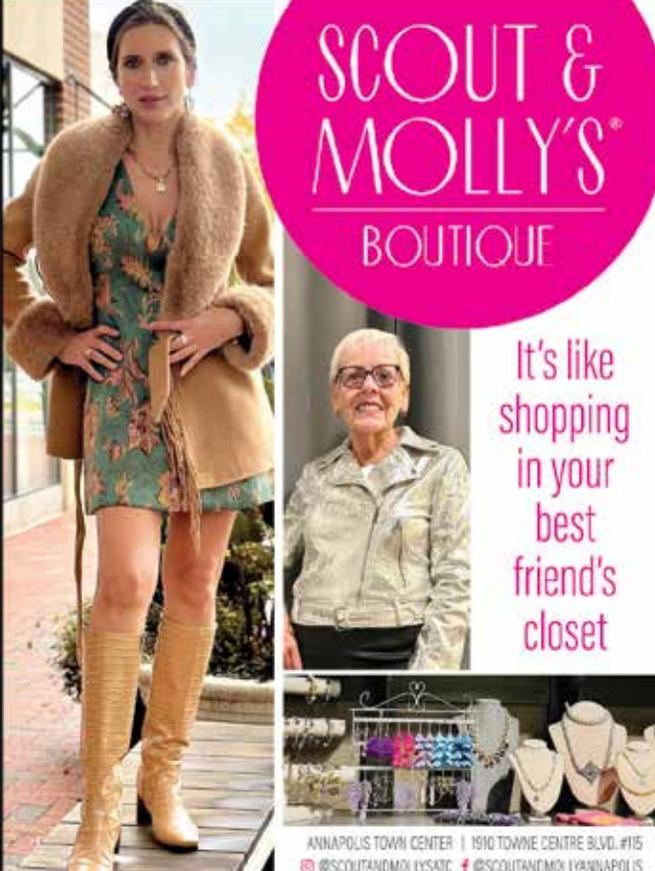
- 24/7 Monitoring and Alerting
- Endpoint Detection and Response
- Network Security/Risk Assessment
- Disaster Recovery and Business Continuity Planning
- Help Desk Support
- IT Budget Planning/ Equipment Procurement
- vCISO
- VoIP
- Network Design

What customers are saying:

"Steve of King Street Tech is wonderful. He is responsive, thorough, and communicative. He has great systems in place for us to feel secure. He explains IT issues in a way I understand. He handles all tech for my small business, and I could not recommend him more highly." -Suzanne B., Attorney - Annapolis

 (443)775-2025  kingstreettech.com

SCOUT & MOLLY'S
BOUTIQUE



It's like shopping in your best friend's closet

ANNAPOLIS TOWNE CENTER | 1910 TOWNE CENTRE BLVD., #115
 @SCOUTANDMOLLYS4TC | @SCOUTANDMOLLYSANNAPOLIS

Perfect Pet RESORT

Happy Pets Make Happy People.

Lodging • Daycare
Spa • Training

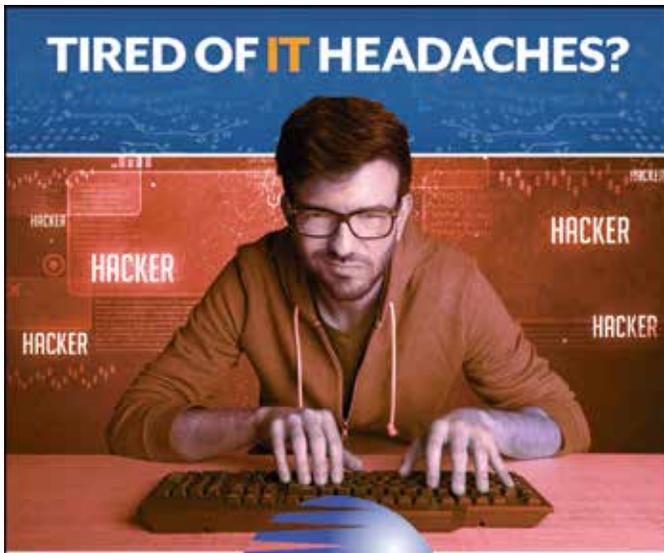
410-741-0000
perfectpetresort.com

840 West Bay Front Rd.
Lothian, Maryland 20711



BEST OF ANnapolis 2024 **BEST OF CENTRAL MARYLAND 2024**

TIRED OF IT HEADACHES?



ICSI

We manage your IT...you manage your business

1612 McGuckian St., Suite 200 • Annapolis, MD 21401
410-280-3000 • www.icsi.com

- 24/7 Network Monitoring
- Network Security
- Help Desk Support
- Disaster Recovery

For a complimentary IT assessment, call us at 410-280-3000 and mention this ad.

BEST OF ANNAPOLIS 2024



- **Carryout & Catering**
410-216-6061
- **Delivery order at**
www.bellaitaliamd.com
- **Dinner Entrees**
- **Salads**
- **Subs**

A FAMILY PIZZERIA RESTAURANT





609-B Taylor Ave, Annapolis

BEST OF ANNAPOLIS 2024



YOUR LOCAL PLUMBER SINCE 1994



24 Hour Residential and Commercial Service
Serving Anne Arundel County and the Surrounding Areas

6824 FORT SMALLWOOD ROAD
BALTIMORE, MD 21226
MAHONPLUMBING.COM
(410) 766-8566

BEST OF ANNAPOLIS 2024

SCAN ME

TRIBE CYCLE
BLACK FRIDAY
SPECIAL

Coming Soon

STAY TUNED
NOVEMBER 29TH

@TRIBECYCLE • WWW.TRIBECYCLE.COM

BEST OF ANNAPOLIS 2024



Where's Wilma?

FIND WILMA AND WIN!

The brisk winds of November nor'easters won't slow our faithful, flying mascot, Wilma, from hopping in her plane to visit towns and sites throughout the Chesapeake Bay region. She's got the holidays on her mind, so she's busily checking out local shops, boutiques, restaurants, and more select services. Where will she land next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

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

Please Print Legibly

I FOUND _____ Advertiser _____
WILMA _____ Advertiser _____
ON PG. _____ Advertiser _____

Name _____

Phone _____

Address _____

E-mail address _____

Circle your age bracket: <25 25-34 35-44 45-54 55+

Would you like to sign up for our daily e-newsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles!

Yes, please! No, thanks

Entries must be received by November 30, 2024. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis. **Mail entries to:** Where's Wilma? Annapolis, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions.

IFC = Inside Front Cover	ICSI	127
IBC = Inside Back Cover	Indian Creek School	20
BC = Back Cover	InGrano.....	124
LBFP = Leading Business & Financial Professionals	Jalapenos.....	116
GG = Gift Guide	Kennedy Kreiger Institute	12
Adoro Medical Spa	Key School.....	59
Alternative Pet Care	King Street Technology, Inc.....	126
Annapolis Arts Alliance.....	Lash Moi.....	25
Annapolis Hand Center	Leadership Anne Arundel.....	82
Annapolis Opera.....	Lewnes' Steakhouse	125
Annapolis Painting Services.....	Living Health Integrative Medicine, LLC	13
Annapolis Plastic Surgery.....	Long & Foster Annapolis	6
Anne Arundel Community College Foundation	Lost In Annapolis LLC, DBA Agave	39
Anne Arundel Medical Center - AAMC Foundation	Luminis Health AAMC.....	9, 49
Archbishop Spalding High School.....	Lundberg Builders & 314 Design Studio	105
Avalon Nails.....	Mahon Plumbing	127
Ballet Theater of Maryland.....	Maryland Hall	64
Baypoint Wealth Management.....	Maryland Paint & Decorating	29
BayWoods of Annapolis.....	Mi Lindo Cancun Grill	121
Bella Italia.....	Miss Shirley's Cafe.....	123
Bello Machre	Mobile Pet Vet	82
Blanca Flor	Nancy Hammond Editions	108
Boatyard Bar & Grill.....	Northrop Realty, A Long & Foster Company	89
Bowie Baysox.....	Osteria 177	25
Brad Kappel, TTR Sotheby's International Realty.....	Perfect Pet Resort.....	126
Carpaccio Tuscan Kitchen & Wine Bar	Prostatis Group, LLC	LBFP
Carrol's Creek Cafe	Rams Head on Stage	23
Chesapeake Bay Beach Club	Rutabaga Craft Juicery.....	GG
Chesapeake Financial Planning & Tax Services	Saint John the Evangelist Catholic School	39
Compass - Annapolis/Bowie and Ellicott City Offices.....	Sandel Duggal Center For Plastic Surgery	IFC
Compass Studio Tile & Flooring	Scott Finlay DDS & Associates	15
David Orso.....	Scout & Molly's	126, GG
Della Notte	Severn School	37
Djawdan Center for Implant and Restorative Dentistry.....	Skin Wellness MD	10
Ehmann, Kathryn DDS.....	Stuart Kitchens Inc.	BC
EscapeTime of Maryland Severna Park & Annapolis.....	The Arc Central Chesapeake Region	65
Fichtner Home Exteriors.....	The Cottage Annapolis & Severna Park	28, GG
Fishpaws	The Lash Lounge.....	126
Gaylord National Resort & Convention Center.....	The Painted Cottage	GG
Harvest Thyme Modern Kitchen & Tavern	The Spice And Tea Exchange	GG
HF Advisory Group	The Wellness House.....	61
Historic Annapolis, Inc./William Paca House	Thrive Behavioral Health.....	50
Homestead Gardens.....	Toastique Annapolis	121
Hospice of the Chesapeake	Tribe Cycle.....	127
	We Restore Decks	86
	Youthful Obsession.....	GG
	Zachary's Jewelers.....	11, GG



ICE!

A CHARLIE BROWN Christmas

Don't miss ICE!, the holiday wonderland of your dreams, featuring the classic story of "A Charlie Brown Christmas" told in awe-inspiring ice sculptures. You'll unwrap timeless traditions, see millions of twinkling lights, and discover Christmas magic around every corner at Gaylord National.

Nov. 15 - Dec. 28 • [ChristmasAtGaylordNational.com](https://www.ChristmasAtGaylordNational.com)

© 2024 Peanuts Worldwide LLC

SO MUCH CHRISTMAS



GAYLORD NATIONAL





YOU ALWAYS KNOW A STUART KITCHEN.



SINCE 1955, WE'VE BEEN FIRST CHOICE FOR THE BEST KITCHEN IN THE NEIGHBORHOOD. COME VISIT OUR SHOWROOM. EVERYTHING YOU NEED FOR THE ROOM YOU'LL LOVE THE MOST IS HERE IN ONE PLACE. AND, YOU'LL UNDERSTAND WHY SO MANY PEOPLE SAY, "NOTHING ADDS MORE VALUE TO YOUR HOME."

ANNAPOLIS SHOWROOM 2335B FOREST DRIVE 410-761-5700 STUARTKITCHENS.COM