

INSIDE **BEST OF 2025 VOTING!** Choose Your Favorites Now

WHAT'S UP?

# annapolis

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

## BEST IN CLASS

80+ TOP TIER PRIVATE SCHOOLS REVEALED

## AND LOCAL EDUCATION LEADERS

PLUS

### ALIEN INVASION!

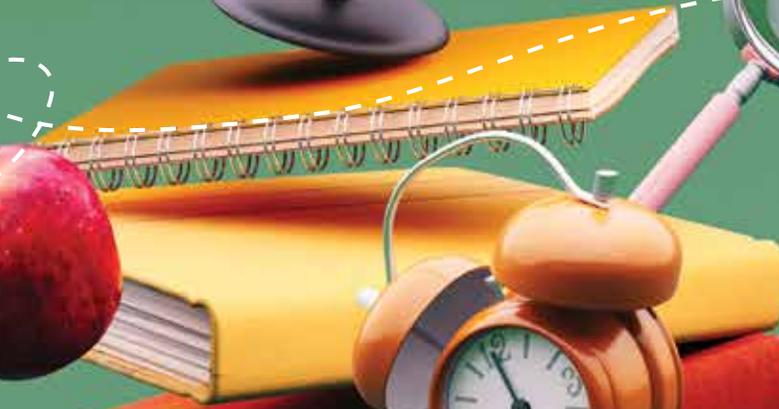
Solving the Blue Catfish Puzzle

### DINNER PARTY DECONSTRUCTED

Hosting How-Tos & Your Menu!

### ROCK THE RED!

Washington Capitals 50th Anniversary



WHAT'S UP? MEDIA JANUARY 2025

# Start your medical weight loss and wellness journey for 2025



- Decreases Appetite
- Stops Cravings
- Promotes Fat Loss
- Increases Energy

---

Are you ready to start your medical weight loss journey? Along with diet and exercise, our new FDA approved weight loss medication options will allow you to finally achieve your goals. Reach out now to see if you are a candidate and look forward to the body you deserve!

**Sandel Duggal**  
PLASTIC SURGERY AND MEDSPA

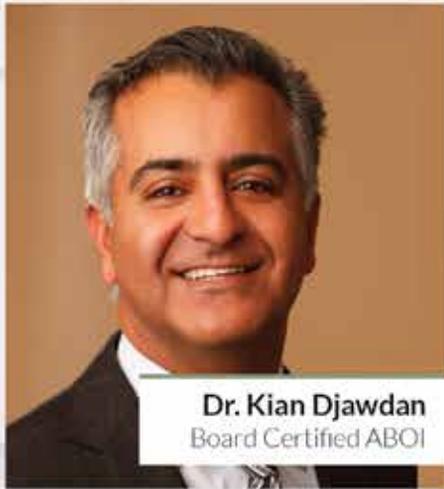


Call us today to schedule your appointment  
410-266-7120 | [SandelDuggal.com](http://SandelDuggal.com)

Jessica Smith, BSN RN

# 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.

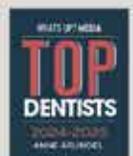
**Djawdan Center**  
for Implant and Restorative Dentistry

Restoring Hope & Confidence

133 Defense Hwy, Suite 210  
Annapolis, Maryland 21401

**410.266.7645**

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



Our Professional  
Training & Dental  
Credentials

Tufts  
School of  
Dental Medicine



AMERICAN  
DENTAL  
SOCIETY OF  
ANESTHESIOLOGY



GRADUATE  
KOOS CENTER

ICOI  
International Congress of Oral Implantologists





**BRAD  
KAPPEL**  
TEAM

TTR

**Sotheby's**  
INTERNATIONAL REALTY

Make *Your Move*

with

Maryland's #1  
Waterfront Team

⌘ \$1.4+ Billion in Sales ⌘

**Brad Kappel** [brad.kappel@sothebysrealty.com](mailto:brad.kappel@sothebysrealty.com) | m +1 410 279 9476 | o +1 410 280 5600

**Annapolis Brokerage** 209 Main Street, Annapolis, MD 21401

©2024 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



Visit [BradKappel.com](http://BradKappel.com)



RESOLVE TO

Shine

ANNAPOLIS

RHINOPLASTY EXPERTS



As the most prominent feature of the face, the nose has a profound effect on facial identity. A large or crooked nose can lead to facial imbalance and detract from other attractive facial features. Cosmetic rhinoplasty, sometimes referred to as a "nose job," is a surgical procedure that can:

- Reshape the nose
- Enhance facial proportions and balance
- Boost self-confidence

It's also quite common to have breathing improvements performed in conjunction with cosmetic refinements in order to achieve a nose that breathes and looks fantastic.

**Surgically creating a better breathing, more attractive nose is a specialty of Dr. Bryan Ambro's, who has performed over 2,500 primary and revision rhinoplasty procedures.**

When looking to achieve the best possible rhinoplasty result, an experienced surgeon is a great place to start. If you're considering a rhinoplasty (or "nose job"), contact Annapolis Plastic Surgery today to schedule your one-on-one consultation with Dr. Ambro.



Dr. Bryan Ambro is a double board-certified facial plastic surgeon who specializes in aesthetic and reconstructive surgery of the face, head, and neck. Named a "Top Doc" by What's Up? Magazine every year since 2015, he is renowned for delivering exceptional care and achieving natural, personalized results for every patient.

# ANNAPOLIS PLASTIC SURGERY: YOUR LASER DESTINATION FOR ADVANCED SKIN REJUVENATION IN MARYLAND

At Annapolis Plastic Surgery, we are proud to be Maryland's premier destination for advanced laser treatments. As a Sciton Luminary, Caroline Simm and our skilled nurse, Amy Murray, are trained in the latest and most innovative laser technologies. Our team offers a wide range of skin rejuvenation options tailored to your unique needs. Whether you're seeking to smooth fine lines, reduce sun damage, or improve skin tone and texture, our cutting-edge Sciton lasers - BBL HERO, MOXI™, HALO® Hybrid Fractional Laser, and Contour TRL - are designed to help you achieve noticeable results with minimal to no downtime.

With Sciton's advanced technology, we can address various skin concerns, from wrinkles and acne scars to uneven pigmentation and sunspots. Trust Annapolis Plastic Surgery for personalized treatments that restore your skin's youthful glow and vitality. Let us help you achieve the radiant, refreshed appearance you deserve.

Visit us today to discover why we're Maryland's trusted experts in advanced laser skincare!



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



## CONTOUR TRL

With Contour TRL, our team can fine-tune the level of skin resurfacing, ranging from full-field treatments targeting deep layers to MicroLaser Peels and everything in between. This customization allows our team to tailor the treatment to your specific needs, desired results, and tolerance for downtime.

## HALO® HYBRID FRACTIONAL LASER

Experience the best of both worlds with our HALO® treatment, combining ablative and non-ablative lasers for maximum results. Reduce wrinkles, scars, and sun damage while promoting healthy skin rejuvenation. HALO® treatments are also customizable and can be tailored to your skin type and lifestyle, producing results that are normally visible within a matter of days.

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

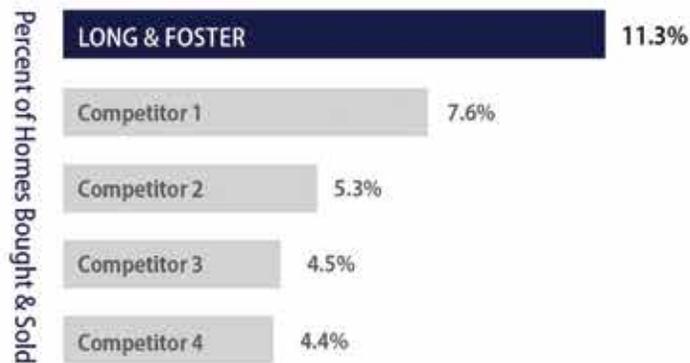


Schedule a consultation today at: (410) 266-7215

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**

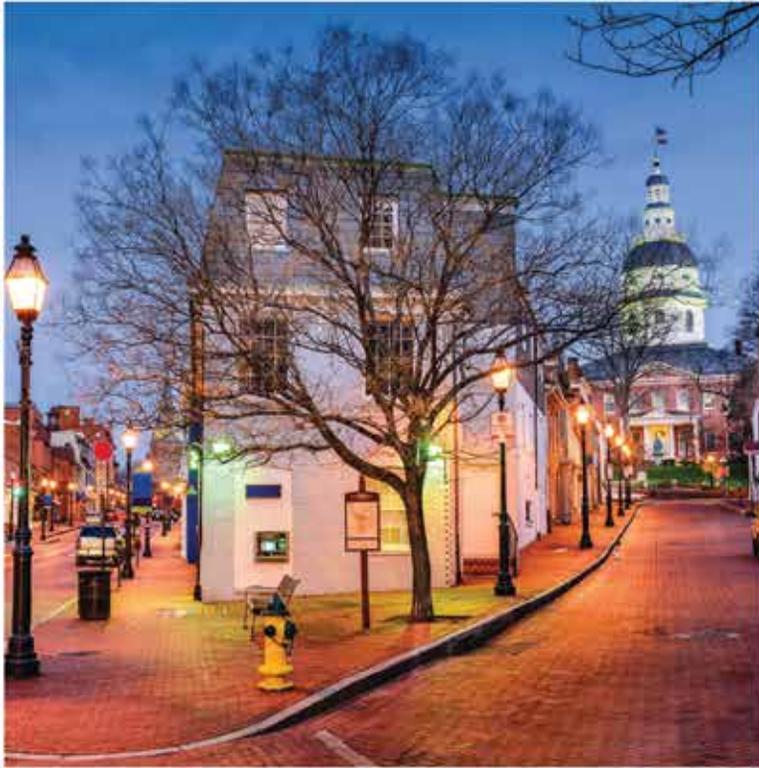
Annapolis Eastport  
320 Sixth Street  
**410-260-2800**

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. October 1, 2023 – September 30, 2024, as of October 31, 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. ©2025 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.

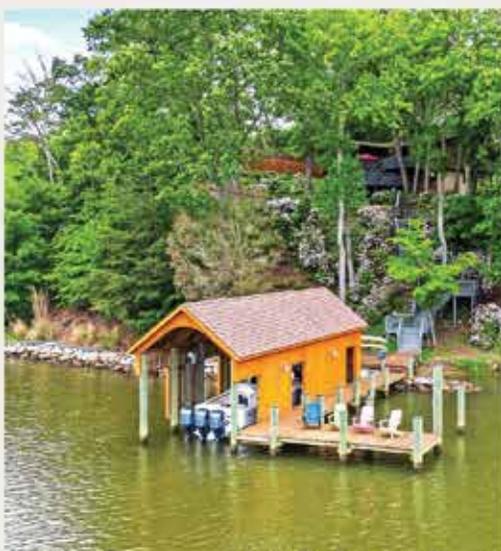
We're here for one reason — to make the process as seamless and joyful as it can be. All you have to do is focus on what's most important, settling into your new home.

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

**LONG & FOSTER**<sup>®</sup>  
REAL ESTATE

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

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





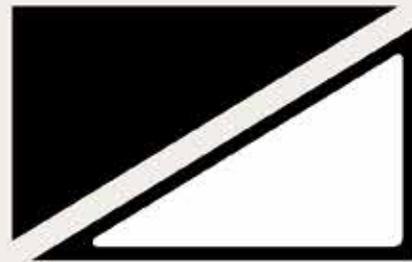
#1 at what matters most,





happy clients.





# DAVID ORSO

BERKSHIRE HATHAWAY HOMESERVICES  
PENFED REALTY

A reputation built on superior real estate RESULTS;  
David has hundreds of 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

PROGRAM ON NEGOTIATION  
HARVARD LAW SCHOOL



REAL ESTATE MARKETING  
LOYOLA  
UNIVERSITY MARYLAND



COLLEGE OF PSYCHOLOGY  
University of Dayton

443.372.7171 –o • 443.691.0838 –m

8 Evergreen Road  
Severna Park, MD 21146

1997 Annapolis Exchange Parkway  
Annapolis, MD 21401



13 TIME WINNER

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

\*2023 BHH Affiliates, LLC. An independently owned and operated franchise of BHH Affiliates, LLC. Berkshire Hathaway Home Services and the Berkshire Hathaway Home Services symbol are registered service marks of Columbia Insurance Company, a Berkshire Hathaway affiliate. Equal Housing Opportunity.

# Skin Wellness *md*

skinwellnessmd.com

## NEW YEAR, NEW YOU SCULPT YOUR DREAM BODY WITH COOLSCULPTING ELITE!

Experience the Elite Difference This New Year and  
Start 2025 Feeling Your Best!

At Skin Wellness MD, we're the **ONLY** practice in the area of-  
fering **exclusive CoolSculpting ELITE packages** designed  
to deliver maximum results. Our unique 150-day program  
provides unlimited treatments for a single package price,  
leaving patients thrilled with their transformations.

CoolSculpting ELITE provides the ultimate body contouring  
experience—no surgery required—at a fraction of the cost,  
helping you look and feel your best.



Schedule your free CoolSculpting ELITE consultation  
today and explore our latest packages.



## 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



Call us today to schedule  
your consult

**COMPLIMENTARY  
CONSULTATIONS**

**410-224-2400**



127 Lubrano Drive, Suite 101, Annapolis, MD 21401  
kim@skinwellnessmd.com | 410-224-2400



**DON'T TAKE A CHANCE ON SELLING YOUR BIGGEST ASSETS!**

*DEEDEE HAS PROVEN SALES RESULTS!*



## **MY PROVEN SALES RESULTS**

- **542 Homes SOLD**
- **189 Waterfront Homes**
- **353 Non-Waterfront Homes**
- **62 Waterfronts Over \$1 Million**
- **10 Waterfronts Over \$2 Million**
- **127 Waterfronts Under \$1 Million**
- **323 Million Dollars in Home Sales**
- **Queen Anne's County - 368 Homes**
- **Anne Arundel County - 107 Homes**
- **All other Counties - 67 Homes**



**COLDWELL BANKER  
REALTY**

## **DeeDee McCracken, Realtor®**

**The DD McCracken Home Team of Coldwell Banker Realty**

Associate Broker, Global Luxury Specialist, GRI, CRS, SRES  
170 Jennifer Rd., Suite 102 | Annapolis MD 21401  
O: 410-224-2200 | C: 410-739-7571  
dmccracken@cbmove.com



Affiliated real estate agents are independent contractor sales associates, no employees. ©2023 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logos are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker System® is comprised of company owned offices which are owned by a subsidiary of Anywhere Advisors LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.

# Contents



**JANUARY 2025**

◀ **On the Cover:** Our 2025 Private School Guide offers more than 80 schools to consider. Design by August Schwartz  
*What's Up? Annapolis* online at [whatsupmag.com](http://whatsupmag.com).  
♻️ Please recycle this magazine.

## Arts & Culture

**26 Events** highlights special celebrations and activities to enjoy this month BY MEGAN KOTELCHUCK

**32 Arts: Step Into Maryland Hall** reviews what's new and exciting at this Annapolis institution BY CAROL DENNY

**36 Attractions: Washington Capitals** is a celebration of the team's 50th anniversary, plus we interview top draft pick Ryan Leonard BY TYLER INGLE AND BY TOM WORG



**42 Social** showcases photographs of recent charity events

**46 Business & Community** features local business and community news

**50 Charity: Arundel Lodge** profiles the nonprofit as it celebrates its 50th anniversary BY LISA A. LEWIS

**52 Education: Meet Bronwyn Bolton** showcases this standout student-athlete from Severn School BY TOM WORG



## Home & Garden

◀ **96 Interior: The Dinner Party Well-Planned** deconstructs a sit-down dinner for six, including décor, tableware, and recipes BY LISA J. GOTTO

**100 Garden: Don't Toss Those Winter Greens...Compost!** offers a robust guide to everything you should know about composting BY JANICE F. BOOTH

**104 The Modern Lifestyle Home** reveals why the market commanded \$1.4 million in the recent purchase of this 1953 ranch-style home in the Pendennis Mount community BY LISA J. GOTTO

**108 Under Contract in 5 Days!** showcases a palatial, estate-like residence tucked in rural David-sonville, that recently sold for just over \$2.5 million BY LISA J. GOTTO



## Features

**55 Best in Class: 2025 Private School Guide** is the definitive resource to aid your review of more than 80 local schools to consider for your child's education

**82 Bookends Meet** reveals the artistic insights and personalities of Maryland's outgoing and incoming Poets Laureate, Grace Cavalieri and Lady Brion BY JANICE F. BOOTH

▲ **88 The Blue Catfish Population Explosion** is the first of several articles in a new "Chesapeake Bay Species" series; this piece examines how the State, local watermen, and nonprofits are mitigating the threat of this invasive species BY LISA A. LEWIS



82

WHAT'S UP?  
**annapolis**

**Publisher & President**  
 Veronica Tovey (x1102)

**Editorial Director**  
 James Houck (x1104)

**COO & Director of Advertising**  
 Ashley Raymond (x1115)

**Entertainment Editor**  
 Megan Kotelchuck (x1129)

**Contributing Editors**  
 Lisa J. Gotto, Dylan Roche

**Contributing Writers**  
 Janice F. Booth, Mark Croatti,  
 Carol Denny, Tyler Ingle,  
 Lisa A. Lewis, Tom Worgo

**Staff Photographers**  
 Tony Lewis, Jr.

**Contributing Photographers**  
 HD Bros., Laura A. Wiegmann

**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

**Senior Account Executive**  
 Kathy Sauve (x1107)

**Account Executives**  
 Beth Kuhl (x1112), Nina Peake (x1106),  
 Michelle Roe (x1113)

**Finance Manager**  
 Deneen Mercer (x1105)

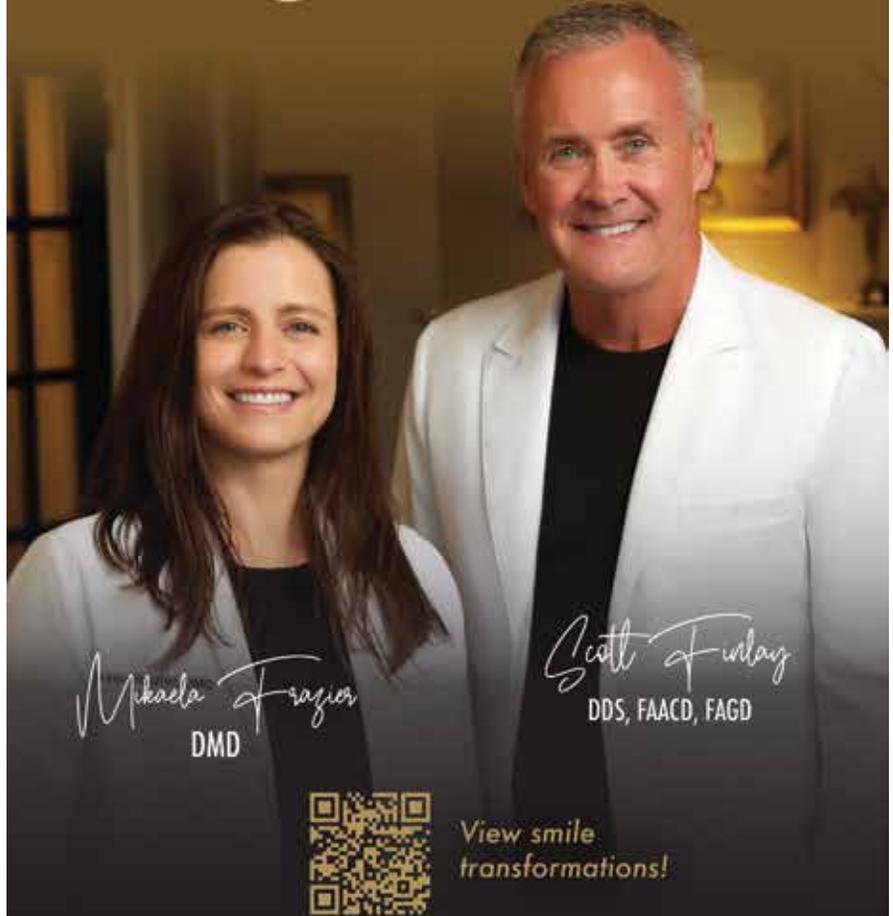
**Bookkeeper**  
 Heather Teat (x1109)

**WHATSUPMAG.COM**



**What's Up? Annapolis is published by What's Up? Media** 900 Bestgate Road, Ste. 202, Annapolis, MD 21401, 410-266-6287. 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 44,582 copies with an estimated readership of 160,045. ©2025 What's Up? Media. **Home Grown, Locally Owned: This issue of What's Up? Annapolis employs more than 25 local residents.**

**EXPERTISE**  
*for a Brighter Smile*



*Mikaela Frazier*  
**DMD**

*Scott Finlay*  
**DDS, FAACD, FAGD**



*View smile transformations!*

**Annapolis Smiles** has been consistently voted the Best Cosmetic and Restorative Dentist in Annapolis thanks in part to its tenured team of caring dental professionals, five-star service and commitment to exceptional care.



**AnnapolisSmiles.com**  
**410-989-7132**

**1460 RITCHIE HIGHWAY, SUITE 203, ARNOLD, MD**



Kitchens, Baths, Countertops, Entertainment Centers, Wet Bars, and creative uses of cabinetry for other rooms

Great Quality • Great Price

**Cabinet Discounters®**  
[www.CabinetDiscounters.com](http://www.CabinetDiscounters.com)

**Annapolis**  
 910-A Bestgate Road  
 (ACROSS FROM ANNAPOLIS MALL)  
 410-266-9195 MHC #27947

**Columbia**  
 9500 Berger Road  
 (AT THE CORNER OF SNOWDEN RIVER PKWY)  
 410-381-8172

Also Showrooms in Mt. Airy, Olney, Gaithersburg, Springfield and Chantilly

# Oral Surgery Specialists

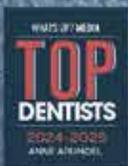
SKILLED | BOARD CERTIFIED | PROGRESSIVE | ARTISTIC

*Trained Minds...Caring Hands*



Drs. Chris Chambers, Neil Sullivan, Kurt Jones, Borek Hlousek, Cliff Walzer, and Kenneth Kufta are all Board Certified Oral and Maxillofacial Surgeons that specialize in:

Dental Implant Surgery • Dental Implant Placement for Same Day Teeth • Wisdom Teeth Removal  
Orthognathic Surgery (Corrective Jaw Surgery) • General Anesthesia • Oral Pathology



Annapolis  
Pasadena



Kent Island  
Waugh Chapel



Please call or visit our website at [www.annapolisOSS.com](http://www.annapolisOSS.com) | 410-268-7790

# Contents

## COMING UP IN FEBRUARY 2025

Home Excellence Awards Revealed!, Your Summer Camp Guide, Our Money in 2025: Fiscal Insights

## Health & Beauty

BY DYLAN ROCHE

- 112 Oil You Need to Know
- 113 A Healthier Type of Bodyfat
- 114 Understanding the “M” Make-over
- 116 Feeling Rusty?



## Food & Dining

◀ **120 A Dream Come True** is our dining review of InGrano Restaurant & Events in West Annapolis BY MARK CROATTI

**122 Readers' Dining Guide** features local restaurant listings for your consideration

## In Every Issue

**20 From the Editor** shares James' thoughts on this month's issue

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



## e-contents

# BEST OF 2025

VOTING

Ballots are open January 1 - February 28

Vote for your favorite health and wellness providers, veterinarians, restaurants, beauty salons, gyms, realtors, home contractors, retailers, and professional services.

[WHATSUPMAG.COM/  
BESTOFVOTING](https://whatsupmag.com/bestofvoting)



WHAT'S UP? MEDIA

# WEDDING EXPO

February 16, 2025 from 1—4 PM  
at the Graduate Annapolis

Admission is free.  
Scan the QR code or  
visit [whatsupmag.com/  
bridalexpo2025](https://whatsupmag.com/bridalexpo2025)  
to register for the event



# 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](http://myeyelids.com)



H

appy New Year! Twenty-five to be exact since the turn of the millennium. Wild to think that we're already a quarter into this century, too. Where, oh where, does the time go?

Thinking back...

All those many, many moons ago, as the stroke of midnight approached the year 2000, many of my friends were celebrating in style at various clubs, concerts, and parties that 20-something-year-olds typically enjoy. I was not (though I was certainly envious).

My night was spent packing clothing, belongings, and books for a study abroad semester in the Dolomites of Italy, during what was my junior year of college. I had a plane trip the next day across the Atlantic—a nice tradeoff to the hangovers that, I'm certain, my friends woke up with. But it took a peculiar path for me to finally step foot in the Old World, for an education experience unlike any other.

First, I wouldn't have studied abroad had I not chased a girl I thought I loved. She was accepted into the program before I even knew of it, and said she'd be away for a whole semester. Cue my hot pursuit of studying abroad. I wouldn't have fallen for her—even met her—had I not gone to my first choice for college. And I wouldn't have gotten into that particular college if not for the amazing private high school I attended, in Annapolis, prior to it all. The college prep and guidance were instrumental to my development...so on and so forth.

**MAKING THE RIGHT SCHOOL SELECTION IS PARAMOUNT TO BUILDING A FOUNDATION FOR LIFELONG PERSONAL DEVELOPMENT, MEMORABLE EXPERIENCES, AND PROUD ACCOMPLISHMENTS.**

**P.S.** There's plenty more in this issue for readers not particularly interested in private schools. We have pieces on the Invasive Blue Catfish, Maryland's Poet Laureates, the Washington Capitals, Polar Bear Plunge, Dinner Parties, dining out, and the Best of 2025 voting officially opens!

Yes, I'm making an unconventional link to the importance of childhood education—high school, middle, elementary—and how making the right school selection is paramount to building a foundation for lifelong personal development, memorable experiences, and proud accomplishments. One step always leads to another.

If you're leaning toward private school for your children, there's a lot of homework that goes into the evaluation and selection process. And we've done a bit of that work for you. In "Best in Class: 2025 Private School Guide," more than 80 regional private school profiles include costs, philosophies, enrollment numbers, program offerings, and much more to help steer your decision-making. A few

schools are more than a century established, while others are newly founded. It's actually pretty neat to compare them, side-by-side, so easily. Of course, this guide only serves as a first step in the long game of one's school choices, full education, and adjacent endeavors.

As for Italy, college, and ancient flames. Studying abroad was amazing. We graduated. She dumped me. Instead of remaining in our college town, I decided to return home, here in Chesapeake country, where I picked up a part-time job as an editorial assistant with What's Up? Media. A couple of years later, I met my future wife, and we began dating—*now* 22 years ago.

*Cheers to making good decisions in the year ahead!*

*The Quality of Mercy.*  
**The Power of Women's Health.**



THE NEIL B. ROSENSHEIN, M.D.,

## **Institute for Gynecologic Care at Annapolis**

*The Choice of Women* – Known for award-winning care, state-of-the-art surgical solutions, and medical expertise in GYN, gynecologic cancers and complex genital tract disorders.

NEIL B. ROSENSHEIN, M.D.



*Institute for  
Gynecologic Care*

AT ANNAPOLIS

888 Bestgate Road | 443-949-3401 | [mdmercy.com](http://mdmercy.com)

# Estate Planning

*We do Estate Planning.*

*It is a great time to get things in order!*

Estate Planning is an important way to care for your family, provide guidance for your healthcare, financial situation, and your estate when difficult chapters arise.

**(410) 224-4677**

We are happy to meet with you at your home, in our office or remotely by zoom, or even in a hospital if that is what needed.

*We care about our clients!*

**Estate Planning Services Include preparation of legal documents such as:**

- Last Will and Testaments
- Powers of Attorney
  - Living Wills/  
Advance Directives
- Trusts
- Pet Trusts

**Will &  
Testament**



*Are your ducks in a row? Let us help!*



**P**lanning is always wise and good, and foresight and planning is especially important to help your family/friends care for you in times of illness or convalescence!

Planning is also very important for your Last Will and Testament and/or other estate documents to give guidance and instruction to those who care about you and who are taking care of things when time comes.

Kendall Summers Esquire, is an experienced attorney practicing in the fields of Family and Estate Planning Law with 25+ years of experience.

**KS KENDALL SUMMERS LAW**

*We are here to help  
answer your questions!*



156 South Street  
Annapolis, MD 21401

1125 West Street, Suite 200  
Annapolis, MD 21401

Kendall@KendallSummersLaw.com  
www.KendallSummersLaw.com



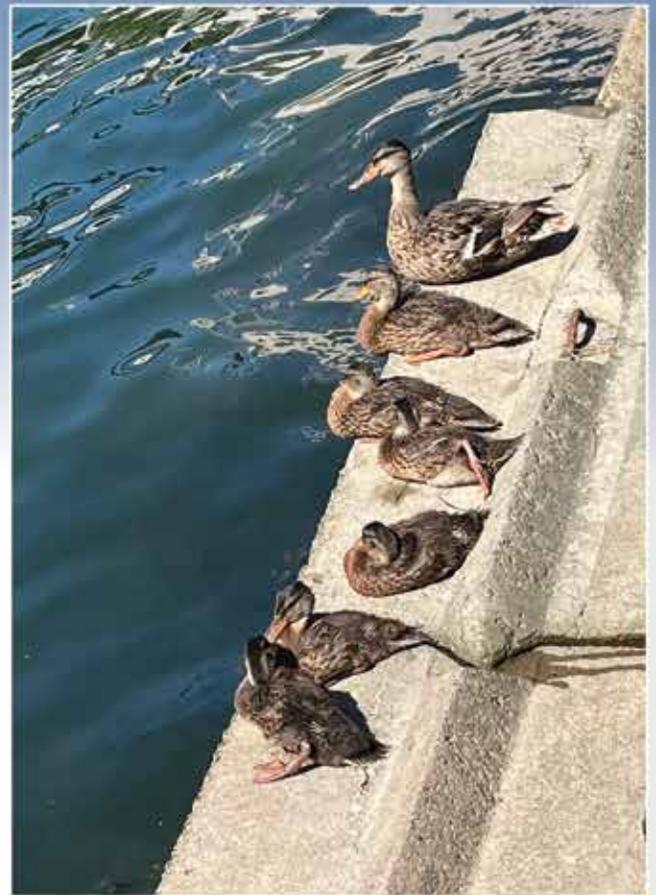
# KENDALL SUMMERS LAW

*We  
Care*



## Family Law Divorce/Settlement

*Helping you get  
your ducks in a row...*



At Kendall Summers Law, we specialize in a wide range of family law areas, including:

- Divorce
- Property Division
- Alimony
- Marital Settlement Agreements
- Child Custody
- Child Support
- Adoptions
- Litigation & Trial Representation
- Domestic Violence & Protective Orders
- Peace Orders
- Negotiated Settlements
- Collaborative Law & Mediation



## KENDALL SUMMERS LAW

**Call today! You've got a lawyer! (410) 224-4677**

Learn More on Our Website. Visit [KendallSummersLaw.com](http://KendallSummersLaw.com) for an in-depth understanding of how these changes might impact your unique situation. Our website provides the resources and insights you need to approach this transition with confidence.

Right across from the Circuit Court  
156 South Street  
Annapolis, Maryland 21401

*Helping Families through Transitions*

# 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](http://www.mylivinghealth.com)  
410-216-9180



Drs. Steph &  
Tom Chaney, DC

# Arts & Culture

26 EVENTS

32 ARTS

36 ATTRACTIONS

42 SOCIAL

46 BUSINESS & COMMUNITY

50 CHARITY

52 EDUCATION

HIGHLIGHTING  
ENTERTAINMENT,  
COMMUNITY,  
AND EVENTS

## Polar Bear Plunge

PG. 26





Photography by Steve Ruark

## **POLAR BEAR PLUNGE**

One of the most-anticipated Maryland traditions closes out January. Plunge into the icy waters of the Chesapeake Bay to raise money for Special Olympics Maryland. There are plenty of special plunges leading up to the official plunge on February 1st at Sandy Point State Park. The Cool Schools plunges will take place on January 29th and 30th, the Police Plunge will be on January 31st, Corporate Plunge on January 31st, and, of course, the Super Plunge (can you handle plunging 24 times in 24 hours?). Push yourself to the limit while raising money for Special Olympics Maryland. Sign up at [plungemd.com](http://plungemd.com).

## **CHESAPEAKE BAY BOAT SHOW**

Over 30 Maryland boat dealers with new boats, marine equipment, sportfishing boats, performance boats, ski boats, cruisers, and more will be at the 4th Annual Chesapeake Bay Boat Show on January 10th through 12th at the Maryland State Fairgrounds. Enjoy entertainment, food, beverages, educational seminars, and plenty of vendors throughout the weekend. Find more information at [thechesapeakebayboatshow.com](http://thechesapeakebayboatshow.com).



## **Dr. Martin Luther King, Jr. Awards Dinner**

On January 15th, the 37th Annual Dr. Martin Luther King, Jr. Awards Dinner will be at Maryland Live in Hanover, hosted by The Martin Luther King, Jr. Committee of Maryland. Radio host, renown journalist, author, and political commentator Clay Cane will be the keynote speaker for the event. This is the largest celebration of Dr. King's birthday in Anne Arundel County, be sure to get your tickets at [mlkjrm.org](http://mlkjrm.org).

# Family Orthodontics of Annapolis

formerly Dr. Mairead M. O'Reilly Orthodontics



**Same Amazing Staff, Same Excellent Location,  
Same Gorgeous Smiles**



## Dr. Riddhi Desai

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

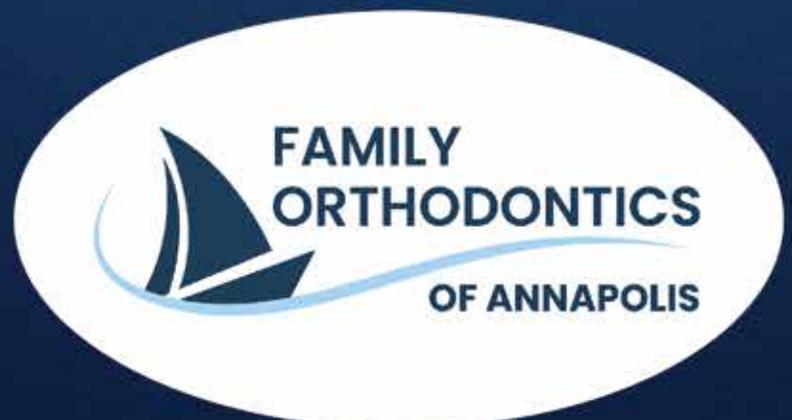




Photo credit Joe Haupt

## AMFM Tribute to Carole King Benefit Concert

Annapolis Musicians Fund for Musicians, Inc. (AMFM) will present A Tribute to Carole King on January 26th at Rams Head On Stage. In collaboration with the Songbird Collective, the show will feature local artists performing the time-honored works of the legendary Carole King. Proceeds directly benefit the organization, created in 2006 to provide temporary financial relief to professional Annapolis musicians who cannot work due to sickness, injury, or any other circumstance leaving them unable to perform. Learn more at [am-fm.org](http://am-fm.org).



## MARYLAND YULE BALL CELEBRATION

The 2025 Maryland Yule Ball is the perfect time to celebrate the end of the holiday season in your finest 16th to 19th century garb. Eat, dance, and be merry in your Tudor-to-Victorian era dress on January 4th at the DoubleTree in Annapolis. Get your tickets at [mdyuleball.com](http://mdyuleball.com).

## MONSTER JAM

The Monster Jam tour is back in Baltimore January 17th through 19th. Get your adrenaline pumping with the most action-packed motorsports event on four wheels. Witness world-class driver athletes and the most recognizable trucks tear up the dirt and compete in intense competitions of speed and skill. The performances will be at 7 p.m. on January 17th and 18th and 1 p.m. on January 19th all at CFG Bank Arena in Baltimore. Get tickets at [cfgbankarena.com](http://cfgbankarena.com).

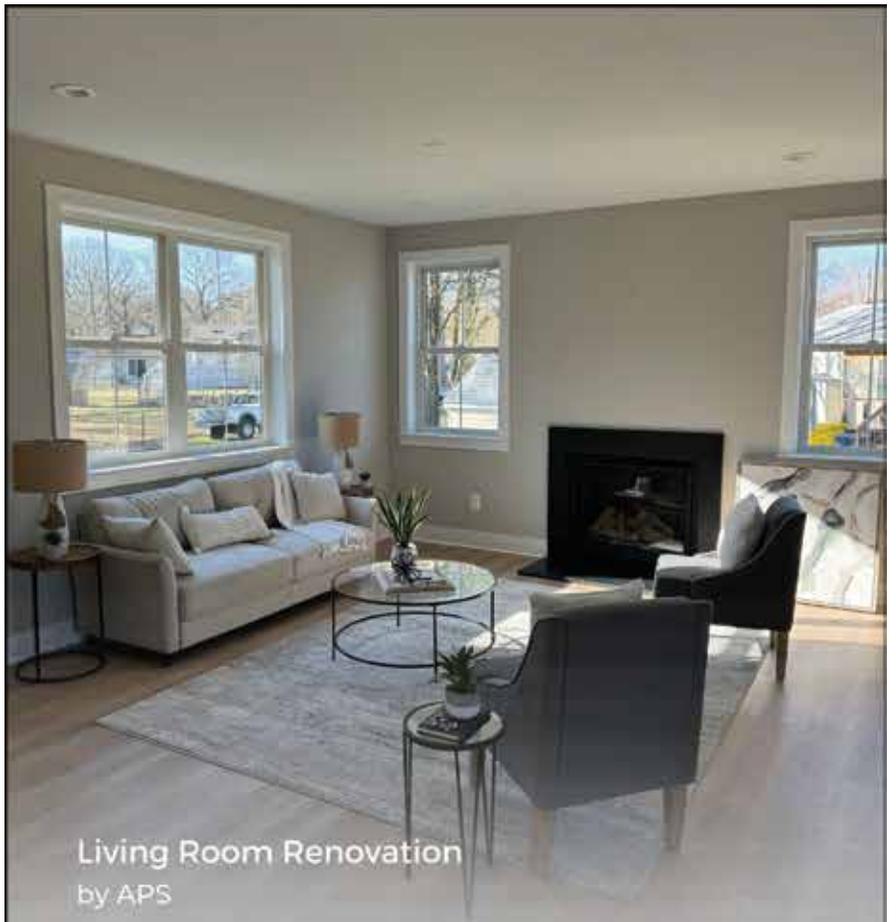


WHAT'S UP? MEDIA  
**WEDDING  
EXPO**

FEBRUARY 16, 2025  
1-4 PM  
THE GRADUATE  
ANNAPOLIS



Admission is free.  
Scan the QR code or visit  
[whatsupmag.com/bridalexpo2025](https://whatsupmag.com/bridalexpo2025)  
to register for the event.



Living Room Renovation  
by APS

**ANNAPOLIS**  
PAINTING  
SERVICES  
Over 30 years of Excellence and Trust

Interior & Exterior Painting | Trim Installation  
Windows & Doors | LVT Flooring | Siding  
Roofing | Gutters | Decks

***New year,  
New look!***



2561 Housley Road | Annapolis, MD 21401  
[www.annapolispainting.com](http://www.annapolispainting.com)  
(410) 974-6768



# BEST OF 2025

**VOTING**

**Ballots are open January 1 - February 28**

Vote for your favorite health and wellness providers, veterinarians, restaurants, beauty salons, gyms, realtors, home contractors, retailers, and professional services.

**[WHATSUPMAG.COM/BESTOFVOTING](https://whatsupmag.com/bestofvoting)**

## Food & Dining

Allergy-Friendly  
Appetizers/Small Plates  
Bakery  
Barbeque  
Beer Selection  
Bloody Mary  
Breakfast  
Brewery  
Brunch  
Burger  
Caterer  
Charcuterie  
Chef  
Chinese Restaurant  
Cocktails  
Coffee Shop (Local)  
Crabcake  
Cream of Crab Soup  
Cupcakes  
Deli  
Dessert  
Ethnic Fusion Cuisine  
Family-Friendly Restaurant  
Farm-to-Table Menu  
Fast-Casual  
French Restaurant  
German Restaurant  
Gluten-Free  
Grab & Go  
Greek Restaurant  
Happy Hour  
Healthy Restaurant  
Ice Cream  
Indian Restaurant  
Irish Restaurant  
Italian Restaurant  
Japanese Restaurant  
Korean BBQ  
Maryland Crab Soup  
Mexican/Latin Restaurant  
Neighborhood Restaurant  
New Restaurant  
Outdoor Dining  
Pizza (Chain)  
Pizza (Local)  
Ramen/Pho  
Raw Bar/Oysters  
Romantic Restaurant  
Salads  
Seafood Restaurant  
Smoothies/Juice Shop  
Southern Restaurant  
Specialty Cakes  
Sports Bar  
Steakhouse  
Steamed Crabs  
Sushi  
Thai Restaurant  
Vegetarian Menu  
Wait Staff/Service  
Waterfront Restaurant  
Whiskey Selection  
Wine Selection  
Wings

## Health & Beauty

Acupuncture  
Addiction Counseling  
Audiologist  
Barber Shop  
Barre Class  
Body Contouring (Non-surgical)  
Bootcamp  
Cannabis Dispensary  
Children's Fitness Class  
Chiropractor  
Cosmetic Injections  
Dance Studio  
Day Spa  
Dental Hygienists  
Eyebrow Care  
Eyelash Care  
Facial  
Float Spa  
Gym  
Hair Color  
Hormone Therapy  
Hospice Care  
Hydration/IV Therapy  
Kickboxing  
Laser Hair Removal  
Laser Skin Treatment  
Manicure/Pedicure  
Martial Arts  
Massage  
Medi-Spa  
Men's Haircut & Styling  
Mental Health Services  
Nutritionist  
Occupational Therapy  
Optician  
Optometrist  
Pain Management  
Permanent Makeup  
Personal Trainer  
Physical Therapy  
Pilates Class  
Prenatal Fitness  
Resort with Spa  
Speech Language Pathology (Speech Therapy)  
Spin Class  
Stand-Up Paddle Board Class  
Swim School  
Tanning  
Tattoo Parlor  
Teeth Aligner Specialist  
Urgent Care Facility  
Waxing (Body)  
Weight-Loss Program  
Women's Hair Cut/Styling/  
Blowout  
Yoga Studio

## Home & Garden

Appliance Store  
Architect  
Art Gallery  
Basement/Crawl Space  
Waterproofing  
Closet Organizer & Designer  
Custom Builder  
Electrician  
Fence & Deck Contractor  
Flooring & Carpet Contractor  
Foundation/Structural Repairs  
Framing Shop  
Furniture Store  
Garden Center  
Gutter & Siding Contractor  
Hardscape Design/Build  
Hardware Store  
Home Appraiser  
Home Automation Services  
Home Design/Build  
Home Inspection Service  
Home Insulation  
Home Remodeling Service  
Home Security/Alarm Systems  
Home Watch & Concierge Services  
HVAC Service  
Indoor Cleaning Service  
Interior Design Service  
Irrigation Contractor & Service  
Kitchen & Bath Design  
Landscape  
Lawn & Garden Equipment Supply  
Lawn Service & Treatments  
Lumber & Building Materials Supply  
Luxury Home Realtor  
Luxury Real Estate Team  
Mortgage Lender  
Paint Store  
Painting Contractor  
Pest Control  
Plumber  
Pool Design/Build  
Pool Maintenance  
Power Washing Service  
Real Estate Team/Brokerage  
Residential Realtor  
Roofing Contractor  
Stone/Tile/Granite for Kitchen, Bath & Flooring  
Title Company  
Tree Service  
Water Treatment Service  
Waterfront Real Estate Team/  
Brokerage  
Waterfront Realtor  
Window & Door Contractor  
Window Treatments

## Retail & Services

Accountant/Payroll Services  
Auto Body Shop  
Auto Dealership  
Auto Repair  
Bank  
Beer, Wine & Liquor Store  
Bicycle Shop  
Boat Tours  
Boating/Sailing School  
Bookstore  
Car Wash  
Commercial Real Estate Brokerage  
Computer Services  
Customer Service  
Driving School  
Dry Cleaner  
Emergency Pet Care  
End-of-Life Services  
Financial Advisor  
Florist  
Growlers & Crowlers  
Handbags/Purses  
In-Home Senior Assistance  
Insurance Agent/Company  
Interactive Game Experience  
Intimate Apparel  
IT Solutions for Business & Home  
Jeweler  
Law Firm  
Local Band/Musician  
Local Music Venue  
Lodging/Bed & Breakfast  
Marina  
Marketing Agency  
Men's Clothing Store  
Music/Instrument Store  
Nonprofit Event  
Nonprofit Gala  
Nonprofit Organization (Local or Local Chapter)  
Party Vendor (Balloons, Facepainting, Rentals)  
Pet Boarding & Daycare  
Pet Grooming & Services  
Pet Training (Dog)  
Pet Walking/Sitting  
Private School  
Professional Organizer  
Retirement Community (Active Living)  
Senior Living Facility (Assisted Living)  
Specialty/Organic Grocer  
Summer Camp  
Unique Gifts  
Veterinarian  
Women's Clothing Store

## Weddings

Bar Service  
Bridal Hair Cut & Styling  
Cakes  
Caterer  
Ceremony Venue  
Dance Studio  
Decor  
DJ/Entertainment Service  
Dress Shop (Wedding, Bridesmaids, etc.)  
Florist  
Food Trucks  
Hair Stylist  
Jeweler  
Live Band  
Makeup Artist  
Men's Attire  
Officiant  
Photographer  
Rehearsal Dinner Venue  
Rental Company  
Specialty Desserts  
Stationary  
Transportation  
Videographer  
Wedding Coordinator  
Wedding Planner  
Wedding/Reception Venue  
Indoor  
Wedding/Reception Venue  
Outdoor  
Wedding/Reception Venue  
Waterfront



Results will be published in our June 2025 issues of **What's Up? Annapolis and What's Up? Eastern Shore** and our July issue of **What's Up? Central Maryland**. **What's Up? Media** reserves the right to eliminate the least-voted categories, as needed, in the final published results.



Photo by Rich Isaacman

# Step Into Maryland Hall

By Carol Denny

**M**aryland Hall, the crown jewel of the Annapolis Arts District, isn't resting on its laurels. Long known as the region's go-to destination for a stellar array of performances and classes, the 45-year-old arts center continues to shine, exploring new directions in its programming and courses.

"We're dedicated to 'Art for All'—that's really what we're about," says Executive Director Jackie Coleman, who has led the organization since 2022. "We want people to feel connected to Maryland Hall, to find their purpose here."

Last year, an estimated 120,000 visitors made that connection, attending more than 600 classes and supporting the Hall's four resident companies: the Annapolis Symphony Orchestra, Ballet Theatre of Maryland, Live Arts Maryland, and the Annapolis Opera. Live theater, film screenings, and other local productions also fill the Hall's seats.

The Annapolis Pride Parade and Festival, the Songbird Festival, the Day of the Dead Festival

and other community events find a home here, too. Top-tier visiting performers add to the mix. A partnership with Rams Head Presents, which began in 2014, features leading names in contemporary music at the Hall, with 15 concerts last year. (Bluegrass and country music fans, take note: the legendary Ricky Skaggs kicks off the 2025 season, appearing with Kentucky Thunder on January 5th.) And when the lights go up for intermission, audience members can tour several in-house art galleries, where curated exhibits display a range of local talent.

The Hall's campus, just three blocks south of Westgate Circle, includes the three-story main building, four parking lots, and the Founders' Green, an open space with a labyrinth and sundial. The broad front steps, a local landmark, are a thoroughfare for tots in tutus, paint-stained artists, musical theater wannabes, and creatives of every stripe.

Inside, Maryland Hall's extensive catalog of art classes—music, dance, drama, painting and drawing, pottery, jewelry, photography, woodturning, and fiber arts, to name a few—keeps the building humming. Throughout the year, students find their muses here. "I often speak with parents who tell me that they attended classes here when they were young and are now bringing their own children," Coleman says. "What we hear a lot is that it's the quality of the educational experience, the quality of the instruction, that keeps people coming to Maryland Hall."

That legacy continues, and in recent years the Hall has carried it to a wider audience. Since many students can't make the trip to the campus, teaching artists are taking Maryland Hall to them with off-site, after-school sessions at Pip Moyer Center, Stanton Center, Marshall Learning Center, and Eastport Methodist Church. At the Hall itself, a number of classes are now grant-supported to lower tuition barriers and make enrollment more affordable.

Among the Hall's newest ventures is the Media Arts Hub, where students can find inspiration and develop new skills through cutting-edge courses in digital arts and creative technologies. Imani Washington, who directs the program, sees children, teenagers, and adults discovering themselves through offerings like Digital Illustration, Graphic Design, and Music/Audio Production, which uses a state-of-the-art recording studio.

"This is a space for self-expres-



Courtesy of Maryland Hall



sion," Washington says, pointing out workstations fitted with 15 Macs and 15 iPads, all connected to the Creative Cloud. "You can really feel the energy!" He's observed that the more students engage in learning the technological arts, the more vocal and expressive they become. "Kids or adults might come in with some drawing or painting background, but as they gain trust in the software and the technology, their knowledge and skills transfer right over," he notes. Registration is open now for five winter/spring classes at the Media Arts Hub, including projection

mapping, digital scrapbooking, songwriting, audio book narration, and sports photography.

With the technology piece in place, Maryland Hall is now firmly in the vanguard of arts education. But before it can embrace the future, it has to deal with the past: specifically, an aging building constructed almost 100 years ago as the Annapolis High School. Beginning this spring, a long-awaited renovation will replace the Hall's antiquated HVAC system, with work continuing in stages until September 2026. Some classroom space will be affected, but

the main auditorium, already refurbished, will remain open throughout. A capital campaign has raised \$6M for the project, with \$3M more needed to cover the projected cost of \$9M.

Considering the riches that Maryland Hall has provided to the Annapolis community, that sum seems like a reasonable payback—and a great investment. The improvements will ensure that members of the next generation, like more than a million visitors before them, will experience the joys of the arts at the Hall in the years to come.

To learn more about upcoming performances and events, buy tickets, register for classes, or share ideas for programs you'd like to see, visit [marylandhall.org](http://marylandhall.org).

Carol Denny, the founding editor of *What's Up? Annapolis* magazine, writes about the arts in and around Maryland's capital.

 ASK THE DOC


**Lisa Beagan, DVM**  
Mobile Pet Vet

## Q: **Should I get pet insurance for my pet?**

**A:** Yes, getting pet insurance for your pet is a smart decision. Veterinary care has become more advanced, and while this is great for pets, it also means higher costs for treatments, especially in cases of serious illnesses or emergencies. Insurance can help alleviate the financial burden, ensuring you don't have to make heartbreaking decisions due to cost concerns. It's best to get insurance when your pet is young and healthy, as pre-existing conditions are often not covered. However, older pets can still benefit, so it's worth exploring different insurance plans to find one that fits your needs. By investing in insurance, you're giving yourself peace of mind and ensuring your pet has access to the care they deserve.

Learn more: [www.mobilepetvet.com](http://www.mobilepetvet.com) | 410-544-8300

 ASK THE DOC


**Dr. Christine Rooke, CRNP**  
Youthful Obsession

## Q: **Why are collagen induction therapies important to my skin health and appearance?**

**A:** Collagen induction therapies are powerful treatments that help maintain and restore skin health by stimulating the production of collagen and elastin. Whether you're dealing with signs of aging, acne scars, or uneven skin tone, these therapies offer a natural way to improve the appearance and texture of your skin without the need for surgery. Non-surgical treatments like radio-frequency microneedling, laser resurfacing, broad band light photofacial, and Sculptra injectables, provide minimal downtime. By encouraging your skin to regenerate and produce more collagen, CIT treatments keep your skin looking youthful, vibrant, and healthy.

Learn more: [www.youthfulobsession.com](http://www.youthfulobsession.com) | 410-696-5009

 ASK THE DOC


**David Jencks, MD**  
Anne Arundel Gastroenterology  
Associates

## Q: **Colonoscopy or Cologuard Plus™?**

**A:** Colonoscopy is considered the 'gold standard' of colorectal cancer (CRC) prevention due to being the only test that can both detect and prevent colon cancer. Colonoscopy is the only approved method of prevention in persons at high risk of CRC, such as a personal history of polyps, inflammatory bowel disease and family history of colon cancer and/or high-risk conditions. The BLUE-C study showed Cologuard Plus™ detects only 43% of advanced precancerous lesions compared to colonoscopies with a detection rate of 95%. Please discuss with your provider which method of CRC prevention is right for you.

Learn more: [www.aagastro.com](http://www.aagastro.com) | 410-224-2116



**Lose  
weight.**  
*Gain  
confidence.*



**“It was definitely the best thing I’ve ever done for myself.”**

*– Amy Moffitt, Crofton resident and Luminis Health weight loss surgery patient*

Our Weight Loss and Metabolic Surgery team is ready to help you reach your goals. From your first consultation to life after surgery, we’re here to make sure you succeed.

**Here’s what you’ll find at Luminis Health:**

- Nutritional counseling
- Support groups
- Financial navigators
- Physical therapy
- Body contouring
- Leading technology



**Take the first step. Visit [Luminis.Health/WeightLossSurgery](https://Luminis.Health/WeightLossSurgery) to find out if weight loss surgery is right for you.**

To make an appointment by phone, call **443-481-6699**.  
Annapolis | Lanham | Easton

# Washington Capitals

## CELEBRATING 50TH ANNIVERSARY SEASON

By Tyler Ingle

**T**here's something special in the D.C. air this winter, and it's not just the weather. The feeling of excitement and anticipation has been buzzing around the nation's capital for one of the most historic sporting years in ice hockey. The Washington Capitals are celebrating the organization's 50-year anniversary this season, while aiming to capture the elusive Stanley Cup, which they last won in 2018.

Alex Ovechkin is the definition of the Washington Capitals, a player whose impact on the team goes far beyond his historic goal-scoring numbers. The heart and soul of D.C., Ovechkin has been the face of the franchise since he was drafted in 2004. The Russian native brought global attention to the Capitals, transforming them from a struggling team into a perennial playoff contender. Individually, Ovechkin is continually chasing Wayne Gretzky's all-time NHL goal record of 894. Starting off the 2024–25 season, Ovechkin was only 42 goals away, but is now withing reaching distance, with only 27 goals needed to eclipse Gretzky (as of 12/2). While he has already solidified his legacy in the NHL, breaking the record in his 20th personal season and Capitals' 50th would be the perfect storyline.

With an ever-consistent focus on the fans, the Capitals have a strong slate of events, promotions, and giveaways for the special season on home ice at Capital One Arena. "This upcoming season presents our organization a unique opportunity

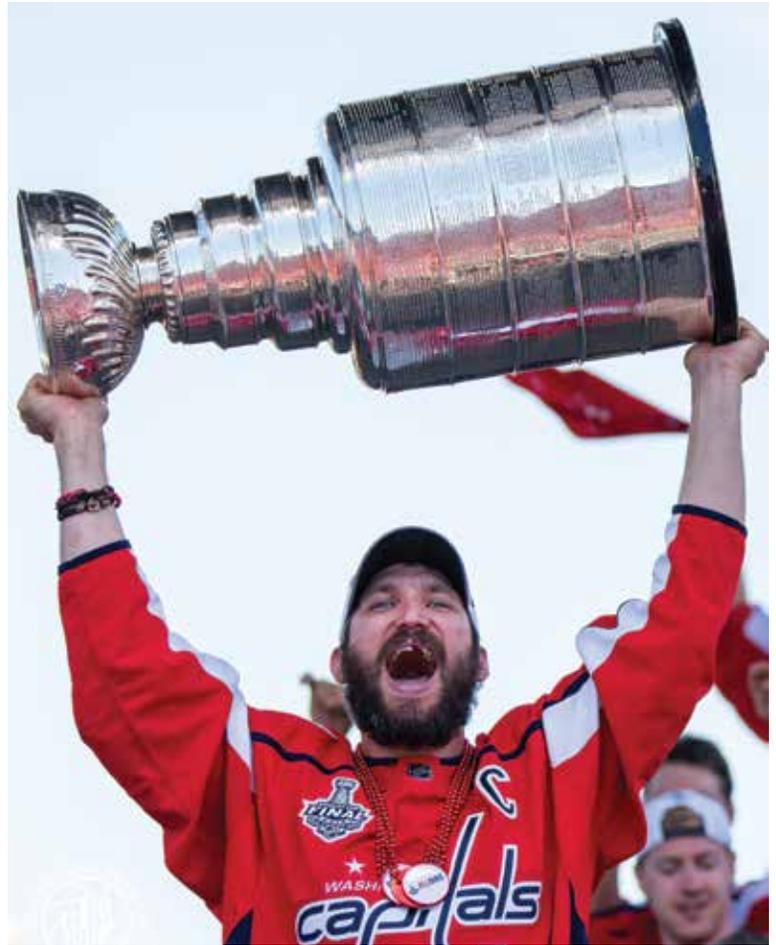


Photo by Alexandar Jones

to celebrate our history and the great contributions our alumni have made to the Capitals franchise," says Capitals Chairman Dick Patrick. "We are excited to welcome them back and recognize their achievements with our extraordinary fanbase." The franchise's "50 Fest" opened the season festivities on October 10th, with fans having quite the experience. Welcoming over 60 Capitals alumni, participants were able to meet 'n greet some of the organization's legends, in addition to receiving a commemorative 50th Anniversary Capitals t-shirt. Other promotional gameday giveaways this season include: Capitals Marvel Comic Book, Capitol Dome Pennant, Ovechkin & Backstrom duo Bobblehead, 50th Anniversary Photo Book, and more.

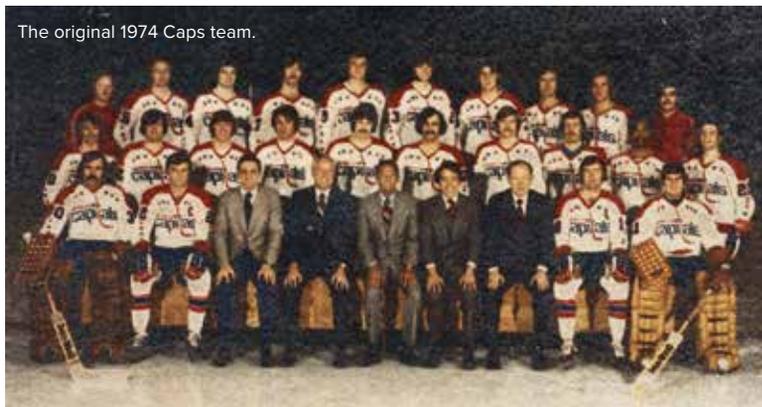
If you're at a home game, stop by Section 103 in the arena to view a special display of Caps memorabilia and game worn equipment. From the iconic 2015 Winter Classic skates worn by Ovechkin to gloves and pads used by Capitals players over the many years, this is an exhibition the history buffs won't want to miss. Celebrating the five different decades, the Capitals also are offering "Era Nights." Each night on the schedule will see alumni from the celebrated era in attendance for meet 'n greets and panel discussions. Attendance of the era nights includes pregame ceremonies, an area of the arena themed to the specific decade, and a limited edition 50th giveaway item, along with fun food and beverage items.



Looking to scope out the Caps' future talent? The Hershey Bears are the team's AHL affiliate, playing all their home games at the Giant Center in Hershey, Pennsylvania. The Hershey Bears regular season runs until April 2025, with playoffs commencing the following month. The team has won the coveted Calder Cup two seasons in a row. Tickets can be bought online and normally range between \$15 and \$110. Closer to

home at Piney Orchard Arena in Odenton, the Maryland Black Bears, a tier II minor league team, skate on local ice. This group of Bears tend to be on the younger side, playing in more of a developmental league rather than professional. Tickets can be bought online and range between \$12 and \$20. The season also follows a similar timeline to the pros, wrapping up in April 2025 ahead of the playoffs.

Whether you're a seasoned hockey fan or are a newcomer to the sport, there's no better time than this season to "Rock the Red" and attend a Caps game. To view the full 2024–25 schedule and to purchase tickets, head to the official Washington Capitals 50th anniversary website: [nhl.com/capitals/history/50th-anniversary](http://nhl.com/capitals/history/50th-anniversary).



The original 1974 Caps team.

Photo courtesy of Washington Capitals



# (Almost) Ready to Rock the Red

**WASHINGTON CAPITALS DRAFT PROSPECT RYAN LEONARD DISCUSSES HIS FUTURE WITH THE TEAM**

By Tom Worgo

**W**ashington Capitals prized prospect Ryan Leonard won't shy away from talking about playing in the NHL—and real soon—even though his sophomore season for the Boston College men's ice hockey team is midway. Athletes use the axiom often: one game at a time.

Leonard's first game in a Capitals uniform could be only months away. Drafted in 2023, Leonard was Washington's first top-10 pick since 2007 and he possesses the skills teams desire: physicality, grit, smooth skating ability, accurate and booming shot, and excellent leadership. ➤

The 6-foot-195-pound Leonard played in USA Hockey's National Team Development Program (51 goals in 57 games) before a stellar freshman year at Boston College (31 goals, 60 points).

In April of the 2023–2024 NHL season, Capitals General Manager Brian MacLellan told the 19-year-old he could play with the team in the playoffs' first-round against the Rangers. For many highly regarded players, that's probably a pipedream. But Leonard declined, to stay at Boston College for the team's own playoff run to the national championship game (ultimately losing to Denver).

"It was a once-in-a-lifetime opportunity," Leonard admits. "It was such a difficult thing to turn down knowing I could have made my debut at Madison Square Garden." We talked with Leonard ahead of the 2024–2025 season.

**How would you describe your style of play?**

I think I am a power forward and leader on the ice. That was a learning process once I got to the National Development Program. Coaches (Adam) Nightengale and (Greg) Moore were both very good to me and taught me the right thing: play two-way hockey. I attribute a lot of my success as a well-around player to those two.

**You played in the National Development Program with two NHL first-round draft picks, Will Smith and Gabe Perreault. Was it a lot of fun?** It was great. I think we took off as a line and it's really great to represent your country. I take a lot of pride in that. And there's a lot of connections you have in the National Development program when you are involved in it. They go a long way in your hockey life. USA Hockey has done a lot for me.

**How did you look at your freshman year at Boston College, after scoring 31 goals and playing in the college national championship?** It was really cool. I didn't care about individual success or breaking the rookie scoring record. Individual success can only go so far in life. We were one win away from a national championship. We just really wanted to get that win and that's the reason I am going back for my sophomore year.

**Talk about how participating in Capitals' summer rookie camp in both 2023 and 2024 aided in your development.** It really helps getting closer



with all the management and the coaching staff. You need to build those types of relationships. It's been a really good experience and it's important to ease your way in. I am looking forward to calling that place home soon.

**When the Capitals offered you a chance to play in the playoffs, how tough was the decision to turn it down?** I have trust in the team that they will one day get back to the playoffs. Maybe if it wasn't for that last loss in the national championship game, I would be a professional now. I talked to (Pittsburgh Penguins center) Kevin Hayes, who is from Boston and went to Boston College, about my decision after I made it. He said I made the right decision for sure.

**Talk about the relationship between you and your brother John, who has played professionally.** He is my biggest role model in life. We both went through the National Development Program. At the end of the year, when I had to face that tough decision of going back to BC or playing for the Capitals, he was the one I leaned on most. Brotherly love really goes a long way. I am very motivated—100 percent—to play professional hockey because of him.

**Will playing for the Capitals fulfill a dream for you?** Every hockey player's dream as a kid is to play in the NHL. When that day comes, hopefully it will be a very happy moment for the people that helped me get to that point. I hope to have a long and healthy career. I am really keeping tabs on them like they are keeping tabs on me.

**I HAVE TRUST IN THE TEAM THAT THEY WILL ONE DAY GET BACK TO THE PLAYOFFS.**

# Expert of the Month



*Sarah Ritter*

**Sarah Ritter**  
Founder, Executive Function Specialist  
OptiMind Educational Strategies



**S**arah Ritter has nearly a decade of experience in special education. She served as a special education teacher and a learning and behavior specialist before becoming an executive function specialist. She has held positions in Fairfax and Howard County Public Schools Systems as well as in the private sector.

Ritter founded OptiMind ES to empower clients by optimizing their executive function skills. Through evidence-based strategies and tools, she provides her clients with the skills they need to succeed. Services are conducted remotely via Zoom.

### What are executive function skills?

Executive function skills are essential brain processes that act as the CEO of your brain, enabling you to plan, organize, prioritize, concentrate, regulate emotions, and manage time effectively.

Much like a CEO oversees a company's operations to ensure success and growth, executive function skills coordinate your brain's processes, helping you work efficiently, adapt to challenges, and achieve your goals.

### What causes challenges with executive function?

Executive function challenges can stem from developmental factors, neurological differences, or external stressors. ADHD, autism, anxiety, or learning differences often impact executive function, but anyone can struggle if they're under significant stress or lack systems to stay organized.

For students, the increasing demands of middle school, high school, and college can highlight these difficulties. The distractions of technology and a fast-paced world may further strain attention and self-regulation, making it harder to stay on task and feel successful.

### How can parents tell if their child needs help?

Parents might notice their child losing homework, forgetting deadlines, or struggling to start tasks. Their child may also seem easily distracted, overwhelmed, or have difficulty balancing multiple responsibilities both at school and home. If these challenges cause stress or impact their child's academic or personal life, executive function coaching could be beneficial.

### How do you work with students to improve their executive function skills?

I use a relationship-based approach rooted in compassion and cognitive science that helps students improve their skills and feel understood. I implement personalized, action-oriented strategies to help manage the daily demands of school and home and optimize executive function skills. I also collaborate with parents and teachers to ensure coordinated support. Through this holistic, specialized approach, students build confidence, develop sustainable habits, and learn to navigate academic and personal challenges more effectively.

**OptiMind Educational Strategies**  
703-336-7446 | sarah@optimind-es.com  
www.optimind-es.com

**LASH M O I**

**MICROBLADING**

Lash Extensions, Permanent Makeup  
Scalp Micropigmentation & More...

<b>Crofton</b> (410) 721-5274 1166 MD-3 #108 Gambrills, MD 21054	<b>Annapolis</b> (410) 881-5158 108 Old Solomons Island Rd Unit L3 Annapolis, MD 21401	<b>Bowie</b> (240) 996-6969 1322-C Crain Highway Bowie, MD 20716
---	--	---

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

**Agave**  
TRADITIONAL AND MODERN MEXICAN

**FRESH & FAST LUNCHES**  
Everything is made in house, hand picked ingredients made fresh daily.

**STREET LUNCH ALL ITEMS \$20 OR LESS**

**BOLD FLAVORS FRESH INGREDIENTS**  
**HAND SQUEEZED MARGARITAS**

Check our website for hours  
106 Annapolis Street | Annapolis MD 21401  
410-449-3980 | [www.agaverestaurants.com](http://www.agaverestaurants.com)

f @  
OpenTable

# 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



## Expert Online Tutoring

COMPREHENSIVE SUPPORT



- ◆ All Grades (K - Bachelors)
- ◆ All Major Subject Areas ◆ Orton-Gillingham Reading
- ◆ Executive Function ◆ Test Prep



**Peak Academic Solutions**

410.934.7567 | peakacademicsolutions.com



We Strive To Deliver Sophisticated, Fee-Only Wealth Management In A Highly Personal Way.

### Bay Point Wealth Is Now Modera Wealth Management

Our team has joined Modera Wealth Management, LLC, a fee-only advisory firm since 1983 with 18 offices on the East Coast.

Together, we've expanded our resources and depth of knowledge while staying true to the personalized, fiduciary-focused service you've come to expect.

- Investment Strategy
- Comprehensive Financial Planning
- Education Savings
- Estate & Trust Planning
- Insurance Planning
- Retirement Planning
- Tax Planning
- ERISA Business Retirement Services



MODERA WEALTH

Schedule a Meeting  
with an Advisor!

Annapolis, MD    Stevensville, MD  
410.626.8198    443.249.3337

www.moderawealth.com

Modera is an SEC-registered investment adviser. SEC registration does not imply any level of skill or training. For information pertaining to our registration status, fees, and services, please refer to the Investment Adviser Public Disclosure web site (www.adviserinfo.sec.gov) for a copy of our disclosure brochure statement set forth on our Form ADV. Please read the disclosure statement carefully before you invest or send money.



## CRAB Cup

Chesapeake Region Accessible Boating hosted the 18th Annual CRAB Cup race and shore party on August 17th, 2024, and the turnout broke records with 102 boats registered for the pursuit race and over 600 friends and supporters attending the post-race party. The CRAB Cup is a family-friendly sailing event hosted at Eastport Yacht Club. It is organized by CRAB with support from the founding sponsor Boatyard Bar and Grill. Learn more at [crabsailing.org](http://crabsailing.org).



**1.** Summit Troutman, JJ Lee, Anthony Melick, and Chelan McNear **2.** Pam Corwin, Paul VanCleve, Paul Labossiere, and Tim McGee (Won the CRAB Class, Won Skippers' Challenge) **3.** Jim Nolan (Board Chair), Honorary Guest Vice Admiral Yvette M. Davids (USNA Superintendent), and Bo Bollinger (CEO and President) **4.** Lydia Deckman, Michele Deckman, Jessica Sweeney, and Mary McBride **5.** Molly Lyons, Christine Sommer, Christy Prouty, Jamey Dumas, and Jen Moeller **6.** Bill Levatino, EYC Race Committee Chair **7.** Jennifer Ellefson, Cheryl Cook, and Ann Powers (EYC Race Committee) **8.** Keith Cole, Sean Higgins, Ed Warburton, Kate Gofman, Owen Brooks, Jodi Bosanko, and William Dick



SCOTT SCHUETTER  
*Shrek*  
 REALTOR® & CREW



*Personal* From the very beginning, Scott was friendly and approachable, making us feel comfortable and confident in our decisions. He was highly responsive and always available to answer our questions and provide timely advice. What sets Scott apart is his unwavering commitment to his clients' needs.

*Professional* Scott is extremely professional and knowledgeable about the housing market, home buying/selling process, neighborhoods ... literally everything. His attention to detail and transparency gave us extreme confidence we were making the right decision. Due to his tenacity and peer relationships, he was able to help us land our dream home in an extremely competitive market. We cannot say thank you enough to Scott, Ashley, and the whole team!

*Pressure Free* Hands down, the best there is! Scott was patient with us throughout the entire process of finding our next home — he understands the market and offers excellent, pressure-free advice! Scott took the time to understand our family's needs and was never more than a text away when we had questions. Without his experience and well-respected reputation from other realtors in the area — I fully believe we would not have been the selected offer in a multiple-offer situation.



USNA '00

**410.900.7668**  
**SCOTTSCHUETTER.COM**  
**SCOTT@SCOTTSCHUETTER.COM**



**BERKSHIRE HATHAWAY**  
 HomeServices  
 PenFed Realty



## For the Love of the Library

On September 27th, the Anne Arundel County Public Library Foundation hosted the annual fundraiser For the Love of the Library at the Michael E. Busch Annapolis library. Guests enjoyed delectable bites from Chef Kurt and Chesapeake Chef Service, fine drinks, a wine & whiskey pull, immersive stations that showcased the heart of the library, and auction items to raise funds for the foundation programs. Learn more at [aacpl.net/foundation](http://aacpl.net/foundation).

1. AACPL CEO Skip Auld 2. Katie Bacon and Janet Richardson-Pearson 3. AACPL Foundation Executive Director Cathleen Sparrow 4. Steven Riker, Elizabeth Volk, What's Up? Media President Veronica Tovey, and Nancy Almgren 5. Cathy and John Belcher with Karen Brown 6. Noelle Reese, Madeleine Murphy, and Christine Feldmann 7. Rena Serrato and Deb Howe 8. Bryan and Anne Liles



# RAMS HEAD On Stage

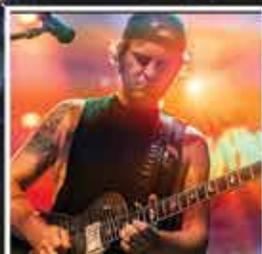
January Highlights

BE THE FIRST TO FIND OUT ABOUT NEW CONCERTS BY SUBSCRIBING TO OUR EMAIL LIST! VISIT [WWW.RAMSHEADONSTAGE.COM](http://WWW.RAMSHEADONSTAGE.COM) TO JOIN

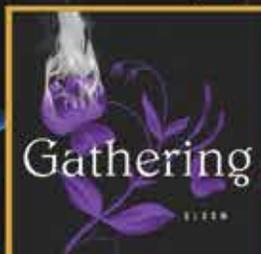
📷 RAMSHEADONSTAGE 📺 RAMSHEADONSTAGE



JANUARY 3  
**MORAN TRIPP BAND**  
W. JAG ROBINSON



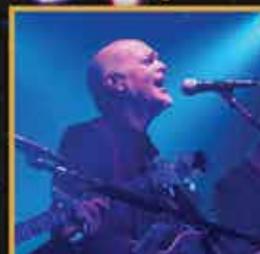
JANUARY 4  
**BRANDON HARDESTY**  
W. DAPHNE ECKMAN



JANUARY 5  
**THE GATHERING GLOOM**  
CLARE TRIBUTE



JANUARY 9  
**COMEDIAN SEAN SARVIS**  
W. CHRIS THOMAS



JANUARY 10  
**LAST TRAIN HOME**  
FEAT. TONY BRUCE



JANUARY 11  
**HIGH NOON**  
A TRIBUTE TO LYNRD SKYNYRD



JANUARY 12  
**DEAD LETTER OFFICE**  
PERFORMING R.E.M.



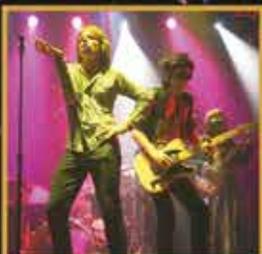
JANUARY 15  
**"BLEECKER STREET"**  
THE SIMON & GARFUNKEL SONGBOOK



JANUARY 17  
**NAO YOSHIOKA**  
SOUL/R&B SINGER SONGWRITER



JANUARY 18  
**NEIL FOREVER**  
PERFORMING NEIL DIAMOND



JANUARY 19  
**SATISFACTION**  
ROLLING STONES'S TRIBUTE



JANUARY 22  
**YARN**  
AMERICANA ALT-COUNTRY



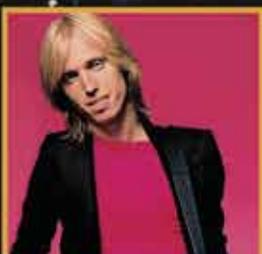
JANUARY 23  
**FAN HALEN**  
A TRIBUTE TO VAN HALEN



JANUARY 24  
**BEGINNINGS**  
THE MUSIC OF CHICAGO



JANUARY 25  
**CHUCK PROPHET**  
ALL AGES MATINEE



JANUARY 25  
**FALLIN' FREE**  
A TRIBUTE TO TOM PETTY



JANUARY 26  
AMFM PRESENTS  
**CELEBRATING CAROLE KING**  
(MATINEE)



JANUARY 26  
**LIVE AT THE FILLMORE**  
ALLMAN BROTHERS MUSIC



JANUARY 29  
**JARROD LAWSON**  
BLUE-EYED SOUL SINGER



JANUARY 30 & 31  
**G. LOVE & SPECIAL SAUCE**

[RAMSHEADONSTAGE.COM](http://RAMSHEADONSTAGE.COM) • 33 WEST STREET | ANNAPOLIS, MD • 410.268.4545

RAMS HEAD  
PRESENTS

# RICKY SKAGGS

& KENTUCKY THUNDER

JANUARY 5  
MARYLAND HALL

801 CHASE STREET, ANNAPOLIS, MD



MARYLAND HALL



[RAMSHEADPRESENTS.COM](http://RAMSHEADPRESENTS.COM)



**BETTER TOGETHER  
NONPROFIT LAUNCH**

Nonprofit organization Better Together, founded by David and Dawn Orso, held its inaugural event at Chartwell Country Club on November 12th. The evening brought the community together, raising \$30,000 in support of three exceptional local organizations:

- **The Blue Ribbon Project:** Dedicated to supporting children in foster care by providing essential resources and advocacy.
- **CASA (Court Appointed Special Advocates):** Providing a voice for children who have experienced abuse and neglect, ensuring they are heard and represented in the legal system.
- **Katherine’s Light Foundation:** Advancing research for neuroendocrine tumors (NET cancer), enhancing cancer patient care, and assisting aspiring nursing students in achieving their dreams of becoming Registered Nurses.

“We are overwhelmed by the outpouring of generosity from our community,” David and Dawn Orso said. “Better Together was created to unite people for a greater purpose, and this event is a testament to the power of collective action. Together, we can shine a light on the needs of others and make a lasting impact.” For more information about Better Together or to get involved, please contact David & Dawn Orso at david@davidorso.com, dawn@davidorso.com, or by calling 443-372-7171.



**Triple Crown of Charity Sailing Champion**

The 2024 Triple Crown of Charity Sailing competition enjoyed outstanding participation and fundraising efforts from the community. Skippers and crews had to participate in the Maryland Cures Cancer Regatta, the CRAB Cup, and the Hospice Cup while raising funds for all three charities. The scoring for the Triple Crown of Charity Sailing Trophy is based on the amount of money raised and the placement of each boat in the respective three races. The 2024 campaign saw 251 boats, with more than 1,000 skippers and crew, raising a grand total of \$572,000. At the awards ceremony held at the CRAB Annapolis Adaptive Boating Center, on November 1st, John Dodge and Team Kobayashi for a Cure were crowned champions and hoisted the Triple Crown of Charity Sailing Trophy. Congratulations! Learn more at crabsailing.org.

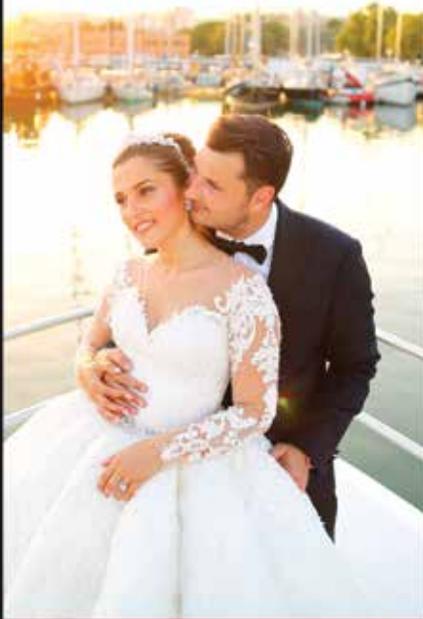


**RASHEEDA MARTIN  
JOINS VISIT  
ANNAPOLIS**

Visit Annapolis & Anne Arundel County (VAAAC) announced the appointment of Rasheeda Martin as its new Senior Director of External Relations. Martin, previously the Director of Sales at Explore York, brings a wealth

of experience and expertise to her new role. “Rasheeda’s strong track record in driving strategic initiatives, building client relationships, and her collaborative leadership style make her an ideal fit,” said Kristen Pironis, Executive Director of VAAAC. In her new position, Martin will oversee VAAAC’s sales, external communications, and partnership teams, working to strengthen relationships with government entities, industry partners, and local communities. Learn more at visitannapolis.org.

WHAT'S UP? MEDIA  
**WEDDING EXPO**  
 FEBRUARY 16, 2025 • 1-4 PM  
 THE GRADUATE ANNAPOLIS



Admission is free.  
 Scan the QR code or visit  
[whatsupmag.com/bridalexpo2025](http://whatsupmag.com/bridalexpo2025)  
 to register for the event



**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

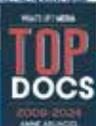
Dr. Dennis & Dr. Nesti are excited to announce the addition of **Dr. Kelly Kilcoyne**, further expanding the treatment we provide to include all shoulder and elbow problems. Dr. Kilcoyne is a shoulder and elbow specialist with over 17 years of expertise in the treatment of the most complex upper extremity 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](http://www.annapolishandcenter.com)**



**BEST OF ANNAPOLIS 2024**  
 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



410-268-NJOY (6569) • 1 Park Place - Annapolis • [www.carpacciotuscankitchen.com](http://www.carpacciotuscankitchen.com)

GRUBHUB DOORDASH



It's A New Year: A Time to Reflect, A Time to Start Anew,  
A Time to Start a Wellness Practice

## Are You Considering a New Wellness Practice?



# WELLNESS RISING PODCAST

For us at Wellness House of Annapolis, we take wellness very seriously and we think about it daily throughout the year – and with a lens toward healing for those who are diagnosed with cancer.

As you think about your wellness practice, consider checking out our Wellness Rising podcast – where we explore all things health and wellness beyond a cancer diagnosis. There is something everyone can learn.

### We have over 50 episodes on topics including:

- The latest in cancer research and treatment, such as proton therapy
- The power of holistic therapies like Reiki, healing touch, and massage
- Wellness practices, such as meditation and mindfulness, healthy breathing, naturopathic medicine
- And many more!

Listen to the podcast here:

[www.annapoliswellnesshouse.org/podcasts](http://www.annapoliswellnesshouse.org/podcasts)



If you or a loved one has been diagnosed with cancer, we can help. Be sure to reach out for more information on Wellness House of Annapolis programs and services for those touched by cancer, go to: [www.annapoliswellnesshouse.org](http://www.annapoliswellnesshouse.org) or call 410-990-0941



## Annapolis Opera's Kathy Swekel Honored

Annapolis Opera's General Director Kathy Swekel has been honored by OPERA America for her 10 years of exceptional leadership and service to the company. This recognition celebrates opera leaders who have reached the significant milestone of a decade of service. Under Swekel's leadership, the company experienced record levels of growth and success. Her dedication to artistic excellence, innovative programming, and community engagement has guided Annapolis Opera into its strongest era yet. "OPERA America is recognizing what we've long known here in Annapolis. Kathy is a force of nature and it's hard to imagine anyone more committed to this company," said Rev. Dr. Carletta Allen, President of the Annapolis Opera Board of Trustees. "We proudly salute her for achieving this milestone!" For more information about Annapolis Opera and upcoming events, please visit [annapolisopera.org](http://annapolisopera.org).



**IMPACT100  
ANNOUNCES GRANTEE**

Impact100 Greater Chesapeake, an all-volunteer women’s philanthropic community dedicated to improving lives in Anne Arundel County, voted to award the 2024 \$65,000 grant to The Blue Ribbon Project at the group’s annual meeting, held October 20th at The Golf Club at South River.

The Blue Ribbon Project was awarded the Impact100 2024 grant to assist them in funding transportation to carry out their various programs, like Backpacks of Love, which serves the immediate physical needs of children as they enter foster care.

“We are deeply grateful and honored for the support and can’t wait to see the positive impact this will have on our community. Thank you, Impact100!” said Taylor Pyles, Founder/ Executive Director, The Blue Ribbon Project. Learn more at [impact100greaterchesapeake.org](http://impact100greaterchesapeake.org).



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



# Simplify Your Financial Life in 2025

For 35 years, Scarborough Capital Management has offered unlimited professional support for an economical monthly fee to individuals in Anne Arundel County and across the nation.

*401(k) Plan Management  
Wealth Management  
Financial Planning*

## SCARBOROUGH CAPITAL MANAGEMENT

CELEBRATING OUR 35<sup>TH</sup> ANNIVERSARY

1906 Towne Centre Blvd., Suite 260 | Annapolis  
410-573-5700 | [scmadvice.com](http://scmadvice.com)



Securities offered through Independent Financial Group, LLC (IFG), a registered broker-dealer. Member FINRA/SIPC. Advisory services offered through Scarborough Capital Management, a federally registered investment adviser under the Investment Advisers Act of 1940. Registration as an investment adviser does not imply a certain level of skill or training. IFG and Scarborough Capital Management are unaffiliated entities. More information can be obtained by visiting [adviserinfo.sec.gov](http://adviserinfo.sec.gov) and search for our firm name upon request.

# Arundel Lodge

**CELEBRATING 50 YEARS  
OF REIMAGINING HOPE IN  
THE COMMUNITY**

By Lisa A. Lewis

**W**hen Arundel Lodge commemorates its 50th anniversary this year, the organization will celebrate its journey from a small residential program to a regional leader in behavioral health. Tracing its origins from humble beginnings, Arundel Lodge was founded in 1975 by a group of parents and community members in Anne Arundel County who were concerned about the lack of resources for individuals with mental health disorders.

Originally located in a small building on Renard Court in Annapolis, the organization created residential rehabilitation and day programs to provide support to individuals living with mental health challenges and to help them build essential life skills. Arundel Lodge moved to its current location (and main campus) in Edgewater in 2005. The organization, which is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), served approximately 3,700 clients in 2023.



Executive Director Kevin Hazucha speaks to lodge patients



Arundel Lodge Main Campus in Edgewater

“We serve as a safety net provider for the community, and our staff is dedicated to providing the care and support that our clients need to lead healthy, productive lives,” says Kevin Hazucha, executive director and CEO of Arundel Lodge. “Raising public awareness and decreasing the stigma associated with behavioral health is critical to our mission. We take pride in the breadth of our services and our status as a trusted leader in the community.”

A 501(c)(3) nonprofit organization with the mission of “improving the lives of children, adults, and families impacted by mental health and substance use disorders,” Arundel Lodge has continued to grow and evolve throughout the years.

## **NOTEWORTHY MILESTONES**

Arundel Lodge has achieved several milestones during its 50-year history. The following is a snapshot of a few of its accomplishments, which underscore its dedication to expanding its services for adults, children, adolescents, families, military service members, and veterans.

“Arundel Lodge is known for its strong commitment to providing comprehensive services to those in need—often those who are not served by others,” says Beverly Marcus, president of Arundel Lodge’s Board of Directors. “A dedicated, innovative, and passionate staff provides the care needed to improve the quality of life of those we serve.”

In 2008, the organization opened its Outpatient Mental Health Clinic (OMHC), which initially served 225 clients. The full-service clinic provides assessment of mental health and substance use disorders, psychiatric diagnostic evaluations, medication management, and individual, group, and family therapy. In 2023, OMHC served 2,400 clients—a testament to the need for behavioral health services in the community.

Arundel Lodge established the Open Eye Gallery and Studio Program in 2010 to offer clients an opportunity to express their emotions through art and earn income. Artwork is for sale in galleries across the region and in Arundel Lodge's gallery.

Another notable milestone is Arundel Lodge's expansion of services for children and adolescents. In 2015, the organization established the Marcus Youth and Family Center. In addition, when Arundel Lodge received a grant from the State of Maryland in 2023, it launched the RAY Team (Rapid Access for Youth), which offers walk-in treatment services.

And in 2017, Arundel Lodge created the Service Members, Veterans & Families Program to meet the needs of veterans and their families.

One of Arundel Lodge's most significant milestones is the opening of its Behavioral Health Urgent Care Center in 2022. The facility, which is the first of its kind in Anne Arundel County, was funded by a grant awarded in 2021 by the Substance Abuse and Mental Health Services Administration (SAMHSA) and is located in the Sajak Pavilion on the campus of Luminis Health Anne Arundel Medical Center.

"We're extremely proud of this new facility, which provides immediate care to individuals experiencing mental health or substance use crises," Hazucha says. "One of our goals is to expand crisis care and related services in Anne Arundel County"



## 50TH ANNIVERSARY EVENTS

In honor of 50 years of service to the community, Arundel Lodge will host special events throughout 2025. Its 50th Anniversary Kickoff and Ribbon Cutting Ceremony to rededicate its building will take place on January 17th from 11 a.m. to 1 p.m. on its main campus. The event, which will feature speakers and light refreshments, is open to the community.

Arundel Lodge will host its Golden Anniversary Gala on June 28th from 6 to 10 p.m. at The Westin Annapolis. The black-tie-optional celebration includes dinner, dancing, live and silent auctions, and more. Tickets are \$160 and can be purchased by e-mailing Carter Heim in the development office at [heim@arundellodge.org](mailto:heim@arundellodge.org).

"Our Golden Anniversary Gala will celebrate 50 years of innovation and expansion of programs and services," Marcus says. "We look forward to continuing to fulfill our mission to improve the lives of children, adults, and families impacted by mental health and substance use disorders in the years to come."

"Our motto is 'hope reimagined,' and it's critical to our mission," Hazucha adds. "Hope is an integral part of recovery. It enables our clients to move past their limitations and heal."

For more information about Arundel Lodge, visit [arundellodge.org](http://arundellodge.org) or call 443-433-5900.

**Special thanks to Carter Heim.**

# Meet Bronwyn Bolton

**THIS SEVERN SCHOOL SENIOR EXCELS ON THE GYMNASTICS FLOOR, LACROSSE FIELD, AND IN THE CLASSROOM**

By Tom Worgo

**B**ronwyn Bolton looks to the past before she talks about her future in lacrosse. Bolton, a Severn School senior, says playing one sport (gymnastics) and participating in a form of dance (ballet) before she started attending high school made her an elite lacrosse player.

The three-sport athlete developed a tremendous work ethic by practicing up to seven hours a day, four or five times a week for First Class Gymnastics in Crownsville.

“In gymnastics, you never settle, and you have to be the best you can possibly be,” Bolton explains. “That translated over to lacrosse very well.”

Bolton, a defensive midfielder, participated in ballet for the Washington School of Ballet across six years. Outstanding footwork and positioning came from that activity. “I was always on point,” she says. “It really helps with your feet, leg strength, and change of direction.”

Bolton, a two-time New Balance and Under Armour All-American, blossomed into a coveted college prospect. She made the U.S. U-18 National development team in August. “Probably about 1,000 from around the country tried out for the national team,” Bolton says.



Bolton, who carries a 4.27 weighted grade-point average, will attend Stanford University in Northern California on an academic and lacrosse scholarship. By the time she graduates Severn, she will have taken eight advanced-placement classes, including five this school year—something few students do.

“I have only ever taken AP and honors classes,” Bolton says. That may be a reason the Naval Academy, Villanova, and Virginia Tech universities also aggressively recruited her. She signed a National Letter of Intent in mid-November and verbally committed to Stanford in September of 2023. Her career goal is to be an orthopedic surgeon.

“I picked Stanford because it offered the best mix of academics and athletics,” Bolton says. “I want to pursue something in the medical field like sports medicine. That’s what I was seeking. I am looking past college. Lacrosse is for the next four years. The lacrosse team also plays at a high-level.”

The 5-foot-5 Bolton excels in games because of her athleticism, speed, high lacrosse IQ, grit, and superior stick skills. Her reputation centers on shutting down an opponent’s leading scorer.

“She has everything it takes to be a great college player,” Severn Girls Lacrosse Kathy Rudkin says. “She is such a great athlete. She really puts in the work outside of practice and games. She gets better on her own.”

**“SHE IS SUCH A GREAT ATHLETE. SHE REALLY PUTS IN THE WORK OUTSIDE OF PRACTICE AND GAMES.”**

Playing three years for M&D Lacrosse, which refers to itself as the No. 1 club program in the country, also has been crucial to the development of Bolton's skills. The 17-year-old competes for nine months a year for her club team and plays in about 30 games traveling up and down the East Coast for tournaments and games. She suited up for Chesapeake Lacrosse Club (three years) and Sky Walkers Lacrosse program (one).

For Severn, Bolton, a three-year starter, plays a defensive midfield position. She consistently ranked among the Admirals leaders in ground balls and caused turnovers.

"What separates her from other players is her battery," Rudkin says. "She is like the Energizer bunny. She never stops going hard or takes a play off, even when we are down. I really love that about her."

Bolton, a Severna Park resident, also plays varsity soccer as a fullback and swims for Severn. She specializes in the butterfly and swims a leg on a relay team that finished second in the Interscholastic Athletic Association of Maryland B Conference championships in 2023. On top of those things, Bolton started a club at school called Morgan's Message, which helps athletes with mental health.

"She is a three-sport athlete, and we only have a few of them at Severn," Rudkin says. "Her athleticism pretty much separates her from everyone in her age group. She stands out in every way. For her to be able to juggle academics and athletics at a high level is so impressive."



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

# ADVANCED GENERAL DENTISTRY

*with a Gentle Touch*

GENERAL FAMILY DENTISTRY  
COSMETIC DENTISTRY • ZOOM WHITENING • RESTORING IMPLANTS  
Most Insurances accepted



## BLUE HERON DENTAL

*Dr. Holly Green*

600 RIDGELY AVE • SUITE 225 • ANNAPOLIS, MD  
WEEMS CREEK MEDICAL CENTER • 410-224-9608 • www.blueherondental.com






## ARCHBISHOP SPALDING HIGH SCHOOL

- OVER 55 YEARS OF CATHOLIC EDUCATION ■ 26 AP CLASSES
- INTERNATIONAL BACCALAUREATE WORLD SCHOOL
- PROJECT LEAD THE WAY/PATHWAY TO ENGINEERING ■ 30 ATHLETIC TEAMS
- OVER 40 CLUBS AND ORGANIZATIONS






— ARCHBISHOPSPALDING.ORG —

# 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*

*Schedule a visit and learn more!*

[admission@indiancreekschool.org](mailto:admission@indiancreekschool.org)





# BEST IN CLASS

## 2025 PRIVATE SCHOOL GUIDE

Welcome to the definitive 2025 Private School Guide! Selecting a private school that plays a critical *and* fitting role in your child's education requires considerable time and research. The format of the guide allows you to easily navigate local private schools' vital information (tuition, student/teacher ratios, key contacts, etc.) and quickly learn about their education philosophies, affiliations, student clubs, extracurricular programs, sports offerings, and more.

**PLEASE NOTE:** This information is up-to-date as of our print deadline in mid-December. Because some schools have varying data points, you will see "N/A" (Not Applicable) for several schools' categories that do not apply. Some categories have varying data references because some schools have a specific number of programs, while other schools vary year to year. If you have questions or concerns, please contact the school directly.

FOR THE COMPLETE LIST OF EASTERN SHORE-BASED SCHOOLS, PLEASE REFER TO OUR DIGITAL VERSION OF THE GUIDE AT [WHATSUPMAG.COM](http://WHATSUPMAG.COM).



# Private School

\*Most recent statistics provided  
Advertisers in RED

## DESCRIPTION

## YEAR FOUNDED

## RELIGIOUS AFFILIATION

## PRINCIPAL/ HEAD OF SCHOOL

## GRADE LEVELS

## ENROLLMENT

GREATER ANNAPOLIS

**Annapolis Area Christian School - Lower**

61 Gambrills Road, Severn  
410-519-5300; aacsonline.org

AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.

1971

Christian

Karl Graustein

K–5

110

**Annapolis Area Christian School - Lower**

710 Ridgely Ave, Annapolis  
410-519-5300; aacsonline.org

AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.

1971

Christian

Elizabeth Williams

K-5

151

**Annapolis Area Christian School - Middle**

716 Bestgate Road, Annapolis  
410-846-3505; aacsonline.org

AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.

1971

Christian

Benjamin Peddicord

6–8

230

**Annapolis Area Christian School - Upper**

109 Burns Crossing Road, Severn  
410-846-3507; aacsonline.org

AACS is an accredited K – 12 private, co-ed, school with four campuses in AA county. We provide an excellent, distinctively Christian education.

1971

Christian

David Intlekofer

9–12

395

**Book of Life Academy\***

913 Cedar Park Road, Annapolis  
410-263-2600;  
bookoflifeacademy.com

Located in Annapolis, Book of Life offers a Christian education through various daily enrichment programs.

1982

Christian

Rebecca Lemus

K2–5

115

**Calvary Center School\***

301 Rowe Boulevard, Annapolis  
410-268-3812; calumc.org/ccs-about  
calvarycenter@calumc.org

Calvary Center School is a preschool for children ages 3 and 4, and also offers extended care options.

1986

Methodist

Claire Zarrilli

PreK 3-5

75

**Chesapeake Montessori School**

30 Old Mill Bottom Road North,  
Annapolis; 410-757-4740  
chesapeake-montessori.com

We believe that education is an exciting process of discovery that builds a foundation for critical thinking, self-discipline, and a life-long love of learning. We respect that children and adolescents should be encouraged to progress at their own pace, regardless of age or ability.

1977

Non-Sectarian

Robert Wirts

18 months–  
8th grade

150

**Chesterton Academy of Annapolis**

31 Rowe Blvd, Annapolis 410-855-3216;  
chestertonacademyofannapolis.org

We are raising up joyful leaders, educated in the classical tradition and the truths of the Catholic faith. Our rigorous curriculum prepares students to succeed in college and professional life, to excel in service of family, of country, and of Christ our Lord.

2018

Catholic

Thomas Thoits

9th-12th

43

**The Harbour School\***

1277 Green Holly Drive, Annapolis  
410-974-4248; harbourschool.org

The Harbour School, located in Cape St. Claire, has an individualized way of teaching, and adapts to the students' way of learning.

1982

Non-Sectarian

Linda J. Jacobs

1–12

189

**Heritage Learning Center\***

1740 Forest Drive, Annapolis  
410-263-6680 ext 105  
heritagelearningcenter.org

Quality early learning experience in a loving, safe, inclusive environment where children develop a love for learning

1985

Non-denominational

Vickie Whitley

2 years to  
PreK 4s and  
5s

50

**Indian Creek School**

1130 Anne Chambers Way, Crownsville  
410-849-5151; indiancreekschool.org

Indian Creek School is a premier college-preparatory school for students in grades Pre-K3 through grade 12, located on a beautiful 114 acre wooded campus just minutes north of Annapolis. At Indian Creek, kindness is currency, well-being is priority and excellence in education is relentlessly pursued.

1973

Non-Sectarian

Booth Kyle

PreK 3-  
Grade 12

580

**The Key School**

534 Hillsmere Drive, Annapolis  
410-263-9231; keyschool.org

Key is renowned for its rigorous academic program, which emphasizes inquiry-based learning and interdisciplinary studies, and produces unparalleled student outcomes. Key is a diverse community where students are transformed through authentic connections with their teachers and peers.

1958

Non-Sectarian

Matthew Nespole

Key-Wee  
(2.5  
years)–12th  
grade

650

	AVG. CLASS SIZE	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	FINANCIAL ASSISTANCE	LANGUAGES TAUGHT	EXTRACURRICULAR PROGRAMS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	15-20	11:1	\$17,159/year	January 23rd, March 5th, April 11th, May 8th	Coed	Yes	Yes	Yes	Spanish	Yes	No	N/A
	15-20	11:1	\$17,159/year	February 20th, March 12th, April 23rd, May 19th	Coed	Yes	Yes	Yes	Spanish	Yes	No	N/A
	18-25	11:1	\$20,190/year	Visit aacsonline.org	Coed	Yes	Yes	Yes	Spanish, French	Yes	Yes	N/A
	18--25	10:1	\$25,625/year	visit aacsonline.org	Coed	Yes	Yes	Yes	French, Spanish, ASL	Yes	15	8 hours per year (encouraged, not required)
	12	6:1	\$5,000–6,000/year	Call for Information	Coed	No	Yes	Yes	Spanish	Yes	0	N/A
	12–15	6:1	\$340–760/month	Call for Information	Coed	No	No	No	N/A	Community Events/Service Opportunities	0	N/A
	Varies	Varies	\$14,700–\$20,600/year	Contact Admissions	Coed	No	No	Yes	Spanish	Multiple	0	72 hours per year (grades 7 and 8)
	11	11:1	\$11,700/year (Offer Sibling Discount)	Call for Information	Coed	Yes	Yes	Yes	Latin, Spanish, Italian	Yes	Soccer, Volleyball, Tennis, Baseball, Ultimate Frisbee	Elective
	8–10	2:1	\$41,726/year	Call for Information	Coed	No	Dress code	No	No	5	4	75 hours for seniors
	10-15	6:1 to 10:1	See website for details	Call for Information	Coed	No	No	Yes	No	No	No	No
	16	8:1	\$21,400–\$32,300/year	Call for Information	Coed	Yes	Yes	Yes	Spanish, Latin, Arabic, Japanese	30+	18	75 hours recommended
	16–18	6:1	\$10,305–\$35,220/year	Call for Information	Coed	Yes	No	Yes	Arabic, French, Latin, Spanish	45	40	No



# Private School

\*Most recent statistics provided  
Advertisers in RED

DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/ HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT
-------------	--------------	-----------------------	---------------------------	--------------	------------

<p><b>Maryland Curiosity Lab</b> 461 College Parkway, Arnold 303-909-4958 marylandcuriositylab.org</p>	<p>We believe school should spark curiosity and ignite a lifelong love of learning. Our Acton Academy program has grown to ages K-8. It mixes real-world projects with online learning and Socratic discussions in a multi-age classroom. Plus an adventure trip every week!</p>	2022	Non-denominational	Roman Hardgrave	K-8	30
<p><b>Maven Academy*</b> 1908 Forest Drive Suite 2J 410-216-7070; themavenacaemy.com</p>	<p>The Maven Academy is unique among Annapolis Area private schools. We are a small school offering core subjects and electives to students in grades 6 through 12, Tuesday through Thursday. While we strive to adhere to biblical and moral principles, we do not teach religion and we are respectful to all faiths.</p>	2014	Christian	Gina Vogel	6-12	25
<p><b>Montessori International Children's House</b> 1641 North Winchester Road, Annapolis; 410-757-7789 montessorinternational.org</p>	<p>Recognized by the Association Montessori Internationale, Montessori International Children's House educates students ages 18 months to 12 years. Extended day available</p>	1985	Non-Sectarian	Kathy Sage - Educational Director	18 months–6th grade	160
<p><b>Naval Academy Primary School</b> 74 Greenbury Point Road, Annapolis 410-757-3090; napschool.org</p>	<p>Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy, serving civilian and military families alike.</p>	1949	Non-Sectarian	Robyn M. Green	PreK–8th grade	315
<p><b>Rockbridge Academy</b> 680 Evergreen Road, Crownsville 410-923-1171; rockbridge.org</p>	<p>Celebrating 30 years as a classical Christian school, Rockbridge Academy is ready to welcome K-12 students into a transformative learning community, where children grow to be the compassionate, thinking leaders of the next generation. Come tour our new campus!</p>	1995	Christian	Roy Griffith	Junior K-12th grade	445
<p><b>St. Anne's School of Annapolis</b> 3112 Arundel on the Bay Road, Annapolis; 410-263-8650 stannesschool.org</p>	<p>Our diverse and inclusive community celebrates each child's unique gifts and talents, educating students in Values of the Heart and Values of the Mind. Our families share our vision of delivering a challenging, high-quality academic, social, and emotional program.</p>	1992	Episcopal	Connie Coker	Twos–8th grade	300
<p><b>Saints Constantine and Helen Preschool</b> 2747 Riva Road, Annapolis 410-573-2078; sschschool.org</p>	<p>Preschool that provides a safe and loving Christian environment dedicated to creating lifelong learners who are prepared for the next academic level</p>	2015	Greek Orthodox (welcome children of all faiths)	Emily Soeffing	Ages 2-5 (twos must turn 3 by December 1)	50
<p><b>St. Martin's Lutheran School of Annapolis</b> 1120 Spa Road, Annapolis 410-269-1955; smartinsonline.org</p>	<p>Saint Martin's Lutheran School provides private, Christian education in a safe, secure and inclusive environment with a focus on small class sizes.</p>	1963	Lutheran	Greg Whitley Lower School: Bobi Glava	PreK 3–8	138
<p><b>St. Margaret's Day School</b> 1605 Pleasant Plains Road, Annapolis; 410-757-2333 stmargaretsdayschool.org</p>	<p>St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children and is Green Certified through MAEOE</p>	1995	Episcopal	Aleshia Marshall	2 years–K	132
<p><b>St. Mary's Elementary School</b> 111 Duke of Gloucester Street, Annapolis; 410-263-2869 stmarysannapolis.org</p>	<p>Explore our community, which is anchored in faith, rooted in tradition and committed to excellence. Our programs and continuous build lifelong learners ready for the life's challenges. Our students become positive contributing members of their communities through leadership and service.</p>	1862	Catholic	Megan Back	PreK–8	847
<p><b>St. Mary's High School</b> 113 Duke of Gloucester Street, Annapolis; 410-263-3294 stmarysadmissions.org</p>	<p>For over 75 years we have had a rich tradition of academic excellence. St. Mary's boasts a 100% college acceptance rate. In addition to a rigorous academic program our students have the opportunity to participate in 30+ clubs and with 36 athletic teams there is something for every student.</p>	1946	Catholic	Joseph Keenan	9–12	517
<p><b>Divine Mercy Academy</b> 8513 St. Jane Drive, Pasadena 410-705-0778; divinemeracy.md</p>	<p>Divine Mercy Academy offers a Classical Liberal Arts Education in the Catholic Tradition to children in Kindergarten through Eighth grade. We are incredibly proud to provide this time-tested and highly successful curriculum paired with a thoroughly Catholic ethos at an affordable tuition.</p>	2019	Catholic	Patrick Sullivan	K-8	148

	AVG. CLASS SIZE	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	FINANCIAL ASSISTANCE	LANGUAGES TAUGHT	EXTRACURRICULAR PROGRAMS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	10	10:1	\$14,500/year	Call for Information	Coed	No	No	Yes	No	No	No	No
	13	7:1	\$5,900/year	Call for Information	Coed	No	Yes	No	Out-sourced	Varies	0	Encouraged, not required
	9-30	Varies	\$12,350 to \$14,600/year	Call to Schedule Tour	Coed	No	No	Yes	Spanish	Varies by year	0	No
	16-18	12::1	\$9,180–13,908/year	January 26th	Coed	Yes, In house assessments	Yes	Yes	French and Spanish	16	Cross Country, Basketball, Soccer, Cheer	Yes, for Middle School
	14	8:1	\$7,800–18,500/year	February 3rd	Coed	Yes	Yes	Yes	Latin, Spanish, Biblical Greek	31 (Excluding Mock Trial and Orchestra where students receive a grade)	8	Daily service duties, mentoring opportunities, school-wide service projects
	14	8:1	\$8,170–25,565/year	Call for Information	Coed	No	Yes	Yes (Pre-school–grade 8)	French (MS Only), Spanish (PK-8th)	15	6	10 hours (grade 8)
	8–10	1:10	Please go to website for latest tuitions	January 15th	Coed	No	Yes	Not at this Time	English and Greek	Music, STEAM, Visiting Reader Programs	No	No
	13	8:1	\$6,600–14,700/year	January 24th, March 14th	Coed	No	Yes	Yes	Spanish	12	6	Yes
	12–20	7:1	\$2,600–8,700 /year	Call for Information	Coed	No	Optional	Yes	Spanish	3–4	Soccer, Basketball, Cheer	No
	20-27	7:1 (PreK–K); 12:1 (1–4); 25:1 (5-8)	PreK–5: \$9,992/year (Catholic); \$11,484/year (Non-Catholic) 6–8: \$11,032 (Catholic); \$12,524 (Non-Catholic)	Call for Information	Coed	Yes	Yes	Yes	Spanish from PreK through Grade 8	Multiple	9 (Middle School)	Monthly service projects, community outreach, Saints in action
	24	24:1	\$17,720/year (Catholic); \$19,840/year (non-Catholic)	Call for Information	Coed	Yes	Yes	Yes	Spanish, French, Latin	30+	36	75 hours
	15	7:1	\$9,000/year	Call for Information	Coed	No	Yes	Yes	Latin	Dance and Self Defense	0	25 hours



# Private School

\*Most recent statistics provided  
Advertisers in RED

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/ HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT
	<b>Severn School - Chesapeake Campus (Lower)</b> 1185 Baltimore Annapolis Boulevard, Arnold; 410-647-7700 severnschool.com"	1914	Non-Sectarian	Douglas Lagarde	Pre-school–5th grade	260
	<b>Severn School - Teel Campus (Upper)</b> 201 Water Street, Severna Park 410-647-7700; severnschool.org	1914	Non-Sectarian	Douglas Lagarde	6–12	651
	<b>St. John the Evangelist School</b> 669 Ritchie Highway, Severna Park 410-647-2283; stjohnspschool.org	1959	Catholic	Dr. Glenna Blessing	PreK–8th grade	557
	<b>St. Martin's In-The-Field Episcopal School*</b> 375-A Benfield Road, Severna Park 410-647-7055; smartinsmd.org	1957	Episcopal	Anthony Shaffer	Preschool 3s–8th grade	253
EDGEWATER	<b>St. Andrew's Day School</b> 4B Wallace Manor Road, Edgewater 410-266-0952; standrewsum.org	1985	United Methodist	Mark Wagner	PreK–8th grade	192
	<b>The Summit School</b> 664 East Central Avenue, Edgewater 410-798-0005; thesummitschool.org	1989	Non-Sectarian	Dr. Joan Mele-McCarthy	1–8	112
GAMBRILLS/ODENTON	<b>Odenton Christian School*</b> 8410 Piney Orchard Parkway, Odenton 410-305-2380; ocs.odentonbaptist.org	1977	Baptist	Pastor John Lacombe	K3–12th grade	181
	<b>School of the Incarnation</b> 2601 Symphony Lane, Gambrills; 410-519-2285 schooloftheincarnation.org	2000	Catholic	Nancy Baker	PreK4–8th grade	775
MILLERSVILLE	<b>Elvaton Christian Academy</b> 8422 Elvaton Road, Millersville 410-647-3224; elvatonacademy.com	1995	Christian	Pastor Dallas Bumgarner	PreK4–8th grade	84
SEVERN/GLEN BURNIE	<b>Archbishop Spalding High School</b> 8080 New Cut Road, Severn 410-969-9105; archbishopspalding.org	1966	Catholic	Brian J. Kohler	9–12	1,300
	<b>Calvary Baptist Church Academy</b> 407 Marley Station Road, Glen Burnie 410-768-5306 cbcaknights.org	1973	Christian	George Kirychuk, Administrator	K3 & K4 (Preschool) through 12th grade	350
	<b>Granite Baptist School*</b> 7823 Oakwood Road, Glen Burnie 410-761-1118; granitebaptistschool.org	1975	Baptist	Lou Rossi, Jr.	K3–12th grade	273

	AVG. CLASS SIZE	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	FINANCIAL ASSISTANCE	LANGUAGES TAUGHT	EXTRACURRICULAR PROGRAMS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	15	9:1	\$25,380/year; PS-K varies	Call for Information	Coed	Yes	Yes	Yes	Spanish	Multiple	0	No
	13	9:1	\$32,290/year	Call for Information	Coed	Yes	Yes	Yes	French, Spanish, Latin	50+	17 offered (54 total Middle school, JV and Varsity teams)	10 hours per year (grades 9-12)
	25	14:1	\$9,075/year	Call for Information	Coed	No	Yes	Yes	Spanish	26	6	No
	16	8:1	\$3,800-14,700/year	Call for Information	Coed	No	Yes	Yes	Spanish	20	8	Yearly class service
	15	6:1	\$10,565-\$15,450/year	Call to schedule a private tour	Coed	Yes	Yes	Yes	Spanish	Multiple	4	No
	Varies	5:1	\$36,7430/year	January 24rd, February 26th, March 18th, April 29th	Coed	No	Yes	Yes	No	5	6	Yes
	14	9:1	\$6,695/year	Call for Information	Coed	Yes	Yes	No	Spanish	Multiple	3	No
	30	16:1	\$8,950/year (Catholic); \$9,700/year (other faiths)	January 25th	Coed	Yes	Yes	Yes	Spanish	35+	9	15 hours (grade 8)
	12	12:1	\$3,600-7,000/year	By Appointment Only	Coed	Yes	Yes (K-8th)	Limited	Spanish	Multiple	0	No
	20	16:1	\$20,400/year	Call for Information	Coed	Yes	Yes	Yes	Spanish, French, Latin	30+	30+	60 hours of community service
	22-24	22:1	\$7,100/year	Private, personalized family tours available. Schedule online	Coed	Yes	Yes	no	Spanish & American Sign Language	STEM team, Robotics Club, Sign Language Club	5	No
	Varies	Varies	\$4,860 - \$6,112/year	Call for Information	Coed	Yes	Yes	No	No	No	12; Little Braves (K5-6th)	No



# Private School

\*Most recent statistics provided  
Advertisers in RED

## DESCRIPTION

## YEAR FOUNDED

## RELIGIOUS AFFILIATION

## PRINCIPAL/ HEAD OF SCHOOL

## GRADE LEVELS

## ENROLLMENT

PRINCE GEORGES, HOWARD COUNTIES & BEYOND

**Monsignor Slade Catholic School**  
120 Dorsey Road, Glen Burnie  
410-766-7130; msladeschool.com

Monsignor Slade is part of the Archdiocese of Baltimore, and is located in northern Anne Arundel County on a 10.5-acre campus.

1954

Catholic

Cameron Stehle

Pre-K2–8th grade

562

**St. Paul's Lutheran School\***  
308 Oak Manor Drive, Glen Burnie  
410-766-5790; stpaulsgb.org

Located near Route 100, St. Paul's Lutheran School focuses on a Christian-based curriculum.

1950

Lutheran

John Maxwell

P2–8

325

**The Boys' Latin School of Maryland**  
822 West Lake Avenue, Baltimore  
410-377-5192; boyslatinmd.com

At Boys' Latin, each student is known for who he is today, and all he can be tomorrow. Nearly two centuries of innovation in all-boys education have taught us what it takes to build a foundation of confidence, compassion, curiosity and character.

1844

Non-Sectarian

Christopher J. Post

K–12

635

**Calvert Hall College High School**  
8102 LaSalle Road, Baltimore  
410-825-4266; calverthall.com

Calvert Hall College High School is an independent, all-boys Lasallian Catholic college preparatory school attracting students from more than 125 zip codes.

1845

Catholic

Dr. Andrew Moore

9–12

1,275

**The Calverton School\***  
300 Calverton School Road,  
Huntingtown; 410-535-0216  
calvertonschool.org

The Calverton School is an independent school that serves Pre-K3 to 12th-grade day students, as well as 9th-12th grade boarding students. Boarding is available for 5 and 7 days a week. Calverton offers the prestigious International Baccalaureate Diploma Program.

1967

Non-Sectarian

Dr. Allison Trentman

Pre-school–12

324

**DeMatha Catholic High School**  
4313 Madison Street, Hyattsville  
240-764-2200; dematha.org

DeMatha High School is a Catholic college preparatory school in the Trinitarian tradition that forms Faith-Filled Gentlemen and Scholars.

1946

Catholic

Dr. Daniel J. McMahon

9–12

850

**Elizabeth Seton High School\***  
5715 Emerson Street, Bladensburg  
301-864-4532; setonhs.org

Elizabeth Seton High School is an all-girls, college preparatory school, and is affiliated with the Archdiocese of Washington.

1959

Catholic

Dr. Lisa Grillo

9–12

550

**Holy Trinity An Episcopal School Primary School**  
13106 Annapolis Road, Bowie  
301-262-5355; htrinity.org  
The Daisy Lane School and High School  
Prep 11902 Daisy Lane, Glenn Dale  
301-464-3215; htrinity.org

Faithful to our values of academic excellence, spiritual and moral formation, and inclusiveness, Holy Trinity will apply new thinking and best practices in education. Inside and outside the classroom, we will nurture, teach, mentor, coach, and inspire boys and girls of diverse backgrounds and abilities to become their best selves.

1963

Episcopal

Michael S. Mullin

PreK–8th grade

452+

**Glenelg Country School\***  
12793 Folly Quarter Road,  
Ellicott City; 410-531-8600  
glenelg.org

Our students discover an abiding sense of self, a deep appreciation for community, and a shared understanding of purpose. Small classes, passionate teachers, and opportunities for growth keep our students engaged.

1954

Non-Sectarian

Matt Walsh

Ages 2 through Grade 12

780

**Grace Christian School**  
7210 Race Track Rd., Bowie  
gcsbowie.org

This year, Grace Christian School celebrates 50 years as a light in the community where Faith and Learning connect. Grace Christian exists to ensure all enrolled students learn spiritually, academically, physically, and creatively from a biblical worldview.

1975

Christian

Don Jillson

K-8

300+

**Maryvale Preparatory School\***  
11300 Falls Road, Baltimore  
410-252-3366; maryvale.com

Maryvale, affiliated with the Sisters of Notre Dame de Namur, provides an environment in which each student can reach her academic, spiritual, physical and civic potential in a loving, supportive, and diverse community.

1945

Catholic

Tracey Ford

6th-12th

450

	AVG. CLASS SIZE	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	FINANCIAL ASSISTANCE	LANGUAGES TAUGHT	EXTRACURRICULAR PROGRAMS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	23	14:01	\$8,398/year (Catholic); \$9,302/year (Other Faith); Full Day Pre-K2 \$11,115; Full Day Pre-K3 \$9,843	February 2nd	Coed	Yes	Yes	Yes	Spanish (grade 4–8)	17	5	12 hours/family
	17	8:1	Day Pre-K3 \$9,510; Half day Pre-K3 \$3,579; Half Day Pre-K4 \$4,132	Call for Information	Coed	Yes	Yes	Yes	Spanish	7	7	5 hours per family
	13	7:1	\$25,100–\$37,400/year, boarding \$55,900	Go to <a href="http://boyslatinmd.com/admissions/admissionsevents">boyslatinmd.com/admissions/admissionsevents</a> for upcoming events	Boys	Yes	Dress code	Yes	Latin, Spanish, French	35+	14	40 hours
	17	11:1	\$20,500/year	Call for Information	Boys	Yes (HSPT)	Yes	Yes	Latin, French, German, Spanish	60+	40	Varies
	14	7:1	\$7,000–\$35,000/year	Call for Information	Coed	Yes	Yes	Yes	French, Spanish, German	Multiple	10	Yes
	19	9:1	\$22,700/year	November 2nd, 2025	Boys	Yes (HSPT)	Yes	Yes	Spanish, Latin, Mandarin, Greek, French	40	15	55 hours
	19	14:1	\$19,077/year	Call for Information	Girls	Yes (HSPT)	Yes	Yes	Spanish, French, Latin, ASL	31	23	Varies per year
	15 (Pre); 20 (K-4); 21 (5-8)	Varies	\$13,429 (3 & 4 yrs old) \$14,686 (K) \$13,901 (1-4) \$15,713 (5-8)	January 10th, February 7th, April 4th	Coed	Yes	Yes	Yes	Spanish	Multiple	6 (Grades 5-8)	15 hours/year (7.5 hours for single-parent families)
	13	7:1	\$12,710-\$32,630/year	Call for Information	Coed	Yes	Yes	Yes	Chinese, French, Latin, Spanish	36	43 teams including 12 middle school	25 hours per year (grades 9-12)
	19	13:1	\$9,400/year	January 13th, February 10th, March 10th, April 7th	Co-Ed	Yes	Yes	Yes	Spanish	Drama, Debate, Cyber Robotics Coding Club	Cross Country, soccer, basketball, baseball, softball, volleyball, Track & Field, Cheerleading	Middle school students - 2 hours Christian service each quarter
	13-14	8:1	Middle: \$22,300/year High: \$22,700/year	Call for Information	Girls	Yes HSPT/ISEE	Yes	Yes	Spanish, French	70+	30	No



# Private School

\*Most recent statistics provided  
Advertisers in RED

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/ HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT
<b>McDonogh School</b> 8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org	McDonogh School is a private, coeducational, PK-12, five-day boarding, non-denominational school located on an 800-acre campus in Owings Mills, Maryland	1873	Non-Sectarian	David J. Farace	PK-12	1,460
<b>Mount de Sales Academy*</b> 700 Academy Road, Catonsville; 410-744-8498 mountdesalesacademy.org"	Mount de Sales Academy forms young women through a Catholic college preparatory education that nurtures the whole person and promotes academic excellence, lifelong learning, moral responsibility, service to others, and the dignity of the human person.	1852	Catholic	Sister Mary Raymond Thye, O.P.	9th-12th	465
<b>Mount St. Joseph High School</b> 4403 Frederick Avenue, Baltimore 410-644-3300; msjnet.edu	Mount Saint Joseph High School is a Catholic college preparatory school for boys sponsored by the Xaverian Brothers.	1876	Catholic	Brendan Donohue	9th-12th	800+
<b>Notre Dame Preparatory School*</b> 815 Hampton Lane, Towson 410-825-6202; notredameprep.com	Notre Dame Prep was founded by the School Sisters of Notre Dame. It is a college preparatory school for girls, located in Towson.	1873	Catholic	Sister Patricia McCarron, SSND, PhD	6-12	813
<b>Oldfields School</b> 1500 Glencoe Road, Sparks Glencoe 410-472-4800; oldfieldsschool.org	Oldfields is an all-girls boarding and day school located on 140 acres in Maryland's horse country	1867	Non-Sectarian	Ansley Smithwick	8-12	30
<b>Roland Park Country School</b> 5204 Roland Avenue, Baltimore 410-323-5500; rpcs.org	At Roland Park Country School, the paths our students take are as varied and diverse as they are. Our students pursue excellence in their academic endeavors by exploring their passions, cultivating their curiosities and sharpening their analytical and creative abilities in an environment focused on learning, leading and thriving. Endless possibilities start here!	1894	Non-Sectarian	Joan Smith	K-12th; coed preschool	600
<b>St. Augustine School*</b> 5990 Old Washington Road, Elkridge 410-796-3040; staug-md.org	St. Augustine School is affiliated with the School Sisters of Notre Dame, and is located on the edge of Howard and Anne Arundel counties.	1857	Catholic	Joseph Miller	PreK3-8th grade	265
<b>St. Philip Neri School</b> 6401 S. Orchard Road, Linthicum Heights; 410-859-1212 st.philip-neri.org	St. Philip Neri School is part of the Archdiocese of Baltimore, and is located on a 15-acre campus in northern Anne Arundel County.	1965	Catholic	Kate Daley	PreK-8th grade	485
<b>St. Pius X Regional School</b> 14710 Annapolis Road, Bowie 20715 301-262-0203; stpiusbowie.org	2016 National Blue Ribbon School St. Pius X Regional School serves four regional parishes in the Bowie area. We seek to support the diversity of student needs and learning styles while nourishing its students' spiritual, intellectual, physical, social, and emotional growth.	1962	Roman Catholic	Ann Gillespie	PK3-8	500
<b>St. Timothy's School</b> 8400 Greenspring Avenue, Stevenson; 410-486-7400; stt.org	Beyond instilling in each girl a passion for learning, we are deeply committed to the formation of character, spiritual growth, social responsibility, and respect for diversity.	1882	Episcopal	Randy S. Stevens	9-12	165
<b>St. Vincent Pallotti High School</b> 113 St. Mary's Place, Laurel 301-725-3228; PallottiHS.org	St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties.	1921	Catholic	Jeffrey Palumbo	9-12	450

	AVG. CLASS SIZE	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	FINANCIAL ASSISTANCE	LANGUAGES TAUGHT	EXTRACURRICULAR PROGRAMS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
			\$23,550-41,050	visit mcdonogh.org/admissions	Co-Ed	ISEE	Yes	Yes	Chinese, French, Latin, Mandarin, Spanish	Visit mcdonogh.org/asp for more information	Visit mcdonogh.org/athletics for more information	Yes
	13	13:1	\$16,750/year	Call for Information	Girls	Yes	Yes	Yes	Spanish, French, Latin	35	21	12-23 hours
	19	10:1	\$19,495/year	visit msjnet.edu/visit	Boys	Yes	Yes	Yes	Spanish, French, Italian	50+	17	60 hours
	19	9:1	\$21,950/year	Call for Information	Girls	Yes; ISEE (MS); HSPT (HS)	Yes	Yes	Spanish, Mandarin	50+ (upper level); 12+ (middle level)	15	20 hours a year starting sophomore year
	4	3:1	\$31,000/year Boarding-\$59,000	Visit website for open house dates	Girls	Test Optional Policy	Dress Code	yes	French, Spanish, Latin	3+	Athletics & Equestrian Program	80 hours required
	Varies	6:1	K: \$30,990; 1st -8th: \$32,700-38,400; 9-12: \$39,400	April 24th	Girls	yes	Yes	Yes	Seven options	50+	15	Yes
	25	13:1	\$7,300/ year K-8; \$4,380 Pre 3 day Program; \$7,300 Pre 5 day program	Call for Information	Coed	Yes	Yes	Yes	Spanish	Multiple	4	No
	22	20:3 (PreK); 24:1 (K–grade 8)	\$7,175/year	Call for Information	Coed	Yes	Yes	Yes	Spanish, Latin	10	3	20 hours per family
	25	12:::1	K-8 \$9,545 Non-Archdiocese of Washington: K-8 \$10,545 Non Catholic \$11,545, PreK4: \$10,550, PreK3: \$12,050	January 26th	Coed	Yes	Yes	Yes	Spanish	Multiple Clubs	Basketball, Baseball, Softball, Soccer, Track and Field, Cross Country	\$500 Volunteer Service Program Fee or 20 hours of creditable work
	8	8:1	Day Tuition-\$39,900; Boarding \$69,900 Boarding- \$64,200	Call for Information	Girls	No	Yes	Yes	French, Mandarin, Spanish	18	12	Yes
	17	11:1	\$20,100–21,500/year	April 24th	Coed	Yes (HSPT)	Yes	Yes	Spanish, French, Mandarin	20+	20+	80 hours over 4 years

*To Know, Love, and Serve.*



**DIVINE MERCY ACADEMY**

K-8th | Classical Education. Catholic Tradition. Community.

Please join us for our Open House on:  
Wednesday, February 12, 2025 at 10am

To RSVP or for more information, please contact us at (410) 705-0778 x3  
or [admissions@divinemercy.md](mailto:admissions@divinemercy.md)



8513 St. Jane Drive,  
Pasadena, MD 21122  
[www.divinemercy.md](http://www.divinemercy.md)



ACADEMY ART MUSEUM



**BUGATTI**

REACHING FOR PERFECTION

Open through April 13, 2025

106 SOUTH STREET | EASTON  
[ACADEMYARTMUSEUM.ORG](http://ACADEMYARTMUSEUM.ORG)



**MONTESSORI INTERNATIONAL**

*Voted Best Montessori School for 11th Year in a Row!  
Voted Best Lower Private School*



*Celebrating 40 years of Teaching Children to Shine*



- ★ 18 months through 6th grade
- ★ Education, Not Just Daycare
  - ★ Gifted Teachers & Staff
  - ★ Extended Day Available
  - ★ Safe, Secure & Nurturing
    - ★ Spanish & Music
  - ★ Happy, Engaged Children



Located at the base of B&A Trail, 1641 N Winchester Road, Annapolis, MD 21409  
410-757-7789 • [www.montessorinternational.org](http://www.montessorinternational.org)

LEADERS IN

# Education





## QUICK LOOK

### Grades:

PreK – 8

### Religious Affiliation:

Catholic

### Year Founded:

1959

### 2024-2025

#### Enrollment:

557

### 2024-2025 Tuition:

\$9,075

# St. John the Evangelist School

669 Ritchie Highway, Severna Park, MD 21146 | 410-647-2283 | stjohnspschool.org



Saint John the Evangelist School is a 2024 National Blue Ribbon award-winning school that serves students in preschool through eighth grade. In a community of faith, our faculty and staff work together to make sure each child develops to the best of their ability spiritually, artistically, socially, and physically. Our school offers a nurturing environment that promotes living faith, academic excellence, leadership, and service within the church community and society.

Saint John offers clubs and activities that allow our students to explore their unique talents and personalities. In addition to weekly art, Spanish, technology, and music classes, students have the opportunity to participate in various clubs and activities, such as musical theater, chess, birding, and more. Students may also participate in a variety of sports through our athletic association, including ice hockey, soccer, cheer, and basketball.

We encourage our students to be active in their learning experiences, both inside and outside of the classroom. As a Certified Maryland Green School, Saint John emphasizes the importance of environmental stewardship in classroom lessons and throughout our 30-acre campus. Through outreach, leadership, prayer, and service projects, Saint John promotes service to others. Inquire today to learn how we merge faith, academics, and technology to create responsible citizens and future leaders.



## Faith, Family, Academics



**14:1**

Student to  
Teacher Ratio

**26**

Extracurricular  
Activities

**30+**

acre campus

**2**

time National Blue  
Ribbon Award winner  
(2008 & 2024)



## QUICK LOOK

### Grades:

Twos - Grade 8

### 2024-2025

### Enrollment:

300

### Tuition Range:

\$4,000-\$26,000

### Student to

### Teacher Ratio:

8:1

### Average Class Size:

13



This year, St. Anne's School launched an educational podcast series, *The Satellite*, on Spotify and Apple Podcasts. Scan here to tune in to the first three episodes on Smartphones in School, Civic-Minded Education, and the Science of Reading!

# St. Anne's School of Annapolis

3112 Arundel on the Bay Road | Annapolis, MD 21403 | [stannesschool.org](http://stannesschool.org)  
Instagram and Facebook @stannesschool | 410.263.8650

St. Anne's School is a research-informed, independent school that specializes in educating students through the *Wonder Years*: two-years-old through Eighth Grade. This small, progressive school makes a big impact and has an even bigger heart.



## You Belong Here.

St. Anne's School is a caring community of educators with a guiding mission to invest in the intellectual and spiritual promise of each and every student.

Here, teachers learn alongside students, sparking joy in learning while also challenging students to think critically and creatively. Here, we celebrate diversity and foster belonging by upholding the dignity of every human being. Here, we stand for respect, responsibility, honesty, and kindness—core values that we uphold daily both on and off campus. Here, we inspire our students to lead lives of purpose, to fully know themselves as learners, and to govern their lives with confidence, compassion, and integrity. Here, we also know it's not just what students learn, but how they learn it, that makes a difference. All faculty is trained in Mind/Brain Education, Responsive Classroom, and Individualized Instruction, and everything we do is backed by research.

Families come for our small class sizes, personalized instruction, and research-informed curriculum; families stay for our warm and connected community, social/emotional and project-based learning, and signature service and leadership programs...all of which open doors to top Mid-Atlantic high schools.



*Piquing curiosity through hands on application is a key component of a St. Anne's School education and our project-based learning allows students to dive deeper into their areas of interest.*



*Education doesn't just occur in the classroom at St. Anne's School. Here students learn about the world around them and how they can be stewards of change from our Fourth Grade Oyster Harvesting Unit to our Eighth Grade Costa Rica Trip.*



*In our Reggio Emilia-inspired Program for Young Children, our youngest learners are viewed as protagonists in their educational journey and are encouraged to express themselves through words, movement, art, music, and more.*



*Nurturing minds and hearts are equally important at St. Anne's School. Social/emotional learning and both leadership and service opportunities are built directly into the curriculum.*

**\$750,000+**

in high school scholarships awarded (2018-24)

**30%**

of our student body identifies as diverse, representing 28 zip codes

**3**

Science Labs

**10**

Outdoor Learning Spaces Including a Ropes Course



## QUICK LOOK

### Grades:

Preschool – Grade 12

**Total Enrollment:** 911

**Student to Teacher Ratio:** 9:1

### Sports Offered:

17 (54 teams total including Middle School, JV, and Varsity)

**Year Founded:** 1914

### Tuition:

Kindergarten: \$23,210;  
Grades 1-5: \$25,380;  
Grades 6-12: \$32,290;  
Preschool & Prekindergarten tuition varies

### Financial Aid Awarded:

\$3.2 Million

# Severn School

Chesapeake Campus (preschool through Grade 5): 1185 Baltimore Annapolis Blvd., Arnold, MD

Teel Campus (Grades 6 thru 12): 201 Water Street, Severna Park, MD

PH: 410-647-7700 | [www.severnschool.com](http://www.severnschool.com)



Students are at the very heart of Severn's caring and connected community. From their first day and beyond, every Admiral is on a journey designed to instill in them the intellectual agility, integrity, and knowledge necessary for success in our ever-changing world. By engaging in collaborative experiences that spark curiosity and joy, students develop agency for their learning and discover their passions.

**Severn is more than just a school.** It's a community where every student is known and valued – not just for who they are today, but for who they aspire to be.



“Severn students really are known and valued. Because of our small classes, the Advisory program, sports teams, and clubs, kids have multiple adults in the community who know them. Every student here really does have an adult and a place where they can truly be themselves.”

—Whitney Etchison, Severn Advisor



## QUICK LOOK

### Grades:

2.5 yrs. - Grade 12

### Religious Affiliation:

Non-Sectarian

### Educational Environment:

Co-ed

### 2024-2025

**Enrollment:** 650

### Merit Scholarships and Financial Aid Available

### Average Financial Aid

**Award:** \$13,000

### Uniforms:

No

### Students of Color:

43%

### Student to Faculty

**Ratio:** 6:1

### Average Class Size:

16

### Advanced Courses

**Offered:** 14

### Interscholastic Teams:

40

### College Advising

**Support:** 90+ hours

### Outdoor Education

**Experiences:** 100+ hours

### Languages Taught:

Arabic, French, Latin, Spanish

### Visual & Performing Arts Offerings:

35+

# Key School

534 Hillsmere Drive | Annapolis, MD 21403 | [keyschool.org](http://keyschool.org)

Instagram & Facebook @thekeyschool | 410.263.9231

Key School engages children from 2.5 years old through grade 12 in an innovative, coeducational, college-preparatory program on its picturesque 15-acre campus located 4 miles from downtown Annapolis.



## More Than a School

Key is renowned for its rigorous academic program, which emphasizes inquiry-based learning and interdisciplinary studies, and produces unparalleled student outcomes.

But Key is more than just a school.

It's a diverse community where students are transformed through authentic connections with their teachers and peers. It's a training ground for winning athletic teams and talented artists. It's a space where students take risks, self-advocate, and grow into ethical citizens and exceptional leaders.

Key School is one of the most sought-after college preparatory programs in Maryland because we are more than a school.

Experience the Key difference for yourself! Schedule a private weekday tour of campus with one of our admission counselors today.

**#1 Private School in Anne Arundel County**

**#5 K-12 Private School in Maryland**

## 2021-2024 Student Outcomes



**1403**

25% scored 1397 or higher on the SAT

**1310**

SAT average (MD average is 1221)

**86%**

earned merit scholarships to college

**22**

League Championships



Key's innovative approach to teaching and learning is what sets us apart from other independent schools. Over 60 years of unparalleled student outcomes show us this innovative approach works.



Key's Fusco Athletic Park is a 70-acre state-of-the-art facility with multi-purpose athletic fields, tennis courts, baseball diamond, a pavilion with locker rooms, and a fully equipped trainer's room.



Creating opportunities for experiential learning through outdoor education is an integral part of the Key experience.



## QUICK LOOK

**Year Founded:**  
1782

**Enrollment:**  
923

**Student to Faculty Ratio:**  
9:1

**Majors Offered:**  
50+

**Clubs & Orgs:**  
80+

**Tuition:**  
\$55,326

## CLASS OF 2028 NOTES

**41** States Represented

**58.5%** of students from MD, Del., VA., & D.C.

**26.4%** of students who identify as students of color

**21.1%** of first generation students

**3.66** GPA average

**100%** of students receiving institutional aid

**\$39,440** average institutional aid awarded

**10,000+** internship opportunities available in all disciplines

# Washington College

washcoll.edu | 800-422-1782 | Chestertown, MD



Washington College, Maryland's premier small college, offers a rigorous academic program taught by remarkable faculty. With more than 50 academic programs and nationally recognized centers of excellence, Washington's unique campus on the Eastern Shore—which features the 5,000-acre River and Field Campus—provides easy access to nearby urban centers.

Washington students take advantage of an array of opportunities that broaden their education and lead to successful careers. They engage in graduate-level research, participate service learning, and choose from among thousands of internship opportunities and a range of study abroad programs.

The focus is on academics, but we encourage students to get out and try new things. Washington's residential campus has everything you expect from a top-rated college—more than 80 clubs and organizations, 20 intercollegiate athletic teams, 14 of which compete in NCAA Division III, as well as club and intramural sports, live theatre, dance, and music performances, leadership roles, volunteer opportunities and more.

The Washington College experience empowers and motivates students within a community committed to diversity and inclusion. The expansive opportunities in and out of the classroom combined with strong outcomes for Washington College graduates, offers students and their families an exceptional value.



**91%** of the Class of 2023 were employed or enrolled in graduate or professional school within nine months of graduation

**95%** of students engage with the Center for Career Development in their first year



## QUICK LOOK

### Grades:

Pre-K through  
Grade 12

### Year Founded:

1973

### 2024-2025

### Enrollment:

580

### 2024-2025 Tuition:

\$22,400 - \$32,300

### Campus Size: :

114 acres



# Indian Creek School

1130 Anne Chambers Way, Crownsville, MD 21032

410-923-3660 | indiancreekschool.org



Visit Indian Creek's beautiful 114-acre wooded campus, just minutes from Annapolis, and you will see why ICS families love coming to school. You may come across our youngest students exploring the campus trails in the Nature-Based Pre-K Program, observe Middle School students building roller coasters through their gold-standard Project Based Learning curriculum, discover Upper School S.T.E.M. students monitoring bat boxes, cheer for Creek athletes competing on the fields, dome, and courts of the Eagles Athletics Complex, and enjoy the music all around campus created by our performing artists. Everywhere you go, you will experience the sights and sounds of Indian Creek students discovering passions through authenticity, connection, and curiosity. We invite you to visit and learn what your pursuit of excellence can look like at a school where kindness is currency, well-being is priority, and excellence in education is relentlessly pursued!



**16** Average class size

**7:1** Student to teacher ratio

**100%** College Placement



## QUICK LOOK

**Religious Affiliation:**  
Catholic

**Grades Offered:**  
Pre-K through Grade 12

**Principal of St. Mary's Elementary School:**  
Mrs. Megan Back

**Principal of St. Mary's High School:**  
Mr. Joseph Keenan

**Pre-K through Grade 8 Enrollment:**  
847

**Grades 9 through Grade 12 Enrollment:**  
517

**Elementary School Class Sizes:** 20-27

**Student/Teacher Ratios:**

**Pre-K & Kindergarten:**  
7:1

**Grades 1 through 4:**  
12:1

**Grade 5 through 8:**  
25:1

**High School Student/Teacher Ratios:** 24:1

**2023-2024 Tuition:**

**Pre-K through Grade 5:**  
Catholic: \$9,992  
Non-Catholic: \$11,484

**Grades 6 through 8:**  
Catholic: \$11,032  
Non-Catholic: \$12,524

**Grades 9 through 12:**  
Catholic: \$17,720  
Non-Catholic: \$19,840

# St. Mary's School

109 Duke of Gloucester Street | Annapolis, MD 21401 | 410-990-4100 | [www.stmarysannapolis.org](http://www.stmarysannapolis.org)



St. Mary's School is a community centered on faith, tradition, and excellence that serves students from Pre-K through Grade 12. Located along Spa Creek and just a few steps away from City Dock in Historic Annapolis, we are proud of our long tradition as a parish school founded in 1862 by the Redemptorists with the School Sisters of Notre Dame. Our campus features the spectacular St. Mary's Church as well as the historic home and gardens of Charles Carroll, the only Catholic signer of the Declaration of Independence. Our history and tradition permeate all that we do in our school, our parish, and the community at large. St. Mary's School features rigorous academic preparation, outstanding athletics, and superb artistic productions, which include visual and performing arts.

Come experience the warm embrace of our Catholic community and the pride that we have for our parish and school. ***Once a Saint, Always a Saint!***



**20-27** Elementary School Class Sizes

**24** High School Class Sizes





## QUICK LOOK

**Grades:**  
9-12

**Total Enrollment:**  
250

**Average class size:**  
10-12

**Year Founded:**  
1911

**24-25 tuition:**  
\$29,850/year,  
includes lunch

**Languages:**  
Spanish; other  
options online

**9:1** Student to  
Teacher Ratio

**20** Interscholastic  
Sports

# The Gunston School

911 Gunston Road | PO Box 200 | Centreville, MD 21617 | [gunston.org](http://gunston.org)  
Instagram & Facebook @gunstonschool | 410-758-0620



**The Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience.**

Established in 1911, the Gunston School is uniquely situated on 75 acres along the Corsica River and provides students with a personalized and rigorous academic experience, a strong sense of community, a focus on the balanced development of mind, body, and spirit, and an innovative curricular emphasis on global and environmental leadership. Gunston draws its student population from eight Maryland and Delaware counties as well as internationally from at least four countries.

Programs of note include Gunston's nationally-recognized environmental programs including Chesapeake Bay Studies and the study of climate science. Additionally, the fully accredited Chesapeake Watershed Semester (CWS) is a single-semester, place-based academic program that cultivates student leaders who can promote regional and global environmental sustainability through their understanding of scientific, social, cultural, and political systems. The program is open to any juniors and seniors from any school.

Other programs include a nationally competitive robotics and rocketry team, and a popular arts program that features a pottery studio, wood sculpture, performing arts, and more. Additionally, various student leadership programs begin from day one at orientation and continue through all four years. Gunston offers 20 sports teams, including swimming, sailing, crew, cross country, golf, volleyball, and triathlon, among others, competing in two conferences: the Eastern Shore Independent Athletic



Conference (ESIAC) for girls and the Maryland Interscholastic Athletic Association (MIAA) for boys. The school day ends at 4:30 p.m. Gunston offers transportation from Annapolis, Arnold, Cape St. Clair, Chestertown, Easton, Grasonville, Kent Island and Middletown, Delaware.

Personal tours and shadow days are available by appointment with in-person open houses held annually in January, April, October and November.

## Open House Dates

**Sunday, January 12, 2025**  
**11:00 a.m. - 12:30 p.m.**

**Sunday, April 27, 2025**  
**11:00 a.m. - 12:30 p.m.**



## QUICK LOOK

**Religious Affiliation:**  
Christian

**Grades:**  
Junior K-12

**Churches Represented:** 73

**2024-2025 Tuition:**  
\$7,800-\$18,500

**Average Class Size:** 13

# Rockbridge Academy

680 Evergreen Road, Crownsville, MD 21032  
410-923-1171 | rockbridge.org

Distinctively classical. Unwaveringly Christian. Rockbridge Academy has been a national leading school in classical Christian education since 1995. The proven classical methodology works with the developmental framework of children to prepare them to excel by all academic measures (college acceptances, SAT scores, the NMSQT); however, at the heart of our program is a vision to nurture students to be lifelong Christ followers and compassionate, thinking leaders of the next generation.

Ours is an integrated curricular approach rooted in a Christian worldview. We come alongside parents to offer an unparalleled education that prepares children, not just for college or a job, but to engage with the world in humility and grace. Come, discover classical Christian education!



#1 Best Christian High School in Anne Arundel County

#2 Best Christian High School in the Baltimore Area

## 2025 Open House

February 3rd at 9:00 am

**1301** 5-Year Average SAT

**9:1** Student to Teacher

**67%** of Upper School Teachers with Advanced Degrees



## Quick Look

**Grades:**  
1-8

**Accreditations:**  
AIMS, MSDE

**2024-2025 Enrollment:**  
109

**2024-2025 Tuition:**  
\$36,743

**Tuition Assistance:**  
Need based,  
35% of families

# The Summit School

664 East Central Avenue, Edgewater, MD 21037 | thesummitschool.org | 410-798-0005  
Facebook: @TheSummitSchoolMaryland Instagram: @TheSummitSchoolMD

The Summit School educates and empowers bright students with dyslexia and other learning differences. Teachers maximize students' strengths and support areas of weakness. Instructional highlights include:

- Research-based methodologies
- Activity-based multisensory learning
- WordSense™
- Read Naturally® Live
- EmPOWER™ writing program
- Social Thinking™
- STEM-infused curriculum
- Standards-based math

Summit addresses the whole child and teaches self-advocacy, confidence, and social-emotional wellness. Parent-school partnerships are key to student success.

Benchmark testing is used to evaluate students against specific grade-level standards and learning goals. Results give teachers actionable data and drive instruction for each student.

Alumni credit Summit with giving them the confidence, strategies, and learning tools they needed to succeed in high school and beyond. With a strong foundation, the possibilities are endless.

**5:1**

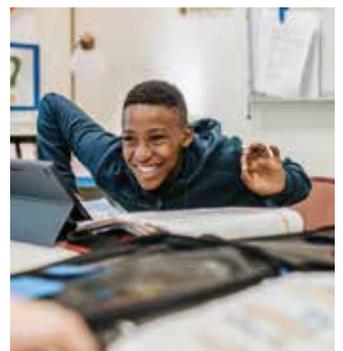
Student to teacher ratio

**3-12**

Average class size

**Open Houses**

January 23, February 26,  
March 18, April 29





## QUICK LOOK

**Grades:**  
PreK4 - 8th

**Religious Affiliation:**  
Catholic

**Principal:**  
Ms. Nancy Baker

**Year Founded:**  
2002

**2024-2025 Tuition:**  
\$6,040 - \$9,700

# School of the Incarnation

2601 Symphony Lane, Gambrills, MD 21054  
410.519.2285 | schooloftheincarnation.org

School of the Incarnation is a fully-accredited Catholic school that educates over 750 students in central Anne Arundel County on a beautiful 26-acre campus. School of the Incarnation is officially associated with the five Catholic parishes St. Joseph Catholic Church, Our Lady of the Fields, Holy Family Catholic Church, St. Elizabeth Ann Seton Catholic Church, Our Lady of Perpetual Help Catholic Church. The School of the Incarnation embraces an inter-parish community of children with differing gifts. Through collaboration amongst the faculty, parents, and other professionals, the School is dedicated to cultivating and promoting academic excellence in an environment immersed in Gospel values. This commitment is woven seamlessly into the academic program and student life. We seek to provide a distinctive educational experience to a diverse body of learners and to cultivate our students' ability to think globally and behave ethically.

**26** Average class size

**16:1** Student to teacher ratio



**2025 Open House**  
**Saturday**  
**January 25th**  
**8:30am - 11:00am**



## QUICK LOOK

**Grades:**  
Twos-K

**After School Programs Include:**  
Art, Ballet, Cheer, Cooking Class, Soccer Shots and Basketball

**Weekly Classes:**  
Music, Jump Bunch, Spanish and Chapel

**Enrollment:**  
132

**2024-2025 Tuition:**  
\$2,600 - \$8,700

# St. Margaret's Day School

1605 Pleasant Plains Road, Annapolis, MD 21409 | 410-757-2333 | stmargaretsdayschool.org

St. Margaret's Day School provides children with an opportunity to learn about themselves and the world around them. We provide them with ample opportunity to explore, experiment and create. Our goal is to help children go socially, physically, intellectually and spiritually through a warm, open learning environment, facilitated by professional, caring adults. We recognize that all children grow and learn differently, and our curriculums reflect each child's own needs, interests and level of development.

St. Margaret's Day School uses research based curriculums as well as an innovative STEM program. Children in our early childhood setting will collaborate as a team to learn, integrate and apply rigorous content; interpret and communicate information; engage in inquiry and logical reasoning to investigate within science, technology, engineering and mathematics

disciplines to answer complex questions, to investigate global issues and to develop solutions for challenges and real-world problems while also using 21st century tools.

Accredited by the National Association of the Education of Young Children, MD Excels level 5 rated, MAEOE certified, and as a certified Monarch Waystation we offer a comprehensive program dedicated to the personal development and growth of each child through a curriculum of creative play and developmentally appropriate activities.



**7:1** Student to teacher ratio

**12-20** Average class size



## QUICK LOOK

**Head of School:**  
Kathy Mahar

**Grades:**  
Preschool - 8

**2024-2025 Enrollment:**  
234

**2024-2025 Tuition:**  
Preschool: \$4,100-\$12,300  
Grades K-4: \$14,200  
Grades 5-8: \$15,300



# St. Martin's-in-the-Field Episcopal School

375-A Benfield Road, Severna Park, MD 21146 | 410-647-7055 | stmartinsmd.org

St. Martin's is located on an 8-acre campus in the heart of Severna Park. We are proud to educate and nurture students in Preschool through 8th grade to be learners, leaders, and friends. We seek to create a welcoming educational environment, encouraging each individual to grow in Confidence, Compassion, and Character. In our inclusive community, every child is known and supported.

We offer an academically rigorous curriculum allowing for individualized instruction. Creativity and problem solving are fostered through active hands-on learning. Students participate in Music, Spanish, PE, weekly Chapel Services, Technology, Library, Art, Sacred Studies, and Service Learning. We offer after-school clubs and activities at all grade levels in addition to interscholastic sports teams and musical theater in Middle School.

Contact Kira Dickson, Director of Admissions to schedule a private tour or register for our January 15th Open House: [kdickson@stmartinsmd.org](mailto:kdickson@stmartinsmd.org).



Join Us at our  
**Open House**  
January 15th at  
10:00 am-12:00 pm



## QUICK LOOK

**Grades:**  
K-12,  
Boarding: 9-12

**Religious Affiliation:**  
Non-Sectarian

**2024-2025 Enrollment:**  
630

**2024-2025 Day Tuition:**  
\$25,100 - \$37,400

**2024-2025 Boarding Tuition:**  
\$54,900

# The Boys' Latin School of Maryland

822 W Lake Ave, Baltimore, MD 21210  
410-377-5192 | [boyslatinmd.com](http://boyslatinmd.com)

The Boys' Latin School of Maryland is an independent school for boys in grades K-12, with boarding available in grades 9-12. Our small, close-knit community builds a foundation of confidence, compassion, curiosity, and character—values we've honed over nearly two centuries of all-boys education.

At Boys' Latin, we're redefining how boys learn, play, and connect through a School-wide initiative designed to help boys be more present, engaged and connected. Programs include an "away for the day" phone policy for middle and upper school students, an unstructured play space for lower school boys, and a digital citizenship curriculum for middle schoolers.

Boarding students are a vital part of the Boys' Latin family, finding the perfect environment to grow in confidence and independence. Learn more at [boyslatinmd.com/boarding](http://boyslatinmd.com/boarding).



<b>7:1</b>	<b>13</b>	<b>42</b>	<b>25</b>
Student to teacher ratio	Average class size	Athletic teams	Upper school clubs



## QUICK LOOK

### President:

Brian J. Kohler

### Religious Affiliation:

Catholic

### Year Founded:

1966

### 2024-2025 Tuition:

\$20,400

### Varsity Sports:

30 competing in the MIAA and IAAM

# Archbishop Spalding High School

8080 New Cut Road | Severn, MD 21144 | 410-969-9105  
archbishopspalding.org

Archbishop Spalding is a Catholic, co-educational, college preparatory high school that has been committed to serving our students in a caring environment since 1966.

Spalding not only offers core academic courses but also embraces religious studies, fine arts, STEM education, the International Baccalaureate (IB) Diploma Program, and physical education. This reflects the school's dedication to providing an environment in which students are encouraged to reach their potential academically, spiritually, and physically. Where each student will be cared for and recognized for the person they are and not the number they represent. Outside the classroom, our students participate in numerous award-winning athletic, fine arts, and co-curricular programs; each designed to inspire growth in the individual.

**16:1** Student to teacher ratio    **55,681** Service Hours completed by the class of 2023-2024



## QUICK LOOK

### Year Founded:

1925

### President:

Dr. Carolyn Ringer Lepre

### Programs:

48 undergraduate majors, 17 masters and doctoral programs

### 2024-2025

**Enrollment:** 7,500

### 2024-2025 Tuition:

In State: \$11,084  
Out state: \$22,174

# Salisbury University

1101 Camden Avenue, Salisbury, Maryland 21801  
410-543-6161 | www.salisbury.edu

Salisbury University sets success in motion with a community and culture where every student is heard, seen, supported and challenged. SU propels students forward to a better tomorrow in their lives and careers. In a warm and welcoming environment, students explore programs across business, education, health and human services, the liberal arts, and sciences. Professors mentor students in a way that sparks change by connecting ideas to real-world, hands-on experiences. Students study where their opportunities are endless, their cost is affordable and their return on investment pays back a lifetime of possibilities.

Nationally ranked among the top colleges and best values by *The Princeton Review*, *U.S. News & World Report*, *Forbes*, *Money* and others.

**13:1**

Student to faculty ratio

**Top 25**

Best College Libraries



**Make Tomorrow Yours**



## QUICK LOOK

**Student to faculty ratio:** 5:1

**Students schoolwide:** 50

**Counties that students come from:** 11

**Average class size:** 8



# Wye River Upper School

316 S Commerce Street | Centreville, MD | 410.758.2922 | wyeriverupperschool.org

## Educating Students from Grade 8 through Grade 12

Founded in 2002, Wye River Upper School, changes the lives of students who think and learn differently through a flexible and individualized program, celebrating each unique student. The school serves students diagnosed with learning differences, ADHD, anxiety, or those who seek a small, caring environment. Our comprehensive program provides a tailored curriculum which recognizes and develops the strengths of each student. Wye River Upper School offers a holistic and positive approach that bolsters social, emotional, and executive functioning while focusing on authentic and experiential learning. Please call our Admissions Office to schedule a personal tour of our campus.



## St. Martin's Lutheran School of Annapolis

1120 Spa Road  
Annapolis, MD 21403  
410-269-1955  
stmartinsonline.org

At St. Martin's Lutheran School we are a community of teachers, learners and believers. We embrace the notion that each student is unique, bringing experiences, beliefs and perspectives that form the framework on which we can build. Our commitment to provide students with Christian instruction, exquisite education and extracurricular activities has not changed since our founding in 1963. Schedule a tour today to come see why St. Martin's students are "Learning Today & Leading Tomorrow."



### Before & After Care:

PreK3-8th- 7:10 to 8:10am  
PreK3- Noon to 3  
PreK3-8th-3 to 6pm

\*Care is also provided on select half days!

**13** Average class size



QUICK LOOK

**GRADES:**  
PreK (3)-8th

**PRINCIPAL**  
Greg Whitley

**2024-2025 ENROLLMENT**  
140

LEADERS IN

# Education

For more information visit [whatsupmag.com](http://whatsupmag.com)



ANNAPOLIS SYMPHONY ORCHESTRA



MUSIC Matters

PURCHASE OUR 3 TICKET FLEXPASS TO SAVE BIG ON THE LAST THREE CONCERTS IN OUR MASTERWORKS SERIES.

\$35 PER CONCERT MORE MUSIC FOR LESS MONEY



MASTERWORKS III  
*Pictures at an Exhibition*  
COLERIDGE-TAYLOR, SAINT-SAËNS,  
MUSSORGSKY  
with violinist *Netanel Draiblate*  
JAN 31 & FEB 1



MASTERWORKS IV  
*Serenade*  
BEETHOVEN, BERNSTEIN,  
GINASTERA  
with violinist  
*Noah Bendix-Balgley*  
FEB 28 & MAR 1



MASTERWORKS V  
*Fiesta*  
ROYDON TSE,  
SONIA MORALES-MATOS,  
RAVEL  
with *Dali Quartet*  
APR 4 & 5

The Season 63 Masterworks Series is made possible by the Brian and Patricia Giese Foundation

ANNAPOLISSYMPHONY.ORG/EVENTS | BOX OFFICE 410-263-0907



From Song to Stage—presenting this extraordinary composer's iconic American music for the stage, and featuring his opera, *Trouble in Tahiti*.

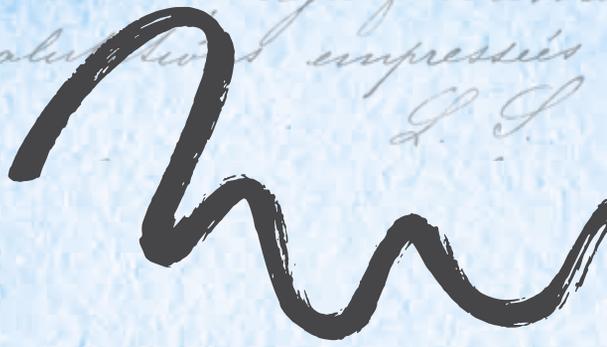


January 17  
7:30 PM  
January 19  
3:00 PM

MARYLAND HALL  
ANNAPOLISOPERA.ORG



*Veillez me faire parvenir, a  
l'application des nouveaux tarifs  
12 réveils quinquantièmes à fr.  
expédiés franco en gare  
En attendant, agréés mes  
mes salutations empressées  
L. J.*



# BOOKENDS MEET



**MARYLAND'S OUTGOING AND  
INCOMING POETS LAUREATE**

Story by **JANICE F. BOOTH**

Photography by **TONY LEWIS, JR.**



*Marseille*



LADY BRION



GRACE CAVALIERI



M

aryland's 10th and 11th Poets Laureate stand together: oldest and youngest, White and Black, united in their commitment to support those who have been silenced and to encourage those who have important things to say. The poems of Grace Cavalieri and Lady Brion embrace the spectrum of modern poetry, from the traditional "page poem" to "spoken word"—performance, or slam poems. Like bookends, their lives and their approaches to poetry support and embrace what is creative and powerful in the Arts.

**WHAT'S ALL THE FUSS ABOUT?**

Grace Cavalieri, 10th Poet Laureate, and Lady Brion, 11th Poet Laureate, come to this public role already accomplished and renowned as poets. They share a passion for performance. Cavalieri first as a playwright and later as a "page poet." Lady Brion as a performance poet from childhood. Both see the role of Poet Laureate as another avenue for supporting poetry and the arts, and as cultural ambassadors for and representative of Maryland's unique and complex history and culture. Both poets are activists—sharing their poetry and the poetry of others, shining lights on poetry through audio and video performances.

Let me explain the role of Poet Laureate. The title identifies a poet who is recognized by a state or the nation for outstanding creative and intellectual achievement. Maryland's first Poet Laureate was appointed in 1959, Maria B. Croker, who spoke of the impact of poetry on the human soul. Maryland's third Poet Laureate was Lucille Clifton, a recipient of the National Book Award and nominated for a Pulitzer Prize. Her powerful poems use clear and simple language to point out injustice and suffering and to bring about change in attitudes and express long suppressed viewpoints. Several of Clifton's collections of poems deal directly with social injustice and racism.

**WHAT HAVE THESE TWO POETS BEEN UP TO?**

And so, we come to our recent and current Poets Laureate. The oldest, Grace Cavalieri began her Laureateship at age 87 and stepped aside at 92. But long before her role as Poet Laureate, she was showing the State and the world how poetry can open doors and minds. In 1977 she helped found WPFW-FM, the renowned jazz and talk-radio station in Washington, D.C. Cavalieri brought to her radio listeners the works of poets, some of whom had been unrecognized and under-represented. Through her radio interviews, listeners came to hear and appreciate regional poets and thinkers.

Cavalieri continued her championing of poets with *The Poet and the Poem* broadcasts—recorded interviews with poets from across America. She has recently completed the 47th year of the interview program, now broadcasting from the Library of Congress. Every United States Poet Laureate has been interviewed by Cavalieri for *The Poet and the Poem*. In some instances, hers are the only extant recordings of renowned poets reading their own work.



Lady Brion, Maryland’s 11th and youngest Poet Laureate, knows her way around the media and recording studio, too. Renowned as a spoken word or performance poet, often referred to as slam poetry, Lady Brion became the “Women of the World Poetry Slam *Champion*” in 2021.

Performance videos of her dramatic poetry presentations display her commitment to social justice and poetry’s power to change for the better individuals and society. She intends that spoken word poetry reclaim its rightful place in our arts culture. She is a spokesperson for Black artists, particularly Black women, in Maryland and across America. Since her Slam Championship, Lady Brion has organized and brought to Baltimore three “Women of the World Poetry Slams.” Since she was a ninth-grader she has performed her own poems at public functions including State events, in churches, and at gatherings of performance poets called Poetry Slams. She has organized poetry workshops in prisons and group homes across Maryland, and has managed teaching-artists who work with middle and high school students in the greater Baltimore area.

### AND WHERE DOES THE POET LAUREATE FIT INTO MARYLAND’S ARTS SCENE?

The September 16th ceremony announcing Lady Brion’s appointment as Maryland’s 11th Poet Laureate was held in the Lucille Clifton House & Museum. This setting honored the former Poet Laureate whom Lady Brion identifies as one of her greatest poetic influences. During the ceremony, First Lady Dawn Flythe Moore spoke about the Moore administration’s commitment to the arts. “Wes and I understand the value of the arts. The arts create opportunity. The arts build community. And the arts boost the economy...This year, we’re [the Moore Administration] investing over \$35 million into the arts through the Maryland State Arts Council.” A touching coincidence was the attendance of one of Lady Brion’s high school principals, now Maryland’s Secretary of Appointments, Tisha S. Edwards.



**“THE ARTS CREATE OPPORTUNITY. THE ARTS BUILD COMMUNITY. AND THE ARTS BOOST THE ECONOMY.”**

Both Maryland’s outgoing and incoming Poets Laureate have been accustomed, as artists and community organizers, to doing important work with very little money or support. Both poets have undertaken projects to encourage the under-represented and under-appreciated artists, even before Cavalieri and Lady Brion became official ambassadors for the State’s artists.

“Voice As a Bridge” has been one of Grace Cavalieri’s important projects for over a decade. She and poet-composer-educator Wing Chi Chan of Washington, D.C., organized annual poetry readings that brought together poets from different cultures, often writing in different languages. For many years Cavalieri’s own publishing company, Forest Woods Media Productions, has brought hundreds of poets to the public’s attention, often publishing collections of poetry by poets from diverse cultures. Most recently, Forest Woods published a collection of poems by Korean poets whom Cavalieri has been mentoring.

In 2019, Lady Brion established the *Black Arts District in Baltimore*. The district provides sponsorship and funding for arts projects and supports artists who might otherwise be silenced. Since 2013 she has curated *Leaders of a Beautiful Struggle*, “...a grassroots think-tank which advances the public policy interest of Black people, in Baltimore, through: youth leadership development, political advocacy, and autonomous intellectual innovation.” In 2015 Lady Brion served as the program manager for *DewMore Baltimore* setting up programs in the public schools and training teaching-artists to engage with students. One of her commissioned spoken word poems is about the *Bill of Rights*. Lady Brion refers to the work she does as *artivism*, pairing *art* and *activism*.

### WHAT HAS EACH ONE DONE OR PLAN TO DO AS POETS LAUREATE?

It’s evident that these two women, 6 decades apart in age and experience, share a commitment to supporting poetry and poets. During Grace Cavalieri’s tenure as 10th Poet Laureate she completed a collection of recorded interviews showcasing Maryland’s poets, both the little known and those of renown, “Voices of Maryland’s Poets.” Another of Cavalieri’s projects was taking poetry into schools, focusing on teenagers and encouraging them to try expressing their feelings in poetry. Another of her projects during her Poet Laureateship and beyond is “Women in the Room.” Both Cavalieri and Lady Brion are determined that women poets receive the recognition their work deserves. Cavalieri has written extensively on under-appreciated women artists and thinkers, including Mary Wollstonecraft, Madame de Stael, and Anna Nicole Smith. Through Cavalieri’s project “Women in the Room” she mentors poets, encouraging and guiding their development. Cavalieri helps women share and publish their poems.



Lady Brion is setting out now with her amazing ardor and life experiences to put her mark on her Poet Laureateship. She notes, “Lucille Clifton [3rd Poet Laureate of Maryland] is my inspiration...I first read her poem ‘won’t you celebrate with me’ in 9th or 10th grade and was moved by Clifton’s powerful words.” Another important influence for Lady Brion has been nationally renowned muralist Ernest Shaw, Jr. “He gave me my first commission, to write a poem to accompany one of his paintings. He changed my attitude about what I was doing and could accomplish.”

Lady Brion wants to make a difference in the lives of young people too. She intends to carry her talent and experience as a performance poet into parts of Maryland that might be unfamil-

iar with spoken word poetry. As she’s done in Baltimore, she will encourage youth, particularly young Black students and artists across Maryland to raise their voices in beautiful and creative ways. On the State level, Lady Brion expects to be an advocate for poets and performance poetry. In the words of First Lady Dawn Moore, “She [Lady Brion] is an ambassador for those who need hope. She is an advocate for those who need a fighter. And she will be a champion for all Marylanders, no matter their background, zip code, or personal story.”



## AND WHAT HAPPENS NOW?

As poets and performers, both Grace Cavalieri and Lady Brion look to performance as a validation; the audience can see and hear and understand the world from a fresh perspective through the diverse forms poetry can take. For these two poets, poetry may be *page poetry* (traditional forms,) *performance* or *spoken word poetry*.

Lady Brion is intrigued by the “intersection of poetry and theater.” Her “Bucket List” includes acting on a stage, singing in a musical (she has a

rich and beautiful singing voice), and working with theater groups, as she has with Baltimore’s Center Stage, to adapt literature for performance poetry and create contemporary reimaginations of great literature as spoken word poems.

Let me bookend this brief encounter with our gifted Poets Laureate with Grace Cavalieri’s observation, “My life has been a life-long ribbon of poetry.”

To learn more check out the...**Poet Laureate page on the Maryland State Arts Council website:** <http://msac.org/programs/poet-laureate>. **Grace Cavalieri’s website:** <https://www.gracecavalieri.com/>. **Lady Brion’s website:** <https://www.ladybrion.com/>

# MARYLAND'S YOUTH POET LAUREATE

*I bend down to kiss the grass and call it prayer.*

This first line of **Tara Prakash's** poem, "On Erosion," reflects her maturity and love of the natural world. Prakash is Poet Laureate for Montgomery County and the first Youth Poet Laureate of Maryland. At 18, she is an award-winning author of short fiction and poetry as well as a busy senior attending Sidwell Friends School in D.C. Prakash works to expand poetry's appeal for young writers and to deepen her own writing. She participates in writers' workshops, including the Kenyon Review Young Writers Workshops and Youth Poet Laureate Institute Workshops.

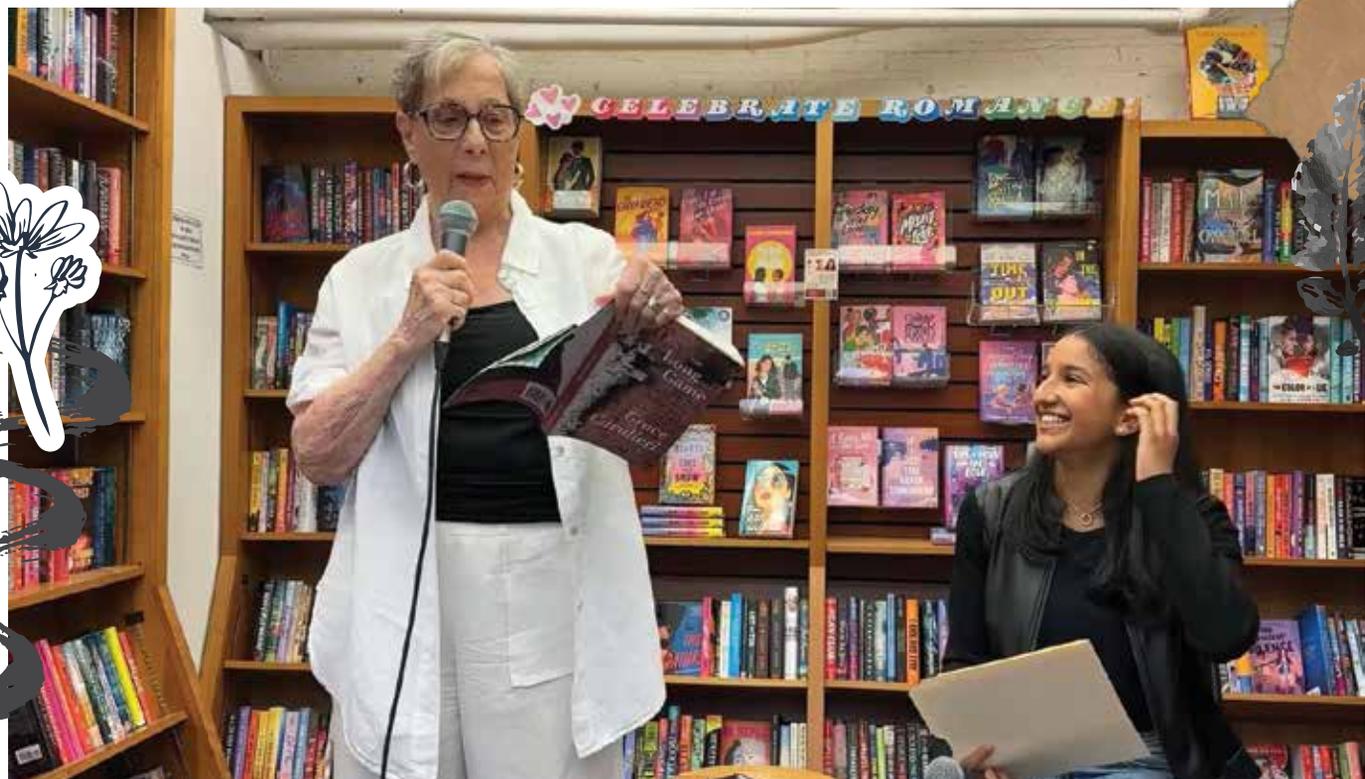
A serious student and poet, Prakash credits her grandmother Sarla Prakash with her love of language. "She [Sarla Prakash] gets me and my work." Tara's sixth grade teacher, Becky Farnum, helped Tara gain respect for her own poetic voice. In the larger world of poetry, poets whose work she admires and studies include Ocean Vuong, Keith Leonard, and Aimee Nezhukumatathil.

Tara Prakash has interned since 2022 with *Free Minds*, a nonprofit organization. One of her projects has been encouraging incarcerated poets and critiquing their work. Last summer she taught an on-line poetry workshop with teens in India. And as her Eagle Scout project, she designed a creative writing workshop for children, *Write to Right*. The program has grown in popularity, and children in 12 states and four countries now participate in the workshops Tara designed.

Prakash meets regularly with other youth poet laureates via Zoom. These *YPL Institutes* invite guest writers and teachers to discuss the craft of writing poetry with these young poets from across the country.

Recently, Tara has become interested in Performance Poetry. In April of 2024, she participated in the D.C. Youth Slam Team performance at the Kennedy Center in Washington. The team is overseen by *WBL* [Words, Beats & Life] a hip-hop-centric, art-based educational nonprofit. *WBL* works with *DewMore Baltimore*, a nonprofit whose focus is on the arts and activism. Overseen by Maryland's Poet Laureate Lady Brion, *DewMore Baltimore* works statewide to help young people experience the power of poetry and of their own voices as poets.

As Maryland's first Youth Poet Laureate Tara Prakash's dedication and talent both as artist and activist set a high standard for future Youth Poet Laureates. Learn more about Prakash at her website, [taraprakashwrites.com](http://taraprakashwrites.com).



Tara Prakash (sitting, right) listens to Grace Cavalieri at a recent poetry reading.

CHESAPEAKE  
BAY SPECIES  
ARTICLE SERIES

# THE BLUE CATFISH



# POPULATION EXPLOSION

MITIGATING THE THREAT  
OF THIS INVASIVE SPECIES  
IN THE CHESAPEAKE BAY

By **Lisa A. Lewis**



**Waterman Rocky Rice fishing for blue catfish on the Potomac River near Fort Washington. Photograph by Edwin Remsburg, Maryland Department of Agriculture.**

**W**hen the Virginia Department of Wildlife Resources (DWR) introduced blue catfish into three tributaries of the Chesapeake Bay (the James, Rappahannock, and York Rivers) in the 1970s and 1980s to create a recreational trophy fishery, the resource managers couldn't have foreseen the impact that the fish would have on the Bay ecosystem. A popular recreational catch, blue catfish can grow large in size—providing a fun, challenging experience for anglers. Since coastal striped bass populations were declining throughout the Atlantic Ocean, the fishery was intended to offer new opportunities for recreational anglers.

The freshwater catfish, which are native to the Mississippi, Missouri, and Ohio River basins, were expected to remain in the tributaries in which they were stocked. However, since blue catfish can tolerate higher salinities than the resource managers originally thought, they were able to thrive in the brackish waters of the Bay. As a result, blue catfish expanded their range at an alarming rate. Today, they are found in nearly every tributary of the Bay.

“It seems that blue catfish may use periods when salinities decrease, like during years of high rainfall, to disperse and invade new habitats,” says Branson Williams, invasive fishes program manager for the Maryland Department of Natural Resources (DNR). “This may have been the case during 2018 and 2019 when we began hearing about more reports of blue catfish in the upper Bay. While they can tolerate higher salinities than initially thought, they typically don't spend time in higher salinity waters, such as 17 ppt (parts per thousand), for very long because they can't handle it.”

The unintended consequences of the resource managers' decision to stock blue catfish in the Virginia tributaries shines a light on the risks of introducing an invasive species into the Bay. Since their initial introduction, blue catfish have greatly expanded their range and become so populous that they now pose a serious threat to the Bay ecosystem. According to the DNR, commercial harvesters removed 4.2 million pounds of blue catfish from the Potomac and Maryland waters in 2023—a more than 500 percent increase from 10 years earlier. In addition, they comprise as much as 75 percent of the total fish biomass in some portions of the James and Rappahannock Rivers.

Concerned about the spread of blue catfish, a diverse group of stakeholders, including state agencies, environmental organizations, educational institutions, commercial fisheries, watermen, seafood processors, and several other partners, are working together to help mitigate the impact of blue catfish. The management strategy is focused on science, research, policy, increased commercial harvest, and public awareness among consumers and recreational anglers.



**A blue catfish is caught during a river herring survey by staff from the Maryland Department of Natural Resources on the North East River in Cecil County on April 25, 2023. Photo by Will Parson/Chesapeake Bay Program.**



**Fourth generation waterman Rocky Rice, right, and his fishing partner Brent Thomas check fish pots on the Potomac River in Charles County, Maryland. Rice can catch up to 1,200 pounds of blue catfish, an invasive species. Rice has increased the time he spends catching them—three days a week—as market demand has increased. Photo by Will Parson/Chesapeake Bay Program.**

## BLUE CATFISH OCCURRENCES

According to the DNR, blue catfish were first reported in Maryland in the Potomac River in 1987. They became abundant in the Potomac in the 1990s and continued to expand their range in the 2000s. By the 2010s, the blue catfish population was identified as a bay-wide issue that required action. In response to the threat to the Bay ecosystem, resource managers adopted an Invasive Catfish Policy in 2012. The Chesapeake Bay Program's Invasive Catfish Workgroup was later formed in 2014.

“The Workgroup brings together members on a bay-wide scale to manage blue catfish and minimize their spread and ecological impact,” says Bruce Vogt, manager of ecosystem science and synthesis, National Oceanic and Atmospheric Administration (NOAA) Chesapeake Bay Office, and chair of the Workgroup. “We’re a diverse group of partners committed to change—both on the ground and through the exchange of information. When we first formed the Workgroup, the blue catfish problem was new. We had to explore management strategies and create a roadmap to guide progress. Bringing together a group of talented people has greatly helped us accelerate our efforts and raise public awareness.”

Silvery-blue with a white belly, blue catfish have a flat dorsal fin, a deeply forked tail, and four pairs of black whisker-like barbels around their mouths. Their smooth skin lacks scales. Although adults are typically less than two feet long, they can grow up to five feet long and weigh more than 100 pounds. According to state records, the largest blue catfish caught in Maryland weighed 84 pounds.

Although blue catfish are omnivores, their diet consists mainly of native fish species, including menhaden, American shad, striped bass, American eel, and white perch, as well as blue crabs, plants, and insects. Not only are these species ecologically and economically beneficial, but many of them, such as the iconic blue crab, are also symbols of Bay history and culture.

“It’s difficult to quantify how many native species blue catfish are eating,” Williams says. “Diet studies are useful and have identified 30 to 40 different prey items in their stomach contents. This may have an impact on native fishes that are ecologically and recreationally significant, especially where blue catfish are well established.”

Opportunistic and generalist predators, blue catfish have a ravenous appetite and can outcompete other fish species for food and habitat. With the exception of osprey and bald eagles, they have few natural predators. According to NOAA Fisheries, blue catfish spawn once a year from late May to June—mostly in lower-salinity streams and smaller tributaries. Females produce 4,000 to 8,000 eggs per kilogram of body weight, which means that a 10-pound fish could produce more than 20,000 eggs.



**Joe Wright of Stafford, Va., catches a blue catfish while fishing off the end of the Port Royal Landing in Caroline County, Va., on May 9, 2016. Wright said he only fishes for an hour at a time—just long enough to finish a cigar. The new 200-foot pier also features a soft launch for paddlers and was funded by grants from the National Park Service, Friends of the Rappahannock, the Chesapeake Conservancy, and other organizations. Photo by Will Parson/Chesapeake Bay Program.**



**Above: Waterman David “Cornflower” Confair fishing for invasive blue catfish on Marshyhope Creek. Photo by Stephen Badger, Maryland Department of Natural Resources.**

**Left: At the 2022 Sharptown Catfish Tournament nearly 1,000 pounds of invasive blue catfish were harvested from the Nanticoke River and Marshyhope Creek. Blue catfish is delicious, nutritious and a whole lot of fun to catch! Photographs courtesy Maryland Department of Natural Resources.**



## A RELATIVELY NEW FISHERY

Since the vast population makes eradication of blue catfish impossible, the management strategy focuses on developing and expanding commercial fisheries in an effort to remove as many of them as possible from the Bay. According to NOAA Fisheries, commercial fisheries for blue catfish were limited during the early 2000s due to low market demand and lack of consumer awareness. So, the development of a commercial fishery management plan is relatively new. But thanks to increased public awareness, the commercial fishery for blue catfish is growing.

“A broad and diverse group of stakeholders, including environmental organizations, state agencies, seafood processors, watermen, and even the state’s Food System Resiliency Council, are working together to help facilitate as much harvest of blue catfish as possible,” says Allison Colden, Ph.D., Maryland executive director, Chesapeake Bay Foundation (CBF). “The DNR also recently expanded the types of commercial fishing gear that could be used to target blue catfish, including bowfishing and catfish trotlines.

“On the federal side, blue catfish are in a unique regulatory position since catfish are the only fish inspected by the USDA rather than the FDA. This makes the inspection process expensive and cumbersome for processors. While mostly a federal

issue, efforts have been made in the Maryland General Assembly to help make processing blue catfish less burdensome.”

To further facilitate commercial harvest, the Workforce identified a need for population studies. Since blue catfish are highly productive and able to disperse throughout the Bay tributaries, monitoring programs to track their abundance through time (year to year) and population projection models to estimate future population size and distribution are critical.

“We are pleased that the DNR is working with the U.S. Geological Survey (USGS) Eastern Ecological Science Center on a program to monitor the blue catfish population in Maryland’s portion of the Bay and to create population projection models,” Vogt says. “These models can estimate how the population will respond to different levels of commercial harvest—allowing us to develop harvest targets and determine how much biomass to remove.”

The overabundance of blue catfish in the Bay has not only reshaped the commercial fishing industry—leading to the development of a fishery for blue catfish—but it has also affected Maryland watermen. Due to the immense population, some watermen have moved away from other fisheries, such as crabbing, to focus on blue catfish. By pivoting to the harvest of blue catfish, watermen throughout Maryland are doing their part in the effort to remove as many of them as possible from the Bay.

“The blue catfish population has affected the way that independent watermen operate their businesses,” says Robert T. Brown, Sr., president of the Maryland Watermen’s Association. “They are bringing in good blue catfish harvests, but they may have had to change where they work or how they work. The fishery is new and affects Maryland watermen’s livelihoods, so they have had to adapt to meet the challenges to their way of life.”

## RAISING PUBLIC AWARENESS

During the past few years, the Maryland Department of Agriculture (MDA) has launched several marketing campaigns to educate consumers about the benefits of incorporating blue catfish into their diets. Since adult blue catfish aren't bottom feeders, they don't taste "muddy" like some catfish species. A white, flaky fish with a taste that has been compared to striped bass, blue catfish are a good source of protein and Omega-3 fatty acids. A 4-ounce serving contains only 90 calories and 1.5 grams of fat.

"We have really ramped up our efforts to promote blue catfish," says Matthew Scales, seafood marketing director for the MDA. "By attending events, partnering with restaurants and chefs to provide cooking demonstrations—and free samples—and sponsoring giveaways, we're increasing consumers' interest in blue catfish, and the response has been great. We're definitely noticing more demand among consumers who are excited to learn where they can buy blue catfish—whether in their local grocery stores or at restaurants. Not only are the fish delicious and nutritious, but eating them is also a great way for the public to help reduce the population and protect the Bay."



**Maryland Secretaries of the Department of Agriculture, Kevin Atticks (left), and Department of Natural Resources, Josh Kurtz (right), hold blue catfish caught during a recent survey.**



**Ed Jones from Aloha, Oregon, caught a Maryland record blue catfish—weighing 84 pounds and measuring 52 inches long, with a girth of 36.5 inches—on August 13, 2012 in the Potomac River near Fort Washington. Jones and his guide, Captain Josh Fitchett of Montpelier, Virginia, kept the fish alive and took it into Fort Washington Marina to have it weighed and certified by a Fisheries biologist. Photo courtesy Maryland Department of Natural Resources.**

Launched in 2004, Maryland's Best, a website operated by the MDA's marketing department, connects Maryland farmers and watermen with consumers. The website provides a wealth of information about blue catfish, which are marketed as "wild-caught Chesapeake blue catfish." Not only does this appeal to consumers who prefer to "buy local," but it also differentiates the fish from other species of catfish and emphasizes that they are harvested in the Bay. Consumers can search for retailers, restaurants, recipes, and more. For information, visit [marylandsbest.maryland.gov](http://marylandsbest.maryland.gov).

In addition to engaging the public, several organizations are helping educate recreational anglers about the harm posed by blue catfish to the environment. Maryland offers several tournaments that not only encourage recreational anglers to help reduce the number of blue catfish in the Bay but also enjoy a fun day on the water.

Coastal Conservation Association Maryland (CCA Maryland) launched the Great Chesapeake Invasives Count in 2020 to help fishery managers collect data about where invasive fish, including blue catfish, are being caught and to support science-based management strategies. The event, which offers year-round opportunities for participants, is a fun way for anglers to support a great cause while competing for prizes.

“The Great Chesapeake Invasives Count allows recreational anglers to engage in the conversation about invasive species and their impact on the ecosystem,” says David Sikorski, executive director of CCA Maryland. “The event brings people together and offers a sense of community. It’s also a great way to help make a difference and have a lot of fun.” To learn more, visit [ccamd.org/the-great-chesapeake-invasives-count](http://ccamd.org/the-great-chesapeake-invasives-count).

The Rod & Reef Slam fishing tournament, co-hosted annually by CBF, CCA Maryland, and the Chesapeake Oyster Alliance (COA) is another popular event for recreational anglers. The tournament offers an invasive species division that awards prizes for the largest blue catfish or other invasive species caught.

In Maryland, since blue catfish are invasive, they cannot be overfished. However, catch and release is discouraged. Anglers should remove and kill any blue catfish they catch.

Although the blue catfish population may seem overwhelming, the partners engaged in the critical effort to reduce their numbers are optimistic about the future. They plan to continue to focus on growing commercial fisheries and minimizing harm to the Bay’s native species.

“We’ll never remove every blue catfish from the Chesapeake Bay,” Colden says. “However, by creating a lucrative blue catfish fishery, we could get their population to a sustainable level. The more demand there is for the species, whether it’s restaurants, grocery stores, or recreational fishing, the more we can mitigate their harm to our native Bay ecosystem.”



The Maryland Department of Agriculture has launched several marketing campaigns to educate consumers about the benefits of incorporating blue catfish into their diets. Blue catfish filets are a white, flake flesh with mild taste that can be incorporated into a variety of recipes.



**Special thanks to Kim Couranz, communications specialist, NOAA Chesapeake Bay Office, and Valerie Keefer, Maryland communications & media relations manager, CBF**



## BLACKENED BLUE CATFISH & GRITS

*Note: All the recipes can be adjusted to the portion needed or even be altered to taste preference!*

### INGREDIENTS

Serves 4

#### CATFISH

- 1 Lb. Catfish cut into 3 in. strips
- 1/4 Cup Blackening/Cajun Seasoning
- Or seasoning of your choice
- 2 Ea. Garlic Cloves Minced.
- (Can substitute 2 tsp. Garlic Powder)
- 3 Tbsp Olive Oil/Vegetable Oil
- Black Pepper & Table Salt To taste

#### GRITS SAUCE

- 1/4 Lb. Bacon Chopped small (optional)
- 3 Sprigs Thyme (Substitute 1 Tbsp. Dried Thyme)
- 1 Qt. Canned Tomatoes Chopped
- 1 Yellow Onion Large diced
- 1 Bell Pepper Large diced
- 1 Tsp. red pepper flakes/ chili powder
- Blackening/Cajun Seasoning to taste
- 2 Cups Stock of Choice/Water
- 4 Ea. Garlic Minced (Substitute 4 Tsp. garlic powder)

#### GRITS

- 2 Cups Grits
- 4 Cups Stock of Your Choice or Water
- 5 Large White Onions Minced
- 4 Tbsp butter, unsalted
- Salt and Black Pepper to taste

### INSTRUCTIONS

**CATFISH:** Combine in a mixing bowl and let marinate for at least 1 hour. Cook in a cast iron skillet to blacken until just cooked through. **GRITS SAUCE:** Saute peppers, onions, garlic, bacon/oil, and spices until browned. Add stock, tomatoes, and thyme. Simmer until slightly thickened. Season to taste **GRITS:** Saute onions until aromatic. Pour in the stock and bring to a boil. Add the grits and stir well. Bring back to a boil and then reduce to a simmer. Cook until the grits are tender. Stir in butter and season to taste. **ASSEMBLY:** Serve grits in a bowl, top with the blackened blue catfish, and sauce.



Pool Houses & Outdoor Kitchens

Hardscaping & Masonry

Pools Design/Build

Outdoor Elements & Fireplaces

Full Service Landscape Design/Build



**Start Now to Enjoy the Outdoors by Summer!**  
 Save with Special Financing & Incentives.



410-349-9507  
 WadeLandscapes.com



# Home & Garden

**100** DON'T TOSS THOSE WINTER GREENS...COMPOST!

**104** THE MODERN LIFESTYLE HOME

**108** UNDER CONTRACT IN 5 DAYS!

**The Dinner  
Party Well-  
Planned**

**PG. 96**





# The Dinner Party Well-Planned

## A SIT-DOWN DINNER FOR SIX

By Lisa J. Gotto

**T**raditionally, this is the time of year where we put our best foot, *and intentions*, forward. We look ahead to a fresh slate of days where anything is possible if we make the effort, and we usually aspire to do something new or better in the New Year.

So, with that intention in mind, we thought 2025 sounded like a great year to re-establish a longstanding, host-driven and home-based tradition...the dinner party.

While you, no doubt, have had various iterations of this gathering event out back around the grill, or inside with potluck themes, it is has probably been a while since you have gotten your genuine Martha Stewart on and created a real menu, sent proper invitations, and set an impeccable table—schedules and family life being what it is.

However, should you be up to challenge this year, we are here to help with a dash of inspiration and a sprinkling of ideas that we will edit for you throughout the year, starting with this one, the Sit-Down Dinner for Six.

### **START SIMPLE**

Six is a great number to start with; it's not overly ambitious and won't have you breaking the bank at the price club. This number, which includes the host(s), provides enough variety among guests for lively conversation, and allows for an embellished level of curation on the part of the host. It's also a great number, because in most cases, you will already have a table large enough for all to sit and enjoy the meal together as a shared experience.

### **LAYER IN SUBSTANCE SLOWLY**

Start with your menu. This will help set the tone and tenor for your evening. And don't get flustered thinking you need to be Julia Child to pull this off. Many of the best meals are not complex ones; they're the ones that offer flavors that evoke nostalgia and comfort. We suggest the following dishes as a well-rounded example that you can easily find recipes for online. (If you're still intimidated, keep in mind that our grandmothers had no such resource.)

#### **THE MENU**

**Appetizer:** Butternut Squash & Sage Soup

**Main Course:** Braised Short Ribs with Red Wine Sauce, Creamy Mashed Potatoes & Roasted Root Vegetables, Wild Mushroom Risotto

**Dessert:** Dark Chocolate Tart with Sea Salt



Start with a cozy, seasonal appetizer such as **Butternut Squash & Sage Soup**. Serve this savory soup in small bowls with a drizzle of crème fraîche, and a sprinkle of fresh herbs. You can also garnish with crispy sage leaves and a dash of nutmeg for added warmth and depth of flavor.

**Braised Short Ribs with Red Wine Sauce** is always a crowd pleaser. This slow-cooked and richly flavored dish is ideal for a winter evening and can easily be served with a side of creamy mashed potatoes and roasted root vegetables like carrots and parsnips for a comforting, yet elegant meal.

If you're feeling a bit more adventurous, add a side of **Wild Mushroom Risotto**. This earthy, creamy risotto pairs wonderfully with the short ribs, but can also serve as a main dish should you have a guest who doesn't partake in red meat.

Few guests will be able to resist a **Dark Chocolate Tart with Sea Salt** for dessert, and this rich chocolate pairs wonderfully with the winter theme. Serve with a dollop of whipped cream and a sprinkle of sea salt. You could also add a dusting of cocoa powder or even edible gold dust to enhance the presentation.



## SIGNATURE COCKTAIL

Thank goodness for Uber! If the dinner party can make a comeback, so can the nightcap. This time of year, we're thinking the Hot Toddy is a thoughtful option for guests soon to depart on a winter's night in January, and it is well-paired with our menu. Cheers! And here's to a successful dinner party!



## SPICED BOURBON HOT TODDY

### Ingredients:

2 oz bourbon  
1 Tbsp honey  
½ oz. fresh lemon juice  
1-2 dashes of bitters  
4 oz. hot water  
1 cinnamon stick  
Star anise and a lemon wheel for garnish

### Instructions:

In a heat-proof glass or mug, combine the bourbon, honey, and lemon juice. Add hot water and stir to dissolve the honey. Drop in a cinnamon stick and add a couple of dashes of bitters. Garnish with a star anise and a lemon wheel on the rim for an inviting look.



## LAYER IN STYLE UNAPOLOGETICALLY

Taking the time to curate a memorable tabletop presentation should be half the fun of creating this shared evening. Think ahead and plan, accordingly, leaving yourself with ample time leading up to the night of dinner to execute the evening, even if you need to do it in stages so you are less stressed. (Nothing says you can't have the table set earlier in the day or even the night before in most cases.)

Choose and theme a color palette that matches the mood of the season. Lean into deep, warm tones like rich forest green, moody charcoal, and soft ivory with accents of gold or brass. These colors will create a luxurious, inviting feel that's perfect for January.

Consider a charcoal or deep green tablecloth with ivory linen napkins. And you can add a dark table runner with a subtle winter motif or simple textured pattern for added sophistication. (Remember, the holidays are over, so the emphasis is on subtle.)

### TREND ALERT:

Bows in fashion and as a hair accessory are back and in a big way. If you're just not digging it, try this iteration, at the dinner table.

While long taper candles with holders are elegant, choose a simple centerpiece that does not obstruct the view of those you are dining with. Consider all low-profile blended groupings of classic ivory battery-powered pillar candles and add in some fresh greenery, such as eucalyptus, pine branches, and berries. A soft winter garland sprinkled with battery-powered fairy lights down the center of the table, is also a lovely option. This time of year, we love a table setting of rustic white or cream plates and silver or matte black flatware for a modern, contrasting look. Set each place with a linen napkin and tie it with a velvet ribbon in a deep color that complements the settings, and tuck in a small sprig of greenery.

Stemless glassware is still an elegant go-to and you can try some with a frosted touch and add in dark green or smoke-tinted water glasses for a chic, seasonal look.



**Photo credits:** Crystal Goblet courtesy of perigold.com. White stone dinner plate courtesy of crateandbarrel.com. Matte black flatware courtesy of lenox.com. Stemless wine glass set courtesy of perigold.com. Velvet bow napkin ties courtesy of sb-designstudio.com. Handmade floral table runner courtesy of Perigold.com.

# Don't Toss Those Winter Greens... Compost!

By Janice F. Booth



**I**t's January. The winds of winter are skittering across the husks of our summer gardens. And those of us who tend those gardens sit twiddling our thumbs—if you know how to do that, awaiting warmer days. I have a suggestion for how to begin now to help your garden and the earth more generally. Consider composting or re-invigorating your commitment to a composting project. Now, don't panic! I'm not going to urge you to grab your pitchfork and head out to the back corner of your property to turn that pile of yard waste.

You may have already decided you're going to start composting...soon, or you may have rejected the whole idea after investigating what's involved. But, since it's cold outside, and we're all in our cozy homes waiting for our beautiful gardens to be reborn...let's talk compost.

## I'll review with you these considerations:

- ◆ Why bother turning waste into fertilizer?
- ◆ What are the composting methods?
- ◆ What gets composted?

## WHY?

**On this fragile planet, we all take from the earth, and we can give back to the earth in small and grand ways. One such way is by composting. The benefits include:**

- ◆ Composting converts waste materials into organic matter that enriches the soil
- ◆ Organic matter produced by composting: encourages root growth, slows surface water (run-off) allowing that moisture to soak into the soil, lessens erosion by encouraging plant and root growth along with slowing water flow, assists in nutrient retention in the soil
- ◆ Composting at home reclaims household waste as rich organic matter
- ◆ Household composting reduces methane emissions from landfills

## WHY NOT?

**Let us not be deluded; there are disadvantages to setting up your own composting system, whether large or small. These drawbacks include:**

- ◆ Animals and insects: mice, raccoons, flies, gnats, and others are attracted by a healthy compost pile
- ◆ Composting stinks
- ◆ The process of decomposition takes time—from 2 weeks to 2 years to complete, depending on the method of composting and volume of matter decomposing
- ◆ An active compost pile oozes nutrient-rich liquid called leachate (the good news is that that leachate water can be collected and diluted, then fed to plants as liquid nitrogen)
- ◆ There's time and effort necessary to maintain any composting project, whether small in-house or larger garden piles

## **THE 4 METHODS OF COMPOSTING ARE:**

### **1. If you're feeling reluctant to get involved in this whole wasteful-to-useful project, start small! Try Household or Indoor Composting.**

- ◆ Secure a composting bin that will fit under a counter or in the mud room next to the kitchen. The bin will have air holes, so there may be some odor involved
- ◆ Select an appropriate sink-side bowl where scraps can be gathered as you scrape dishes, discard stale bread, or clear out the refrigerator
- ◆ Dump the collected waste into the composting bin
- ◆ You'll probably choose to use the Cold Composting Method, which means simply, "Leave it alone." The bin will compress, begin to degrade the household tidbits, and eventually all will become compost

**Could it be any simpler?** Well, yes! It can. Cities like Baltimore, Washington, and Annapolis have composting services—businesses that collect household organic waste products. They whisk them from the clients and deliver them to partner farms where the serious composting occurs. But more of that later.



### **2. Hot Composting (aerobic) is the most common method of turning waste into fertilizer.**

- ◆ Decide whether to compost by piling the collected organic material on your property or collecting the waste in a bin
  - ◆ Choose a location for the pile or bin. Remember, there will be odors, flies and other pests, and it will be somewhat unsightly
  - ◆ If you are not making a pile, procure a large bin, either stationary or tumbling
  - ◆ As the organic material is gathered, add it to the composting pile or bin and turn or aerate the pile or bin
  - ◆ Every 3–5 days the expanding pile will need to be turned, either with a garden fork or the crank on the roller bin. This improves the aeration which helps with the decomposition
  - ◆ When the composting material is rich brown and earth-like your organic matter can be used in your garden or shared with other gardeners (anywhere from 2 months to a year)
- \* This method kills the pathogens and weeds that may have been collected with the waste material

### 3. Cold Composting (anaerobic) is a very slow (perhaps 2 years) and very easy method.

- ◆ Used almost exclusively with piled organic matter
- ◆ Simply gather and dump organic waste on the pile and leave it alone. Don't worry about the decomposing; it will take care of itself. You'll know that's happening by the odor of the pile and the leachate oozing out
- ◆ When the material looks dark and mushy, you're ready to dig some off the outside of the pile and spread that organic matter on your flower beds.

\* This method does not kill pathogens and weeds



### 4. Vermicomposting, sometimes called Live Composting, involves our friends the earthworms.

- ◆ Select a bin that has sufficient air holes. Worms require sufficient oxygen
- ◆ Add wood chips to your organic waste; the worms need places to rest from their work of burrowing among the eggshells and teabags
- ◆ Wait about a year while the worms wander to-and-fro through the bin, oxygenating the waste and aiding in the breakdown of the matter

\*The advantage to this method is it works indoors because there is no odor and nothing to fuss with until it's ready to be spread in the garden



### WHAT GOES IN AND WHAT STAYS OUT?

**There's some controversy about these lists, but here's my understanding on the topic:**

**Do compost:** "Brown" (carbon rich) and "Green" (nitrogen rich) material

**Brown:** includes pine needles, yard waste, paper, dryer lint, cardboard

**Green:** includes fruit & veggies, meat, bones, dairy products, pasta, teabags & coffee grounds

If you're torn between a desire to help the planet and a distaste for the messiness of composting, there's one more choice. *Annapolis Compost* is a local business that will set you up with a kit for weekly collection of your organic waste, which they will transform into organic matter that can be returned to you or distributed to various community farms. To learn more check out [annapoliscompost.com](http://annapoliscompost.com).



## Where Beauty Meets Protection

Your home deserves a beautiful exterior that will give it lasting protection.

- ROOFING
- SIDING
- WINDOWS
- GUTTERS

What's Up? Winners  
SINCE 2012



CALL FOR A FREE ESTIMATE!  
**410.981.9466**  
[fichtnerexteriors.com](http://fichtnerexteriors.com)



where beauty meets protection



# The Modern Lifestyle Home

By Lisa J. Gotto

**T**he build date on the deed may say 1953 but this nearly 4,000-square-foot ranch-style home exudes modern day sensibility and style. Exceptionally maintained and totally renovated in 2020, this residence in Annapolis' desirable Pendennis Mount community, packs on classic curb appeal with an all-whitewash brick façade highlighted with an inviting front porch with rich, wood-tone composite decking underneath and white beams and beadboard above.

**Primary Structure Built:** 1953

**Sold For:** \$1,400,000

**Original List Price:** \$1,500,000

**Bedrooms:** 4

**Baths:** 3

**Living Space:** 3,915 Sq. Ft.

**Lot Size:** .66 acres

Just inside, the entry opens to the home's formal living and dining room combo. A whitewash brick fireplace wall provides the primary focal point in the large, flowing space that receives abundant natural light from a large picture window dressed in attractive, white Bermuda shutters.

This space opens to a gracious, cheery and bright sitting room with two walls of large, vertical windows overlooking the property's meticulous grounds. This exceptional entertaining space is just steps for the dining and kitchen area, offering the ultimate in convenience and flow. All the spaces underneath are outfitted with rustic, dark wood floors.





**Listing Agent:** Shane Hall, COMPASS, 2077 Somerville Rd., Annapolis, m. 410-991-1382, o. 410-429-7425, shane.hall@compass.com, compass.com **Buyers' Agent:** Ani Gonzalez-Brunet, Coldwell Banker Realty, 3 Church Circle, Annapolis, m. 443-714-5303, o. 410-263-8686, ani.gonzalez-brunet@cbmove.com, coldwellbanker.com



The all-white, contemporary kitchen was designed for ease-of-flow and offers all modern integrated appliances and cabinetry with attractive dark hardware pulls, handles, and knobs. Seating for four is provided at a high-top table, and a classic white subway tile backsplash pulls the whole room together.

From the large windows over the sink, there's a great view out to the home's flagstone-paved screened-in porch with attractive rafters overhead. Out here there's plenty of room to kick back and relax, outdoor living room-style. And any spill-over can enjoy a cozy, fire pit experience on the back paver patio.

Back inside, the home extends beyond the kitchen, featuring the home's four bedrooms. Two of the guest bedrooms offer their own *en suite* bathrooms and the primary suite, which is situated at the end of this wing of the home, offers a gorgeous a spa-like retreat. All white countertops, a dual vanity, and a contemporary soaking tub soothe frayed, end-of-day nerves.

A fourth bedroom can be used as a family room or a dedicated home office. More family gathering space can also be found on the home's finished lower level, and a super-sized detached garage offers room for four standard vehicles.

Nestled within a vibrant waterside community, the residents of this home will enjoy fabulous views of the Severn River, access to a community pier, and proximity to downtown Annapolis and Jonas Green State Park.





**BAY WOODS**  
of ANNAPOLIS

**BEST OF  
ANNAPOLIS  
2024**

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



**generator**  
SUPERCENTER  
THE STANDBY POWER PEOPLE™

**We'll be there in the  
darkest moments.**

**We Have  
Generators  
In Stock!**

**GENERAC**

Generac Automatic Standby Generator

**FREE Whole Home  
Surge Protector\***

with a generator purchase from Generator Supercenter of Annapolis. \*Terms and conditions apply, call for details.

**Call Today for a FREE Design Consultation & Estimate**

**410.697.5530**

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

Visit our showroom at 12 Lincoln Court  
Annapolis, MD

# A LEGACY OF CRAFTSMANSHIP



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

314 Main Street

Stevensville, MD

410-643-3334

Lundbergbuilders.com

PHOTO: JONAS HENRIKSSON

# NANCY HAMMOND EDITIONS



WINDSWPT BY NANCY HAMMOND

SIGNED AND NUMBERED LIMITED EDITION GICLEE, 32" X 48"  
SIGNED ARTIST PROOF, 40" X 60"

416 6<sup>TH</sup> ST, ANNAPOLIS MD • 410-295-6612 • WWW.NANCYHAMMONDEDITIONS.COM



# Under Contract in 5 Days!

By Lisa J. Gotto

**P**alatial and gracious, this amazing estate-like residence in Davidsonville was built in 2003 and sits on seven acres of prized waterfront property. An attractive circular drive conveys guests to this impressive multi-level home, with its majestic, sweeping roof style.

In the tradition of a grand manor, this home opens to luxurious foyer with architectural staircase detail and an elegant double-arch entry with gorgeous wood trim treatments throughout. Once

**Primary Structure Built:** 2003

**Sold For:** \$2,525,000

**Original List Price:** \$2,699,000

**Bedrooms:** 6

**Baths:** 5  
Full, 1 Half

**Living Space:** 9,077 Sq. Ft.

**Lot Size:** 7.08 acres

through the arched doorway, the home opens to the soaring cathedral ceiling of the great room, with its fireplace wall of handsome cherry built-ins. An adjacent wall with floor-to-ceiling Palladian window and door detail floods the space with light.

To the right of the entry, the space flows past architectural Georgian columns into a large, elegant formal dining room with eye-catching tray ceiling details. A formal library with gorgeous cherry built-ins is situated to the left of the entry.



The great room opens to the large, sunny family room with another soaring ceiling, gas fireplace, and access to the home's gorgeous wrap-around deck on the main level.

The nearby kitchen is a gourmet chef's paradise with its all-white custom cabinetry, center-island with extended gas cooktop, and all stainless-steel appliances. An attractive counter with light granite tops winds around half of the room to provide in-kitchen seating, and there's a separate, large dining space in the room, as well.

This home's main floor also features a restive primary suite with gorgeous crown molding detail, access to the main deck, and an incredible all-white *en suite* bath with jetted garden tub, a dual-sink vanity topped with marble and a ginormous, tiled steam shower room.



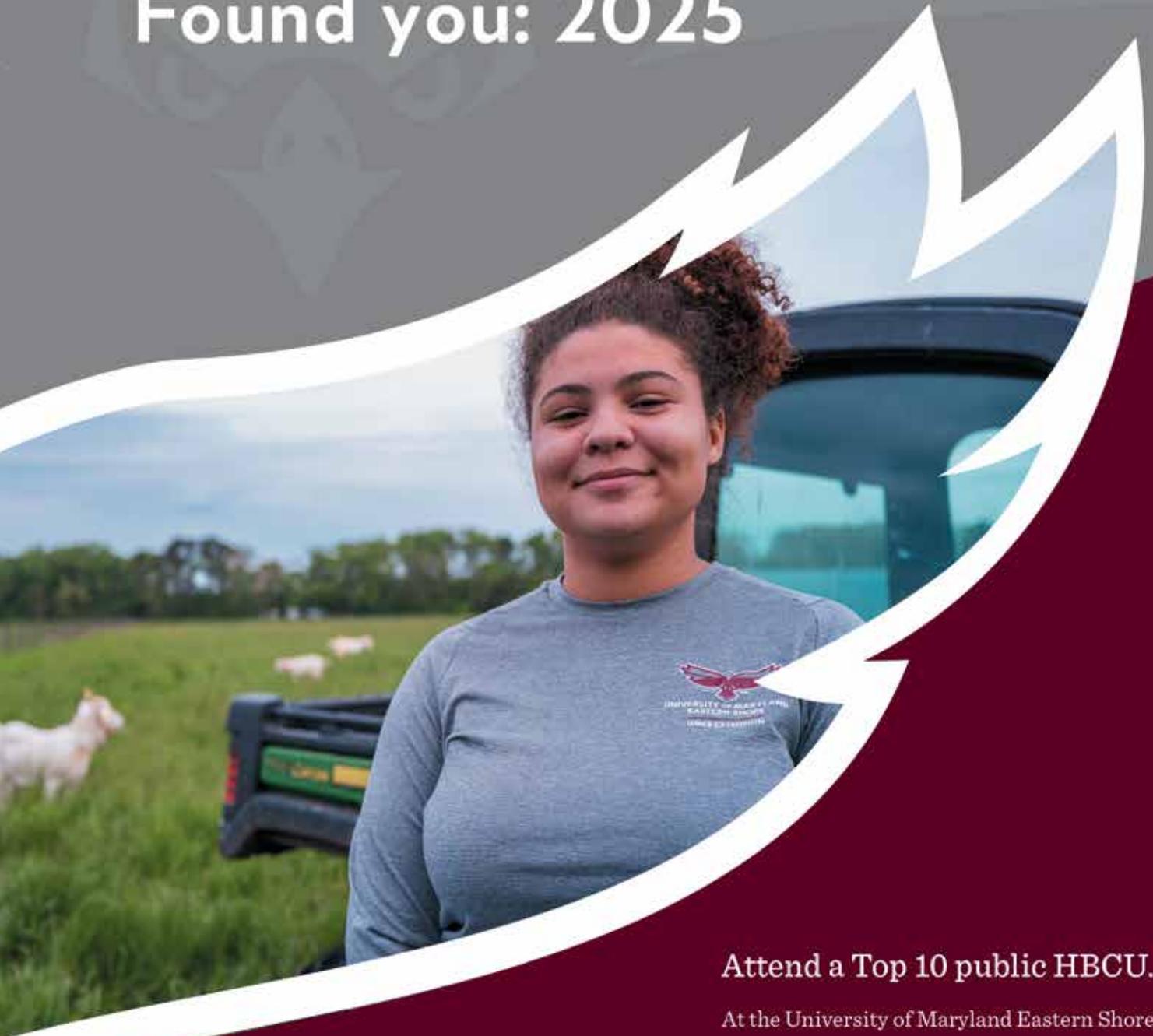
The upper floor opens to a gracious kids' TV and playroom with large windows and built-ins. This home has a total of six bedrooms with four on this level, and one located in the completely finished lower level that offers the family a large recreation room, a work-out room, and a convenient second kitchen with an extended counter for food prep and handy seating on the opposite side.

This level opens to a sprawling outdoor oasis with multi-levels of gathering space in the form of gracious paver patios, gorgeous land and hardscaping, a phenomenal in-ground saltwater pool, and outdoor living area with a covered kitchen pavilion.

All this and you're also just steps from the property's 400 feet of water frontage and shared private pier with lift.

**Listing Agent:** Gail Chisholm, COMPASS, 2077 Somerville Rd., Annapolis, m. 240-393-3945, o. 410-429-7425, gail.chisholm@compass.com, compass.com **Buyers' Agent:** Dayna Blumel, COMPASS, 1004 King St, Alexandria, VA, m. 703-597-2252, o. 703-229-8935, dayna.blumel@compass.com, compass.com

Founded: 1886  
Found you: 2025



Attend a Top 10 public HBCU.

At the University of Maryland Eastern Shore, we celebrate you for who you are, no matter where you're from. Earn a strong, affordable undergraduate or graduate degree and prepare to become the best version of yourself.



UNIVERSITY OF MARYLAND  
EASTERN SHORE

UMES.EDU

# Health & Beauty

**112** OIL YOU NEED TO KNOW

**113** A HEALTHIER TYPE OF BODYFAT

**116** FEELING RUSTY?

**Understanding  
the “M”  
Makeover**

**PG. 114**





# Oil/You Need to Know

## COMPARING COMMON COOKING OILS

By Dylan Roche

**S**

ometimes you spend way too much time scanning the shelves of cooking oils at the grocery store, wondering, “How do I choose from all of these options?” We’ve all been there.

Calorically, all fats are relatively the same, with approximately 120 calories (give or take a few) per 1 tablespoon serving. But different oils offer different health benefits, and some will work better in different recipes based on their flavor profile and their smoke point.

Consider the four most popular oils—olive oil, canola oil, vegetable oil, and coconut oil—plus, the increasingly sought-after avocado oil, and how they compare with one another:

### OLIVE OIL

Olive oil has a great reputation as a heart-healthy option. That’s because it’s high in monounsaturated fats, which lower your LDL (aka “bad”) cholesterol and raise your HDL (“good”) cholesterol. Olive oil is also rich in antioxidants and vitamins like vitamin A and vitamin E. Olive oil has a relatively low smoke point around 375F, meaning it will start to produce smoke when heated any higher, so it’s not a great option for high-heat cooking methods like deep frying. However, olive oil works well if you’re doing low-heat cooking, such as sautéing or slow-roasting, or if you’re using it as part of a dressing, dip, or a finishing drizzle.

### CANOLA OIL

Canola oil has two big health benefits when it comes to its fat makeup: It’s lower in saturated fat than other vegetable oils, and it contains omega-3 fatty acids, which are good for your heart health and brain health. It has a high smoke point of about 400F, so it works well for high-heat cooking, and because it has a neutral flavor, it’s ideal for baked goods or other recipes where you don’t want the taste of the oil to be overpowering. Some consumers are wary of canola oil because of the processing used to extract

the oil from canola seeds, but most health experts, such as those at Harvard School of Public Health, say there is little reason for concern. There is also the option of cold-pressed canola oil, which is processed without heat or solvents.

### VEGETABLE OIL

Vegetable oil refers to a blend of any plant-based oils, most often soybean, corn, and sunflower oils. Because not all vegetable oils are made from the same blends, it’s hard to say what their exact nutritional profile is, but they are frequently high in polyunsaturated and monounsaturated fats, both of which are good for heart health. Vegetable oil has a neutral flavor and a high smoke point, though it is often more heavily processed than olive oil or canola oil.

### COCONUT OIL

Coconut oil isn’t as beneficial to heart health because it’s high in saturated fat, but it does contain medium-chain triglycerides, which some research has shown to boost energy and metabolism. Unlike most other plant oils, coconut oil is solid at room temperature, similar to butter, so it can work well in baking. Be prepared for a pronounced coconutty flavor and potentially a higher price tag.



## Avocado Oil

According to a 2019 cited study in the journal *Molecules*, the leading international, peer-reviewed, open access journal of chemistry, “avocado oil has established itself as an oil that has a very good nutritional value at low and high temperatures...it is characterized as a mainly monounsaturated oil, with an adequate proportion of polyunsaturated fatty acids, similar to olive oil.” Additionally, avocado oil has a high smoke point and can be used for sautéing, frying, and baking; it’s also ideal for salads, dips, or marinades, or use it as a replacement for most other plant oils.

### THE LEAST YOU NEED TO KNOW...

Your selection will depend on your needs and preferences, but in general, olive oil makes a safe choice for low to medium heat and canola oil is best for high heat or baking. Olive oil is the best for heart health based on its monounsaturated fat content, but when you need something with a more neutral flavor, canola or avocado oils are reliably healthy picks.



# A Healthier Type of Bodyfat

## THANKS, EXERCISE

By Dylan Roche

**Y**

ou could come up with a long list of benefits to exercise—it improves heart health, it wards off disease, it boosts your energy levels, and it puts you in a good mood.

Then there’s weight maintenance: When you expend energy through exercise, you burn (or avoid putting on) excess bodyfat. But new research published in the peer-reviewed journal *Nature Metabolism* earlier this year found that exercise has benefits for our body composition beyond *how much* bodyfat we have but also *what kind* of bodyfat we have. As it turns out, when we exercise, we store a healthier form of fat.

Our bodies have two types of fat. There’s what’s known as **subcutaneous fat**, which lies just under the skin. Then there’s **visceral fat**, which forms around our organs and is often linked to greater risk of disease. Researchers looked at two test groups—

one that was sedentary and one that did consistent aerobic exercise—and found that even when their levels of bodyfat were the same, the exercisers had fat cells that were more flexible, allowing them to expand and store fat subcutaneously. This meant less inflammation and lowered risk of conditions typically associated with obesity like high blood pressure, heart disease, diabetes, sleep apnea, and stroke.

Remember, bodyfat isn’t necessarily bad—it’s the body’s natural way of storing energy, among many other purposes. It’s only when bodyfat is especially high (or low) that there are health risks, and this research points to the idea that obesity is more complicated than “fat” or “thin.” A person’s overall health is determined by numerous factors.

*Add this to the long list of reasons to enjoy some exercise today!*



# Understanding the “M” Makeover

By Dylan Roche

**B**odies change. One of the most significant times of bodily change for women is menopause, a normal part of aging that—despite its universality—still brings a lot of physical (and emotional) surprises.

But the reality is that women don’t have to stop feeling and looking like themselves simply because they’re entering another stage of life. It’s one of the reasons what’s known as the “Menopause Makeover” has become a growing trend in cosmetic procedures. To understand why more and more women of a certain age are embracing their options, we talked to Dr. Clair Duggal, a board-certified plastic surgeon and co-owner of Sandel Duggal Center for Plastic Surgery of Annapolis. Here’s how she explained it to us:

## **When we hear about the trend of a “Menopause Makeover,” what does that entail?**

It looks different for everyone. It’s not dissimilar from the concept of a “Mommy Makeover,” which refers to a personalized set of surgical or nonsurgical procedures we do to address changes created by pregnancy. Menopause represents another major hormonal shift in a woman’s life that leads to physical changes a lot of people aren’t happy with. A “Menopause Makeover” can refer to a variety of procedures that address some of those changes.

## **What has made more mature women reluctant to have cosmetic procedures done in the past and why do they feel more empowered to do it now?**

In the past, I think there were likely several factors leading to reluctance. There certainly was a social stigma associated with cosmetic surgery in the past. Pursuing plastic surgery was viewed as vanity, and women who did so appeared to be trying too hard to look young. We had fewer options to achieve natural outcomes. There also may have been safety concerns for some patients, because our techniques were not as refined in the past.

Now we find there is a shift in people’s overall viewpoint of cosmetic procedures. We see cosmetic procedures as part of our wellness and self-care. It’s become overall more acceptable to invest in your physical presentation, and people in general understand how that affects confidence and mood.

## **What kinds of procedures are common as part of a menopause makeover?**

During menopause, there are predictable hormonal shifts which have significant physical implications. A drop in estrogen, for example, leads to a reduction in collagen. This contributes to less elasticity in the skin which applies head to toe. The hormonal shift also changes body contour, leading to more fat on the abdomen and hip regions. Abdominal muscles may become more lax. Some women find this is a time to seek body contouring, like an abdominoplasty (tummy tuck) to improve core strength, reduce fat, and smooth abdominal skin.

For other women, menopause may be a time that their breasts are changing size. They may gain breast tissue that they've never had and seek a breast reduction for comfort. Other women notice the sagging of the skin and seek a lift. And there are also women who lose volume overall and have a breast augmentation to improve shape.

It's all of the above. Menopause represents a physical change creating incongruity between how women feel and view themselves compared with how they look in the mirror in a variety of ways. A "Menopause Makeover" refers to whatever individualized procedure or set of procedures helps to restore their physical identity.

**What's the difference between a Menopause Makeover and a Mommy Makeover? Is there a lot of overlap, or are they usually very different?**

I think there is overlap, at least, from my perspective. Patients are often seeking the same types of procedures. With Mommy Makeovers, people are frustrated with how their body has changed as a result of pregnancy. With a Menopause Makeover, it's really just a couple of decades later, and again we face hormonal shifts leading to physical changes in the same body areas.

There are also many women who might have considered these procedures after their children were born but the timing wasn't right. If you're balancing a career and raising a young family, you've got a lot of other obligations! Menopause then exacerbates those same physical changes during a period when a woman may have more time to focus on herself.

**It sounds as if a Menopause Makeover isn't so much about "I've reached a certain age and don't care about stigma anymore" as much as it's about reversing natural changes that are a result of aging. Is that correct?**

I think you're absolutely right. It can be very frustrating for people who continue to embrace a healthy lifestyle—they're working out, they're eating a balanced diet—but these physical changes still occur because they are independent of your

lifestyle choices. When we work hard and aren't able to see the results of those efforts, sometimes plastic surgery can be a worthwhile piece of self-care.

**And when you look good, you feel good?**

I tell patients frequently—because I think there is always going to be a concern that this choice stems from vanity, and there is that stigma still associated—we are mammals. The rules of evolution apply. We want to present our best selves, and our mood is elevated when we feel good about our physical presentation. It's not necessarily a conscious decision to feel that way—it's in our biology. It won't ever be the right thing for everyone, but for many women it can be life-changing to restore an aspect of their appearance that they cannot change themselves.

**What advice would you give to women who think they're too old for a makeover or are worried about "trying to hard" to look young?**

I do think this sort of idea of chasing youth or trying to look too young are somewhat antiquated ideas as well. Our approach to surgery, as our techniques have advanced, is much more nuanced. What we are trying to achieve isn't some idealized version of an abdomen or breast, but rather a natural, restored, improved version of your own contours.

We are all trying to feel more confident in our own skin. We're trying to be healthy and vibrant on the outside to reflect how we're feeling inside. A lot of that can be very empowering, especially as you are entering middle age or later decades. I don't think there's necessarily age cutoffs for the procedures that we're talking about. It more has to do with overall health and each case is highly personalized to take that into account.

**What are some positive impacts of this kind of makeover that most people wouldn't consider?**

We have done quite a bit of research over the course of the last few decades looking at the psychological advantages of having cosmetic surgery. It really does enhance self-image, and we found that can boost self-esteem. It increases confidence, and it does overall translate to a better quality of life for many people. You can address things that you are not able to do through lifestyle changes alone.

That's not to say we shouldn't embrace the changes we are going through as we age and as our weight fluctuates. I think that's all part of having realistic expectations. These procedures aren't a magic wand to look however we want to. And that's the other important part of an individualized approach—I want to make sure that together our expectations are lining up, because that's what leads to great outcomes where people are really happy and fulfilled.



# Feeling Rusty?

## IT MIGHT BE AN IRON DEFICIENCY

By Dylan Roche

**E**ven with access to plenty of healthy food, nutrient deficiencies can still be a first world problem. About one-third of American adults are iron deficient, making it the most common nutritional deficiency in the country. Most people don't even know they're iron deficient—health experts frequently describe it as “underrecognized”—but because iron is crucial for getting oxygen to every cell in your body, not having enough of it can affect everything from your energy levels to your mood.

Despite how common iron deficiency is, it's not something to take lightly. Low energy levels caused by anemia can affect your performance in professional and personal activities. You might not be at your peak for a big presentation at work, or you end up struggling in the gym.

**There's no one explanation as to why iron deficiency is so widespread, but common reasons include:**

**Blood loss:** Heavy menstrual periods or internal bleeding caused by ulcers or polyps could mean significant loss of healthy blood.

**Dietary insufficiency:** Foods like red meat, eggs, and leafy greens can often provide plenty of iron, but it's important to note that plant-based iron isn't as readily used by the body as animal-based iron and may require greater intake.

**Impeded absorption:** A gastrointestinal condition like celiac disease can prevent iron from being properly absorbed.

**If you have your blood tested and find your hemoglobin is low, you will likely be able to raise your iron levels by eating more iron-rich foods, such as red meat, poultry, beans, lentils, tofu, and spinach. In addition to improving your diet, consider:**

- ◆ Pairing iron-rich foods with vitamin C to improve absorption
- ◆ Limit coffee and tea, which can impede absorption
- ◆ Cooking in iron cookware, which can boost the iron content of your food
- ◆ Taking an iron supplement if necessary

**Being deficient in iron often leads to anemia—when your body does not have enough iron to produce hemoglobin, the protein in red blood cells that transports oxygen. Symptoms of anemia include:**

- ◆ Fatigue
- ◆ Pale skin
- ◆ Low body temperature
- ◆ Numbness or tingling
- ◆ Headaches





# THANK YOU!

**STAY TUNED FOR MORE INFORMATION ABOUT FISH FOR A CURE 2025!**

We're grateful for the generous support of our sponsors, captains, anglers, volunteers, and community partners for making the 2024 Fish For A Cure Tournament, Paul C. Dettor Captain's Challenge, and Shore Party a success! Thanks to you, we raised more than \$1.1 million this year and have raised more than \$6.5 million over the last 18 years to support the Cancer Survivorship Program at Luminis Health Anne Arundel Medical Center's Geaton and JoAnn DeCesaris Cancer Institute.

## 2024 TOURNAMENT SPONSORS

### PRESENTING SPONSORS

LHAAMC Medical Staff • The Albert W. Turner Charitable Lead Annuity Trust / Carrollton Enterprises

#### SHORE PARTY SPONSORS | Heller Electric

REELTORS Hooked, Biana Arentz, Pam Batstone and Heather Giovingo  
The Wiggins Law Group P.C.

#### CAPTAIN SPONSORS | AllTackle • Continental Contractors, Inc.

DRIVEN • FishTalk • KPMG LLP • MaxSent • PropTalk  
Taylor Farms • What's Up? Media

#### BAR SPONSOR | Kátcef Brothers Inc. • Michelob ULTRA

#### ANGLER SPONSORS | BlueAlly • Eagle Title • Fulton Bank

General & Mechanical Services, LLC • Liff, Walsh, & Simmons  
Liquified Agency • PEAKE • RBC Wealth Management  
The Severn Group • William E. Seale Family Foundation • Yorktel

#### FIRST MATE SPONSORS | AHEAD • Allstate Insurance:

Riggins & Valcich Agency • Anne Arundel Moms • Apple Signs, Inc.  
Bluewater Yacht Sales • Brait Family Foundation  
BuilderGuru Contracting • CAM Wealth Management • CFG Bank  
CSSI Inc. • Doldon W. Moore and Associates, LLC • Eye on Annapolis  
Federated Lighting • HMS Insurance Associates, Inc.  
Homestead Gardens, Inc. • Invictus International Consulting, LLC  
MacKenzie Contracting Company, LLC • Naptown Scoop  
North Point Yacht Sales • Rise Up Coffee • St. John the Evangelist School  
St. Mary's Elementary School • Sunraycer • The Kahan Center  
The Point/Ketch 22 • Tri-State Marine • Wharf 38

#### NAVIGATOR SPONSORS | Allegis Global Solutions

Associated Builders, Inc. • Danker-Basham Foundation  
Forward Brewing • FosterThomas Benefits • Gingerville Marine Center  
HeimLantz CPAs and Advisors • iHeartMedia • IT Productivity  
Kristen and Albert Krall • Local Coast • Mad Soaps • Mildred Fertitta  
Murray McGehrin & Shiery • Rentals to Remember  
Salt Creek Gardens, Inc. • Scotty's Vodka • Severna Park Automotive  
Skipjack Consulting Group • St. John Properties  
The Giving Collaborative • UnitedHealthcare • Water Works Car Wash

#### DECKHAND SPONSOR | Admiral Cleaners

Harbor Roofing and Contracting, Inc. • HighStarr • IE Island Care  
Intrinsic Yacht & Ship • John E. Kelly & Sons Electrical Construction, Inc.  
Maryland Mold and Waterproofing  
Rosso Commercial Real Estate Services • Stumpf Electric, Inc.  
Wye River Insurance

For more info visit us at:  
[www.fishforcure.org](http://www.fishforcure.org)



**FAAC**  
FISH FOR A CURE

 **SAFE HARBOR**  
ANNAPOLIS  
official tournament home

**Thanks for choosing us  
Best. Best. Best. again!**

Come taste for yourself why Carrol's Creek Cafe is a multiple Best of Annapolis 2024 winner!

- Best Cream of Crab Soup
- Best Waterfront Restaurant
- Best Allergy-Friendly

**Carrol's Creek Cafe**  
A Waterfront Dining Experience

410 Severn Avenue  
Eastport  
410.263.8102  
carrolscreek.com

**NUT FREE KITCHEN**  
100%

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](http://www.goldbelly.com/boatyard-bar-and-grill)

**Fresh Seafood & Oysters Daily**  
Happy Hour Mon-Thurs  
Weekend brunch  
Amazing Party platters • Gift cards

**Boatyard Bar & Grill**  
400 Fourth St Annapolis, MD  
[boatyardbarandgrill.com](http://boatyardbarandgrill.com) • 410-216-6206

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

**Thank you for voting *Senor Chile's* Best Wait Staff/Customer Service** **BEST OF ANNAPOLIS 2024**

**A true Authentic Mexican experience.**

2134 Forest Drive | Annapolis, MD | 410.571.0500 | [lindocancungrill.com](http://lindocancungrill.com)

**SEÑOR'S CHILE**

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

**Happy Hour**

Edgewater • 105 Mayo Rd.  
410-216-2687

Arnold • 1264 Baydale Dr.  
410-421-1010

Severna Park • 594 Benfield Rd  
410-431-3000

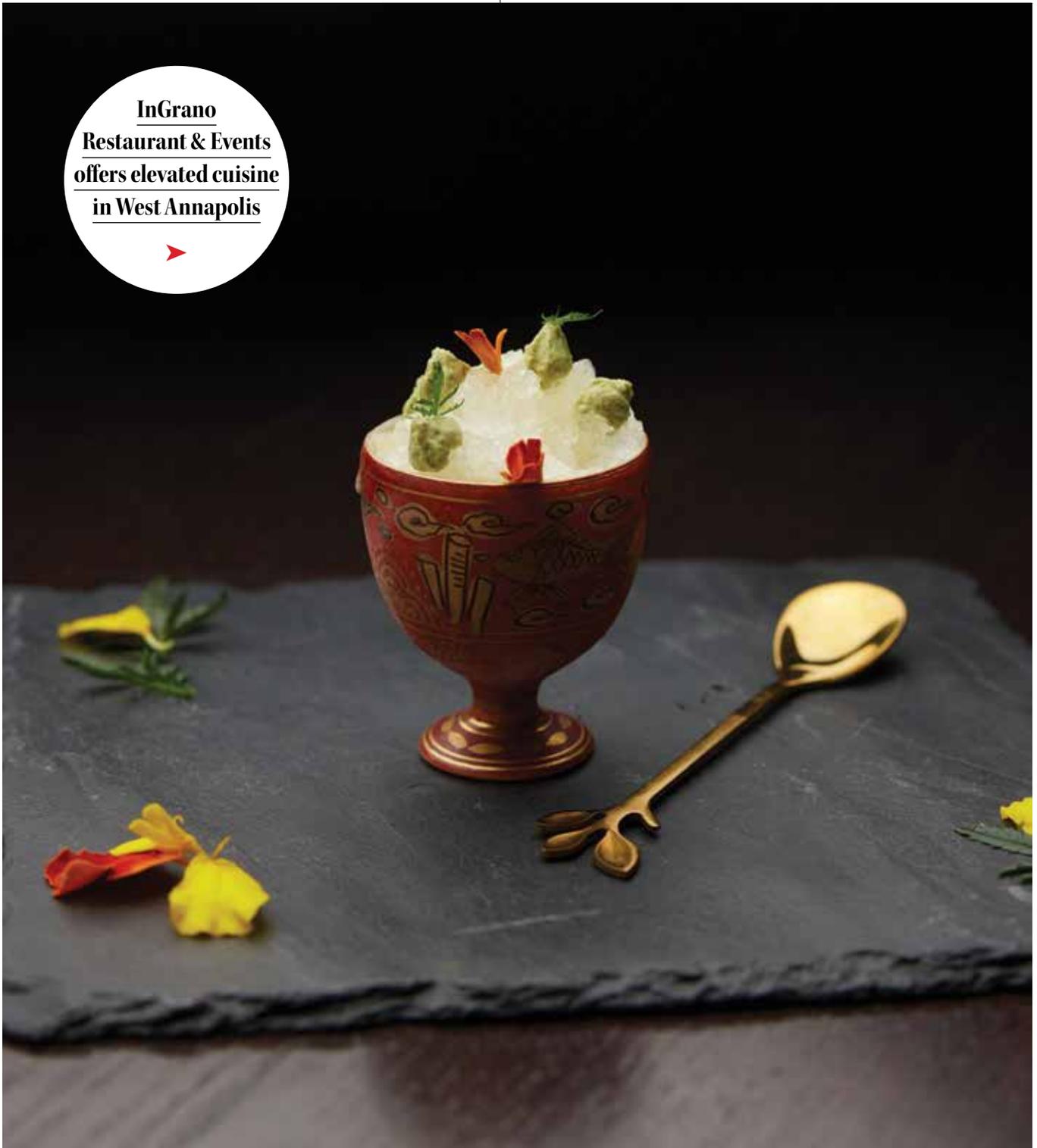
Kent Island • 2142 Didonato Dr  
410-204-9444

# Food & Dining

120 A DREAM COME TRUE

122 READERS' DINING GUIDE

InGrano  
Restaurant & Events  
offers elevated cuisine  
in West Annapolis



# A Dream Come True

**INGRANO BOASTS EUROPEAN AND JAPANESE FUSION, LAS VEGAS-STYLE!**

By Mark Croatti

**M**ack Lewnes and Adam Pusateri vowed *as kids* to start a joint venture, not long after Mack's father, Charlie, began operating an Eastport steakhouse in 1994 (on the site of many family food businesses since 1921). Mack and brother Sam took it over in 2017 after Adam, with recipes gathered on global excursions, became a successful Las Vegas caterer. In 2020, Adam and Mack's Uncle Peri created InGrano Bistro Bakery, a trendy Parole café pouring exquisite coffees, brewed teas, wines, and beers served with European, Latin American, and Asian-inspired salads and sandwiches.

In 2024, Mack and Adam's pledge finally became a reality when they transformed the West Annapolis space formerly occupied by Flamant into InGrano Restaurant & Events, retaining General Manager John Buda and the overall décor. Fusing a Greek, Italian, French, and Japanese-inspired menu with high-quality gourmet standards, dazzling plating, and Vegas-style festivities, the result is an excursion into the new realm of "eatertainment" where fine dining and exciting activities intersect. This eclectic approach has redefined traditional concepts of nouvelle cuisine.



## INGRANO RESTAURANT & EVENTS

17 Annapolis Street, Annapolis; 410-980-5514; [ingranoannapolis.com](http://ingranoannapolis.com)

**WHERE FINE DINING AND EXCITING ACTIVITIES INTERSECT**

On a cool November evening (sans kids), the front door beckoned us past a seated patio—heated by a fire table's flickering flames—into the restaurant. Beyond a host stand and overlooking the kitchen's chefs busily constructing exotic creations, two corridors go in opposite directions. To the left is a spacious dining area where glass doors facing the street fully open when the weather is nice. To the right is a lounge that leads to a rear seating section where, nestled in the corner, is an enclosed, windowed gala chamber for special occasions. Tonight's was a chef tasting, offered nightly but usually occurring weekly.

Bookcases lining the walls were filled with flowers, plants, crockery—and a giraffe portrait! Our ebullient server, Jess, greeted us with water and passed out a menu separated into five categories. Specialty drinks include seasonal cocktails and wines—with alcohol-free options—and bottled beers. Our choice: The Espresso Martini, boasting McClintock vodka, Mr. Black coffee liqueur, coffee essence, and the Bistro Bakery's rich, flavorful espresso.

Soon, four samplings from three of the five menu headings appeared, starting with two "For the Table" selections. The inviting Pan Con Tomato was a deep skillet filled with cool, chunky, red, vine-ripened, grated tomatoes and smoky Maldon sea salt (less bitter or "salty" tasting), topped with a dozen round garlic puree dollops evenly spaced apart in concentric circles, and accompanied by the Bistro Bakery's moist, sourdough bread. The bread is "charcoal-activated" for this location only; a digestion-assisting addition in the baking process that thoroughly colors it a beautiful dark gray without changing its wonderful taste.

The Board of Spain centered two clusters of Castelvetro olive and crunchy gherkin pickles. Beside them were two distinctive piles of tasty, thinly sliced, Spanish Iberico ham—one a softer, succulent portion that melts in your mouth pulled from the lomo, a rear loin region, and the other a firmer, delectably chewy parcel drawn from the meaty legs. Focaccia slices and warm Manchego puffs—a tubular, airy, pastry—also sat atop the board, as did a tray of crackling Marcona almonds and a square vessel of orange, velvety, Syrian muhammara—a simply luscious, sweet and spicy dip made from roasted red peppers, crushed walnuts, powdered bread crumbs, chili flakes, and pomegranate molasses.

Complementing our tableside treats were two “Small Snacks” (Cicchetti). The Hamachi Crudo is an array of perfectly aligned, buttery, yellowtail sashimi on a long, oval plate, surrounded by a delectable Calabrian chili pepper and coconut puree. The dish is dotted with uniform spheres of silky, green cilantro oil and sprinkled with shaved fennel and red pickled shallots. All deliciously accentuated the fish in a ceviche-like manner.

The multi-layered masterpiece, Surf & Turf, consisted of eight savory wagyu meatballs perched two apiece atop four baguettes across a rectangular platter. Each paired nugget, united to its partner by red tomato pearls, is drizzled with a creamsicle-colored poached lobster nage sauce and dusted with finely ground, Italian Parmesan Reggiano. This delightfully enticing archipelago of zesty reef and beef, encircled by a sea of green basil oil, was one of two “Cicchetti” offerings, plus an additional “Japanese Wagyu” menu category (that includes Short Rib Wellington and Ribeye) featuring highly-marbled wagyu delicacy from Japanese cows.

Our “Pasta” entrée was Duck Carbonara, a hearty serving of hollow cavatelli noodles and a generous helping of tasty, maroon duck prosciutto, immersed in a thick and creamy yellow carbonara sauce. All ladled into the core of a bubble-designed plate and covered in more of that aromatic Italian Parmesan Reggiano and a pinch of black pepper, it was a piquant symphony with each bite reaching crescendo to a slightly delayed, pleasantly mild kick.

Our “From the Sea” choice, Cioppino, is presented in an angled bowl with an ample amount of juicy, medium-sized mussels and clams, a briny, ruby red half lobster tail, and tender morsels of scrumptious white fish. The seafood rested in an auburn-colored fennel broth filled with round fregola, saffron, garlic, chili flakes, and that incredible basil oil. The dish was garnished by two crispy pieces of focaccia (Jess kindly



General Manager John Buda.

brought us extra bread to soak up every drop!).

Between longing gazes at the chef tasting—where each new item ushered into the “fun suite” captivated its participants—we chose our desserts. The Flourless Chocolate Torte was a monument to confectionery bliss anchored on a raspberry semifreddo-lacquered dish and topped, in order, with a firm chocolate ganache icing, a coating of white chocolate snow, a crown of strawberry cheesecake, and a vertically inserted bar of chocolate birch.

The Pavlova was an artistic expression painted on a wide plate; a yummy, yellow, yuzu curd crescent moon, bisected with raspberry pistachio shavings, illuminating a large, soft yet flaky ivory meringue, sprouting from a magenta mound of strawberry moose alongside three plump, ginger-soaked, orange supremes.

The Affogato, also served at the Bistro Bakery, drips their robust espresso over a bed of vanilla ice cream. As the chef tasting dispersed, we realized we’d been there for hours watching alluring meals emerge from the galley, reveling in every bite, and hearing fascinating ingredient descriptions by Jess and others. This wasn’t merely a dinner out—it was *a night out*. For Las Vegas-style “eatertainment” without the gambling, head to InGrano Restaurant Events, where mesmerizing, theatrical banquets are *a sure thing*.



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

# Readers' Dining Guide



Welcome to your regional dining guide. We include many restaurants for many tastes and experiences. Don't see your favorite on the list? Email [mkotelchuck@whatsupmag.com](mailto:mkotelchuck@whatsupmag.com) or [editor@whatsupmag.com](mailto:editor@whatsupmag.com) and let us know! And for the full guide, visit [whatsupmag.com](http://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](http://49westcoffeehouse.com) ● ●

**Acme**  
 163 Main Street, Annapolis; 410-280-6486; [acmegrill.com](http://acmegrill.com) ● ●

**Acqua AI 2**  
 236 Main Street, Annapolis; 410-304-3424; [acquaai2.com](http://acquaai2.com) ● ● ●

**Annapolis Ice Cream**  
 196 Main Street, Annapolis; 443-714-8674; [annapolisicecream.com](http://annapolisicecream.com) ● ● ●

**Annapolis Market House**  
 25 Market Space, Annapolis; 443-949-0024; [annapolis-markethouse.com](http://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](http://tbcsannapolis.com) ● ●

**Buddy's Crabs & Ribs**  
 100 Main Street, Annapolis; 410-626-1100; [buddysonline.com](http://buddysonline.com) ● ● ● ●

**Café Normandie**  
 185 Main Street, Annapolis; 410-263-3382; [cafenormandie.com](http://cafenormandie.com) ● ● ● ●

**Carpaccio Tuscan Kitchen & Wine Bar**  
 1 Park Place Suite 10, Annapolis; 410-268-6569; [carpacciotuscankitchen.com](http://carpacciotuscankitchen.com) ● ● ● ●

**Castle Bay Irish Pub**  
 913A Main Street, Annapolis; 410-626-0165; [castlebayirishpub.com](http://castlebayirishpub.com) ● ● ● ●

**Chick & Ruth's**  
 165 Main Street, Annapolis; 410-269-6737; [chickandruths.com](http://chickandruths.com) ● ● ● ● Breakfast all day everyday

**The Choptank**  
 110 Compromise Street; 443-808-1992; [thechoptank-restaurant.com](http://thechoptank-restaurant.com) ● ● ● ● ● ●

**Curate Annapolis**  
 141 West Street; 410-907-0968; [curateannapolis.com](http://curateannapolis.com) ● ●, Wine, Daily Breakfast

**Dock Street Bar & Grill**  
 136 Dock Street, Annapolis; 410-268-7278; [dockstreetbar.net](http://dockstreetbar.net) ● ● ● ●

**Dry 85**  
 193B Main Street, Annapolis; 443-214-5171; [dry85.com](http://dry85.com) ● ● ● ● ● ●

**Eat Sprout**  
 100 State Circle, Annapolis; [eatsprout.com](http://eatsprout.com) ● ● ● ● ● ●

**Federal House**  
 24 Market Space, Annapolis; 410-268-2576; [federalhouse.com](http://federalhouse.com) ● ● ● ● ● ●

**Fox's Den**  
 179B Main Street, Annapolis; 443-808-8991; [foxsden.com](http://foxsden.com) ● ● ● ● ● ●

**Galway Bay Irish Restaurant and Pub**  
 63 Maryland Avenue, Annapolis; 410-263-8333; [galwaybaymd.com](http://galwaybaymd.com) ● ● ● ● ● ●

**Game On Bar + Arcade**  
 114 West Street, Annapolis; 410-885-4589; [gameonbararcade.com](http://gameonbararcade.com) ● ● ● ● ● ●

**The Goat**  
 137 Prince George Street; [thegoatannapolis.com](http://thegoatannapolis.com) ● ● ● ● ● ● ● ●

**Harold Black**  
 236 Main Street, Annapolis; 410-304-3353; [haroldblack.com](http://haroldblack.com) ● ● ● ● ● ● ● ● Light Fare, ● ● ● ● ● ●

**Harry Browne's**  
 66 State Circle, Annapolis; 410-263-4332; [harrybrownes.com](http://harrybrownes.com) ● ● ● ● ● ● ● ●

**Iron Rooster**  
 12 Market Space, Annapolis; 410-990-1600; [iron-rooster.com](http://iron-rooster.com) ● ● ● ● ● ● ● ●

**Joss Café & Sushi Bar**  
 195 Main Street, Annapolis; 410-263-4688; [josssushi.com](http://josssushi.com) ● ● ● ● ● ● ● ●

**Latitude 38**  
 12 Dock Street, Annapolis; 667-204-2282; [latitude-38waterfront.com](http://latitude-38waterfront.com) ● ● ● ● ● ● ● ●

**Lemongrass**  
 167 West Street, Annapolis; 410-280-0086; [lemongrassannapolis.com](http://lemongrassannapolis.com) ● ● ● ● ● ● ● ●

**Leo Annapolis**  
 212 West Street, Annapolis; 443-782-7549; [leoannapolis.com](http://leoannapolis.com) ● ● ● ● ● ● ● ●

**Level A Small Plates Lounge**  
 69 West Street, Annapolis; 410-268-0003; [levelannapolis.com](http://levelannapolis.com) ● ● ● ● ● ● ● ●

**Lighthouse Bistro**  
 202 West Street, Annapolis; 410-242-0922; [lighthousebistro.org](http://lighthousebistro.org) ● ● ● ● ● ● ● ●

**Luna Blu Ristorante Italiano**  
 36 West Street, Annapolis; 410-267-9950; [lunablufannapolis.com](http://lunablufannapolis.com) ● ● ● ● ● ● ● ●

**McGarvey's Saloon**  
 8 Market Space, Annapolis; 410-263-5700; [mcgarveysannapolis.com](http://mcgarveysannapolis.com) ● ● ● ● ● ● ● ●

**Metropolitan Kitchen and Lounge**  
 169 West Street, Annapolis; 410-280-5160; [metropolitannapolis.com](http://metropolitannapolis.com) ● ● ● ● ● ● ● ●

**Middleton Tavern**  
 2 Market Space, Annapolis; 410-263-3323; [middleton-tavern.com](http://middleton-tavern.com) ● ● ● ● ● ● ● ●

**O'Brien's Oyster Bar & Seafood Tavern**  
 113 Main Street, Annapolis; 410-268-6288; [obriensoysterbar.com](http://obriensoysterbar.com) ● ● ● ● ● ● ● ●

**Osteria 177**  
 177 Main Street, Annapolis; 410-267-7700; [osteria177.com](http://osteria177.com) ● ● ● ● ● ● ● ●

**Parley Room**  
 25 State Circle, Annapolis; 443-837-6481; [parleyroom.com](http://parleyroom.com) ● ● ● ● ● ● ● ●

**Picante Cocina Mexicana**  
 48 West Street; 443-775-5957; [picanteannapolis.com](http://picanteannapolis.com) ● ● ● ● ● ● ● ●

**Potato Valley Café**  
 47 State Circle, Annapolis; 410-267-0902; [potatovalleycafe.net](http://potatovalleycafe.net) ● ● ● ● ● ● ● ●

**Preserve**  
 164 Main Street, Annapolis; 443-598-6920; [preserve-eats.com](http://preserve-eats.com) ● ● ● ● ● ● ● ●

**Pusser's Caribbean Grille**  
 80 Compromise Street, Annapolis; 410-626-0004; [pusserannapolis.com](http://pusserannapolis.com) ● ● ● ● ● ● ● ●

**Ram's Head Tavern**  
 33 West Street, Annapolis; 410-268-4545; [ramshtheadtavern.com](http://ramshtheadtavern.com) ● ● ● ● ● ● ● ●

**Red Red Wine Bar**  
 189B Main Street, Annapolis; 410-990-1144; [redredwinebar.com](http://redredwinebar.com) ● ● ● ● ● ● ● ●

**Reynolds Tavern**  
 7 Church Circle, Annapolis; 410-295-9555; [reynoldstavern.com](http://reynoldstavern.com) ● ● ● ● ● ● ● ●

**Sofi's Crepes**  
 1 Craig Street, Annapolis; 410-990-0929; [sofiscrepes.com](http://sofiscrepes.com) ● ● ● ● ● ● ● ●

**Stan and Joe's**  
 37 West Street, Annapolis; 410-263-1993; [stanandjoessaloon.com](http://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 \$ ●●

**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 Restaurant & Events**

17 Annapolis Street, Annapolis; 410-980-5514; ingranoannapolis.com \$\$\$ ●●

**InGrano Bistro Bakery**

302 Harry S Truman Parkway; 410-919-0776; ingranoibakery.com \$\$\$ ●

**Jalapeños**

85 Forest Drive, Annapolis; 410-266-7580; jalapenosonline.com \$\$\$ ●

**Jongro Korean BBQ**

2002 Annapolis Mall Road, Annapolis; 443-221-7283; jongrobbq.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; lindocancun-grill.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 \$\$ ●●

Best Breakfast Sandwich in America  
Restaurant Hospitality Magazine

America's Favorite Family Friendly Restaurants  
FoodNetwork.com

Best Pancakes in the Country  
FoodNetwork.com

The South's Best Breakfast Spots  
Southern Living Magazine

Maryland's Favorite Restaurant  
Restaurant Association of MD

BREAKFAST BANANA SPLIT | AMY'S BAYOU OMELET | BLUEBERRY PANCAKES | B'MORE BREAKFAST BOWL

Dine In or visit [MissShirleys.com/OrderOnline](http://MissShirleys.com/OrderOnline)  
**FOR PICKUP OR CURBSIDE**

**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**  
*Award Winning Breakfast, Brunch & Lunch*  
Locally & Family Owned  
[MissShirleys.com/Delivery](http://MissShirleys.com/Delivery)

**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; beacon-waterfront.com \$\$ ●●●●

**Blackwall Hitch**  
400 Sixth Street, Eastport; 410-263-3454; blackwall-hitchannapolis.com \$\$\$ ●●●

**Boatyard Bar & Grill**  
400 Fourth Street, Eastport; 410-216-6206; Boatyard-barandgrill.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

**Grumps Cafe**  
117 Hillsmere Drive, Annapolis; 410-267-0229; grumpscfe.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; adams-grilleedgewater.com \$\$ ●

**Always Ice Cream Company**  
129A Mitchell's Chance Road, Edgewater; 443-949-8309; always-icecreamcompany.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; docksider-restaurantmd.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; thepierwater-  
frontbarandgrill.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; skipperspi-  
er.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; stanandjo-  
essaloon.com \$\$  
●●●●●●

**West River Pit BBQ**  
5544 Muddy Creek  
Road, West River;  
443-223-9956;  
westriverpit.com \$ ●

**Yellowfin Steak  
& Fishhouse**  
2840 Solomons  
Island Road, Edge-  
water; 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.



**The Daily Meal**  
All the food that's fit to eat

VOTED BEST STEAKHOUSE  
VOTED BEST ROMANTIC RESTAURANT

Ranked Top 100 Most Romantic Restaurants in the Country by OpenTable

Wine Spectator **20** YEARS Wine Spectator

BEST OF AWARD OF EXCELLENCE 2004 → CONSECUTIVE BEST OF AWARD OF EXCELLENCE WINNER → BEST OF AWARD OF EXCELLENCE 2024

410-263-1617

FEATURING USDA PRIME STEAKS  
WWW.LEWNESSTEAKHOUSE.COM



**DELLA NOTTE**  
*Since 2023*

**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

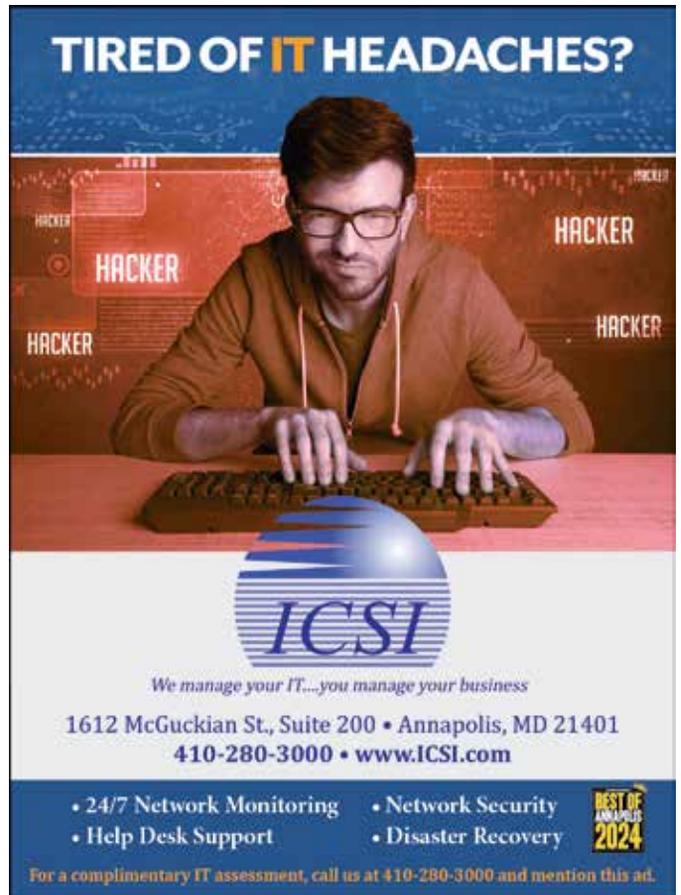
**FREE APPETIZER**  
with the purchase of an entree.  
Offer expires 1/31/25

**BEST OF ANNAPOLIS 2024**

# Shop Local. Buy Local.

**RESERVE YOUR  
SPACE TODAY**

Contact Ashley Raymond  
at 410-266-6287 x1115  
or araymond@whatsupmag.com



**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

**BEST OF ANnapolis 2024**

For a complimentary IT assessment, call us at 410-280-3000 and mention this ad.



**Bella Italia Annapolis**

- 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**

# Advertise with us today!



**RESERVE YOUR SPACE**

Contact Ashley Raymond at 410-266-6287 x1115  
or araymond@whatsupmag.com

the LASH LOUNGE

Introducing the 2025

# VIP Lash Pass



**ELEVATE YOUR LASH GAME IN 2025 WITH OUR MEMBERS-ONLY VIP LASH PASS! PERKS INCLUDE UNBEATABLE SAVINGS AND LUXURIOUS OFFERS YOU CAN REDEEM THROUGHOUT THE YEAR. CALL OR HEAD TO OUR SOCIALS FOR MORE INFORMATION!**

\*AVAILABLE FOR LASH LOUNGE MEMBERS AT ANNAPOLIS AND GABRILLE ONLY - BECOME A MEMBER IN JANUARY 2025 TO ACCESS DEAL!





**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** IT Specialist for Anne Arundel County Law Firms



- Increased employee efficiency through proactive network monitoring and identifying potential hazards
- Improved security posture via 24/7 security operations center to identify external and internal threats
- Peace of mind through continuous data backup and recovery
- Maximize efficiency for law practices via software integrations

**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/law](http://kingstreettech.com/law)



**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





**TRIBE**  
INDOOR CYCLING

# 2025

HAPPY NEW YEAR

**JANUARY CHALLENGE**  
*20 CLASSES. 31 DAYS.*

# \$125

ONE MONTH UNLIMITED

USE CODE: NEWYEAR25

TRIBECYCLE.COM ★ @TRIBE\_CYCLE





# Where's Wilma?

**FIND WILMA AND WIN!**

Our fearless, flying mascot Wilma is soaring into 2025 with good tidings! She's taken to the chilly outdoor air, flying high in her single-prop plane and touching down in towns through the Chesapeake region to shop, dine, and service every whimsical want and need. 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](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to Sandy D.** 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 January 31, 2025. 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, 900 Bestgate Road, Ste. 202, Annapolis, MD 21401 or fill out the form at [whatsupmag.com/promotions](http://whatsupmag.com/promotions).

IFC = Inside Front Cover	Lost In Annapolis LLC, DBA Agave .....40
IBC = Inside Back Cover	Luminis Health AAMC.....35
BC = Back Cover	Lundberg Builders and 314 Design Studio .....107
LIE = Leaders in Education	Mahon Plumbing .....127
ATD = Ask the Doc	Mercy Medical Center .....21
Academy Art Museum of Easton .....66	Mi Lindo Cancun Grill .....118
Adoro Medical Spa .....19	Miss Shirley's Cafe.....123
Annapolis Hand Center .....47	Mobile Pet Vet .....ATD
Annapolis Opera.....81	Modera Wealth Management.....41
Annapolis Painting Services.....29	Montessori International Children's House .....66
Annapolis Plastic Surgery.....4	Nancy Hammond Editions .....107
Annapolis Symphony.....81	OptiMind Educational Strategies.....39
Anne Arundel Medical Center—AAMC Foundation .....IBC	Peak Academic Solutions .....41
Anne Arundel Medical Center—Fish For A Cure.....117	Rams Head on Stage.....45
Archbishop Spalding High School.....53, LIE	Rockbridge Academy .....LIE
BayWoods of Annapolis.....106	Saint John the Evangelist Catholic School .....LIE
Bella Italia.....126	Salisbury University.....LIE
Blue Heron Dental.....53	Sandel Duggal Center For Plastic Surgery .....IFC
Boatyard Bar & Grill.....118	Scarborough Capital Management.....49
Boys' Latin School of Maryland.....LIE	School of the Incarnation .....LIE
Brad Kappel, TTR Sotheby's International Realty.....2	Scott Finlay DDS & Associates .....15
Cabinet Discounters.....16	Scott Schuetter and Crew .....43
Carpaccio Tuscan Kitchen & Wine Bar .....47	Severn School .....LIE
Carrol's Creek Cafe .....118	Skin Wellness MD.....12
David Orso.....8, 10	St. Anne's School of Annapolis.....LIE
Dee Dee McCracken, Coldwell Banker .....13	St. Margaret's Day School .....LIE
Della Notte .....125	St. Martin's In the Field Episcopal School .....LIE
Divine Mercy Academy.....66	St. Martin's Lutheran School.....LIE
Djawan Center for Implant and Restorative Dentistry.....1	St. Mary's Schools .....LIE
Drs. Walzer, Sullivan & Hlousek, P.A.....17	Stuart Kitchens Inc. ....BC
Family Orthodontics of Annapolis.....27	The Gunston School .....LIE
Fichtner Home Exteriors.....103	The Lash Lounge .....127
Generator Supercenter .....106	The Summit School .....LIE
ICSI .....126	The Wellness House .....48
Indian Creek School .....54, LIE	Toastique Annapolis .....124
InGrano.....41	Tribe Cycle.....127
Jalapenos.....118	University of Maryland Eastern Shore.....110
Key School.....LIE	Wade Pools & Landscape Design, LLC.....94
King Street Technology, Inc.....127	Washington College .....LIE
Lash Moi.....40	Wye River Upper School.....LIE
Law Offices of Kendall B. Summers .....22	Youthful Obsession.....ATD
Lewnes' Steakhouse .....125	
Living Health Integrative Medicine, LLC ...24	
Long & Foster Annapolis .....7	



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](mailto:denimanddiamonds@luminishealth.org).

[www.AAMCDenimAndDiamonds.org](http://www.AAMCDenimAndDiamonds.org)



Designer Emily Rosenthal

## YOU ALWAYS KNOW A STUART KITCHEN.



SINCE 1955, WE'VE BEEN FIRST CHOICE FOR THE BEST KITCHEN IN THE NEIGHBORHOOD. COME VISIT OUR SHOWROOMS. 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 DR. 410-761-5700

[WWW.STUARTKITCHENS.COM](http://WWW.STUARTKITCHENS.COM)