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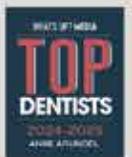
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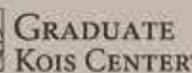
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INSIDE THE ARTISTRY AND PRECISION OF DR. BRYAN AMBRO, ANNAPOLIS'S PREMIER FACIAL PLASTIC & RECONSTRUCTIVE SURGEON

In a world where confidence is closely tied to the mirror, few understand the power of the face quite like Dr. Bryan Ambro. Double board-certified in Facial Plastic and Reconstructive Surgery and Otolaryngology–Head and Neck Surgery, Dr. Ambro has become a trusted name in Maryland and beyond for his ability to restore not only facial harmony—but also self-assurance.

At Annapolis Plastic Surgery, he's known for marrying art and science. Whether refining a nose after trauma, reconstructing delicate tissue post-skin cancer removal, or performing a deep-plane facelift to subtly turn back time, Dr. Ambro's work is marked by precision, restraint, and intention.

His approach is never one-size-fits-all. Instead, it's deeply personal. Every consultation begins with careful listening—understanding not just the face, but the person behind it. "My goal is to restore function and beauty without ever compromising what makes someone uniquely themselves," Dr. Ambro shares.

With more than two decades of experience and thousands of facial surgeries to his name, Dr. Ambro has built a reputation for excellence in procedures such as rhinoplasty, MOHS reconstruction, facial reanimation, and revision surgery.

He's often the surgeon patients turn to when they feel like they've run out of options—or when they're ready to do it right the first time.

But what sets him apart isn't just surgical talent—it's presence. Dr. Ambro is calm, approachable, and meticulous. He partners closely with his patients, explaining every detail and setting clear expectations. In his hands, patients feel safe, seen, and understood.

And for those seeking rejuvenation rather than reconstruction, his expertise in deep facial anatomy elevates even non-surgical treatments. A subtle lift, a natural contour, a restoration of volume—everything he does is guided by a trained eye for proportion and an artist's hand.

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To schedule a consultation with Dr. Ambro, visit annapolisplasticsurgery.com or call Annapolis Plastic Surgery at (410) 266-7215.



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BRYAN T. AMBRO, MD, MS

Board Certified, Facial Plastic Surgeon

CAROLINE SIMM, CRNP



From Restoration to Rebirth

Reconstructive surgery is one of Dr. Ambro's most meaningful specialties. Whether it's repairing a defect after skin cancer removal or restoring facial balance after paralysis, these are procedures that change lives. And for Dr. Ambro, the reward isn't just technical success—it's watching patients walk out of his office with a renewed sense of confidence.

When Skill Meets Soul

At Annapolis Plastic Surgery, facial plastic surgery isn't about vanity—it's about identity, empowerment, and reclaiming what life or illness may have taken away. And at the center of it all is a surgeon who sees the face not just as anatomy, but as a story. With Dr. Ambro, that story is always in good hands.



Meet Amy Murray, RN, BSN

A TRUSTED HAND IN AESTHETICS AND A NATURAL EXTENSION OF THE EXPERT CARE ANNAPOLIS PLASTIC SURGERY IS KNOWN FOR, AMY MURRAY BRINGS OVER 13 YEARS OF NURSING EXPERIENCE—AND AN ARTIST'S EYE—TO EVERY PATIENT ENCOUNTER.

With a background deeply rooted in plastic surgery and a passion for aesthetic medicine, Amy specializes in injectables, laser treatments, body contouring, and more. Her approach is grounded in precision, empathy, and a commitment to natural-looking results that enhance each patient's unique beauty. Warm, meticulous, and deeply attuned to her craft, Amy embodies the same thoughtful, elevated care that defines the entire Annapolis Plastic Surgery team.



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Asquithooks Lane, Arnold | \$1,475,000 (under contract)



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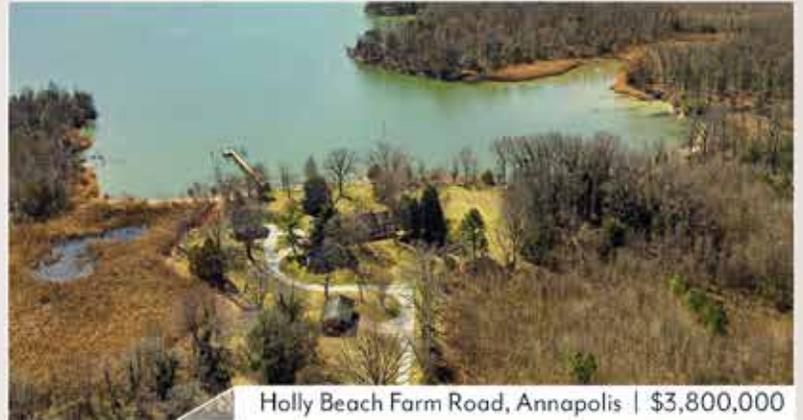
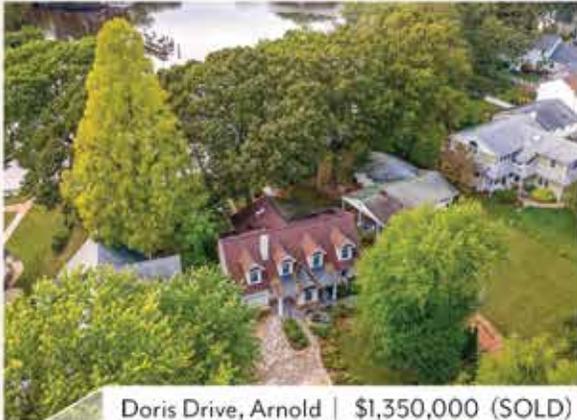


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"David Orso and his team were tremendous to work with on both the sale of our home and purchase of new home. The knowledge of the local market is above and beyond. Would highly recommend David and his team." —Michelle D.



"David Orso and his team did an excellent job down to the smallest detail. Their knowledge of the market and how to professionally manage a sale were outstanding. We had so many firms to select from, interviewed several, and were thankful we selected David Orso to handle such an important transaction. Kudos to David and his staff for a job well done!!" —Brenda T.



"David Orso knows his marketplace and knows his buyers/sellers. He created a unique game plan for me and was willing to make changes as different conditions arose along the way. He stayed on top of the sale situation and stayed close to me throughout which I greatly appreciated. He's a true professional always who has the best interest of his client in mind. He and his team were excellent to work with." —Craig L.



"David Orso and his team are amazing! They were side by side us through every step of the process before listing our house and then the entire sales process. Everyone answers you immediately and always has an answer for your question or problem. Their advice is sound and confident with experience and knowledge. They are absolutely incredible to work with, great personalities, and make you feel at ease in one of the most stressful times a person can experience. I highly recommend The David Orso Team!!" —Maggie W.



"David is the ultimate Realtor. He loves what he does and it shows. We have used David and his team for the sale of two houses and the purchase of the recent house. I would recommend David and his team to anyone. Thank you for making a smooth process!" —Niles A.

HAPPY CLIENTS



Meet David

For the last 22 years, David Orso has served the real estate needs of over 1500 families in the Annapolis area. David is peerless as the top-selling agent in Anne Arundel County in total sales since 2013. An obsession with the client's needs have led to curated systems for maximum results with minimal stress. David's educational foundation in Psychology, an MBA in Strategic Marketing and negotiation training from Harvard University is tailor-made to give his clients a competitive advantage.

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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.



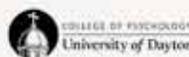
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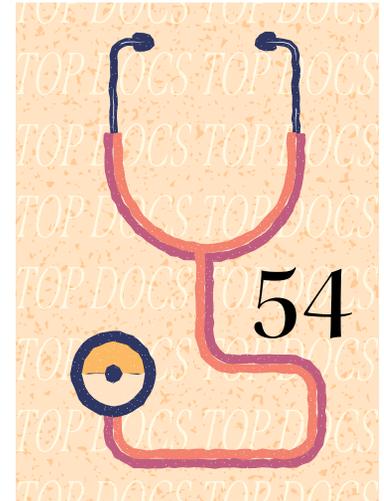
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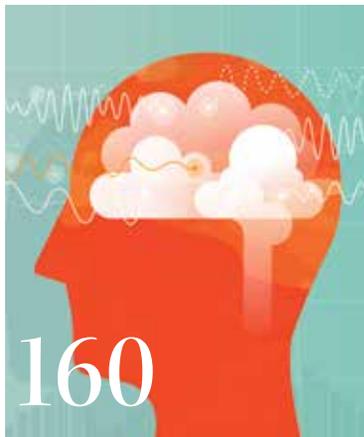


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Maryland Holiday Food Traditions, Readers' Pet Photo Contest Results, Can't-Miss Charity Events



Food & Dining

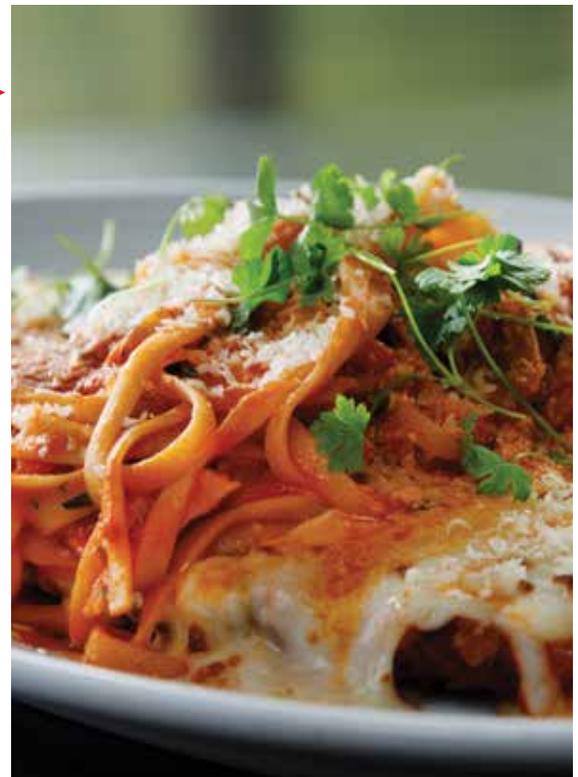
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Call for Entries:

The most exquisite and compelling projects in residential construction and design!

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

Home industry professionals and firms may submit their completed projects for evaluation and vetting in 13 award categories. Entries—consisting of a project description and accompanying photographs—closes October 31st.



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Im a car window-rolled-down kind of guy—whether it’s 90 degrees or 20 outside, it’s likely my drive will start with the windows...rolled down. This time of year, it’s a given. After all, it’s probably the most spectacular season to enjoy long drives across the countryside with fresh air whipping through the double-cab, flashes of crimson and gold treetops streaking by, and sniffs of smoky campfires from afar. Does it get any better?

I can recall a few wonderful drives that made the journey as much fun as the destination. Somewhat recently, it was a trip to the outskirts of Thurmont, Maryland, and the contiguous parks of Cunningham Falls and Catoctin Mountain with hairpin turns along Route 77, which saddles Big Hunting Creek. There was excitement around every turn with pull-overs for fly fishing, hiking up boulder fields to massive rock outcroppings, and overnight fireside camping. A bit further north is Gettysburg and the famed battlefields, while a drive south and west leads to the Appalachian/Shenandoah range and Skyline Drive. Those are magical places to visit.

Of course, we’re also blessed with the tidewater country of the Eastern Shore. Take a drive off the beaten highway and you’ll find yourself meandering toward and through quaint bayfront towns like Chestertown, St. Michaels, or Crisfield en route to seaside destinations like Lewes, Delaware, or the barrier islands of Assateague and Chincoteague.

I mention this to encourage the thrill of Mid-Atlantic adventure by car because, for this issue of *What’s Up? Annapolis*, we put together a road-tripping package of several extraordinary drives that you could enjoy this autumn or anytime, really. We cover Skyline Drive, the Blue Ridge Parkway, Journey Through Hallowed Ground, and the Chesapeake Country Scenic Byway to name a few. If you’ve yet to explore some of the towns, sites, and culture along these routes, I think you’re in for a treat...time willing with the itinerary we’ve mapped out.

This October magazine is also special for a very important reason. We unveil the results of our months-long project, the 2025–2026 Top Docs. The more-than-200 doctors who’ve earned the honor in this issue have done so based exclusively on the recommendations of their medical peers. This biennial project is the culmination of widespread surveying of local licensed doctors and meticulous vetting of nominees through the Maryland Board of Physicians. We applaud and thank each and every doctor who participated in this project and for making it the most dependable list of Top Docs in the region. Thank you!

We’re inching closer to the fourth quarter of the year—nearly there actually. Halloween and holidays are around the corner, and all sorts of fun fall activities are alive. Football has been back several weeks (Go Navy! And check out our interview with Washington Commanders rookie Trey Amos), school routines are settled in, and it’s a great time of year to check off everything on the honey-do list. For me, that’s a few home projects (gutter cleaning comes to mind) and health/dental check-ups—that sort of stuff.

Then, I think, I’ll take a drive. To where exactly, I’m unsure. But chances are...the windows will be rolled down. Have a great autumn!

James Houck,
Editorial Director

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STORYTELLING & TALL TALES

These have always been time-honored traditions, passed from generation to generation. Nowhere is this more evident than at the iconic Waterfowl Festival in Easton, Maryland.

Since 1971, artisans and artists, musicians, craftsmen, decoy carvers, hunters, and callers have gathered to share the rich heritage of Eastern Shore culture and lifestyle. The festival began with a determined group of hunters and conservationists who knew that unless they worked to preserve the landscapes they loved, they might be lost forever.

Over the decades, these remarkable men and women—and now, in many cases, their children and grandchildren—have worked tirelessly to educate, entertain, and inspire. For 54 years, the Waterfowl Festival has been a must-attend event celebrating the best of wildlife art, sporting traditions, and conservation.

Visitors can enjoy decoy carving, calling demonstrations, retriever and raptor exhibitions, live music, and delicious Eastern Shore food that keeps them coming back year after year. Join us this year and discover why the Waterfowl Festival remains a legendary celebration of art, heritage, and the wild spirit of the Eastern Shore.

November 14-16, 2025

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

From Top: Waterfowl Archives, Ron Haddaway, Liam Swadley



The Waterfowl Festival gratefully acknowledges the support of our 2025 Legacy Conservation Partners

Arts & Culture

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HIGHLIGHTING
ENTERTAINMENT,
COMMUNITY,
AND EVENTS

Annapolis Powerboat & Sailboat Shows

PG. 31





Photo by Eastport Yacht Club

Party in the Port

Eastport Yacht Club's legendary waterfront bash returns on Saturday, October 12, with an unforgettable night of live music, food, and celebration. Headlining the stage is Misspent Youth, the powerhouse cover band known for their high-energy performances of dance rock hits from the '80s to today. This year's party also honors the 10th anniversary of the Valhalla Sailing Project, which has empowered veterans through the healing power of sailing. Enjoy delicious food, EYC's famous drinks, and an electric atmosphere that captures the true spirit of sailing and community. More info: eastportyc.org/party

THE WALK TO END ALZHEIMER'S

Join the region's largest event dedicated to raising awareness and funds for Alzheimer's care, support, and research. The Walk to End Alzheimer's is a free, family-friendly gathering at Sandy Point State Park on October 19 that brings communities together to honor those affected and take steps toward a future without the disease. Walk, connect, and be part of a powerful movement of hope and support for families everywhere. More info: alz.org/walk



Photo by Michael G. Stewart

NAPTOWN PHILHARMONIC: HALLOWEEN SPOOKTACULAR!

Naptown Philharmonic's annual Halloween Spooktacular takes the stage on Sunday, October 19, at St. John's College Key Auditorium. This family-friendly concert is a community favorite, blending classical music with festive fun. Orchestra members perform in costume, and audience members are encouraged to join in the tradition and compete in a lively costume contest. With local personality Michael Hughes as master of ceremonies, it's the perfect way to introduce younger audiences to the joy of orchestral music in a playful, seasonal setting. More info: naptownphil.org



Lifeline 100 Bicycle Event

The 11th annual Lifeline 100 Community Bicycle Event rolls out on Sunday, October 6, across Anne Arundel County. Riders of all ages and abilities can choose from scenic 65- and 100-mile county tours with waterfront views and historic stops, or shorter 15- and 30-mile paved trail options. Families can enjoy a free bike rodeo and kids' fun ride, making it a true community celebration. Since its start, the event has raised more than \$350,000 for local nonprofits while promoting cycling, safety, and the beauty of Anne Arundel's trails and roadways. More info: lifeline100.com

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SATURDAY, OCTOBER 4th

1-4pm - Sam Adams

FRIDAY, OCTOBER 10th

3-6pm - Mark's Pick Wines

4-7pm - Evo Brewing

SATURDAY, OCTOBER 11th

1-4pm - Fin City Brewing

FRIDAY, OCTOBER 17th

4-7pm - Elder Pine Brewing Tap Takeover

3-6pm - Mark's Pick Wines

SATURDAY, OCTOBER 18th

1-4pm - Bold Rock Cider

FRIDAY, OCTOBER 24th

4-7pm - Other Half Brewing Tap Takeover

3-6pm - Mark's Pick Wines

SATURDAY, OCTOBER 25th

1-4pm - Southern Tier Brewing

FRIDAY, OCTOBER 31st

3-6pm - Halloween wines

WEDNESDAY, NOVEMBER 12th

6-8pm - McClintock Cocktails 101 - Stir, shake and muddle your way to make three classic cocktails and discover tips and tricks from professional mixologists of how to up your cocktail-making game.

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**CCA ANNAPOLIS CHAPTER
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Enjoy an evening of oysters, dinner, open bar, live music, raffles, and both silent and live auctions at the annual Annapolis Chapter Fundraising Banquet hosted by Coastal Conservation Association Maryland. This celebration of conservation and Chesapeake Bay culture brings together anglers, boaters, and community members to support the health and sustainability of local marine resources. Proceeds benefit CCA Maryland’s mission to conserve, promote, and enhance the Bay for future generations. Join fellow supporters for great food, lively entertainment, and a shared commitment to protecting the Chesapeake. More info: ccamd.org

**2025 Every Step Counts
Autism Walk & 5K**

The Autism Society of Maryland hosts its annual Every Step Counts Autism Walk & 5K Run on Saturday, October 4, at Centennial Park in Ellicott City. This year’s superhero-themed event invites participants of all ages and abilities to run the 5K, walk the 4K, or enjoy the 1K stroll, all while supporting thousands of individuals and families across Maryland. It’s a day of community, connection, and celebration designed to raise awareness and funds for autism programs throughout the state. More info: autismsocietymd.org



Tilghman Island Day
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Saturday October 18th 2025 **10am to 7pm**

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 From Noon to 4pm

11am - Anchor Throw
 11:30am - Rowboat Race
 1pm - Boat Docking Contest
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 3:30pm - Crab Picking Contest
 4:00pm - Oyster Shucking Contest
 4:30pm - Auction

WHAT'S UP? MEDIA

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2025 AUTUMN REGGAE WINE & MUSIC FESTIVAL AT LINGANORE

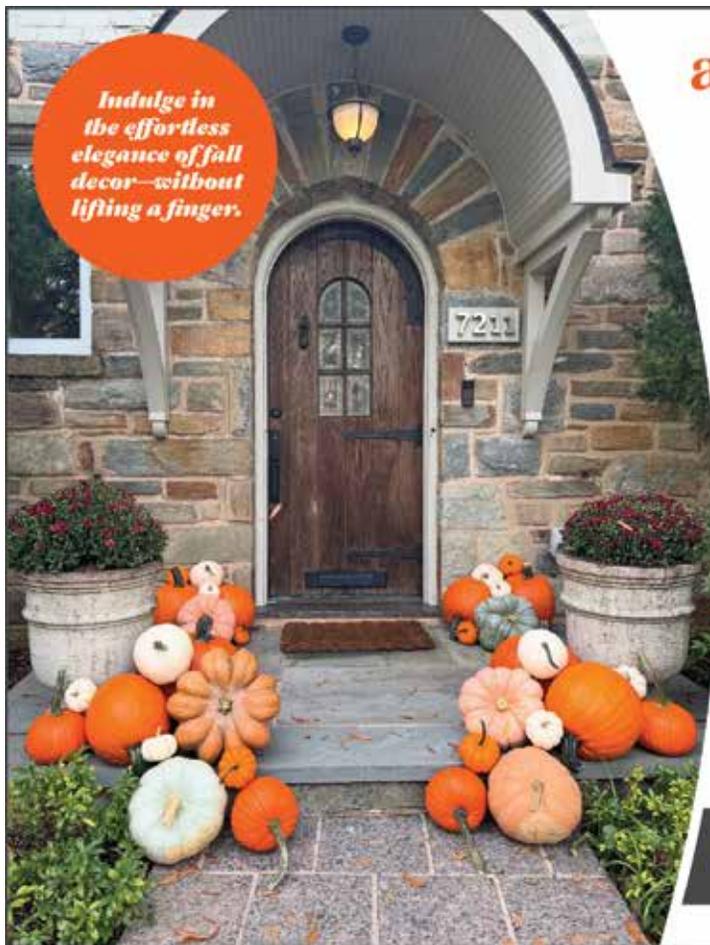
Linganore Winecellars hosts its annual Autumn Reggae Wine & Music Festival on Saturday and Sunday, October 11–12, in Mount Airy. As the East Coast’s longest-running reggae festival, it’s a weekend of live performances, authentic island cuisine, artisan vendors, and unlimited wine sampling from Linganore Winecellars. Guests can enjoy two live bands each day, plus a lively DJ to keep the energy high. General admission includes a souvenir wine glass and tastings of 20-plus wines, with VIP tickets offering exclusive perks and indoor amenities. More info: linganorewines.com | 301-831-5889

Art @ the Park

35TH ANNIVERSARY!
 October 11th and 12th at Quiet Waters Park in Annapolis

The Festival includes a variety of Fine Art, live music and demonstrations of painting, woodwork and ceramics each day
 Kids activities and Food trucks • Hours are 10-4 each day
 Leashed pets are welcome in outdoor areas
 \$6.00 entry fee per vehicle to the park

Proceeds support the mission of the Friends of Quiet Waters
www.fqwp.org



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Annapolis Powerboat & Sailboat Shows

Each October, Ego Alley and Annapolis Harbor transform into a boater's paradise as floating docks create a bustling temporary marina. The Annapolis Powerboat Show, held October 2–5, and Annapolis Sailboat Show, held October 10–14, bring together the newest boats making their debut alongside cutting-edge accessories, equipment, and apparel. Whether you're a seasoned captain, an avid angler, or simply curious about life on the water, this iconic event invites you to stroll the docks, explore the latest in boating, and connect with fellow enthusiasts in the heart of downtown Annapolis. More info: annapolisboatshows.com | 410-268-8828



Photo by Josh Davidson



GIGI'S PLAYHOUSE PICKLEBALL TOURNAMENT

Grab your paddle and join GiGi's Playhouse Annapolis for a fun-filled Pickleball Tournament on Sunday, October 5, at 9 a.m. Hosted at The PutAway Severna Park in Millersville, this community event brings players together to compete, connect, and support GiGi's Playhouse programs for individuals with Down syndrome. Whether you're a seasoned player or new to the sport, it's a great way to get involved in a cause that inspires and empowers. More info: gigisplayhouse.org/annapolis/pickleball-tournament



WORLD IS YOUR OYSTER FEST 2025!

Raise your glass—and a half shell—on Thursday, October 2, from 5:30 to 9 p.m. at the B&O Railroad Museum in Baltimore. This 21-plus celebration features the Bay's best oysters and seafood, handcrafted cocktails, a lively vendor village, and the Tito's Handmade Vodka Shucking Competition. Learn to "Shuck Like a Pro," enjoy live music, and discover how oysters are helping to restore the Chesapeake Bay. More info: oysterrecovery.org | 410-990-4970

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U.S. NATIONAL OYSTER FESTIVAL

The Annual U.S. Oyster Festival returns to the St. Mary's County Fairgrounds in Leonardtown on Saturday and Sunday, October 18–19. Hosted by the Rotary Club of Lexington Park, this weekend tradition serves up fresh local oysters every way imaginable—raw, fried, grilled, steamed, and more. Highlights include the exciting oyster shucking competition, plus live music, artisan vendors, and family-friendly activities throughout the fairgrounds. With over 500 miles of shoreline to celebrate, this Chesapeake tradition is a must for seafood lovers of all ages. More info: visit stmarysmd.com/usoysterfestival



Art @ The Park's 35th Anniversary

Celebrate 35 years of creativity at Art @ the Park, held Saturday and Sunday, October 11–12, from 10 a.m. to 4 p.m. at Quiet Waters Park in Annapolis. This beloved festival showcases ceramics, woodwork, photography, jewelry, paintings, and more, alongside live music, performances, artist demonstrations, and family activities. Food trucks keep the energy high, and leashed pets are welcome to join in the fun. Admission is just \$6 per vehicle, rain or shine, making it the perfect autumn outing for art lovers of all ages. More info: fqwp.org

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Melanie Gordon and Jason Vellon star in "Dracula: A Comedy of Terrors," on stage this month at Colonial Players. Photo by Brandon Bentley.

At 77, Colonial Players Does Theater For the Love of It

By Carol Denny

Colonial Players is a tiny miracle among Annapolis' cultural institutions. The intimate theater in the round has been entertaining local audiences with dramas, comedies, and musicals for an astonishing 77 years (yes, you read that right). How does it manage to stay fresh, relevant, and beloved, season after season?

From its East Street location, just steps from the State House, Colonial Players taps into the Annapolis community—whether through locally resonant stories, outreach, or simply being a space where people come to gather and share something human. "It's unlike anywhere else you've likely seen a show," says marketing director Amy Atha-Nicholls. "With our in-the-round stage, you're never more than a few feet from the action, which means you don't just watch a play—you feel it, right alongside the actors."

In its early years, Colonial Players performed at the old Recreation Center on Compromise Street. Later, it purchased a commercial garage on East Street, and then the building next to it, turning the properties into a permanent home. Today it rents additional space in an industrial park, with room for offices, a rehearsal facility, script library, construction shop, and costume loft.

In addition to consistently excellent productions, Colonial Players is known for its thoughtful show selection. A volunteer committee reads and evaluates more than 100 scripts each year, working to create a balanced and varied slate of opportunities for the company's actors, designers, and audiences. The goal is a season that mixes the familiar with the new.

"We love presenting a classic that has enduring or renewed relevance, or that's just plain entertaining," says Beth Terranova, Colonial Players' artistic director. "But retaining loyal patrons while enticing newer ones often means presenting something that's new and getting attention, or something that hasn't been done everywhere."

This October, for its second show of the season, the theater chose "Dracula: A Comedy of Terrors," a lively spoof of the Halloween heavy. "It's basically a farce, with the actors taking on 14 different roles—so it's wild and crazy!" Terranova explains "Drac is the new neighbor who moves into town, and there are lots of mistaken identities." Complications ensue, but they're the not-too-spooky kind. (Terranova advises that sexual innuendo makes this show better suited to adult audiences.)

The holidays herald the return of a much-loved musical written specifically for Colonial Players. "A Christmas Carol," with book and lyrics by Rick Wade and music by Dick Gessner, takes the Dickens tale and spins it into a musical—and the result is a perennial pleaser. "Since it premiered in 1981, I think everybody who's ever lived in Annapolis has seen it," Terranova says laughing.

Once offered annually, the show is now staged every other year. Tickets for "A Christmas Carol" are in such demand that the theater offers a special in-person sidewalk sale a month ahead (for 2025, it's 9 a.m. to noon on November 22). Buyers gladly queue at the theater to secure their seats, with remaining tickets sold after that date.



The cast members of "Dracula: A Comedy of Terrors" take on a variety of roles. Pictured are Eric Lund, Shannon Benil, Ron Giddings, Melanie Gordon, and Jason Vellon. Photo by Brandon Bentley.

With a solid financial foundation created by its founders and a loyal base of subscribers, Colonial Players has the luxury of being able to budget its shows in advance. It keeps operating expenses to a minimum by relying on scores of willing and able volunteers, who take on nearly every job required to launch a successful production. That includes the Board of Directors, ushers, directors, designers, and actors, as well as crews that handle the set, lights, sound, props, costumes, and more.

“We welcome anyone who wants to understand what goes on behind the scenes,” says Terranova, adding that the intimate setting is a great place to learn. “The challenge of a theater in the round is that the audience is up so close that every imperfection is clearly visible. In recent years, technological advancements have given us a welcome assist in ‘making the magic.’ But it’s the immense contributions of time and talent from our volunteers, working for the love of it, that keep Colonial Players a successful and award-winning theater.”

Colonial Players also offers half-day workshops that focus on a particular element of stagecraft, such as costuming. And it helps audiences deepen their theater experience by presenting “Talk Back” sessions after some shows. These discussions offer viewers a chance to talk with the cast or director, share impressions, and ask questions. The sessions are held following a performance, usually after a Sunday matinee, and no tickets are required.

As theater changes and audiences evolve, Colonial Players has proven its flexibility, presenting classic plays, contemporary works, intimate dramas, and bold comedies—always finding ways to stay relevant without losing its identity. The tiny miracle has become part of the cultural fabric of Annapolis.



“Dracula: A Comedy of Terrors” spoofs the Halloween heavy. Shown are Ron Giddings and Melanie Gordon. Photo by Brandon Bentley.

TO PURCHASE TICKETS AND LEARN MORE ABOUT THE CURRENT SEASON, VISIT THECOLONIALPLAYERS.ORG.



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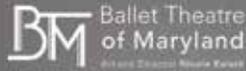




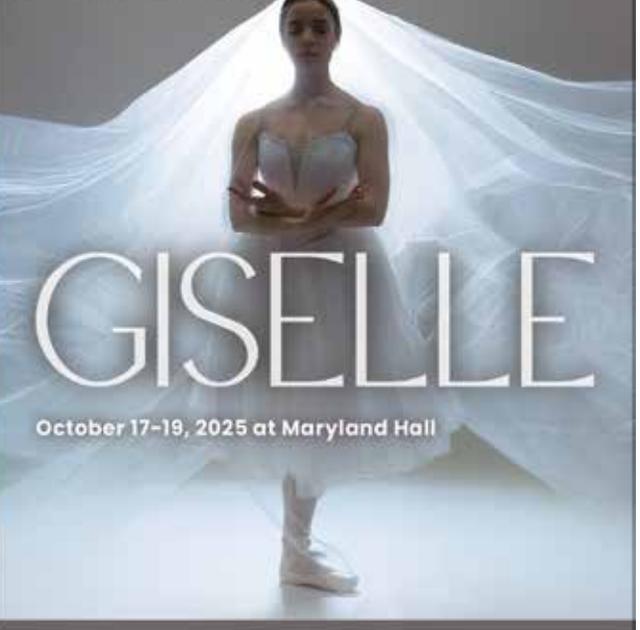
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Blue Crab Classic Pickleball Tournament

The 3rd Annual Blue Crab Classic Pickleball Tournament was back by popular demand, August 22–24. Organized and hosted by the Anne Arundel Chamber of Commerce, this year’s event was held at Pickle Rage indoor courts in Glen Burnie. The event drew many singles, doubles, and mixed doubles teams to compete for bragging rights and to raise essential funds for the chamber. Learn more at annearundelchamber.org.

1. Corporate Challenge Group Shot 2. Blue Crab Classic organizers Tim & Clare Coe of Goosehead Insurance, Amy Berry of AACOC, Jeremiah Batucan of Peake Social 3. Team Link Bank 4. Team Hyatt Commercial 5. Team Rosso Commercial 6. Paddle Royale Pro Challenge Group Shot: The PutAway, PickleRage, BackCreek Builders, Ball at the Mall, and Addict Pickleball 7. Pro Challenge Champions Jason and Eric of BackCreek Builders 8. Corporate Challenge Winners Sergio and Charlie of Live! Casino & Hotel with the 2025 Golden Pickle Trophy



Expert of the Month

Laura Curry

Laura Curry
Managing Attorney | Sinclair Prosser Gasior



Laura Curry oversees the estate planning and operations departments, ensuring that clients receive excellent care, service, and knowledgeable recommendations.

What are the main topics discussed during daily conversations with clients about estate planning?

During daily conversations with our clients, we typically discuss their family dynamics, the assets they own, how those assets are titled, and their long-term goals. This information helps determine who will manage their affairs if they become unable to, who will inherit their assets, strategies for tax avoidance, long-term care planning, and how they want to leave a legacy.

Why is it important to align your investment strategy with your estate plan?

Aligning your investment strategy with your estate plan ensures that your financial resources are structured to support your long-term goals, such as providing for future generations. Without this alignment, conflicting objectives—like risk aversion versus legacy building—can undermine the success of your estate plan.

What is an example of conflicting estate planning and investment goals, and what can be learned from it?

An example involves hypothetical clients Bill and Mary, who updated their trust to create a multigenerational legacy but later expressed to their advisor that they preferred low-risk investments due to age and health concerns. This conflict shows that without coordination between estate planning and investment decisions, goals may not be realistically achievable.

How often should you review your estate plan and investment strategy? Why?

You should review your estate plan and investment strategy at least every three to five years or anytime there is a significant change in your health, finances, or family situation. Regular reviews help identify potential conflicts, allow you to take advantage of new opportunities, and ensure that your goals remain aligned over time.

At Sinclair Prosser Gasior, we pride ourselves on guiding our clients through every step of the estate planning process, including assistance with asset alignment, which is required to avoid probate and achieve a successful estate plan.

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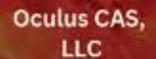
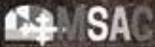
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Golden Anniversary Gala

On June 28, Arundel Lodge Behavioral Health celebrated its fiftieth anniversary with a special Golden Anniversary Gala, held at The Westin in downtown Annapolis. The acclaimed event drew more than 150 guests who enjoyed a sit-down dinner, fundraising auction, speakers, and local dignitaries sharing their experiences with the nonprofit. Learn more at arundellodge.org.

1. Claire Davis, Tonia Falkowski, Melissa and Erik Chick **2.** Patricia Petro and Carol Laurenzano (sitting) with Sandy Satterfield, Gene Deems, Valerie Gutterson, Penny Walstrum, Elizabeth Gordonbluntschli **3.** Beverly Marcus, Board President, Congresswoman Sarah Elfreth, Kevin Hazucha, CEO **4.** Chanel Johnson, Senator Shaneka Henson, Cyndy Gillen **5.** Michael Marvin, Diane Frazee, Greg Lilly, Kristie Lilly, Anne Marvin, Lisa Allman **6.** Kristin Waller, Tom Staskowski, Sherri Roxas, Mike Roxas, Lindsay Murphy, Richard Murphy **7.** Denny Coale, Barbara Coale, John Pantelides, Gloria Pantelides, Mike Pantelides, Gregory Pantelides, Mimi Blonder, Harvey Blonder, Andre Pantelides **8.** Mike and Nancy Meyer with Pamela and Newton Gentry





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21
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**Middle School
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1:30 - 3:30 p.m.



30
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**Upper School
Information Session**

6:30 - 7:30 p.m.



8
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9:00 - 11:00 a.m.



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Chesapeake Conservancy

AT THE FOREFRONT OF CHESAPEAKE BAY CONSERVATION AND RESTORATION

By Lisa A. Lewis

Tracing its origins back to 2006, Chesapeake Conservancy champions the land conservation movement in the Chesapeake Bay watershed and serves as a catalyst for change. By cultivating a vast network of partners with a shared vision, utilizing groundbreaking data and technology, and advocating for community engagement, the nonprofit watershed-wide organization has not only established itself as a key player in this critical movement, but has also helped Maryland achieve recognition as a conservation leader in the nation.

Since its inception, Chesapeake Conservancy has dedicated its efforts to fulfilling its mission “to conserve and restore the natural and cultural resources of the Chesapeake Bay watershed for the enjoyment, education, and inspiration of this and future generations.” As the organization celebrates its progress and embraces the challenges that lie ahead, it is excited to continue to pave the way under the leadership of a new CEO.



Green Heron. Photograph by Roger Smith.



Red Headed Woodpecker. Photograph by Marvinann Patterson.

Following a nationwide search, Susan Shingledecker was selected to fill the role, which she started on September 8, 2025. She previously served as Chesapeake Conservancy’s vice president and director of programs from 2017 to 2020.

“Stepping into this role is both humbling and energizing,” Shingledecker says. “It feels like coming home. I have so much respect for the team, the mission, and the impact the organization is already making. I love working at the intersection of conservation, innovation, and collaboration, and that’s exactly where Chesapeake Conservancy thrives. I’m truly honored to help lead the next chapter.”

Shingledecker’s background includes hands-on conservation work, leadership in data-driven environmental initiatives, and a passion for connecting people to nature. She recently led a collaborative community of earth and climate science data professionals working to leverage the power of data to address the planet’s most significant environmental challenges. She also has experience in policy and has worked to improve public access to outdoor spaces.

“Susan is truly meant for this moment,” says Stephanie Meeks, chair, Chesapeake Conservancy Board of Directors. “Throughout her career, she has consistently demonstrated thoughtful and strategic leadership by bringing people together and building strong partnerships. Her passion for the Bay, combined with her vision and experience, [will enable her] to guide Chesapeake Conservancy.”

EJ Amyot served as interim president and CEO, as well as chief operating officer, until Shingledecker started her role. President and CEO Joel Dunn resigned at the end of 2024 after more than 14 years of service.



Susan Shingledecker is the newly-appointed CEO of Chesapeake Conservancy.

SUCCESS STORIES

Throughout its history, Chesapeake Conservancy's efforts have greatly advanced the land conservation movement in the Chesapeake Bay watershed. During 2024, the organization and its partners achieved two major milestones (among many other accomplishments) that solidify Maryland's status as a model for the nation.

According to the Maryland Department of Natural Resources (DNR), Maryland met the goal required by the Maryland the Beautiful Act six years ahead of schedule. The 2023 legislation established goals of conserving 30 percent of the state's lands by 2030 and 40 percent by 2040. The Maryland Department of Planning reported that Maryland met the 30 percent target with more than 1.85 million acres conserved as of February 2024. Maryland was the first state in the Chesapeake Bay watershed to achieve the 30 percent land conservation goal.

"This milestone proves the state is a national leader in demonstrating how conservation, science, and community can come together to make real, lasting change," Shingledecker says. "It's also exciting that Maryland didn't just hit the mark statewide but also reached 30 percent right within Maryland's portion of the Chesapeake Bay watershed. That's huge for the health of the Bay and the communities that depend on it."

The establishment of the Southern Maryland Woodlands National Wildlife Refuge (SMW NWR) on December 6, 2024, represents another milestone for Chesapeake Conservancy and its partners.

According to Chesapeake Conservancy, SMW NWR is the first national wildlife refuge established in the Chesapeake Bay watershed in more than 25 years and the first in Maryland in more than 60 years. It currently consists of a 31-acre parcel near Nanjemoy in Charles County, which was donated by The Nature Conservancy, with plans to expand up to 40,000 acres in Anne Arundel, Prince George's, Calvert, Charles, and St. Mary's counties through voluntary conservation, including donations and easements.



To view the latest data and mapping of land conservation across Maryland, visit dnr.maryland.gov/land/Pages/md-the-beautiful-act.aspx to access the Maryland Protected Lands Dashboard.



Photo by Michael Augustin



Photo by Jody Couser

Chesapeake Conservancy organizes volunteer park clean-ups, such as those recently held at Quiet Waters Park in Annapolis and Terrapin Nature Park in Stevensville.

VISION FOR THE FUTURE

As Chesapeake Conservancy approaches its 20th anniversary, the organization is excited to chart a course for the future and continue to make an impact in its efforts to conserve and restore the Chesapeake Bay watershed—now and for future generations.

"I see a future where we continue to lead with innovation—using tools like high-resolution mapping and data analysis to make conservation smarter and more effective," Shingledecker says. "I want us to protect more land, ensure public access, work closely with communities, and make sure conservation benefits everyone. Conservation is a team effort, and Chesapeake Conservancy is uniquely positioned to bring people together and drive real change."



Photo by Matt Kane for Nature Conservancy



Photo by Sue Buyaskas

The Southern Maryland Woodlands National Wildlife Refuge was established in December 2024. Former Chesapeake Conservancy CEO Joel Dunn was on hand at the ceremony with U.S. Secretary of the Interior Deb Haaland and Chesapeake Conservancy Executive Vice President Mark Conway.

Meet Ava Boland of St. Mary's High School

THIS JUNIOR IS A NATIONAL STANDOUT IN FIELD HOCKEY

By Tom Worgo

You can say Ava Boland is gifted enough to play three sports at a very high level in high school and for well-respected club programs. Boland, a junior at St. Mary's High School, competed in lacrosse, field hockey, and swimming. More like dominated, at times.

For years, Boland toiled between favoring field hockey or lacrosse. She has been that good in both that the chance of playing either in college could be in her future. "I have always been indecisive with the two," Boland admits. "I really liked whatever sport was in season."

With some life-changing things ahead of her, she decided to go with field hockey. "I saw more of an opportunity, especially in the future," Boland says.

Boland was right. Within a four-month period this year, Boland made the U.S. Women's Under-16 National team and received all kinds of attention from Division I field hockey teams. Boland, a 5-foot-6 midfielder, pretty much had her choice of any college to attend on an athletic scholarship.

"I'VE BEEN ABLE TO REPRESENT THE U.S. I DON'T KNOW IF I WILL EVER GET THAT OPPORTUNITY AGAIN."



"Almost all the top 20 schools in the country were recruiting her," St. Mary's Field Hockey Coach Karen Zarchin says. "She was on the phone for eight hours on the first day of recruiting." About 35 colleges recruited Boland and that meant non-stop texts, emails, and phone calls for nearly three months.

Making the U.S. National Under-16 Field Hockey meant more to Boland. This is the team that players suit up for on the way to being an Olympian. Boland made the squad after trying out at two junior national camps in Charlotte, North Carolina, in December and February.

Part of the reward for making the team: competing in the international 4 Nations Field Hockey tournament in the Netherlands. The U.S. team played opponents from Belgium, Netherlands, and Germany in June.

"I know all my hard work finally paid off," says Boland, who has played the sport for nine years, including six for the Freedom Field Hockey Club. "I

felt so great. I've been able to represent the U.S. I don't know if I will ever get that opportunity again."

Zarchin was thrilled that Boland made the U.S. team. She's the first field hockey player from St. Mary's to earn the achievement. Now, Boland is going through the process of trying to make the U.S. Under-18 team. "That is such a great honor," Zarchin says of being on the Under-16 roster. "She was selected as one of the top-15 players in the country. It's a well-earned recognition after years of training at a very high level."

After the tournament in the Netherlands, Boland, who carries a 4.0 grade-point average and plans to major in biology, concentrated on picking a college. She visited the University of Maryland and Iowa and Northwestern universities in August.

Before Boland goes off to college, she has two more years of high school field hockey to play. She helped the Saints to consecutive Interscholastic Athletic Association of Maryland B Conference championships the past two years. Boland scored the game-winning goal against Severn for the first title, and she had a goal and assist versus John Carroll in the 2024 final. The Saints went 20-0 in conference play during that stretch.

“The skill and determination that she plays with truly sets her apart,” Zarchin says. “It’s those things that consistently elevates the team’s performance.”

For her U-16 club team, Boland served as lone captain during the national club championships in Virginia Beach in June. She played for the U-18 team in the same tournament.

“What sets her apart is that she is very fit,” Tyler Greenwalt says of Boland’s. “She can run for miles, and she can play an entire game.”

Boland would have loved to continue swimming after two years on the St. Mary’s varsity swim team, and playing lacrosse. She competed in lacrosse for 10 years, including six years for the Chesapeake Club Lacrosse program. But the field hockey college recruiting process and the time needed to devote to field hockey required Boland to make some sacrifices.

“She is a gem,” Zarchin says. “She is a rarity when it comes to the way he conducted herself playing multiple sports. She puts players on her shoulders and makes the whole group better.”



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Washington Commanders Trey Amos

THE NFL ROOKIE CORNERBACK IS READY TO HELP HIS TEAM ACHIEVE SUCCESS ON THE FOOTBALL FIELD

By Tom Worgo

In early 2025, football analysts projected Trey Amos to be a first-round pick in April's NFL Draft. Unexpectedly, Amos was still available by the end of the second round and the Washington Commanders snatched up the Ole Miss cornerback at pick No. 61.

The Commanders feel like they got a steal. The rookie is proving them right, so far. He garnered a lot of praise during training camp from Commanders' coaches and the media. Now, Amos has put himself in a position to be strongly considered for the starting lineup.

"We were elated that he was available in the second round," Commanders' Defensive Passing Game Coordinator Jason Simmons says. "We really like his size, speed, and length."

One of the best things about Amos: he is good at limiting big plays down the field. That's due to his excellent size (6-foot-1, 190 pounds), speed (4.43 in 40-yard dash), and the ability to make contested catches. Amos also plays well in either man or zone coverage.

The 23-year-old Amos received good training by competing in, arguably, college football's best conference, the Southeastern Conference (SEC). Amos played two years in the conference, suiting up for Old Miss in 2024 and Alabama in 2023. Before that, he spent three seasons at the University of Louisiana at Lafayette. Overall, Amos played in 61 college football games across five seasons.

We spoke to Amos, a native of Louisiana, about learning from Commanders' veterans and the iconic Nick Saban (former coach at Alabama), along with his future on and off-the-field.



How do you see your role this season? Do you feel you will spend more time on the field or sideline? I feel I can make an impact, but it takes time. I have to earn playing time. I have to put the work in and get better each and every day. I have to find ways to grow mentally and physically. I'll always be learning something new. I am just going to go out there and be the best I can be on the field.

Has four-time Pro Bowl cornerback Marshon Lattimore helped you acclimate to the NFL? Yes. I have learned so much from him during minicamp, the break in between, and training camp. I ask him questions and am like a sponge to build that chemistry with him. I have to take advantage of the study time with him. He helped me learn the playbook—to get a handle on the system and make sure I utilize the study time. He has taught me to not wait on the receiver. Attack them.

Talk about the time you have spent with defensive backs Coach Tommy Donatell and Coach Simmons. (Simmons) has given me a good understanding of the keys of what a wide receiver will do, and what formation they will put me in to combat that. He's shown me how to have a plan before the play even happens. Coach Tommy is pretty straight forward. He is really heavy on game film and learning the tendencies of the receiver and trying to get the plays to where they are second nature for me.

It must have been a treat to play at Alabama and learn under Saban, whom many consider to be college's best all-time coach. He is known as a secondary guru. What did you pick up from him? Did his retirement lead you to Old Miss? It was such a great experience with Coach Saban. I had to learn how to tackle and play man-to-man coverage. I made sure I took notes carefully and I felt I have brought that knowledge to the NFL. It was just crazy to be there for his last year and around so many great players. With him retiring, I really didn't know what was to come. It was confusing, but I went with my gut, and I felt the best option was to go to Old Miss.

What was the biggest benefit of playing football at three different colleges, including two SEC schools? I'm glad about the experience. It made transitioning to the NFL smoother. Playing in the SEC will definitely help me in the NFL. Every week is a hard week, and it is tough to win in the SEC. It taught me how to grind things out and work very hard every day.

What was your reaction to being drafted by Washington? It was special. I have been having that NFL dream since I was a little kid. It's finally here. I don't want to be too high or too low. I want to keep producing and being myself. I want to keep doing what got me here. I just want to keep evolving and everything will take care of itself.

What are your impressions of the very strong Commanders' community of fans? I am looking forward to getting to know a lot of fans. I have watched some games, especially the playoffs. They are showing a lot of love to me. I want to show love back to them. I really appreciate them.

What was the first thing you bought with your signing bonus? I haven't bought anything extravagant yet. I am thinking about getting a house next year. I am renting now. I want to help my family. My mom is my rock. I want to show that I love and appreciate her. I just want to help her out and be there for her.



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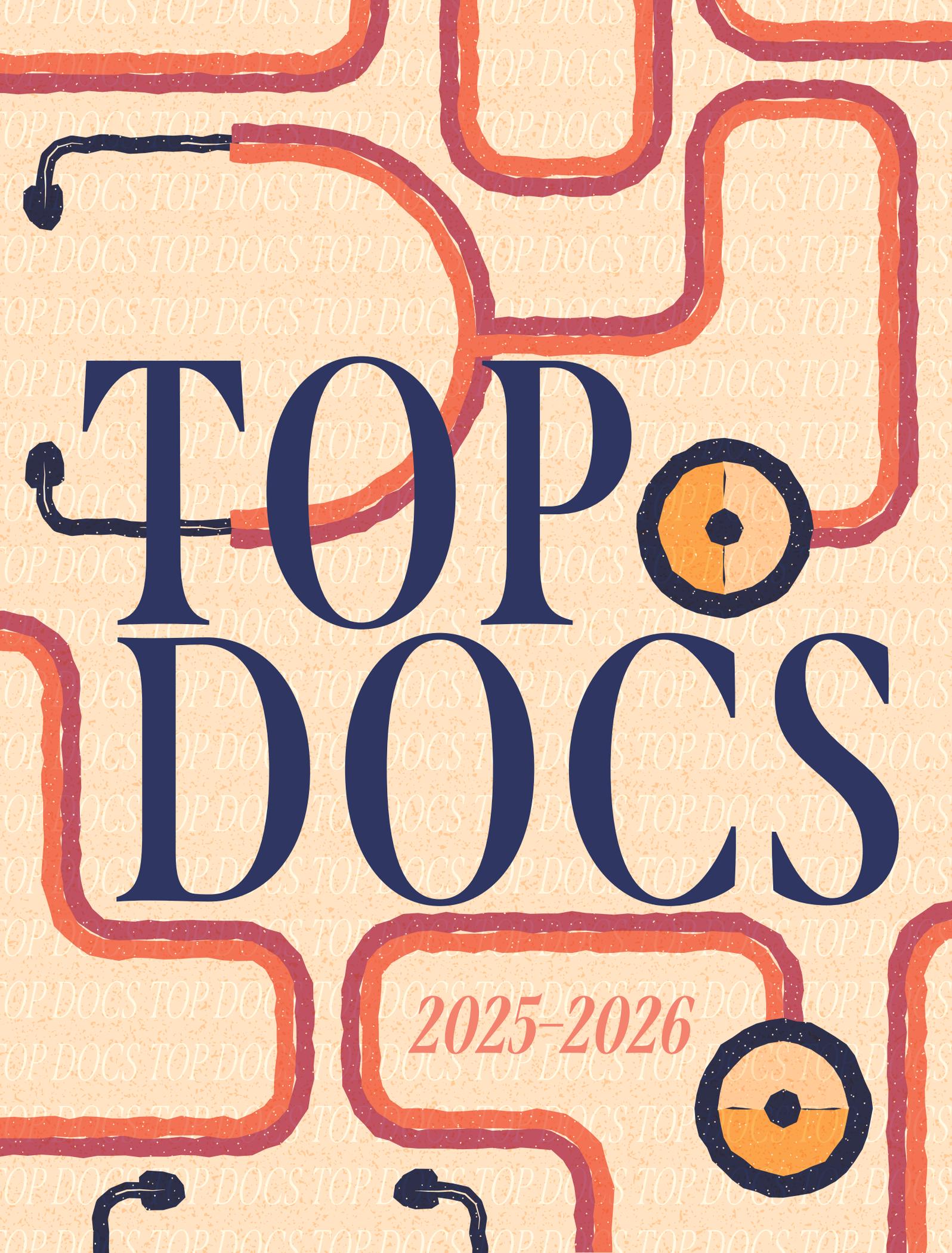
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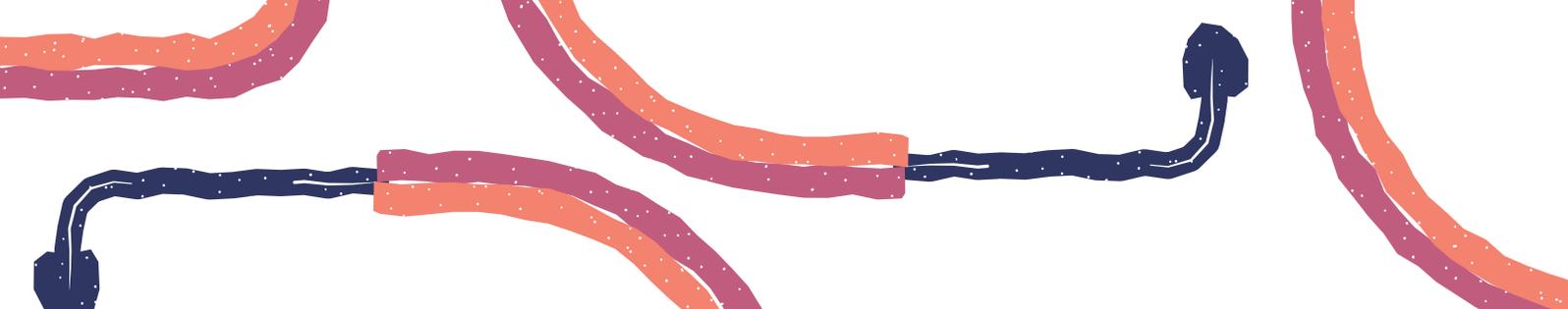
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TOP DOCS

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

This is What's Up? Media's 12th biennial **Top Docs** project, dating back to 2003. And each campaign requires an amazing amount of time and energy to execute. Top Docs has been a seven-month process that began in March with the survey of medical doctors practicing within the distribution region of our publications *What's Up? Annapolis*, *What's Up? Central Maryland*, and *What's Up? Eastern Shore*.

Doctors were asked to participate in an online, secure survey, which listed more than 40 areas of medical specialty, and several medical conditions. Doctors were asked to recommend their most qualified peers, in their opinion, for each category of specialty/condition. Doctors were allowed to complete one survey each (qualified by entering their Maryland medical license number). Surveys were collected by deadline, vetted, and the results tallied.

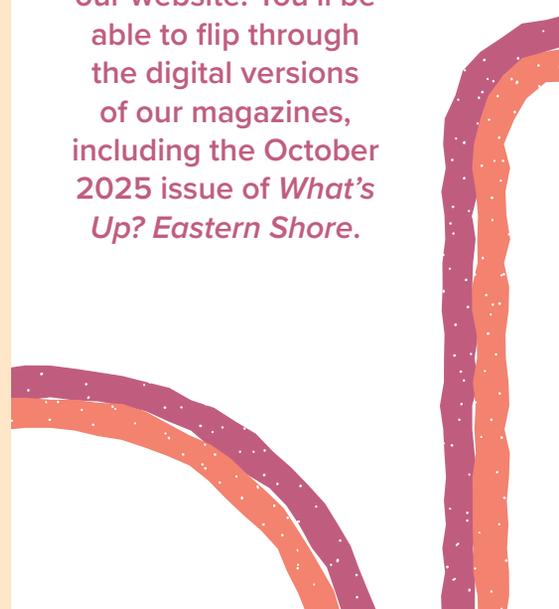
The Top Docs honored herein represent the individual doctors who received the *most substantial* number of nominations from their peers relative to the amount of voting taking place within each category. Every doctor on the following list was fact-checked with the Maryland Board of Physicians to ensure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

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



Top Docs on the Shore

For the full list of Top Docs 2025–2026 on Maryland's Eastern Shore, visit whatsup-mag.com and click "Digital Editions" in the top-right corner of our website. You'll be able to flip through the digital versions of our magazines, including the October 2025 issue of *What's Up? Eastern Shore*.



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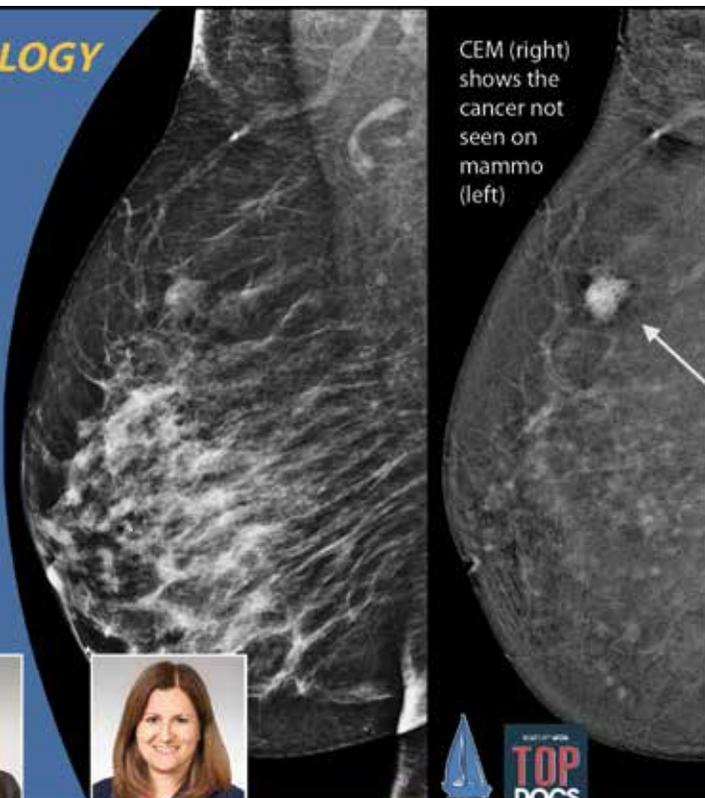
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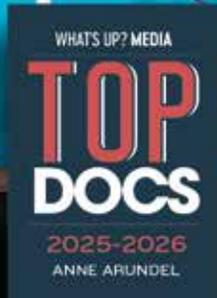
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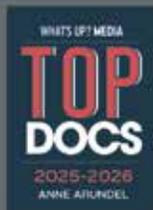


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Dr. Barry Joel Cukor – Gastro Health • 621 Ridgely Avenue, Ste. 201, Annapolis, MD 21401 • 410-224-4887 • gastrohealth.com

Dr. David Stuart Jencks – Anne Arundel Gastroenterology Associates, P.A. • 820 Bestgate Road, Ste. 2A, Annapolis, MD 21401 • 410-224-2116 • aagastro.com



Dr. Mark Hallen Flasar – Anne Arundel Gastroenterology Associates, P.A. • 820 Bestgate Road, Ste. 2A, Annapolis, MD 21401 • 410-224-2116 • aagastro.com

Dr. Raja Taunk – Anne Arundel Gastroenterology Associates, P.A. • 820 Bestgate Road, Ste. 2A, Annapolis, MD 21401 • 410-224-2116 • aagastro.com

Dr. Thomas Lloyd Simcox – Anne Arundel Gastroenterology Associates, P.A. • 820 Bestgate Road, Ste. 2A, Annapolis, MD 21401 • 410-224-2116 • aagastro.com

**CONDITION -
LYME DISEASE**

Dr. William Evan Vickers – Mid Atlantic Health • 71 Old Mill Bottom Road N., Ste. 102, Annapolis, MD 21409 • 443-317-3393 • midatlantichealthinstitute.com

**CONDITION -
MACULAR
DEGENERATION**

Dr. Tamara Kay Fackler – Chesapeake Eye Care and Laser Center • 2002 Medical Parkway, Ste. 320, Annapolis, MD 21401 • 410-571-8733 • chesapeakeeyecare.com

**CONDITION -
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Dr. David Conrad Anderson – Annapolis Medical Weight Loss • 2401 Brandermill Boulevard, Ste. 360, Gambrills, MD 21054 • 410-721-9862 • annopolismedical-weightloss.com

Dr. Victoria Ann Bottone – Annapolis Medical Weight Loss • 2401 Brandermill Boulevard, Ste. 360, Gambrills, MD 21054 • 410-721-9862 • annopolismedical-weightloss.com

**CONDITION -
PAIN
MANAGEMENT**

Dr. LeeAnn Rhodes – All Star Pain Management & Regenerative Medicine • 166 Defense Highway, Ste. 300, Annapolis, MD 21401 • 443-241-8102 • allstarpainmanagement.com

**CONDITION -
SLEEP APNEA**

Dr. Adil Degani – Luminis Health Lung Specialists Annapolis • 2003 Medical Parkway, Ste. 300, Annapolis, MD 21401 • 443-951-4277 • luminishealth.org

Dr. Ira Martin Weinstein – Annapolis Asthma, Pulmonary & Sleep Specialists • 116 Defense Highway, Ste. 500, Annapolis, MD 21401 • 410-266-1644 • annopolispulmonary.com

Dr. Joydeep Som – Chesapeake Specialty Care Annapolis ENT • 2002 Medical Parkway, Ste. 230, Annapolis, MD 21401 • 410-266-3900 • annopolisent.com

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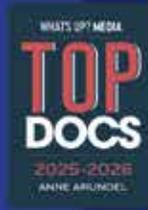
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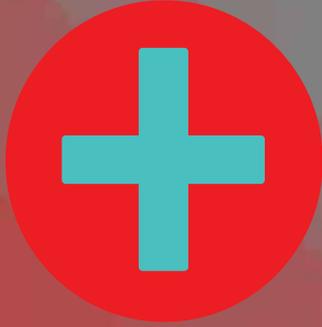
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LEADING MEDICAL PROFESSIONALS

In the following section you can discover helpful information about a wide variety of healthcare individuals, organizations, and services that could provide the exact assistance you require. Keep this valuable resource handy throughout the year.





DR. MIKAELA FRAZIER

Annapolis Smiles

Dr. Mikaela Frazier, DMD is a compassionate and highly skilled general dentist known for her ethical approach and dedication to patient-centered care. With a strong focus on esthetic dentistry, clear aligner therapy, and conservative, evidence-based treatment, Dr. Frazier combines technical excellence with a gentle, thoughtful touch. She is committed to helping patients achieve healthy, beautiful smiles through treatments tailored to their individual needs and lifestyles.

Dr. Frazier earned her degree from University of Louisville, where she graduated with honors and developed a passion for comprehensive care. She did further residency training at Christiana Care in Delaware. From the beginning of her career, she has been guided by the principle that dentistry is not just about treating teeth, but about improving lives. She maintains an active membership in Spear study clubs, the Academy of General Dentistry, the Academy of Laser Dentistry and the Academy of Clear Aligners. Her warm chairside manner and ability to put patients at ease have earned her the trust of individuals and families throughout her community.



In her practice, Dr. Frazier emphasizes conservative techniques and stays current with the latest advancements in dental science. She believes in making informed, collaborative decisions with her patients and prioritizes minimally invasive treatment options whenever possible. Her interests in esthetics and clear aligner therapy allow her to offer modern, discreet solutions for patients looking to enhance their smiles while maintaining oral health.

Outside the dental office, Dr. Frazier is an avid outdoor enthusiast who finds balance and inspiration in nature. She enjoys gardening, running, and hiking—activities that fuel her sense of wellness and connection to the environment, and loves spending time on the bay. Whether it's exploring a new trail or tending to her backyard garden, she values time spent outdoors

and the clarity it brings to her busy life.

Family is at the heart of everything Dr. Frazier does. She loves spending quality time with her husband and their two children—a lively three-year-old son and an energetic six-year-old daughter. Together, they enjoy weekend adventures, family hikes, and cheering on their favorite sports teams. A proud Baltimore native, Dr. Frazier is a loyal fan of both the Ravens and the Orioles, and you can often find her sporting purple and black or orange and white on game days.

Dr. Frazier is also active in professional dental organizations and regularly attends continuing education courses to ensure she brings the best, most up-to-date care to her patients. Her peers respect her for her integrity, clinical excellence, and dedication to lifelong learning.

Whether she's crafting a personalized treatment plan, running through a local park, or enjoying a Sunday game with her family, Dr. Mikaela Frazier lives her life with purpose, passion, and a deep commitment to those she serves. She feels privileged to care for her community and is always welcoming new patients with a smile.





DR. CLAIRE S. DUGGAL

Sandel Duggal Center for Plastic Surgery

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

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

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

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

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

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

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

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

DR. CLAIRE S. DUGGAL
104 Ridgely Avenue
Annapolis, MD, 21401
410.266.7120 ▪ sandelduggal.com



DR. HENRY D. SANDEL IV

Master of Facial Plastic Surgery

Dr. Henry D. Sandel IV is an eminent figure in facial plastic surgery and reconstruction. His exceptional expertise and dedication to enhancing natural beauty and confidence have made him a celebrated luminary in the field.

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

In 2008, Dr. Sandel returned to Annapolis, MD, establishing a haven for facial plastic surgery and skin care. His partnership with Dr. Claire S. Duggal, a board-certified plastic surgeon

with expertise in full-body aesthetic surgery, led to the inception of Sandel Duggal Plastic Surgery. This collaboration resulted in the West Annapolis Medical Spa and West Annapolis Surgery Center, providing unparalleled convenience and top-tier care under one roof.

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

Dr. Sandel is passionate about patient education, empowering individuals to make informed decisions, epitomizing his commitment to patient satisfaction. His

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

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

DR. HENRY SANDEL

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DR. ZVEZDOMIR ZAMFIROV

All Star Pain Management and Regenerative Medicine

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

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

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

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

With over 30 years experience in Orthopedics,

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

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ORAL SURGERY SPECIALISTS

Drs. Chris Chambers, Neil Sullivan, Kurt Jones, Borek Hlousek, Cliff Walzer, and Kenneth Kufka

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

experience marked by compassion, courtesy, and respect.

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

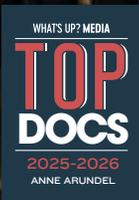
In addition to their surgical expertise, the practice is equipped to diagnose and treat facial pain, injuries, and fractures, providing comprehensive care under one roof. The practice operates across five state-of-the-art locations, ensuring that patients throughout

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

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

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

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

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

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

Expertise in One Place

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

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

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

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

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ANNAPOLIS PLASTIC SURGERY

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

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

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

treatments that help you achieve a naturally beautiful appearance.

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

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

Shock Trauma for 8 years before joining Annapolis Plastic Surgery.

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

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ANNAPOLIS HAND TO SHOULDER CENTER

Dr. Leon Nesti | Dr. Tom Dennis | Dr. Kelly Kilcoyne

Annapolis Hand to Shoulder Center provides comprehensive upper extremity care for pediatric and adult patients. We pride ourselves on the ability to provide the level of expert orthopedic care that was previously only available at an academic hospital, with the convenience and personalized care of a smaller practice in your own community. Our doctors have received multiple 'Top Doc' awards, have over 100 research publications related to hand to shoulder conditions, and have lectured nationally and internationally.

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. Doctors Dennis, Nesti

and Kilcoyne all specialize in injuries and conditions of bone, cartilage, ligaments, tendons and nerves. All three of our surgeons see pediatric, adolescent and adult patients for all upper extremity fractures, new or chronic injuries and conditions. From arthritis to sports injuries and fractures, we have the specialists to meet your needs.

Our aim is to provide high quality, comprehensive and individualized treatment for all injuries and diseases of the hand, wrist, elbow and shoulder. The Hand to Shoulder Center includes on site occupational and physical therapy, with 3 certified upper extremity therapists. In addition to therapy, we also provide dry needling, targeted steroid and biologic injections including platelet rich plasma (PRP). With our in-office procedure room

for more minor surgeries and procedures, we truly offer the full complement of upper extremity diagnostic and treatment options.

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KELLY O'DONNELL, M.D.

O'Donnell Vein & Laser

In the evolving world of vein and aesthetic medicine, Dr. Kelly O'Donnell has distinguished herself as both a skilled physician and a tireless advocate for public education. As founder of O'Donnell Vein & Laser in Annapolis and Easton, she has built a reputation grounded in precision, compassion, and a desire to shed light on a condition too often misunderstood—venous disease.

Dr. O'Donnell's path began at the University of Maryland School of Medicine, followed by advanced training at University Hospitals of Cleveland and Johns Hopkins Hospital. After a decade practicing cardiovascular and critical care anesthesia, she shifted her focus to venous medicine, where she found her true calling. Today, she is board certified by the American Board of Venous and Lymphatic Medicine and holds additional credentials as both a Registered Vascular

Technologist and a Registered Physician in Vascular Interpretation.

While she is recognized for her technical skill and use of minimally invasive, pain-free treatments, Dr. O'Donnell believes her most important work lies in raising awareness. Too often, patients mistake the symptoms of vein disease—leg heaviness, swelling, aching, restlessness, or skin changes—as normal effects of aging or fatigue. By the time varicose veins appear, the disease may already be advanced.

At O'Donnell Vein & Laser, education is at the center of every visit. Dr. O'Donnell and her team carefully explain diagnoses and treatment options, empowering patients to understand their condition fully. Beyond her clinic, she advocates through outreach and awareness campaigns to dismantle the myth that vein disease is merely cosmetic.

For Dr. O'Donnell, knowledge is power.

By helping patients recognize the early signs of venous disease, she offers not only treatment but the chance for lasting health and renewed quality of life.

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SAMUEL F. BOLES, MD

Anne Arundel Eye Center

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

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

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

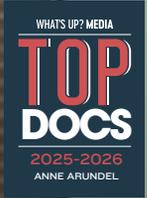
Dr. Boles received his medical degree from the Medical College of Georgia, completed his post-doctoral training at a Harvard University Cornea research lab, a Yale University affiliated Hospital in Bridgeport, Connecticut, George Washington University for Ophthalmology Residency, and the University of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

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

SAMUEL F. BOLES, MD

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- Hand
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- Foot
- Ankle
- Nerve Injuries

About Dr. Mulvaney

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

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

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

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

ROSM ANNAPOLIS

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Annapolis, MD 21401

410-505-0530

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Calm the body. Calm the mind.

James Lynch MD



JAMES LYNCH, MD

Innovative Anxiety and PTSD Treatment

Dr. Jim Lynch is a physician and mental health advocate who established his practice in Maryland in 2021, following a distinguished 31-year career in Army medicine. During his service, he was a pioneer in treating PTSD with a breakthrough procedure called Stellate Ganglion Block (SGB), which has since helped thousands of patients regain their lives. His work in PTSD treatment dates back to 2011, and today, he is recognized as a world expert in using SGB to successfully treat anxiety, PTSD, Long COVID, concussion, and other complex conditions.

Patients from over 46 U.S. states and 7 countries have sought Dr. Lynch's expertise, traveling to Maryland to benefit from his innovative care. He has a proven safety record and has received hundreds of heartfelt patient testimonials which validate his compassion for his patients.

Dedicated to advancing science, Dr. Lynch has also published much of the original research on SGB in the peer-reviewed medical literature.

In 2024, Dr. Lynch was joined by his wife, Jodi Lynch, who took on the role of Operations Manager. After spending over 20 years dedicated to family and supporting military service members, Jodi's commitment to their practice is unparalleled. Together, they have cultivated a practice that is not like a typical doctor's office. They pride themselves on offering a warm, patient-centered experience where time is taken to listen and ensure comfort.

Dr. and Jodi Lynch, alongside their compassionate team, are committed to serving those suffering from severe anxiety or PTSD from any background. Their practice works closely with mental health professionals

nationwide, providing collaborative care to support their patients.

What is SGB?

Stellate Ganglion Block is an ultrasound-guided injection of local anesthetic around the nerve that controls the "fight or flight" response (the sympathetic nervous system). SGB takes less than 15 minutes to safely perform in a clinic setting and typically reduces symptoms by 50%.

Waugh Chapel-Gambrills, MD
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ANNE ARUNDEL GASTROENTEROLOGY ASSOCIATES

Colon cancer – Prevention is the key!

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

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

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

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

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

ANNE ARUNDEL GASTROENTEROLOGY ASSOCIATES

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

410-224-2116 ▪ www.aagastro.com



CHESAPEAKE DENTAL ARTS

Dr. Meredith Esposito and Dr. Adam Groyer

SEE WHAT DR. ESPOSITO CAN DO FOR YOUR SMILE!



Before



After

Chesapeake Dental Arts is a family, implant, and cosmetic dental office located in Arnold, MD. Dr. Esposito stays up to date on the most current trends in implant and cosmetic dentistry, recently incorporating digital planning and 3-D printing for complex cases. From a single front tooth to fixed or removable teeth on multiple implants, she has the knowledge and skill to care for you. Dr. Esposito trained at both the Dawson Academy and Spear Institute. She is a member of the American Academy of Cosmetic Dentistry and regularly attends their scientific meetings. Dr. Groyer joined the practice in March after serving as a dentist in the US Navy for 5 years. He brings his relaxed, fun chairside manner to the office. He enjoys treating family members of all ages, including kids. Both Dr. Esposito and Dr. Groyer, along with their amazing team, bring patience and kindness to your

dental visits. They believe comprehensive treatment planning is the key to life long dental health. Your first visit begins with a 1 hour exam to have time to discuss all your concerns and dental needs. Once they are able to diagnose the health of your gums and teeth, they can then set you up for a cleaning that is right for you. Please view their website to get more information and view their smile gallery which includes an extensive preview of before and after cases.

CHESAPEAKE DENTAL ARTS

1509 Ritchie Highway

Arnold, MD 21012

410-757-6200

www.Chesdentalarts.com



NANCY C. WHEELER, MD

Compassionate Psychiatry in Annapolis

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

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

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

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

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

Often, patients come to see Dr. Wheeler when they are facing significant transitions in their

lives. Dr. Wheeler helps patients navigate job changes, separation and divorce, and grief from the loss of loved ones. She recognizes that life changes can exacerbate mental health symptoms, and she uses this understanding to support patients holistically during these transitions.

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

410-266-9181
133 Defense Highway, Suite 114
Annapolis, MD
www.nancywheelermd.com



ANCHORED HOPE THERAPY

Compassionate trauma therapy and counseling for individuals, couples & children

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

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

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

What Makes Us Unique?

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

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

ANCHORED HOPE THERAPY

443-291-8090

info@anchoredhopetherapy.com

Follow us on

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DR. MARC WEBER

Family Orthodontics of Annapolis

Family Orthodontics of Annapolis is delighted to introduce a new orthodontist, Dr. Marc Weber, to the practice! Dr. Weber is a board-certified Orthodontist and Dentofacial Orthopedic Specialist committed to fostering an environment where patients can learn and grow confidently in their smiles. Having spent the past seven years treating patients throughout Maryland, Dr. Weber is pleased to join the friendly and knowledgeable team at Family Orthodontics of Annapolis and to bring his orthodontic expertise to our community.

Dr. Weber and his family relocated to Annapolis from St. Louis, Missouri, over twelve years ago and he is proud to

call the area home. His service-based approach to treatment stems from a passion for helping others, as he has worked closely with outreach programs that offer oral hygiene education and prevention to at-risk communities across the globe. Dr. Weber carefully crafts personalized treatment plans to meet the specific needs and goals of each patient.

The entire team at Family Orthodontics of Annapolis has earned a reputation for providing world-class care within a warm and welcoming environment. If you're curious about how orthodontic treatment could benefit you or your family, contact Family Orthodontics of Annapolis today to set up a complimentary consultation!

Education

- MS and Certificate, Orthodontics and Dentofacial Orthopedics, NOVA Southeastern University
- DDS, University of North Carolina at Chapel Hill
- BA, Communications and Media Productions, University of North Carolina at Chapel Hill

Professional/Awards

- AAOPAC Student Member
- American Association of Orthodontists

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



DR. MICHAEL ANVARI

Anne Arundel Orthopaedic Surgeons

Combining Robotic Precision with Personalized Care in Joint Replacement

If knee or hip pain is benching your life—stairs, golf, long walks, or the latest neighborhood obsession, pickleball—board-certified orthopaedic surgeon Michael Anvari, M.D. offers a modern path back to motion. Fellowship-trained in joint replacement, Dr. Anvari specializes in ROSA® robotic total knee replacement, partial knee replacement, and direct-anterior total hip replacement. He welcomes new patients in Annapolis and Bowie with Anne Arundel Orthopaedic Surgeons, part of The Centers for Advanced Orthopaedics.

What makes his program different? It's the blend of personalized care and cutting-edge precision. Every patient receives time, attention, and a plan tailored to their

goals—whether that's keeping up with grandkids, hiking local trails, or winning the next pickleball match. In the operating room, the ROSA® Knee System acts like a high-precision co-pilot. It helps map a plan during surgery with real-time data for precision bone cuts and soft-tissue balance so implant positioning can be customized to your unique anatomy. That accuracy supports alignment and stability—the ingredients of a knee that feels more natural for confident everyday movement.

Patients consistently praise Dr. Anvari's communication and outcomes—reflected in five-star online reviews—and his team's patient-first approach from consultation through rehabilitation. Whether you're exploring options for arthritis or considering your first joint replacement, Dr. Anvari combines fellowship training, robotics

expertise, and a human approach to help you move with confidence again. Ready to learn if you're a candidate for ROSA-assisted knee replacement or direct-anterior hip replacement? Schedule a consultation today. Book online at AAOS.net or call 410-573-2530.

ANNE ARUNDEL ORTHOPAEDIC SURGEONS

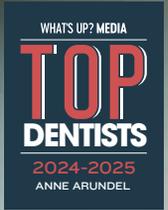
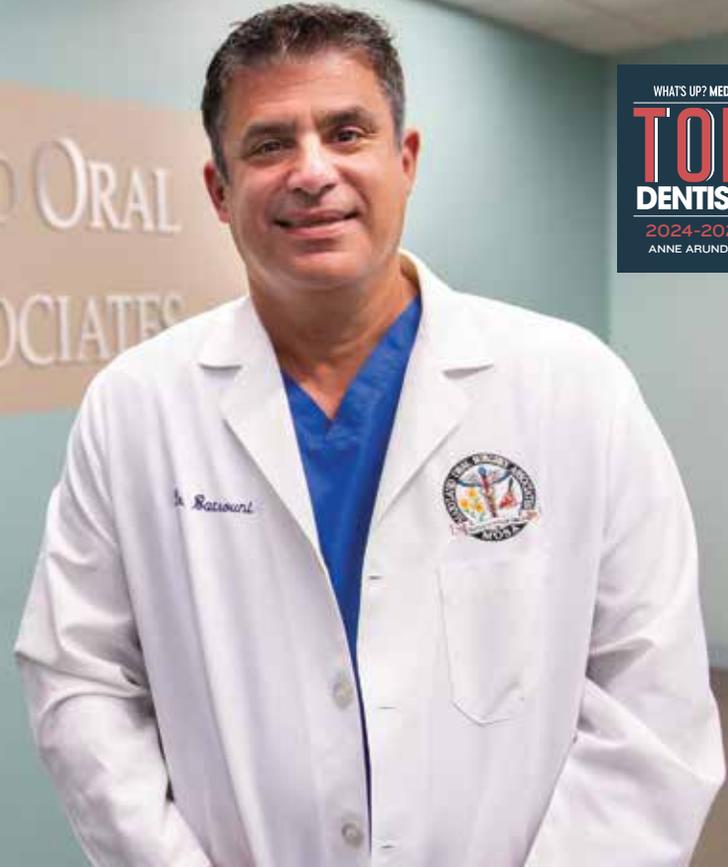
Annapolis: 2629 Riva Rd., Suite 114,
Annapolis, MD 21401

Bowie: 4000 Mitchellville Rd., Suite
A214, Bowie, MD 20716

410-573-2530 | aaos.net



MARYLAND ORAL
SURGERY ASSOCIATES



DR. ZIAD BATROUNI

Maryland Oral Surgery Associates

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

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

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

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

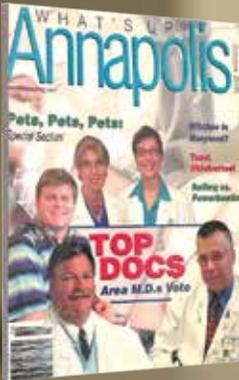
Maryland Oral Surgery Associates

Annapolis & Crofton

410-897-0111

410-721-0700

mosa4os.com



Dr. John Martin was featured on the cover of the Top Docs issue of *What's Up? Annapolis* in October 2005



DR. JOHN D. MARTIN

University of Maryland Vascular Center

Why have you continued to serve the people of Anne Arundel County for more than 20 years?

This incredible journey started for me in the old Anne Arundel hospital downtown, and I am now a clinical faculty member at University of Maryland Medical System, one of the premier medical systems in this state. Along the way, I have come to love being part of this community, and being the vascular surgeon it can depend on for great care, compassion and new technology. I am honored to be included on this Top Doctors list for 2 decades and grateful for the recognition.

What revolutionary changes have you seen in the vascular surgery field over the years?

Over the past 20 years, I have had the

privilege to witness incredible changes in vascular surgery and have been lucky enough to help drive some of them. The biggest change has been the move from open surgery to minimally invasive surgery, and this has impacted almost every vascular procedure. Great outcomes, shorter—if any—hospital stay, and faster recovery. It's a very different practice today than it was 20 years ago.

Why do you love your job?

It's really three things. First, it's the interaction with the patients and their family. No one likes to be sick, let alone need surgery, and I love being that calm, reassuring voice in their heads reducing their fears, and making a difference in their lives. Second, I love the technical challenge vascular surgery poses. Finally, I love the opportunity it has provided me to explore new ideas and technology.

What are your plans for the future?

I have had the privilege of holding leadership roles in a wide variety of the entities involved in healthcare. From the clinical space, to business and medical technology companies, as well as being a patient myself over the past 20 years. This has given me a wealth of experience that I hope to put to good use in improving healthcare delivery for all the stakeholders involved.

University of Maryland Vascular Center
116 Defense Highway, Suite 100
Annapolis, MD 21401
410-571-5545
umm.edu/vascular



Diane S. Lebedeff, DPM is a board certified Podiatrist, practicing in Arnold, MD. She is the Podiatric Consultant for the Maryland Ballet for 30 years. Diane is also the President of Jacob Paige Medical.

DIANE S. LEBEDEFF, DPM

President, Jacob Paige Medical

Diane S. Lebedeff, DPM is the President of Jacob Paige Medical. She is a board certified Podiatrist, practicing in Arnold, Maryland. Dr.

Lebedeff is the Podiatric Consultant for the Maryland Ballet for 30 years. Dr. Lebedeff continues to teach surgical residents and mentor students in her private practice and at her surgery center. She supports her community by volunteering on many levels. This year Dr. Lebedeff was awarded "person of the year" for the Severna Park Community Center (SPCC). All monies raised at her gala went to improvements for the center. Diane believes "it is important to give back to our community." Currently, she is the VP of the Live Arts Maryland organization, a non-profit for

musicians, vocalists and entertainers. Through live arts, Diane wants to encourage all ages to come out and support this wonderful organization.

Dr. Lebedeff is a graduate of the Ohio College of Podiatric Medicine and the North Detroit Residency program. She has been in practice for 35 years. Happily married to Dr. Steven Gersh they reside just outside of Annapolis. They have two children, AJ Gersh a Syracuse, Newhouse grad who can be seen locally on FOX 45 Baltimore, as a Sports Anchor. Mallory Gersh a Wake Forest grad, is currently enrolled in her first year of medical school at PCOM, in Philadelphia. Dr. Lebedeff feels that having two successful children is one of our greatest blessings! When

asked what Dr. Lebedeff likes most about her practice she said "my patients!" I absolutely love sitting and chatting and making someone feel better. I feel very fortunate to have 30 year patient/friendships as well. My team of employees helps make each day very special. I am extremely grateful for each of them! Dr. Lebedeff loves to laugh, enjoys party planning and of course...classic rock!

DIANE S. LEBEDEFF, DPM PA

273 Peninsula Farm Rd. Suite E

Arnold, MD 21012

410-647-4534



MARC EUN, DMD

Davidsonville Dental Group

Davidsonville Dental Group (formerly Wooddell and Passaro Dental Group) has been a trusted part of the community for decades, known for compassionate care and clinical excellence. Founded by Dr. Woody Wooddell and Dr. Joseph Passaro in 1981, the practice has earned generations of patient trust. Today, that tradition continues with a new name and the addition of a skilled new doctor, Dr. Marc Eun.

Dr. Marc brings advanced training that expands the services available right here in Davidsonville. In addition to the preventive and restorative treatments patients already rely on, he offers root canals, extractions, dental implants, and Botox for TMJ

disorders. His expertise means patients can receive comprehensive treatment in one familiar, welcoming office without the need for outside referrals.

Passionate about the role of technology in dentistry, Dr. Marc uses advanced tools and techniques to deliver precise, comfortable, and efficient care. Known for his calm chairside manner, he is dedicated to making every patient feel at ease while achieving excellent outcomes. He believes dentistry is about more than treating teeth. It is about restoring confidence, improving comfort, and helping patients enjoy healthier lives.

With Dr. Marc joining Dr. Wooddell and Dr. Passaro, Davidsonville Dental Group is proud to provide a wider

range of care while staying true to its guiding philosophy: Precision. Comfort. Confidence.

Whether you are a longtime patient or searching for a new dental home, Davidsonville Dental Group is ready to serve you with expanded services, a growing team, and the same dedication to excellence that has defined the practice for decades.

DAVIDSONVILLE DENTAL GROUP

3102 Davidsonville Rd.

Davidsonville, MD 21035

410-956-5555

www.davidsonvilledentalgroup.com

Q&A

QUESTIONS & ANSWERS WITH THE EXPERTS



Q: How can I keep my pet safe on Halloween?

A: Halloween can be fun for families, but it often creates stress and hazards for pets. Costumes, decorations, and candy all pose risks you'll want to avoid. Chocolate, raisins, and sugar-free treats containing xylitol are toxic to pets, so keep candy bowls

out of reach. Wrappers can also cause dangerous intestinal blockages if swallowed. While costumes may look cute, not all pets tolerate them. If you dress up your pet, ensure the costume doesn't restrict movement, breathing, or vision. Glow sticks and small decorations can be tempting to chew, but may cause irritation or choking. Trick-or-treaters at the door can frighten pets, leading to bolting or even aggression; a quiet place may be the safest place for your pet. With a bit of planning, Halloween can be safe and stress-free for your furry family members.

LISA BEAGAN, DVM, Mobile Pet Vet



Q: What are the pros and cons of veneers?

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

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

DR. MIKAELA FRAZIER, Annapolis Smiles



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

A:

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

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

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



Q: What are Dental Implants?

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

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

IT'S TIME TO SMILE AGAIN!

KURT JONES, DDS, Oral Surgery Specialists



Q: What new technology is guiding cancer care?

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

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

DR. ALI BUKHARI, Maryland Oncology Hematology



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

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

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

KIAN DJAWDAN, DMD

Djawdan Center for Implant & Restorative Dentistry



Q: How do I choose the right plastic surgeon?

A: Choosing the right plastic surgeon is a personal decision—and doing a little homework can go a long way. Start by researching surgeons who specialize in the procedure

you're considering. Explore their websites, social media, videos, and before-and-after photos to get a feel for their style and results. Ask people you trust—friends, neighbors, or your primary care doctor—for recommendations. Finally, schedule a consultation. Meeting in person helps you understand how the surgeon communicates, listens, and supports your goals. It also gives you a sense of how well you'll be cared for by the entire team throughout your experience.

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



Q: Is it time for me to consider a hearing aid?

A: If you've noticed it's becoming harder to follow conversations—especially in places with background noise of poor acoustics—it may be time to explore the benefits of a hearing aid. Today's hearing aids are

discreet, comfortable, and highly effective. They don't just improve hearing—they help you stay connected to the people and moments that matter most. Studies also suggest that maintaining good hearing can reduce the risk of social isolation and help preserve cognitive function. Taking the step toward better hearing can make a big difference in your quality of life.

DR. ROBERT MEEK, III

Anne Arundel ENT and Facial Plastic Surgery



Q: What do I need to know about acid reflux?

A: Acid reflux, or GERD (Gastro-Esophageal Reflux Disease), is common and affects people of all ages. GERD is when acid from the stomach backs up into the esophagus. This causes heartburn, a burning sensation in the chest. Many experience it

in association with eating late, overeating, or with eating spicy, greasy, or tomato-based foods. But frequent heartburn, or other symptoms like nausea, stomach pain, or trouble swallowing suggest a need for further evaluation. Frequent GERD is even a risk factor for esophageal cancer. If GERD is troubling you, speak to your doctor or arrange a Gastroenterology consult.

THOMAS L. SIMCOX, MD

Anne Arundel Gastroenterology Associates



Q: What happens after a tooth is extracted?

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

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

ZIAD BATROUNI, DDS, Maryland Oral Surgery Associates



Q: What treatment is effective for anxiety, besides medication and psychotherapy?

A: Stellate Ganglion Block (SGB) has been shown to reduce anxiety symptoms by 50%. SGB is an injection of local anesthetic along the nerve in the neck that controls the sympathetic nervous

system—the "fight-or-flight" system—which can be inappropriately elevated in many people with anxiety. This safe, simple injection has been used to treat pain since the 1920s and has been used to treat posttraumatic stress disorder (PTSD) for over 15 years and more recently to treat Long COVID and POTS symptoms. The SGB procedure takes about 10 minutes and can provide significant relief of anxiety symptoms such as feeling on edge, restlessness, and sleep problems.

JAMES LYNCH, MD, Stellate Ganglion Block (SGB)



Q: Why have you continued to serve the people of Anne Arundel County for more than 20 years?

A: This incredible journey started for me in the old Anne Arundel hospital downtown, and I am now

a clinical faculty member at University of Maryland Medical System, one of the premier medical systems in this state. Along the way, I have come to love being part of this community, and being the vascular surgeon it can depend on for great care, compassion and new technology. I am honored to be included on this Top Doctors list for 2 decades and grateful for the recognition.

JOHN D. MARTIN, MD, MBA, FACS
University of Maryland Vascular Center



Q: When is it time to call a psychiatrist?

A: Many patients reach out for help during a period of transition, such as the death of a loved one, divorce, or becoming an empty nester. However, all of life's transitions can be stressful, even the joyful ones, such

as going off to college, starting a new career, moving to a new house, getting married, or starting a family. But for those experiencing mental health symptoms such as depression, anxiety, difficulty sleeping, panic attacks, etc., these transitions can be especially challenging. When your symptoms begin to affect your quality of life, your job, relationships, or physical health, it may be time to consult with a psychiatrist.

NANCY C. WHEELER, MD, Psychiatrist



Q: What options do I have for my fillings and crowns?

A: Thankfully, we are long past the days of silver fillings, though I did plenty during my time in the U.S. Navy. Today, we use tooth-colored materials that blend seamlessly with

your natural teeth for a more lifelike appearance. For anything larger, we use porcelain crowns and onlays for greater strength and longevity. Our practice incorporates new technology like 3D scanning, printing, and milling to ensure the best results. We know these advances will leave you smiling.

DR. ADAM GROYER, Chesapeake Dental Arts



Q: What conditions can be treated with regenerative medicine?

A: Common conditions treated with regenerative procedures are osteoarthritis, most commonly hip, knee, and shoulder, shoulder injuries, such as rotator cuff tear and

labrum tear, tennis and golfer elbow, Achilles tendinitis and partial tears, plantar fasciitis, degenerative disc disease, hamstring injury. Certain types of ACL tears also respond well.

DR. ZVEZDOMIR ZAMFIROV
All Star Pain Management and Regenerative Medicine



Q: Who should I see for non-surgical treatment options for orthopedic or spine injury or chronic pain such as arthritis?

A: Start with a physician with appropriate postresidency training, (i.e. a sports medicine or pain medicine fellowship). They should be an expert in both

ultrasound-guided injections, (which are critical for both accurate diagnosis and treatment), and fluoroscopically guided injections, (which are critical for some spine treatments). The physician should use FDA approved equipment and orthobiologic techniques that utilize the patient's own blood or cells. A physician with academic medicine credentials who is actively publishing and lecturing in this field will generally have the most up-to-date knowledge. Finally, check on-line reviews.

SEAN MULVANEY, MD
Regenerative Orthopedics and Sports Medicine Annapolis



Q: Why should I choose Annapolis Plastic Surgery?

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

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

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



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

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

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

CAROLINE SIMM, CRNP, Annapolis Plastic Surgery



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

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

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

DR. MOLLY WALTERHOEFER, Current Dermatology and Cosmetic Center



Q: Am I a good candidate for dental implants?

A: Most healthy adults are candidates for dental implants, especially if they have one or more missing teeth. Successful implants require adequate bone support, healthy gums, and

good overall oral health. Factors like smoking, uncontrolled diabetes, or certain medications may affect healing, but many patients can still receive implants with proper planning. A consultation and 3D imaging help determine the best treatment plan.

MARC EUN, DMD, Davidsonville Dental Group



Q: What are the benefits of cosmetic procedures?

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

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

DR. MIKAELA FRAZIER, Annapolis Smiles



Q: Who is a good candidate for ROSA® Robotic-Assisted Knee Replacement, and how can it impact recovery for active patients?

A: Ideal candidates are people with advanced knee arthritis that causes pain, stiffness, and limited function despite

nonsurgical treatments such as therapy, injections, or medications. The ROSA system combines preoperative planning with real-time data during surgery to tailor implant positioning and ligament balance to each patient's unique anatomy. This level of precision can minimize soft-tissue disruption and more accurately restore alignment and stability—often resulting in a knee that feels more "natural." For active patients, that can mean earlier functional milestones and a more confident return to activities they enjoy, from golf to pickleball. Not every patient qualifies, as factors like bone quality, overall health, and fitness play an important role. I take time to thoroughly evaluate every patient, review treatment options, and formulate a plan together for best results.

DR. MICHAEL ANVARI, Anne Arundel Orthopaedic Surgeons



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

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

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

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



Q: When is Your Heart Rate Too High?

A: A resting heart rate over 100 beats per minute is called tachycardia. The key is that this elevated rate occurs at rest, not during physical activity, which normally raises your heart rate. Tachycardia can lead to symptoms such as shortness

of breath, sweating, fainting or even cardiac arrest. There are several types of tachycardia, and treatment may include medications, implanted devices or a procedure called ablation to correct abnormal heart rhythms. It's important to note that not all elevated heart rates are due to a heart condition – heat, caffeine, stress and emotions can also temporarily increase your heart rate.

ABID FAKHRI, MD, Cardiologist, umbwmc.org/heart



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

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

(number "11's" between the eyebrows, forehead lines, crowsfeet), and wrinkles or changes from losing fullness in areas of the face (around the mouth, the cheeks, and under the eyes). Each of these factors can be addressed separately in nonsurgical ways to restore youthful features without looking "done" or unnatural. A combination of medical-grade skincare, toxin (to soften movement-related wrinkles), conservative filler (to restore volume), and laser treatments (to improve skin texture and tone) can effectively address the three key signs of aging—without the need for surgery.

CLAIRE S. DUGGAL, MD, Sandel Duggal Plastic Surgery



Q: What are the early signs of vein disease patients often miss?

A: Many people dismiss leg heaviness, aching, swelling, or restlessness as simple fatigue or aging. In reality, these are common early symptoms of venous insufficiency. Skin discoloration or dryness around the ankles can also

indicate underlying issues. Because visible varicose veins often appear later, patients may not realize they already have disease progression. Recognizing these subtle signs early allows for easier, minimally invasive treatments. I encourage patients to seek evaluation if they experience ongoing discomfort, as early diagnosis can significantly improve long-term outcomes.

KELLY O'DONNELL, MD, O'Donnell Vein & Laser



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

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

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

DR. ELBA M. PACHECO, Adoro Medical Spa



Q: In addition to showing off a straight and beautiful smile, what are other benefits of orthodontics?

A: Orthodontic treatment aligns teeth, making daily brushing and flossing more effective and reducing the risk of cavities, gum disease and oral health issues caused by

crowded or overlapping teeth. Misaligned bites will be corrected, addressing uneven wear on teeth, difficulty chewing, and unnecessary stress on jaw joints and muscles. Correcting these issues helps prevent more serious and costly dental problems down the road. And of course, having a straight, well-aligned smile boosts confidence and self-esteem! The advantages of orthodontic treatment are long-lasting. With options like clear ceramic braces and Invisalign®, patients of all ages can choose treatment to suit their lifestyle and goals.

DR. MARC WEBER, Family Orthodontics of Annapolis



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

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

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

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



Q: My hands wake me up at night when I'm sleeping. Is this normal?

A: Getting up at night to use the bathroom can be normal, but being woken up by hand pain or numbness is not. In many cases, this is a sign of carpal tunnel syndrome (CTS)—a condition caused

when a major nerve in your wrist is compressed as it passes from your forearm into your hand. When that nerve is squeezed, you may feel pain, tingling, or weakness. If left untreated, the damage can become permanent. The good news is CTS is highly treatable, especially when caught early. Simple steps—like wearing a wrist splint at night or adjusting your work setup—may help at the beginning. If symptoms continue, options such as therapy, vitamin support, targeted injections, or surgery can bring relief. At the Annapolis Hand to Shoulder Center, our specialists focus on conditions like carpal tunnel and other nerve entrapments every day.

DR. LEON NESTI, Annapolis Hand to Shoulder Center



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

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

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

STEPHANIE CLEMENTS, MD
LESLEY SUTHERLAND, MD, Dockside Dermatology



Q: Is it time for me to consider a hearing aid?

A: If you've noticed it's becoming harder to follow conversations—especially in places with background noise of poor acoustics—it may be time to explore the benefits of a hearing aid. Today's hearing aids are discreet,

comfortable, and highly effective. They don't just improve hearing—they help you stay connected to the people and moments that matter most. Studies also suggest that maintaining good hearing can reduce the risk of social isolation and help preserve cognitive function. Taking the step toward better hearing can make a big difference in your quality of life.

DR. ROBERT MEEK, III
Anne Arundel ENT and Facial Plastic Surgery



Q: How do cataracts form?

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

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

DR. SAMUEL BOLES, Anne Arundel Eye Center



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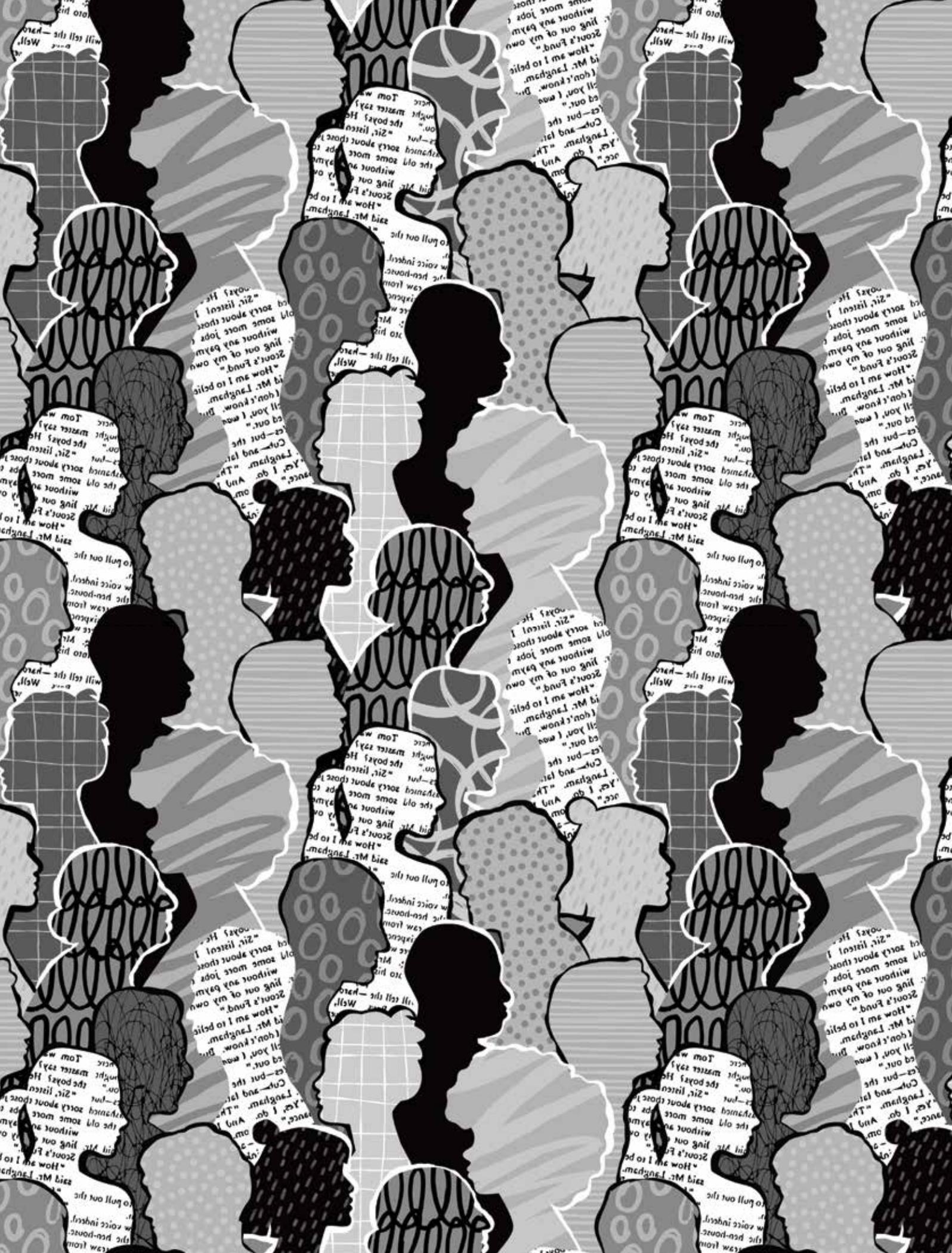
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HOPE

VERSUS

FEAR

Established, local Latin
communities grapple with updated
federal immigration policies

By Joanna Daemrich

H

olding her girls close, Brenda Yamileth made her way forward to the joyful last refrain of the praise band. The pastor called for prayers of unity.

That's why she came to this church in Annapolis, Yamileth explained. Two months earlier, ICE agents detained her husband while looking for someone else at the neighborhood market where he worked. She and her daughters, a toddler in tears and a solemn-faced four-year-old, hadn't seen him since.

"Sólo pido ayuda," she said, her voice shaking. "I'm asking for help." And the families at Jesus Te Ama prayed once more.

Faith feels more urgent than ever for Latino congregations like this one in our state capital as President Trump escalates his crackdown on immigration. Across Anne Arundel County, the Eastern Shore, and nearby suburbs, an immigrant community long active in schools, soccer leagues, and local businesses is on edge. Some parents keep their kids inside; others carry ID at all times. Fewer men wait near Home Depots to pick up work. English classes have moved online. Popular festivals are being scaled back. And even as new tortillerias and barbershops open, sales are down.



Pastor Lucas Presta leads the congregation at Iglesia Jesús Te Ama with spirited Pentecostal-style services in a warehouse office near the Annapolis Mall. Recently, he has hosted police officers and lawyers to help answer questions about local and federal immigration policy. Courtesy photo.

"We are witnessing a sharp increase in fear," said Gabriel Rodriguez, director of the Annapolis nonprofit Center of Help. He's seen it in missed school, skipped court dates, and families afraid to visit the doctor—or call the police. "These fears are not abstract," he added.

In a Chesapeake Bay area known more for marinas than migration, at least one in 10 county residents is now Latino. In Annapolis, it's one in five. The Hispanic population has surged since the early 2000s, part of a broader wave beginning in the Washington suburbs that helped turn Maryland into one of the East Coast's most diverse states. Most recent migrants arrived from Central America, many of them fleeing gang violence and economic uncertainty.

As the Trump administration ramps up mass deportations, Latino advocacy groups are handing out wallet cards listing basic rights. Maryland lawmakers voted earlier this year to shield schools, churches, and libraries from raids by U.S. Immigration and Customs Enforcement. And police in the city and county have promised not to check immigration status during routine traffic stops.

Even so, many Latino residents are worried about losing a stability they once took for granted. Over the years, they've settled into the familiar rhythms of suburban life—weekend rec games, fishing off the beaches and rocks at Sandy Point. Entrepreneurs have started restaurants, construction crews, and landscaping businesses from commercial Glen Burnie to the farmland south of Edgewater, and across the Bay Bridge.

In interviews across the region, a few naturalized citizens welcomed tougher enforcement as necessary, even overdue. But most unauthorized migrants—and some with green cards or visas—said they're unnerved by new tactics like using tax records to target people for removal. They've followed arrests close to home and viral videos of ICE officers pulling people from cars and sidewalks. Tensions spiked after a Prince George's County father became the face of several hundred men abruptly deported to a Salvadoran mega-prison.

"Things are changing fast, and it's scary," said Enrique, a 33-year-old home contractor who moved to the area from El Salvador in 2010. Like many undocumented immigrants, he asked to only use his first name. "We thought if you work hard, you make it. Now I don't know."

At Iglesia Jesús Te Ama, a church whose name reflects its mission, Pastor Lucas Presta has tried to offer "encouraging words and comfort." Presta and his father, both from Argentina and now U.S. citizens, lead spirited Pentecostal-style services in a warehouse office near the Annapolis Mall. In recent months, they've also brought in police officers and lawyers to answer questions.

**"Things are
changing fast,
and it's scary.
We thought if
you work hard,
you make it. Now
I don't know."
—Enrique, 33,
home contractor**

When Yamileth visited this spring, families nodded along as she described coming from San Salvador, eager to start a new life with her husband and young girls. But in early March, she said, federal agents showed up during his shift at a Latino market in town. Her husband wound up in a Virginia detention center, limited to only brief phone calls for weeks. He was released soon after she spoke, but is not being identified because their future here is uncertain.

Toward the end of July, the small congregation was stunned by another ICE arrest: the pastor of their sister church in Easton. Daniel Fuentes Espinal, a Honduran who had lived in Maryland since 2001 and studied under Presta's father, was stopped after getting breakfast at McDonald's. ICE found his visa had expired and held him for nearly a month before he was freed on bond.

"There's a bit of disillusionment," Presta said, "especially with narratives that sort of demonize our community. Some think: 'This is not going to be the America we were told about.'"



"I pay my taxes. I have my family—my wife, my two sons were born here. Who's gonna take care of them if they send me back?"

—Guillermo, 46, line cook



In the past couple years, local parent Amy Marshall started an informal food pantry that has grown into the nonprofit, Marshall Hope, now one of the Anne Arundel County's biggest pantries, located behind Annapolis Evangelical Presbyterian Church. That pantry has seen an uptick in families seeking their help. Photographs by Tony Lewis, Jr.

With a Little Help

Late on a chilly Thursday afternoon, in the parking lot of another church in West Annapolis, families waited in cars three deep. Volunteers hurried from car to car, waving drivers ahead, then loading boxes of canned goods, produce, milk, and diapers into trunks. The popup pantry serves at least 270 families each month—no questions asked.

That's part of the appeal for regulars like Guillermo, who was 20 when he made the treacherous journey north from Guatemala. Now 46, he sticks to the kitchen at the Crofton restaurant where he's a cook. He's worried he could be deported, despite a full-time job and no criminal record.

"I don't have any trouble. I pay my taxes. I have my family—my wife, my two sons were born here," he said. "They don't care. Who's gonna take care of my sons if they send me back?"

Guillermo was not the only one trying to get by while staying out of sight. A Salvadoran mother sat in a nearby minivan, windows cracked, the youngest of her five children squeezed in back. She's 41 and also undocumented. Lately, she's lost cleaning clients.

"Look at what we're going through," she sighed. "There's no work. Everything is expensive, the eggs, the meat. The economy is worse; the policies are aggressive." It started with one family and a grocery run. When her landscaper died of covid at Easter in 2020, Amy Marshall got together with a few moms to help his wife and kids. Before long, they were delivering essentials to dozens of Latino families sidelined by the pandemic.

Marshall Hope now runs one of the Anne Arundel County's biggest pantries behind Annapolis Evangelical Presbyterian Church. Fewer Spanish speakers have turned out in recent months for the church's English classes—still in person, unlike many that have switched to Zoom. But the food lines haven't let up. Neither has Marshall, who is 46 and a mother of four. One minute, she's tapping a translation app to welcome a newcomer; the next, she's sorting through onesies for the baby.

"We've always said, 'You don't need to worry about us. We just want to give you food and diapers,'" she said. "Most of our families are working multiple jobs, trying to keep up with inflation, trying to pay for a car, desperate to stay."



Perseverance

Not everyone has pulled back. New Latino-owned businesses continue to open: shaved ice stands, a grocery on Hillsmere Drive. Proprietors are doing what they can, stocking trusted brands and reassuring customers.

Among them is Walter Vasquez, a 56-year-old who runs a string of groceries and eateries. His latest is a fast-casual tortilleria in Glen Burnie. At Sin Fronteras, his restaurant in Annapolis' Latino hub off Forest Drive, he might be advising a cleaning contractor or catching up with the mayor. He speaks with the optimism of someone who left a village in El Salvador, avoided a civil war, graduated from college in Miami, and built one storefront at a time.

"Listen," he said, "there is no way, and I shouldn't say this but it's a reality, no way that this country can live without the Hispanics. We're one of the strongest labor forces you have."

Yet Vasquez can't ignore the toll—on customer traffic, morale, and the heightened precautions he and others are taking, like advising employees to head to the back office if ICE arrives.

"Is it affecting the businesses? It is," he admitted. "It's upsetting because some people that are trying hard to make a living, they're afraid. They're not only afraid; they're not participating."

At Brianna's Dulceria, a Mexican sweets shop once tucked off West Street, Gicela Santos went days without a single sale. Her small store was filled with brochures for frosted cakes, pinatas, tamarind candies, and chili-dusted gummies. But by early summer, after two years in business, she had to close. Since then, she's debated whether to relocate to Severna Park—or return to her hometown of Oaxaca.

"Sometimes, it feels like we're investing and nothing is coming back," Santos said in Spanish, adding she's anxious about Brianna, her five-year-old who was the store's namesake.

"I feel her; she's a little sad," she said of her daughter. "You have to have your papers. I have friends who became citizens. But we Mexicans? No. It's very hard."

"Some people that are trying hard to make a living, they're afraid. They're not only afraid; they're not participating."

—Walter Vasquez, 56, restaurateur

Even some volunteers frustrated by the immigration system share that sentiment. Born in Colombia, Sara Lind settled in Edgewater after marrying an American and voted for Trump. She believes "the government is not working justly," favoring those who cross the border illegally while her relatives struggle to get tourist visas. Still, she's there handing out food.

"I want to help people," Lind said. "I just want them to do it the right way."

At the pantry, they've stopped asking for phone numbers. At nonprofits like the county Organization of Hispanic Latin Americans, (OHLA) walk-in clients navigating custody disputes or immigration forms hesitate to use their names. The group is rethinking large celebrations—Day of the Dead and food festivals—when so many are reluctant to be out in public.

"This is worse than covid," warned Emanuel Fernández, OHLA's director, who grew up in Argentina. "With sickness, you know if you take precautions, you'll be ok. Today, just being in the wrong place at the wrong time, anything can happen."

Finding Resolve

For months, longtime residents like Santos have searched for documents and direction, hoping to have a plan if confronted by immigration authorities. Some have applied for asylum, renewed work permits, or made backup plans for their U.S.-born children. Others wait and worry.

Legal paths are often out of reach for immigrants who have overstayed a visa or entered without one. Even those here for decades typically have to leave before they can apply for legal residency or citizenship. And with the administration canceling refugee and humanitarian programs, hundreds of thousands of people with temporary protections are also being told to go.

Guillermo, the cook, said he's spent \$20,000 on lawyers trying to adjust his status. He's afraid to appear in immigration court, with ICE agents stepping up arrests at hearings and routine check-ins. "Everyone says when they try to get a green card, they get deported," he said.

At least 12 million people, and possibly up to 15 million, live and work in the country illegally, according to recent estimates, roughly a quarter of all foreign-born residents. Latino community leaders believe the undocumented share is higher here, something that's become obvious as fewer families show up at school events, church services, and shopping centers.

Kimberly Lopez understands the hesitation. Despite having a green card, and before today's hardline enforcement, she avoided anything that could jeopardize her chance to become a citizen.

"It was really hard when I was in-between," recalled Lopez, 32, who moved to Annapolis from the Dominican Republic eight years ago. "I felt like I didn't want to have an accident or anything because I'd be the one losing. I'd talk to myself: 'Oh I have papers, why am I so afraid?'"



Left: Gicela Santos stands in her recently-closed Mexican candy shop, Brianna's Dulceria. After two years in business, she had to close the store after sales plummeted in 2025. Courtesy photo. Right: Kimberly Lopez moved to Annapolis from the Dominican Republic eight years ago, and was sworn in as a legal U.S. citizen this past May after completing the citizenship program. Today, she hopes to sponsor her mother's immigration to the U.S., but the process has been challenging. Courtesy photo.



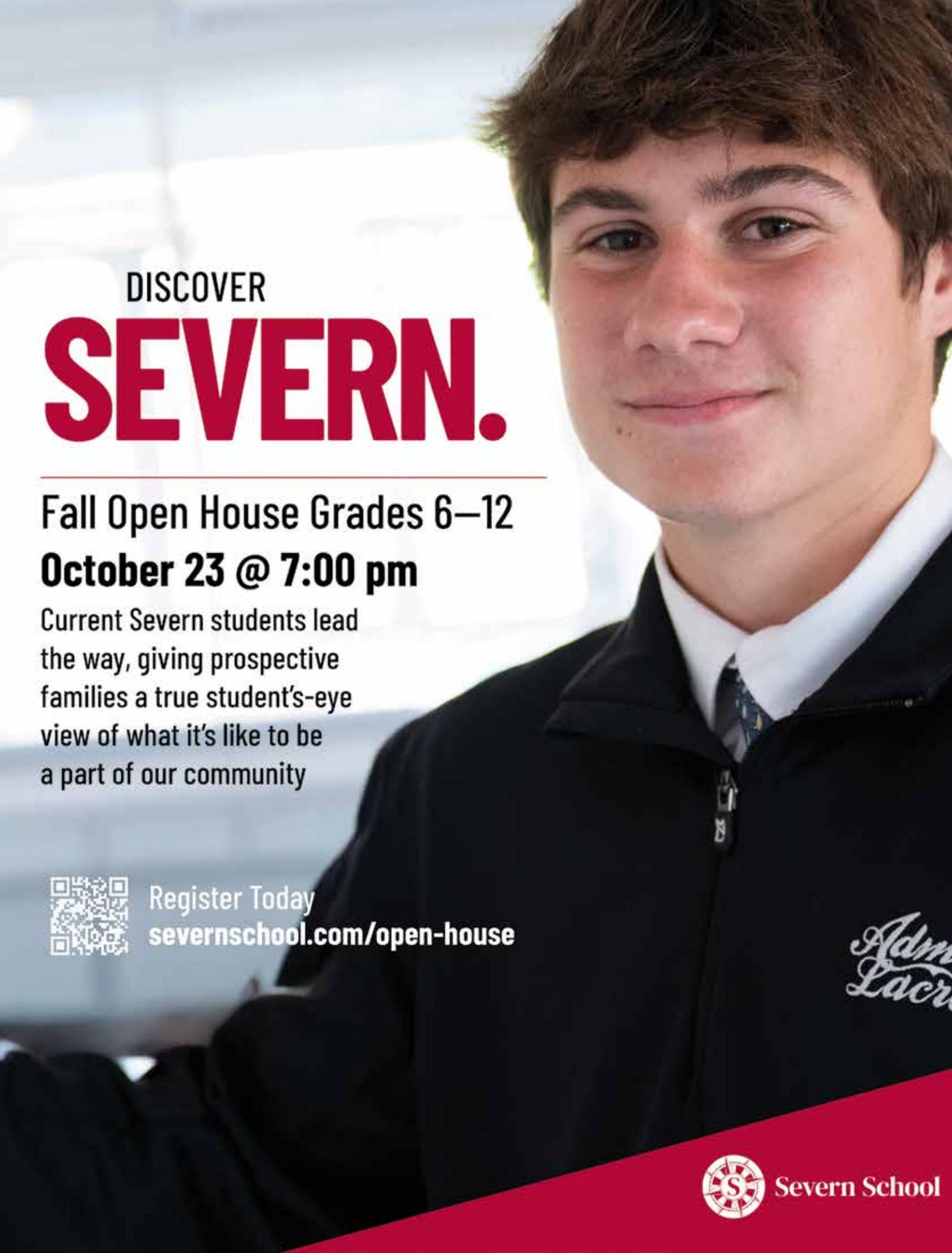
Walter Vasquez has been in business locally for more than a decade, owning the popular restaurant Sin Fronteras, plus several others. He has seen, firsthand, the effect of aggressive federal immigration policy on local businesses. Photograph by Stephen Buchanan.

Lopez has a degree in accounting, but like many immigrants, she took whatever jobs she could get: hotel front desks, Uber driving, dog-walking, babysitting. Her citizenship application was delayed, first by the pandemic, then by an overlooked signature. Once it cleared, she kept studying 100-plus civics questions, rewatching YouTube videos late into the night.

Eventually, she found a prep class at the Center for Help that steadied her nerves. She passed the test and was sworn in last May, cheered on by friends and a family she worked for as a nanny.

Newly engaged and settled into a sunny home in Glen Burnie, Lopez hopes to sponsor her mom to join her, after she was twice denied a visa to visit. Though they talk often, it's not the same.

"I belong here now," she said. "Some people don't want to remember where they came from. I always remember. I'm an immigrant. I don't want to forget my story." Her mother's bedroom is ready. The flowered quilt is pulled up, and the door is open.



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Let's take a road trip through the Mid-Atlantic to enjoy scenic drives, historic sites, natural beauty, and small-town charm

The Blue Ridge Parkway is famed for its scenic route through the Appalachian mountains.

There are few better ways to discover the character of Maryland and the Mid-Atlantic than by car, where winding roads lead from mountain ridges to tidal marshes and centuries of history lie just beyond each bend. For this seasonal driving guide, we introduce four main routes, followed by a potential weeklong itinerary with base directions and some of the sites you're likely to encounter along the way. Let's get driving!

Our trip begins west of Washington, D.C., and high in the Blue Ridge Mountains of Virginia, where **Skyline Drive** unfurls like a ribbon along the crest of Shenandoah National Park. For 105 miles, the road clings to the ridgeline, offering overlook after overlook of valleys that fade into the mountain's blue haze. During autumn, the mountain canopy is ablaze with the fiery red, orange, gold, and brown hues of changing leaves, while spring brings carpets of wildflowers and the soft green of budding foliage. South of Shenandoah, Skyline Drive gives way to the **Blue Ridge Parkway**, a longer journey that stretches into North Carolina, where every curve seems designed to slow you down and make you savor the view.

From Appalachian mountain peaks, this road trip drifts eastward, descending into the wetlands and inlets of the Chesapeake Bay. The **Chesapeake Country Scenic Byway** meanders through Maryland's Eastern Shore, where working watermen's towns still hum with the rhythm of oyster boats and crab shacks. Salt marshes stretch toward the horizon, bald eagles wheel overhead, and centuries-old villages like Chestertown and St. Michaels offer glimpse of the region's Colonial past blended with maritime culture. This route is best enjoyed unhurried, with time to pull over for a seafood lunch or a walk by the water's edge.



Stargazing along Skyline Drive in the Shenandoah range.



Look for these types of signs along the Chesapeake Country Scenic Byway.

Following the tide further, our trip hugs the Atlantic coastline along Delaware's **Coastal Highway** before slipping into Maryland's barrier islands. Just south of Ocean City, Assateague Island greets travelers with its wild horses grazing in the dunes, windswept beaches, and vast, openness. It can feel like the edge of the world—wild, untamed, and alive with the call of shorebirds and the crash of the surf. Few places capture the raw coastal spirit of the Mid-Atlantic better than this thin, sandy strip of island that stretches for 37 miles.

Touching on history, our drive meanders back inland, tracing the **Journey Through Hallowed Ground Byway**. This 180-mile stretch connects Gettysburg in Pennsylvania to Thomas Jefferson's Monticello in Virginia, threading through some of the nation's most significant historic landscapes. Rolling hills dotted with stone fences and farmhouses still echo with the memory of Civil War battles, while small towns preserve colonial streets where revolutionaries once walked. It is a drive that feels both scenic and solemn, reminding travelers that beauty and history are often intertwined.

By the time this trip winds toward home, you'll have reveled in the Mid-Atlantic's natural and cultural diversity: mist-covered mountains, tidal bays rich with life, windswept beaches where wild horses roam, and countryside that tells the story of our nation's birth and battles. Each road, each curve, each stop has its own rhythm—and together they weave a tapestry that makes this region one of the most rewarding for travelers who prefer to explore at their own pace, from behind the wheel.

Your Itinerary!

This week-long itinerary along the recommended routes is ambitious but worthwhile. Along the way, you'll soak in the full Mid-Atlantic experience. Of course, you could take any part of this itinerary and make a day trip or long weekend of it.

DAY 1 – SKYLINE DRIVE FROM FRONT ROYAL TOWARD BIG MEADOWS, VIRGINIA

ROUTE: Enter Shenandoah National Park at Front Royal. Drive about 60 miles along Skyline Drive (VA-231/VA-340 access). **HIGHLIGHTS:** • Dickey Ridge Visitor Center (milepost 4.6): great introduction, maps, and exhibits • Range View Overlook (milepost 17.1): layered Blue Ridge views • Thornton Gap (milepost 31.5): gateway to trails • Stony Man Trail (milepost 41.7): 1.6-mile loop, 360-degree views **DINE:** Pack a picnic or stop at Skyland Resort Dining Room (local trout and blackberry ice cream). **STAY:** Big Meadows Lodge (rustic charm, stargazing) or camp in Shenandoah.

DAY 2 – SKYLINE DRIVE TO BLUE RIDGE PARKWAY AND ROANOKE, VIRGINIA

ROUTE: Continue about 45 miles south on Skyline Drive, exit at Rockfish Gap (milepost 105) onto Blue Ridge Parkway (US Parkway milepost 0). Travel 120 miles toward Roanoke. **HIGHLIGHTS:** • Humpback Rocks (milepost 5.8): short steep hike, sweeping views • Peaks of Otter (milepost 86): iconic photo spot, lodge, and Abbott Lake • Mabry Mill (milepost 176, optional extended detour): historic gristmill **DINE:** Picnic along the Parkway or stop at Peaks of Otter Restaurant. **STAY:** Roanoke, Virginia at a boutique hotel downtown, dinner at Local Roots (farm-to-table).



Autumn view of the Shenandoah National Park from Skyline Drive.



You're likely to encounter the famed wild horses at Assateague when driving through the park.

DAY 3 – CHESAPEAKE COUNTRY SCENIC BYWAY ON MARYLAND'S EASTERN SHORE

ROUTE: Drive east via I-64 to US-301 to MD-213. Total, about 200 miles to reach the Eastern Shore. **HIGHLIGHTS:** • Chestertown: colonial port town, brick streets • Rock Hall: quiet waterfront with fishing boats • St. Michaels: Chesapeake Bay Maritime Museum, harbor strolls, shopping, dining • Blackwater National Wildlife Refuge (near Cambridge): birdwatching, scenic auto loop **DINE:** Many seafood restaurants with waterfront views, taverns, and markets can be found in the main thoroughfares of each town highlighted. **STAY:** There are several resorts and boutique hotels located in each highlight town.

DAY 4 – COASTAL HIGHWAY & ASSATEAGUE ISLAND

ROUTE: From St. Michaels, cross to MD-404 to DE-1 (Coastal Highway) and south through Rehoboth, Bethany, and Fenwick Island, then cross into Maryland via US-50 to MD-611 to Assateague (about 150 miles total). **HIGHLIGHTS:** • Rehoboth Beach, Delaware: morning coffee on the boardwalk • Bethany Beach & Fenwick Island: quieter, family-friendly towns • Assateague Island National Seashore: wild ponies, dunes, salt marsh trails • Sunset walk at North Ocean Beach **DINE:** The coastal resort towns offers an abundance of dining options, microbreweries, and seafood options. **STAY:** Consider Berlin, Maryland (America's "Coolest Small Town"), stay at Atlantic Hotel or a beachside hotel or Airbnb in Ocean City.



Scenic view from Little Round Top at Gettysburg.

DAY 5 – JOURNEY THROUGH HALLOWED GROUND FROM GETTYSBURG TO HARPERS FERRY

ROUTE: Drive 180 miles northwest via US-50 to I-270, then US-15 (Byway) to Gettysburg, then south to Harpers Ferry. **HIGHLIGHTS:** • Gettysburg National Military Park: battlefield auto loop, visitor center • Monocacy National Battlefield (Frederick, Maryland): “the battle that saved Washington” • Downtown Frederick: historic district with shops and canal walk • Harpers Ferry, West Virginia: where rivers converge, rich in Civil War history **DINE:** Lunch at the Carriage House Inn (Emmitsburg) for American fare; dinner at Potomac Grille (Harpers Ferry) for riverside dining. **STAY:** Harpers Ferry has several B&Bs (like The Ledge House) or cozy inns nearby.

DAY 6 – JOURNEY THROUGH HALLOWED GROUND FROM VIRGINIA PIEDMONT TO CHARLOTTESVILLE

ROUTE: Continue south along US-15 through Virginia’s wine country into Charlottesville. (about 130 miles). **HIGHLIGHTS:** • Leesburg, Virginia: charming Old Town • Manassas National Battlefield Park: pivotal Civil War site • Loudoun County wineries: dozens of vineyards • Montpelier (Orange, Virginia): James Madison’s estate **DINE:** Lunch at Magnolia’s at the Mill (Purcellville) for upscale American; dinner at Tavola (Charlottesville) for Italian in the Belmont neighborhood. **STAY:** In Charlottesville, consider Oakhurst Inn or 200 South Street Inn.

DAY 7 – MONTICELLO & BLUE RIDGE FAREWELL

ROUTE: Morning at Monticello (Thomas Jefferson’s estate), then take US-250 west toward Afton Mountain. Option to rejoin Blue Ridge Parkway or head north on US-29 toward Washington, D.C. (120–150 miles). **HIGHLIGHTS:** • Monticello & Carter Mountain Orchard: history plus cider tastings with mountain views • Scenic drive along US-250: rolling Piedmont farmland and foothills • Final Parkway detour from Afton to Humpback Rocks **DINE:** Try brunch at Blue Moon Diner (Charlottesville), then an afternoon of cider or wine tasting in Nelson County **END:** Loop back toward Washington, D.C., or continue south if you’d like to extend the adventure.

Resources for the Road

PASSES

Buy a National Park Pass (“America the Beautiful”) to cover Shenandoah, Blue Ridge Parkway, and Assateague.

PACKING

Bring binoculars for birdwatching, a cooler for roadside picnics, and flexible timing for unplanned stops.

ONLINE RESOURCES

- Blue Ridge Parkway Travel Planner (blueridgeparkway.org): Interactive map with all mileposts, overlooks, and lodging.
- Visit Maryland Byways (visitmaryland.org): Official guide to Chesapeake and Coastal byways.
- Journey Through Hallowed Ground Partnership (hallowedground.org): Interactive history maps and audio tours for that route.

APPS FOR THE ROAD

- Roadtrippers: Great for planning your route and discovering quirky attractions, scenic detours, and local dining along the way. You can build your exact itinerary in it.
- GyPSy Guide: Offers GPS-triggered audio tours for places like Shenandoah, Skyline Drive, and the Blue Ridge Parkway—it’s like having a tour guide in the car.
- AllTrails: Handy for short hikes along Skyline Drive, Blue Ridge Parkway, and Assateague. Shows trail maps, reviews, and difficulty ratings.
- NPS App: Official app for National Park Service includes park maps, visitor center hours, and auto tour guides for Shenandoah, Assateague, and Gettysburg.
- iExit: Perfect for highway stretches (like US-29 or I-64). Tells you what’s available at each exit—food, gas, or lodging.

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OMID, Operator of Prestige Annapolis LLC, discovered his passion for automobiles as a toddler, captivated by the sound of car keys and the elegance of fine vehicles.

By the age of 7, he started working on vehicles as his hobby. Fascination became responsibility, becoming Shop Foreman at 15 years old. He worked tirelessly to provide excellent service for his clients and support for his family. His path was far from easy, but his success is built on Integrity, Loyalty, and Perseverance.

Grateful even for the challenges, OMID credits many of his achievements to lessons learned through his hardships.

In 1998, after graduating from Broadneck Senior High School, he opened his first Service Center, where he advanced in vehicle Performance and Modifications. In 2001, he opened his first Pre-Owned Dealership, and in 2008, Prestige Annapolis LLC was born—a company that provides Sales, Service, Customization, and Tuning.

By 2013, amid challenging times, he unveiled a Stunning Showroom on Ritchie Highway, where discerning clients continue to discover some of the world's most exceptional Luxury Automobiles. OMID's journey is a true story of Resilience, Passion, and Enduring Success. He deeply appreciates his clients and treats each of them like family, building relationships that go far beyond the Showroom Floor.

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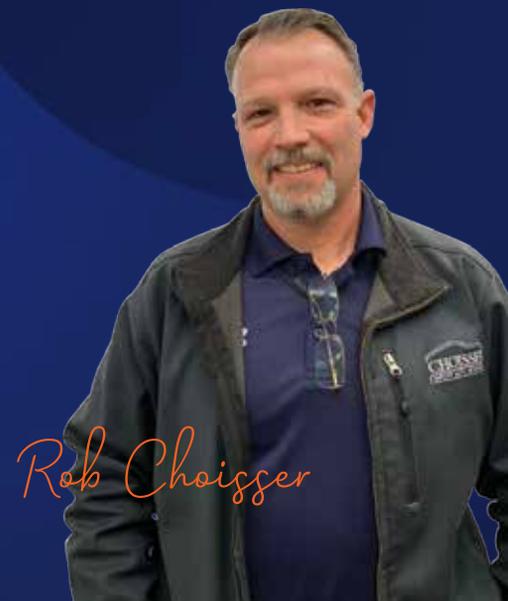
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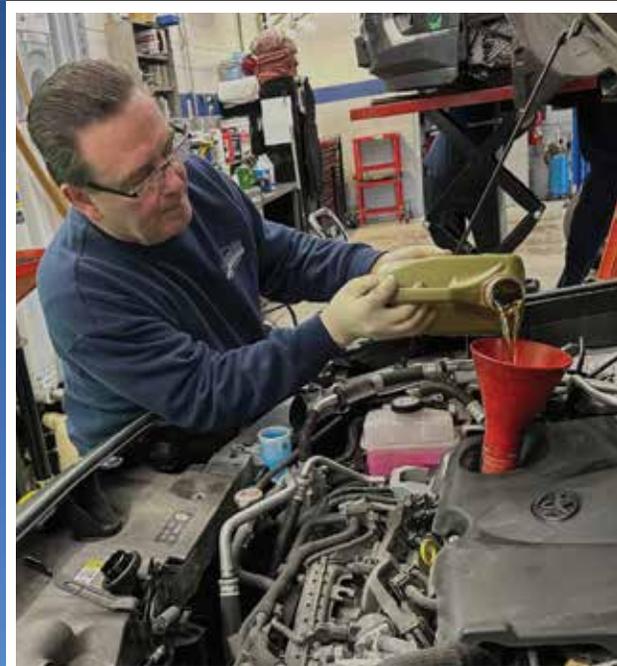
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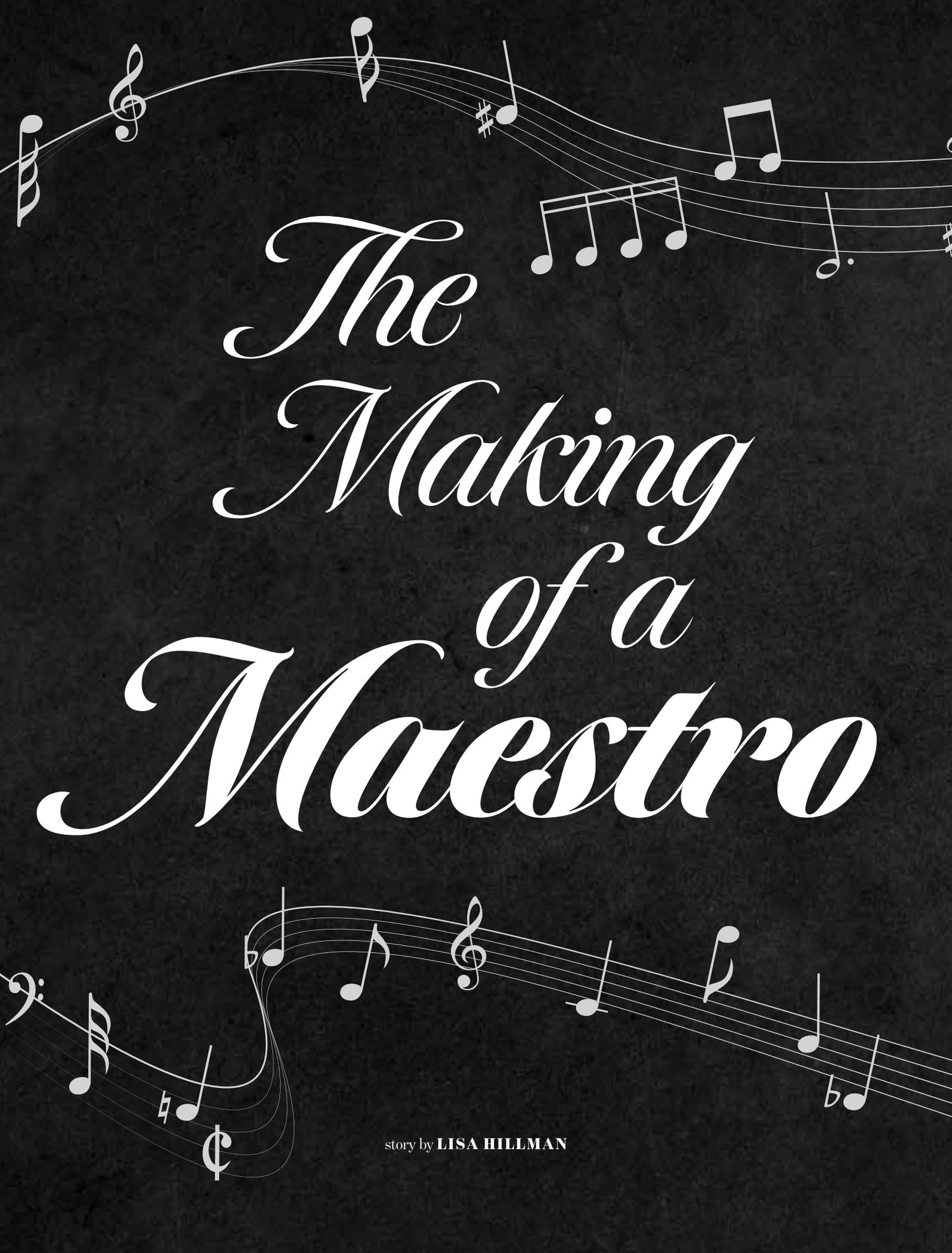
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The background is a solid black color. It is decorated with white musical notation. At the top, a treble clef is followed by a series of notes: a quarter note with a sharp sign, a quarter note, a quarter note, and a quarter note. Below this, a group of five eighth notes is beamed together. At the bottom, a bass clef is followed by a series of notes: a quarter note, a quarter note with a flat sign, a quarter note, a quarter note, and a quarter note. The title text is centered in the middle of the page.

The Making of a Maestro

story by **LISA HILLMAN**



Annapolis Opera's artistic director celebrates fifth anniversary

JOY.

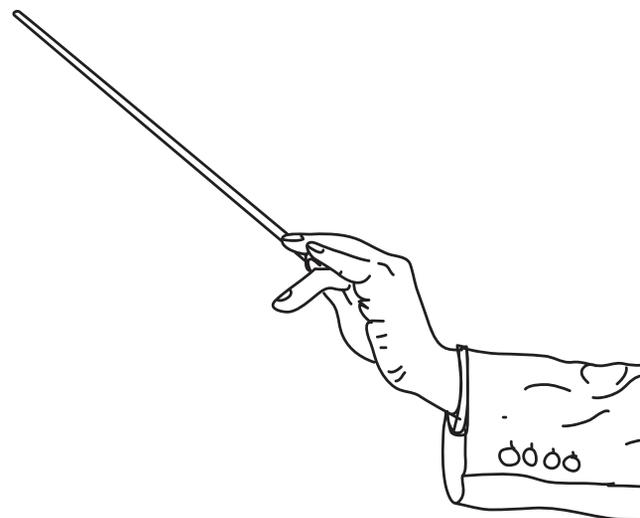
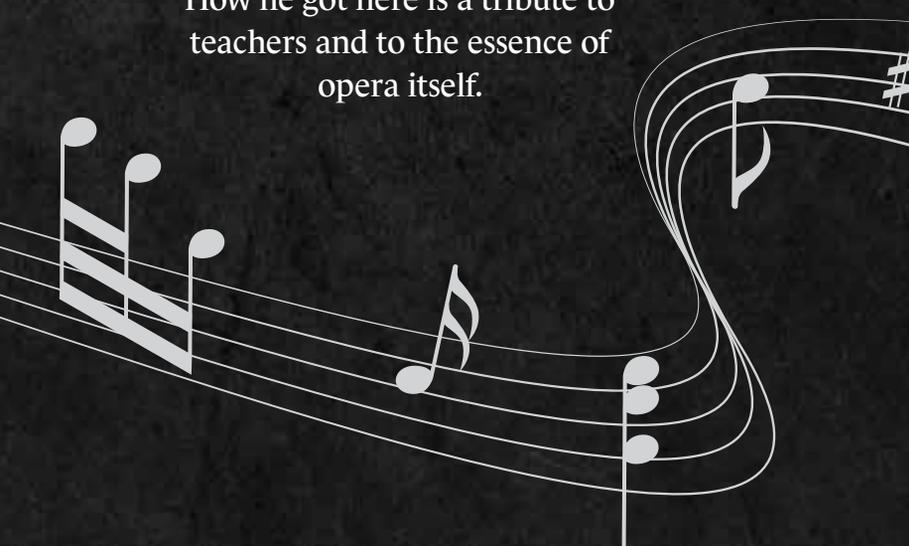
How often do you feel it?

Spend an hour with Craig Kier, and you'll come away singing it.

Joy is Kier's life work. So is song. This year the acclaimed maestro celebrates five years as

Artistic and Music Director of the Annapolis Opera Company—and the fifth year bringing joy to the greater Annapolis community.

How he got here is a tribute to teachers and to the essence of opera itself.



The Making of a Maestro

At age seven he was playing piano. The son of two schoolteachers, Kier grew up in Jamestown, New York. At Fredonia State University he majored in music education. But the idea of teaching soon changed when a revered teacher, Phyllis East, recognized his talent: he was at his best playing for singers.

As Kier says, "The thing that really brought me joy was collaborating with people. Not playing by myself."

He didn't know it yet, but he had stumbled upon the essence of what makes opera such a unique art form: collaboration with others.

It would take graduate work at the Cincinnati College - Conservatory of Music to light that fire. Majoring in what is now called "collaborative piano," he had the opportunity to work with "top notch singers and teachers." But where would this lead? Nearing graduation, one of his teachers suggested he apply to the Cincinnati Opera that was hiring pianists for its annual summer opera festival.

"I auditioned playing the opening of 'Madame Butterfly' and 'Magic Flute.' And I was hired on the spot," Kier says. Once there, he admits to having "no idea what I was doing." But he was fortunate to have a conductor who encouraged him. "I learned how to collaborate, listen to others, and how I could contribute to a greater good. That was the start of my career in opera, and I haven't stopped since," he says, "and that was 25 years ago."



The Birth of an Opera Company

From its earliest colonial times, the arts have thrived in Annapolis. Today the town's variety of theaters, museums, and music promise something for every taste.

Thanks to artists from the Annapolis Summer Garden Theater Youth Group, the Annapolis Opera Company was founded in 1972. Under the leadership of soprano and local luminary Martha Wright, Annapolis Opera became the first resident company at Maryland Hall in 1979.

Since then, Annapolis Opera has developed into a fully professional company performing two to three large-scale operas annually and a host of programs both at Maryland Hall and in the community. Kathy Swekel, General Director of the company since 2014, credits former Artistic Director Ron Gretz, along with his colleague Braxton Peters, for his 37-year reign in bringing opera to its highly touted status today. In addition to full-scale productions, children's operas, a lecture series, and an annual vocal competition round out established programs.



Annapolis Opera Maestro Craig Kier, center, with opera staff.

In 2020, when Gretz retired, the search committee culled through more than 70 applicants. The final two each had to perform an opera "from start to finish." For his audition Kier performed Giacomo Puccini's beloved opera, "Tosca."

Says Swekel, "Craig was an easy choice because of the same qualities we had come to know from Ron. As a conductor and music director your goal is to bring out the best in every person whether you're a singer on stage or a musician in the pit. And Craig does that."

She describes her role with Kier as a "great team" working with "great young artists and people with different careers from different places." Both also are problem solvers—never more than when a worldwide deadly pandemic struck.



Annapolis Opera performs "The Barber of Seville" under the watchful eye of Maestro Kier.





Maestro Kier conducts/directs Donizetti's comedy "The Elixir of Love."



COVID's Challenge

Unlike many of Annapolis's cultural institutions, Annapolis Opera not only imports most of what makes up its productions, but the art form itself is unique. Opera brings together all the arts, blending singers, musicians, stage design, costuming, lighting, dance, and an entourage of professional talents to produce it. All come together for each production.

Imagine what might happen if—at the very last minute—it had to shut down.

Swekel recalls that moment the night of March 12, 2020, when she had less than two hours to shut down two performances of Carlisle Floyd's "Susannah."

"We had to notify all the performers to get them back where there came from. In six hours, with a staff of two and two board members we rescheduled the entire production and notified hundreds of patrons for another date that ultimately wouldn't happen."

Arriving in Annapolis just months later, the new Maestro realized "we'd have to abandon all other plans. Who ever thought one of the most dangerous things to do would be to bring people together in a theater and sing?"

Kier quickly pivoted to a film version of Handel's "Acis and Galatea," filmed at popular spots around Annapolis. An online gala and a series of lectures via Zoom came next. State loans helped, but once the crisis lifted, it was back on the stage with all the gusto opera lovers expect.

Embracing the Mission

In its stated mission Annapolis Opera seeks "to be a cultural touchstone for the community, which delights audiences with musical storytelling, engages new audiences with diverse programming that inspires curiosity for the opera; and attracts emerging artists."

That last element not only infuses Annapolis Opera with palpable energy but also distinguishes it. Kier is always looking for new, promising artists. His background gives him an edge. He has held positions with opera companies across the U.S. including Sante Fe, Atlanta, and Houston and conducted performances at major opera houses both here and abroad, including San Francisco Opera, Wolf Trap, Houston Ballet, the Glimmerglass Festival, Prague, and the Royal Opera House Muscat in Oman.

He recalls fondly one of his first jobs as an assistant conductor with Seattle Opera where he "worked with remarkable young singers."

"I showed up for the moment. I worked my tail off. Preparing takes endless hours by yourself. Understanding the language, knowing how to sing every single part. I didn't have a piano at home, so I stayed in the opera house all hours. Early morning at 6 a.m. And at 11 p.m. after everyone goes home."



The Annapolis Opera performs a mix of classic operas and, sometimes, tests newer productions each season.



As a full professor of music with the University of Maryland at College Park, he also led the Maryland Opera Studio, the graduate opera program, for nine years. Kier describes it as “a boutique program with an extraordinary success rate of singers who embark on successful careers.”

“Our mission is, of course, to put on stage the highest quality opera possible,” he says, “But it’s also to support emerging talent that is ready and shows the promise of a career, and that we can punch above our weight in everything we do.”

Annapolis audiences are the beneficiary of his career. This year the role of Alfredo in Verdi’s “La Traviata” was played by a former Maryland student. Born in Nairobi, Kenya, Lawrence Barasa met Kier in 2021. Says the tenor, whose performance with an astounding cast brought audiences to their feet, Kier “embraces the imperfections in us as human beings as well. I am glad to call him a lifetime mentor.”

Putting it Together

As a regional company, Annapolis Opera plans its schedule two years in advance. Kier looks for singers who are “on their way up.” They are cast one year in advance. Production meetings begin four months in advance. “It gets most intense just three weeks before, when all the singers are here and in rehearsal until late in the evening.”

The chorus, comprised of mostly local singers, and musicians from the Annapolis Symphony Orchestra are selected months prior to performance. To the surprise of some, Kier notes that “everyone you see on stage or in the pit is paid.”

Another fact about opera: it is expensive. The Friday night/Sunday afternoon performance schedule can cost upwards of \$250,000.

Volunteers host singers in their homes, which not only helps with the budget, but also helps the singers feel part of the community. Many maintain lifelong friendships.

Budgetary constraints also dictate what to perform. As Kier says, “parameters” matter, like the size of the orchestra pit, lack of “fly” and wing space. So, “no Wagner,” he says.

He is eager to produce not just what’s affordable, but also, critically, what the local audience wants. That can mean the classics, like the upcoming season’s Mozart’s “Don Giovanni” and Humperdinck’s “Hansel and Gretel” or something new and untested.



The Future

Opera lovers worry over the medium's future. At most productions audiences are older.

That's not how Kier sees it: "I've been hearing that for 25 years. Come to one of our Friday night performances, and you see lots of young people."

Optimistic, joy-filled by nature, Kier is less sanguine about what Annapolis Opera needs. The grandeur of its annual performances comes together with a small staff. A pool of dedicated volunteers, and a newly formed Opera Guild help, but Kier understands that part of his role is chief fundraiser. A donor himself, he relishes the role.



"Annapolis is an extraordinary place for a community this size to have such thriving arts. Even Maryland Hall. I've been around enough places where communities have nothing like this. But in this country, where arts are not funded like in Europe, it is easy to take them for granted. We need people to understand that this doesn't happen on its own. If you don't cultivate and care for it, it goes away"

Given Kier's enthusiasm—and his infectious belief in the future of Annapolis Opera—the only place Annapolis Opera can go...is up.

Top: Maestro Kier is animated when conducting live performances. Left: Maestro Craig Kier discusses performances during the Annapolis Opera's annual vocal competition.

WHAT OTHERS SAY

"The fact that he stepped into his role as art director and maestro in the midst of a pandemic, and worked with the staff to make things happen, says volumes."—**The Rev. Dr. Carletta Allen, Board President**

"He seems to bring out the best in everyone. Singers like singing for him. Players in the orchestra enjoy working with him. He's a terrific teacher. He seems to find in every opera, some 150–200 years old, some element that is completely relevant today."—**Tom DeKornfeld, Longtime board member**

"Craig has an extensive national network and has brought strong singers here. It is possible to hear a young singer starting on a career and in a year or two you see that person in major houses around the country. It's an experience that Craig provides for them...his productions always sparkle."—**Jan Paul and Ellen Richter, supporters**

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At Home in the Country

By Lisa J. Gotto

After years of wondering whether or not one particular historic lot of subdivided farmlands would be put up for sale in the pastoral reaches of Central Maryland, our feature homeowners finally got the call they were hoping for in 2020.

“Our only requirements for the lot were that we wanted at least an acre and wanted to keep the kids in their existing schools,” says homeowner Whitney Kutney, adding that undeveloped lots in their preferred location were few and far between.

“I knew of a few farmed areas that were within our desired school district and suspected those were our best chance. After some digging through county property records, I was able to determine that the farmed area had been passed through the same family since the early 1800s and had been subdivided in the early 1980s. It took about eight months of letter writing and phone calls before we were able to write a contract to purchase a lot.”

“When we first went out there, I mean this was all rural farmland and this piece of property in particular had its challenges because of the way that the approach is with the driveway coming off the road and where it sits,” explains the President of Mueller Homes, P.J. Mueller. “It is all very calculated because it is the highest point around. The view out the front of the rolling hills, trees, and farmland is absolutely amazing and you have that very estate-like vibe.”

THE PROJECT: With that all-important ‘location, location, location’ finally locked in, the Kutneys desired a new build that would incorporate both the family’s love of farmhouse architecture and an interior that would speak to a relaxed English Country cottage aesthetic.

THE PLACE: Located on a bluff amongst the picturesque rolling, rural countryside of Clarksburg, Maryland.

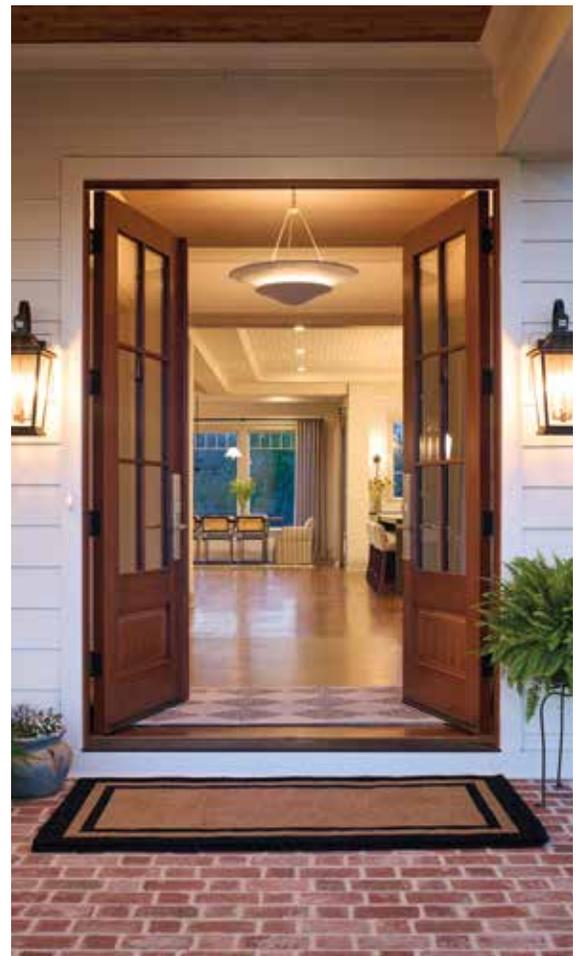
EXECUTING THE PLAN: The homeowners chose Annapolis-based Mueller Homes and architect Jonathan Rivera to put the dream to a plan. They felt Mueller Homes had the reputation and the skillset to tackle some tricky complications associated with the siting of the structure on their land, and they were impressed with the firm’s everything-under-one-roof-approach to their build, also using Mueller’s preferred design team of Ella Lee Interiors to curate an interior style personalized to the family.



EXTERIOR OPTIMIZATION

The rural estate vibe, says Mueller, was accomplished with optimal siting, and expert attention to detail with its exterior presentation.

“It looks like the house was added onto where you had the old farmhouse you started out with and then it was added onto at separate times, which is very in time-keeping with a farmhouse property or even a Federal period home on the Eastern Shore,” says Mueller, who adds that exterior details like Flemish bond brick, the paint color chosen for the Hardie plank siding, and the wrap-around porch drive this home’s classic farmhouse narrative.



A KITCHEN-FIRST INTERIOR APPROACH

Among the initial conversations the owners would have with Rivera about the home's defining interior characteristics and flow, would be a review of Kutney's intentions for how their kitchen should be laid out.

"Whitney wanted the kitchen to be open and at the center of the home with a scullery that would be used daily and hide the typical aspects of kitchen life," Rivera explains.

Once that portion of the home was clearly defined, it was used as a jumping off point for where the rest of the living spaces would be located and how transitions would work from room to room. Then a thoughtful approach to how materials and details would play their roles throughout was executed.

"Furthermore, we wanted the house to be filled with light, so the plan was designed to allow daylight into the main space at any time of day, with cross light that moves from daybreak to sunset," Rivera says.



"Last, but not least, was the desire to have an office that would be on the first floor, private but one that would not block the main family area of light. The sunrises and sunsets are beautiful on the hill—and a wrap-around porch would thread into the farmhouse aesthetic and capture both.

"Whitney had a clear vision of what she wanted her home to become and given her requirements, we came back with architecture that maximized every square foot for everyday use, while maintaining the farmhouse feel," Rivera adds.

And the deep dive on the kitchen's aesthetic reveals a homeowner who has some serious skills in the part of the home. From the get-go, Kutney envisioned a kitchen that would accommodate her love of baking and cooking without compromising their open-plan living goals. Plus, both her and her husband maintain busy professional careers and they're raising three children. So, an adapted version of the servers' kitchens of old was created by dividing up some square footage and adding an entire prep kitchen to the back of the open-plan kitchen. The result was a totally workable space with its own particular enhancements optimized for the way she likes to work in and move within her kitchen space.

“I don’t think I fully appreciated how functional a custom-designed space could be,” Kutney explains. “The cabinetry and shelving ensure everything has a place, two dishwashers allow us to keep countertops tidy and sinks empty—everything feels intentional and built for the things we have and the way we use the space.”

That said, each kitchen performs to the criteria to which it was designed. The open-plan facing option offers an elevated English cottage appeal and a decidedly British twist to cooking with its state-of-the-art AGA range with induction top.

“The homeowner was really interested in expanding her range of appliances in that front kitchen to keep the aesthetic of the English cottage feel. She wanted it to feel really warm and inviting, but again, it keeps that functionality of using panel-front appliances and certain types of hardware and latches for types of cabinetry finishes,” says Kalyn Henderson, Associate Designer of Ella Lee Interiors.



The choice of a free-standing island was also intentional, adds Henderson. Painted in an olive-green called Garden Gate by Sherwin-Williams, this statement-making room element presents more like a piece of furniture, which is exactly the statement the homeowner desired to make. Custom-upholstered Harvey Wallbanger counter stools from Vanguard were added and among the items on the homeowner’s initial must-have list for the room.

“She was really adamant, too, about wanting the island to be a focal point,” Henderson explains. “So, we utilized a beautiful piece of marble as a countertop, kept the perimeter counters very clean, but still unique with soapstone, which was really nice to mix those elements into one space.”

Gorgeous Reese pendant lighting from Visual Comfort’s Signature Collection suspended above the island features a vintage look with its inner candlestick-style filaments. Below, the couple chose classic red oak floorboards of varying widths to lend character throughout the open-plan and working kitchen space.



THE TRANSITIONS

These boards work extremely well with the paint colors chosen throughout as the kitchen transitions to a comfortable, yet elegantly understated living room, and an adjacent dining room that is formal in name only, as it conveys a roomy, happy, light-filled room.

“We used a very neutral tone throughout all three spaces which is really what allowed the kitchen to stand out with the mushroom and olive green tone that also followed into the living room, bringing in that fireplace, and the dark fireplace element, but keeping it simple,” Henderson says.

The dining room gave the homeowners the opportunity to pull some of their favorite existing pieces of furniture into their new residence, and the process became a fine example of melding cherished pieces with carefully curated new ones to create a totally unified room scheme. And while the owners’ Breuer Cesca dining chairs were not quite farm-

house or English county, they worked, Henderson says, because they were purposefully paired with a captain’s style armchair from Vanguard with custom Haystack Linen upholstery to pull the look together.

One piece of furniture they were lacking, however, was a working desk for the husband’s home office. Kutney explains she was particular about the design and style of the desk, but she had been unable to acquire the ideal piece.

“I casually mentioned my struggles with finalizing a desk design with a custom furniture builder while I was in the Ella Lee Design Studio one afternoon,” Kutney says. “Ella Lee offered to help with the design and nailed it. Looking back, I should have started with them. They knew my style and the space better than anyone else—it was an obvious fit.”

Kutney adds that once the design was created, Mueller’s in-house wood and mill working team, Charles Henry Fine Woodworking, crafted the custom walnut desk down to every conceivable detail.





And it is the work of this team that can be seen throughout the home in its solid and stylish cabinetry and various wood trim treatments, including the coffered ceiling in the office and the gorgeous cedar ceiling inlay of the wraparound and screened porches.

At the end of the day, these are the details that perhaps best define the elegant, timeless look of this rural residence—a residence the homeowner described as elevated, tailored, and warm. And while the journey to get here was, at times, a precarious and complicated one, the family couldn't be happier with the result.

"We knew there was some risk to get the lot to a buildable state but had assumed that time and money could resolve any hurdles that we came across," Kutney says. "We had some issues with septic testing and some challenges with rock under the surface, but the sunsets here made it worth the effort!"



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The 3 E's of Holiday Party Planning

THE COCKTAIL PARTY PERFECTED

By Lisa J. Gotto

It's true. The prime holiday party season is swiftly approaching. And you are no doubt in your annual state of, "Should we?" Which is usually then quickly followed by: "Who do we invite?" "What do we serve?" "How do we make it special?"

If these are the questions swirling around in your brain this time of year, don't stress. We've done some digging and discovered answers to at least some of your most pressing party planning questions and we even provide some resources to back them up.

And we're getting ahead of the season, so you can approach the prospect like a pro with more thoughtful pre-planning, so you can have fun too!

SO, LET YOUR RULE OF THUMB BE, DIVIDE AND CONQUER, BY SPLITTING YOUR PRE-PLANNING INTO THREE CATEGORIES: ESSENTIALS, ENTERTAINMENT, AND EXTRAS.

ESSENTIALS

Essential #1 – Create a festive DIY bubbly bar!

Just stock your bar with prosecco, some infused syrups like rosemary, spiced cranberry, or blood orange, and add fresh garnishes like pomegranate arils, orange twists, and lime wedges. Include a zero-proof version of a sparkling botanical tonic, and don't forget to add flat tap or spring water to your bar, for those who prefer to balance their alcohol consumption with water. You can also add in self-contained beverages like beer, seltzers, and soft drinks to this mix in a large, galvanized bin with ice, and a spiked punch if you wish to offer a liquor option. Serve it all up elegantly on one of the many swanky cocktail carts on the market everywhere. We're loving this extended Sterling beverage cart from Ballard Designs. This stylish piece is a real party pleaser and will look great all year long in your room along a wall or behind a couch.



Photo courtesy of ballarddesigns.com

Essential #2 – Plan for simple seasons' eatings

You don't have to spend days in the kitchen beforehand cooking up various recipes for a sit-down dinner to prove you're a great party planner. Nor do you need to have everything hyper-catered. Simply split the difference by planning a curated menu of hand-helds and grazing boards. Let's face it, what people love about a party is noshing on great bites and being unfettered to buzz about the room and mingle. Great grazing suggestions include a winter cheese and charcuterie board of Truffle brie, aged cheddar, goat cheese with cranberries. Prosciutto, soppressata, and fig salami. Layer in pomegranate seeds, fresh figs, dried apricots, and finish with assorted nuts, crackers, and a cranberry-walnut bread. Savory suggestions include a puffed pastry variation, like a mini Beef Wellington bite, (check out your local price club) a slider variation such as mini turkey sliders on brioche rolls with cranberry mayo, and a festive version of the crowd-pleasing deviled egg made with smoked paprika, fresh chive, and garnished with crispy prosciutto.



Photo courtesy of becentational.com

Essential #3 – Create luxe comfort & conversation zones

Bring on the casual, cozy conversation and provide every opportunity to create the party within a party by making sure your space offers good flow, and your furnishings are strategically placed to create "lounge pockets" for ease of conversation. If you have a focal point like a fireplace, great, but if you layer your pockets with oversized floor pillows, faux fur throws, and warm-toned décor you will enhance the cozy, convivial feeling of the setting.



Photo courtesy of makinginthemountains.com

ENTERTAINMENT

Entertainment Tip #1 – Create an Instagram-worthy backdrop

You're going to have more fun at your party when your guests do. And they will if you set up a clever backdrop for festive selfie taking. Creating in-the-moment photo memories turns a staid event into a "I wanna stay!" event and allows guests agency to customize their party experience. Identify a clean piece of wall and then simply attach a festive holiday-esque fabric like buffalo check, a rich, velvet, or metallic fringe throw to it. Add in a custom neon sign with a catchy holiday phrase, (we liked Home for the Holi -Yay!) and then provide a basket filled with props like faux fur wraps, stocking caps, candy canes, sequin hats, and vintage-style champagne glasses. Custom neon signs can be easily ordered online for as little as \$20. A small price to pay to make things merry and bright!



Photo courtesy of amazon.com



EXTRAS

Extra Tip #1 – Create a boutique mini experience

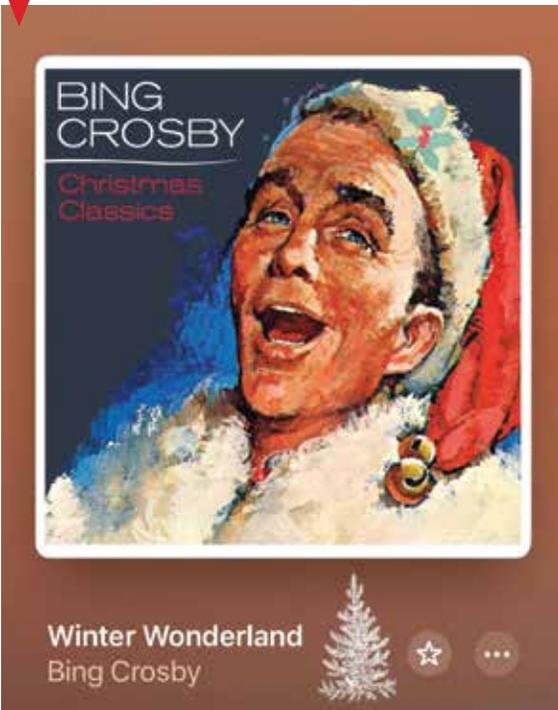
Because these days basic is boring, you may wish to consider some unexpected surprises for your party guests. Consider hiring in some fun with a tarot card reader, or set-up an ornament-painting table, or DIY spice blend bar. This gives guests something to do and builds on the experiential trend that continues to dominate events in 2025.

Extra Tip #2 – Gift a take-home, take-away

Capitalize on the personalized takeaways trend by setting up a stylish self-serve favor station with items like mini candles, handwritten affirmation cards, luxe chocolate bars, or mini ornaments. Wrap them in eco-friendly materials like velvet ribbon and stamped kraft paper. Staging them festively in an area near the door will have guests easily accessing them on their way out and saying, “Happy Holidays to all and to all a good night!”

Entertainment Tip #2 – Curate a playlist with a retro twist

Reflect the larger trends in throwback music from the '80s and '90s with remixes and jazzy holiday covers by mixing some vintage hits with modern chill holiday covers (think Lo-fi Bing Crosby, or 'jazztronica' Mariah Carey). If this is out of your melodical comfort zone, both Spotify and Apple Music have great curated 2025 holiday party lists that you can tap.



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Closing the Buffet

CREATING DEER RESISTANT GARDENS

By Janice F. Booth

It's estimated that there are approximately 200,000 to 250,000 white tail deer in Maryland according to the Department of Natural Resources; that's approximately 20 deer per acre. (No, that doesn't mean there are 20 deer lurking in your garden. Don't panic.) Sometimes it does seem the deer have thrown a party in *my* garden. My hosta are the first course, then they move on to whatever looks tasty.

LET'S TAKE ANOTHER LOOK AT WAYS TO KEEP THESE BEAUTIFUL ANIMALS FROM USING OUR GARDENS AS FAST-FOOD EATERY. THERE ARE FOUR PREDICTABLE TYPES OF DETERRENTS:

- ◆ Strong odors ◆ Bitter tastes
- ◆ Prickly textures
- ◆ Very tall (8') fences, preferably electrified

How we use these methods and how to maintain a consistent defense over the long weeks of our growing season—those are the issues. Basically, when it comes to fencing, you either have or you don't have the desire or the room for an 8-foot fence around your garden. (Anything lower will not deter those high-jumping deer.)



So, that leaves us with home remedies and plantings. Deer eat 3–5 percent of their body weight every day. And they're creatures of habit! When deciding on revising your garden's plantings to defend against hungry deer, keep these four points in mind:

Deer have good memories; that is the good news and the bad news. If they're persuaded your garden is undesirable, they'll stay away.

Preventing deer from grazing in your garden is easier than trying to change their habits once you're part of their dining schedule.

Nutritional needs influence the plants they'll choose to eat.

Deer share their discoveries. Once you've got a single diner, it won't be long before the whole family will be in your garden.

BEFORE I LIST SOME OF THE BEST DEER-RESISTANT PLANTS, LET ME REVIEW SOME OF THE ALTERNATIVE DETERRENTS:

THESE HOME-REMEDIES WORK:

- ◆ Hang bags of human hair around the perimeter of the garden. (It's not an attractive look, but neither are chomped plants.)
- ◆ Hang bars of soap from trees and tall shrubs. (Irish Spring is purported to be particularly effective.)
- ◆ Coffee grounds: spread them around plants.
- ◆ Noisy dogs: if you don't mind leaving your dog loose in your garden, the deer will stay away. You'll have to let the dog guard your garden in the early mornings and at dusk, the times deer are usually out grazing.
- ◆ Coyote decoys work, though I'm not sure how that decoy will fit into your garden's design.
- ◆ Spray a mixture of cinnamon, clove, mint, vinegar, and dish soap on perimeter plants.
- ◆ Hang reflective tape like ribbons from branches and fences.
- ◆ Wind chimes work sometimes; deer are spooked by unexpected noises. Remember,

the windchime only chimes if there is a breeze. Where you place the wind chimes may determine the effectiveness of this deterrent.

- ◆ Motion-activated sprinklers work...for a while. Anecdotal reports suggest the deer soon figure out how to avoid the sprinkler or simply ignore it.
- ◆ Motion-activated lights, like sprinklers, work only for a time. Too soon the deer will appreciate the extra lighting for their late-night dining.
- ◆ Good, old-fashioned pinwheels can work, but like windchimes, they rely on breezes and have no effect if they're out of the wind.
- ◆ Flags, both the kind that hang along a long cord and the single flags we see on sticks and flagstaffs.
- ◆ Ultrasonic sound waves and flashing LED lights seem to be the most effective and long-lasting deterrents. (Your neighbors won't be disturbed by the sound waves, but they may be unhappy with the flashing lights.)



THESE DO NOT WORK:

- ◆ Dryer sheets
- ◆ Pine-So
- ◆ Owl decoys
- ◆ Baking soda
- ◆ Human urine

Now, on to using plantings to protect your garden and plants that deer don't like to eat.

PROTECTIVE PLANTING: Plant defensively around the perimeter of your garden. These shrubs and trees are prickly, unpleasant in the sensitive mouths of deer: American Holly, Juniper, Boxwood, Switchgrass (I know it's an ornamental grass, not a shrub, but in the mouth of a deer it is sharp and uncomfortable.) Plant carefully chosen deer-resistant plants among your more vulnerable plants—nature's guards. (Be sure to think about plants that share similar sun and moisture requirements.)

DEER-RESISTANT PERENNIALS: **Lavender:** fragrant to us, stinky to deer **Catmint:** also, pleasant to us but not to our unwanted guests **Russian sage:** handsome and prickly **Peonies:** they're actually rather toxic for deer **Foxglove:** another plant toxic to deer (and to any other animals that might chew on it) **Bee balm:** lovely for bees and icky to the deer, a win-win plant **Lenten Rose (Hellebore):** thick leaves that deer ignore

ORNAMENTAL GRASSES THE DEER DISLIKE: **Maiden Grass:** quite tall and dramatic, but deer dislike having to pass through it **Fountain Grass:** they have spikes that deter deer **Blue fescue:** tough grass that deer avoid

SHRUBS THE DEER DISLIKE: **Boxwood:** sour smell and bitter taste **Bluebeard (Caryopteris):** attracts butterflies and bees **Barberry:** thorny, colorful shrub with pretty, fall berries

Whatever you decide to do, or if you decide to do nothing, our furry neighbors will be around. We can try to make our gardens an unwelcome dining spot, so the deer won't make our gardens part of their regular rounds.



True Retreat Without the Trip

By Lisa J. Gotto

The Annapolis home-buying market remains a thriving one with the sale of this home coming in at \$40,000 over its asking price. Perched on a scenic hilltop and offering seasonal views of the Magothy River and Deep Creek, this custom-built contemporary home offers more than 3,600 square-feet of living space including its finished lower level.

A clean, understated façade and attractive landscaping set the scene, as a split-level entry welcomes guests to this light and airy living space. Take the

Primary Structure Built: 1986

Sold For: \$1,015,000

Original List Price: \$975,000

Bedrooms: 5

Baths: 2 Full, 1 Half

Living Space: 3,600 Sq. Ft.

Lot Size: .79 acres



ascending stairs and arrive at an exquisite formal living room with its tall, pitched ceiling and enormous views through its extended series of floor-to-ceiling windows to its serene, wooded backdrop and deck.

This large gathering space offers a gorgeous, stacked stone fireplace feature and a mirrored accent wall that enhances the room's already abundant natural light. Main level living extends from here on one side to a spacious and more casual family room, again with tall ceilings and skylights in this space to extend the natural light. A roomy formal dining room with large windows extends forward from this space which also transitions into the gorgeous modern kitchen.



Listing Agent: Jennifer Klarman, Long & Foster Real Estate, 320 6th St., Annapolis, m. 240-832-2486, o. 410-260-2800, Jennifer.klarman@Inf.com, longandfoster.com **Buyers' Agent:** Marion Brenner, Long & Foster Real Estate, 145 Main St., Annapolis, m. 610-708-9992, o. 410-263-3400, marion.brenner@longandfoster.com, longandfoster.com

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Huge views are the highlight of the day in this generous space outfitted with top-of-the-line wood cabinetry throughout. There are tons of countertop space extending around the perimeter of the room that gleams with its granite tops and the help of the sun through enormous windows overlooking this home's majestic, wooded lot. A central prep island adds even more utility and provides breakfast bar seating for four. Warm, rich hardwood floors flow beneath this part of the home.

Located on the opposite side of the living room on the main level are two of the home's five bedrooms, including a sumptuous primary suite. This room is spacious and flooded with light from two sets of double doors that lead out to the wraparound deck. A separate seating area offers room to relax with a good book and great views.



This space transitions seamlessly into the primary bath suite with its open-air soaking tub and large windows. This room also features a large, tiled glass shower, and a rich, wood vanity with dual sinks.

An enormous walk-in closet completes this glamorous suite.

On the lower level there are three additional roomy bedrooms with options to make a home office or two, and yet another family gathering space for recreating, dining, or card playing. A charming stone fireplace and an attractive efficiency kitchen with custom wood cabinetry makes this space ultra-livable in its own right.

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Eyes on Eastport

By Lisa J. Gotto

This home provides the perfect combination of a newer home with Old World sensibility and charm. Designed to look like it has always been there, this four-bedroom home with colonial flair sits on a meticulous quarter-acre lot in walkable Eastport. Gracious brick pavers lead to the extended portico and entry to the residence that begins with multi-tonal hardwood floors. A lovely entry seating area overlooks the attractive architectural staircase and an open-plan living area that is highlighted with a tray ceiling and gorgeous wood trim. Room-defining columns pull the focal point forward. A large, formal dining room is situated to the left of the entry.

Primary Structure Built: 2016

Sold For: \$1,900,000

Original List Price: \$1,895,000

Bedrooms: 4

Baths: 3
Full, 1 Half

Living Space: 3,850 Sq. Ft.

Lot Size: .25 acres



The spacious living room has an attractive in-laid beachy wood ceiling treatment and beams overhead. This gathering space offers an attractive fireplace feature wall with white brick surround and built-ins. Two stained glass windows take pride of place above the feature wall and a treatment of wainscoting lends depth to the room.

This space transitions into a bright informal dining area with French doors leading out to a nostalgic screened-in porch. The kitchen is light and sunny with all-white wood cabinetry framing the room. At its center is a spacious, all-wood, custom center island offering a prep sink and lots of



storage possibilities. Coordinating, built-in shelving is located over the large, stainless-steel gas range and makes a convenient cover for the range's exhaust hood. A timeless, white brick backsplash pulls this amazing gathering space together.

The home's spacious primary suite is located on the second floor and offers lovely hardwood floors with complementary wood beam treatment overhead. A huge primary bath offers an enormous glass shower and a wrap-around vanity wall of white wood with separate his and hers sinks and lots of centrally located storage. Marble tile floors flow underneath.

This level of the home offers two additional, roomy bedrooms and a full bath. There's also a fully finished loft on the home's upper level accessible via spiral staircase, and a lower level bonus area accommodating the residence's fourth bedroom and another full bath. There's an additional area that can be used as a flex living space, as well.

Outside, the charming, screened-in porch provides a sweet view of the home's pretty backyard and a detached and spacious two-car garage. With all of downtown Annapolis within a few minutes walking distance, the cars will no-doubt be housed in it often.

Listing Agent: Brad Kappel, TTR Sotheby's International Realty, 209 Main St., Annapolis, m. 410-279-9476, o. 410-280-5600, brad.kappel@sothebysrealty.com, ttrsir.com **Buyers' Agent:** Amy Stusek, Coldwell Banker Real Estate, 170 Jennifer Rd., Annapolis, m. 410-353-6797, o. 410-224-2200, amystusek@gmail.com, coldwellbanker.com

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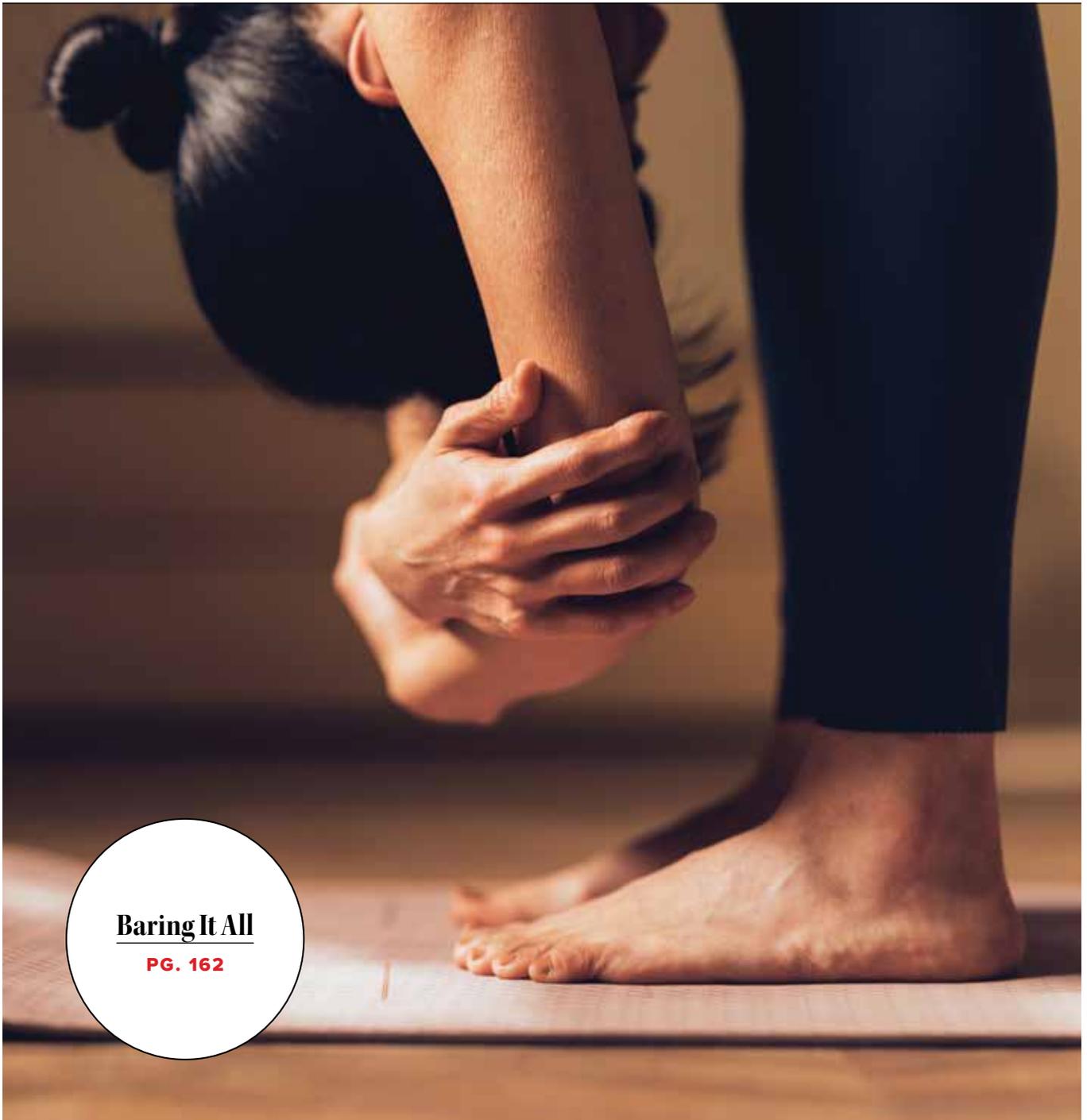


Health & Beauty

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Baring It All
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Give Sourdough a Go

By Dylan Roche



THE HYPE ABOUT SOURDOUGH

Sourdough might not be exactly a health food like kale, blueberries, or salmon. But health enthusiasts consider it a slice above traditional bread for three crucial reasons:

The probiotics: Don't underestimate those healthy bacteria created in the fermentation process. These bacteria boost digestive health by breaking down complex carbohydrates, fiber, and sugar, and even some people who have a sensitivity to grain products have reported having an easier time with sourdough because some of the starch has been predigested by the bacteria. **The enzymes:** These same bacteria that break down carbohydrates can also boost production of crucial enzymes in our digestive system—for example, lactase, which our body uses to convert lactose, the sugar in dairy products, to glucose we can use for energy. **The glycemic index:** Sourdough isn't a low-glycemic food, but it's slightly better than traditional bread. This is because fermentation eats up some of the natural sugars in the grain, so you have less of a blood sugar spike. A typical slice of white bread has a glycemic index of 100, whereas a slice of sourdough is 55. **Worth noting:** Sourdough's fermentation process does give it a health boost, but it's not a miracle. Probiotics can aid digestion, but it won't be enough to counteract the symptoms of celiac disease or lactose intolerance.

If you're like most people, bacteria might be something you associate with sickness or poor health. But that's not always the case. Our digestive tract is full of healthy bacteria that help us break down food, absorb nutrients, and fight off disease. It's one of the reasons that fermented foods are often hailed as healthy—they deliver a dose of probiotics, or good bacteria, to keep the microbiome in our intestines flourishing.

But fermented foods aren't limited to pickles and sauerkraut. There's a particular type of bread that's made with a process of fermentation: sourdough, with its distinctively sour flavor, rises with the aid of fermentation rather than dry yeast like a typical loaf of bread.

GET STARTED

Ever wondered how to create a sourdough starter? It's easier than you think:

Combine 1/2 cup flour and 1/4 cup water in your jar. Stir until smooth. It should be the consistency of thick pancake batter. Cover loosely (with a lid, towel, or plastic wrap) and let it sit at room temperature for 24 hours. After 24 hours, you might see a few bubbles—great! (But if there's nothing yet, that's fine too.) Discard half the starter. Add 1/2 cup flour and 1/4 cup water. Stir and cover again. Each day, discard half and feed with 1/2 cup flour and 1/4 cup water. You should start to see more bubbles and a rise in volume. It might smell tangy, yeasty, or slightly sour. After about a week, you'll have a starter that doubles in size within 4–6 hours of feeding and has a pleasantly sour smell. You can now use your starter to make all kinds of sourdough creations, including bread, biscuits, pretzels, pizza crust, or pancakes!



Can You Sweat Your Way to Health?

By Dylan Roche

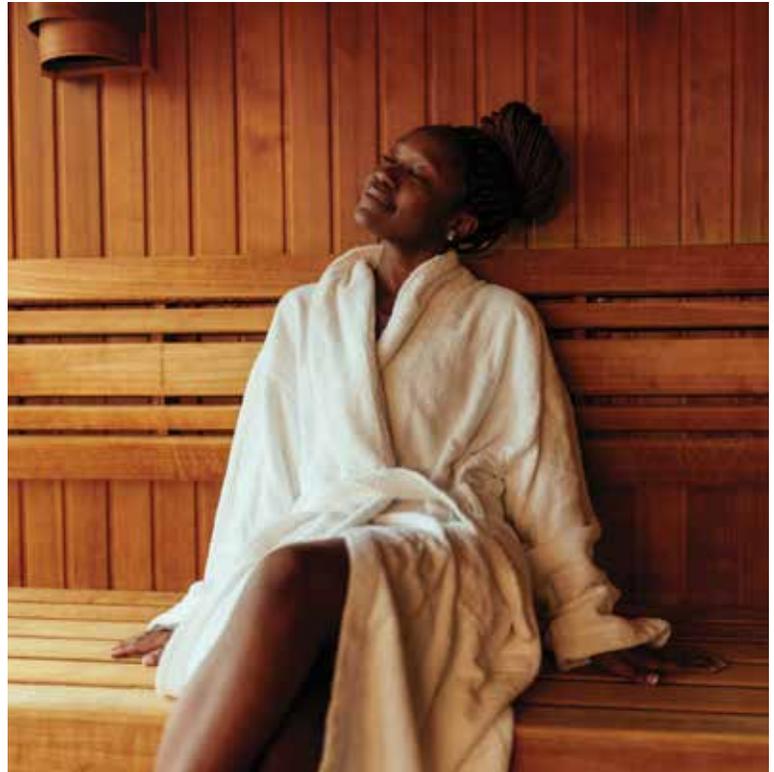
Most of the time, a healthy “sweat session” refers to an intense workout—but sometimes, people just like to sweat it out without the intense physical movement. Saunas, steam rooms, and sweat lodges are touted as places where you can enjoy some heat-related health benefits like detoxing, relaxing, and even improving your cardiovascular health. But be careful: Some of these hot tips might be little more than hype. If you’ve ever wondered about the effectiveness of your sauna time, here are the answers to your questions...

DOES SWEATING ACTUALLY ELIMINATE TOXINS FROM THE BODY?

This is a longstanding myth. Sweat doesn’t significantly detox our bodies—that’s what our kidneys and liver are for, and they do it effectively. Research shows that some substances, like trace heavy metals, may leave our bodies via sweat, but not in any significant way. If sweat depletes our bodies of anything, it’s electrolytes, which is why it’s important to make sure you’re getting plenty of sodium (salt), potassium, calcium, and magnesium in addition to water and other fluids when you sweat heavily.

CAN SWEATING BOOST OUR HEART HEALTH?

We usually associate sweating with intense physical activity, so it makes sense that we would think it’s good for our heart. You might be surprised to learn that the heat induces what’s known as vasodilation, or widening of blood vessels, which can improve your circulation and lower your blood pressure.



IS IT GOOD TO BREATHE IN WARM AIR?

Warm, humid air can be very good for our respiratory system. Steam inhalation helps clear our nasal passages and can temporarily relieve congestion or sinus problems. Be careful though—if you have respiratory conditions like asthma or COPD, steam inhalation can hinder healthy breathing.

WILL HEAT HELP ME RELAX?

For some of us, intense heat is uncomfortable. But for short periods of time, heat can be relaxing. It prompts our bodies to release endorphins, which improve our mood. Anecdotal evidence shows that people who spend time in saunas or sweat lodges claim to feel decreased anxiety and improved mental clarity; this could simply be because being in a sauna gives them a chance to get away from stressors, or in the case of a sweat lodge, they are engaged in meditative or ritualistic introspection.

HOW DO I STAY SAFE IF I WANT TO DO A SWEAT SESSION?

Heat can be dangerous when it’s extreme or when you stay in it too long. When you’re subjecting yourself to extreme heat, don’t spend more than 15 minutes at a time and do no more than two or three sessions per week. Drink plenty of water (ideally with electrolytes) before and after to prevent dehydration.

Can We Maintain Healthy Brains as We Age?

By Dylan Roche

Your brain is a powerful organ—it processes and stores information, it sends signals to carry out bodily functions like heartbeat and digestion, it recognizes pain or other sensations, and it regulates your emotions.

When most people are young, their brains work fairly well. They have no problem absorbing and retaining new information, for example. But like other organs of our body, such as our skin, our bones, or maybe even our heart, our brains start to lose a little bit of function as we age.

Is the loss of brain function inevitable? Far from it! In fact, many healthy practices we observe for good overall health, such as exercise, good nutrition, and sufficient sleep, offer specific benefits for our brain, keeping us at our cognitive best as we progress in years.

But to understand how to maintain a healthy brain, it's important to start with understanding what happens to our brains as we get older and what increases our risk factors of declining brain health.



WHAT DOES IT MEAN FOR OUR BRAINS TO AGE?

OUR BRAINS LITERALLY SHRINK. Talking about losing our mind isn't just a metaphorical thing: Our brains lose volume as we get older, so we have less brain when we're older than we do when we're younger. This happens around middle age, and most of the volume loss occurs in two key areas, the prefrontal cortex, which is responsible for our decision making, and the hippocampus, which is what we use for memory.

WE SUFFER FROM LOSS OF SIGNAL. The other part about an aging brain is a weakened ability to exchange neurotransmitters between the working units of our brain called neurons. When neurons don't transmit information as readily, it affects our mental and emotional performance. If our neurons don't send sufficient amounts of the feel-good chemical dopamine, it can dampen your mood and leave you feeling unmotivated. If they don't send acetylcholine, it can hinder the speed of your reflexes, your ability to focus, or whether you're able to retain new information.

ULTIMATELY, THERE'S LESS FUNCTION. With less volume and weakened neurotransmitters, your brain just doesn't work the way it used to—and that shows itself in so many of our regular activities. For some people, it might show up in the form of memory loss, an inability to multitask, or slow thinking. This varies widely from person to person, and neurodegenerative diseases like Alzheimer's disease and Parkinson's disease can speed up the loss of neurons or diminishing of brain mass.

IS DECLINING BRAIN HEALTH INEVITABLE?

It's completely normal for our organs to weaken a little bit as we get older. Think about how our skin loses some elasticity and wrinkles, or how our hair thins, or how our bones might be more susceptible to fractures. But the severity of our aging comes down to our lifestyle, and certain risk factors can make the aging process worse—that applies to brain health, too. **Some major risk factors affecting brain health include:**

- ◆ Chronic health conditions like high blood pressure, diabetes, and high cholesterol, which can reduce blood flow to the brain.
- ◆ Excessive alcohol use and high stress levels, of which both speed up loss of brain volume.
- ◆ Lack of exercise, which can reduce blood flow and oxygen to the brain.
- ◆ Poor sleep, which deprives your brain of an ability to clear waste and consolidate memories

HOW CAN WE KEEP OUR BRAINS HEALTHY?

The best approach to maintaining a healthy brain is maintaining a healthy overall body. Practices like exercise, stress management, good nutrition, sleep, and socializing can keep your mind sharp well into old age. Here's how:

EXERCISE. A healthy organ is one that's consistently getting oxygen from blood flow, and exercise keeps our cardiovascular and circulatory systems at their best. But there may be more to it than that. Dr. Ryan Sultan, a double board-certified psychiatrist and the founder and medical director of Integrative Psych in Chelsea, New York, and Miami, Florida, sees exercise as a way of feeding your brain, in a way. "I think people underestimate the importance of exercise in brain health," he says. "Regular exercise boosts anti-inflammatory cytokines and brain-derived neurotrophic factor—the 'fertilizer' for your brain that supports growth in key regions of the brain related to memory such as the hippocampus. It also protects existing brain cells as the brain ages."

STRESS MANAGEMENT. Chronic stress raises our blood pressure, which, like being sedentary, limits blood flow to the brain. Practices like meditation or therapy are good for our mental health not just in the shorter term by helping us achieve clarity and regulate our emotions, but also by reducing our stress levels and

ensuring our brains remain strong, functioning organs. At the very least, take time every day for some deep breathing exercises.

NUTRITION. A nutritious diet gives our brain the energy it needs to function and repair itself from regular wear and tear. Michael Chmura, spokesman for Boston-based Hebrew SeniorLife, an affiliate of Harvard Medical School, recommends the MIND Diet (Mediterranean-DASH Interventions for Neurodegenerative Delay), a popular brain-focused way of eating that combines the Mediterranean Diet with the DASH Diet, short for Dietary Approaches to Stop Hypertension. The focus on leafy greens, nuts, berries, beans, whole grains, fish, and olive oil, with limitations on red meat, butter, cheese, sweets, and fried foods, supports blood flow to the brain and reduces the oxidative stress that can play a factor in brain aging.

SLEEP. Sleep is when your glymphatic system does its work, clearing out metabolic waste and excess interstitial fluid that builds up in your brain, as well as beta-amyloid, the protein linked to Alzheimer's. Focus on quality of sleep as well as quantity by maintaining a consistent sleep schedule, which will create *sleep pressure*, the natural recognition by our body that it's time to sleep and sleep deeply.

SOCIALIZE. Finally, don't forget that socializing is good for our brain. Get out and interact with people who are engaging, intellectually challenging, and emotionally supportive. "Lacking social connection is as dangerous to your health as smoking 15 cigarettes every day," Chmura says. "Building strong social connections and managing stress through evidence-based relaxation strategies can foster mental wellness."





Baring It All

CAN YOU BENEFIT FROM TRAINING BAREFOOT?

By Dylan Roche

The next time you reach for a dumbbell or barbell, stop and think about what's on your feet as much as what you're lifting in your hand. If you're wearing a modern athletic shoe, there's a good chance it was made with a lot of padding. That's great for stability—unless, of course, your body is becoming so dependent on the stability your shoe provides that you're becoming less and less naturally stable.

That's not good, because the whole point of exercising is improving your strength and mobility. Hence why many weightlifters are opting to lift weights barefoot. This sans-shoe strength training is so popular because it offers three major benefits:

1. Greater focus on stability: Go ahead and stand barefoot. Notice how your feet might feel a lot more sensitive? This is called proprioception. Your body is more aware of how it is positioned (and how it needs to move). This means you're more likely to

engage your arches, toes, and ankles to maintain stability that you would take for granted in shoes, which means you'll be more stable when you're performing lifts like squats and deadlifts.

2. Stronger feet and ankles:

It's not just about stabilizing yourself in the short term (that is, during your workout). All that stabilization means your feet and ankles get stronger, and walking around in your day-to-day life with stronger feet and ankles puts you at reduced risk of injury. Plus, you'll have an easier overall time moving and staying active as you age.

3. Better form: When you're lifting weights barefoot, you keep yourself more grounded. You don't have cushioning underfoot to disrupt the way you transfer your body weight as you move. This forces you to have better form as you lift weights, so your exercises are more efficient (and less likely to result in injury).

WHAT TO CONSIDER...

Yes, lifting weights barefoot can be good for your workout—but not for everyone. Keep your barefoot training safe and healthy with these pointers:

- ◆ If you have any foot problems, such as plantar fasciitis or flat feet, you may fare better in supportive footwear.
- ◆ It's also important to think about where you're working out. If you're at home or a small weight room where you know everyone using the space, going barefoot is reasonably hygienic. Going barefoot at a huge fitness center could leave you at risk of an infection like athlete's foot.
- ◆ If you've been training in shoes for many years, let yourself transition gradually so there's less strain on your feet. Move from highly cushioned shoes to minimally cushioned shoes, then to socks, and finally bare feet.



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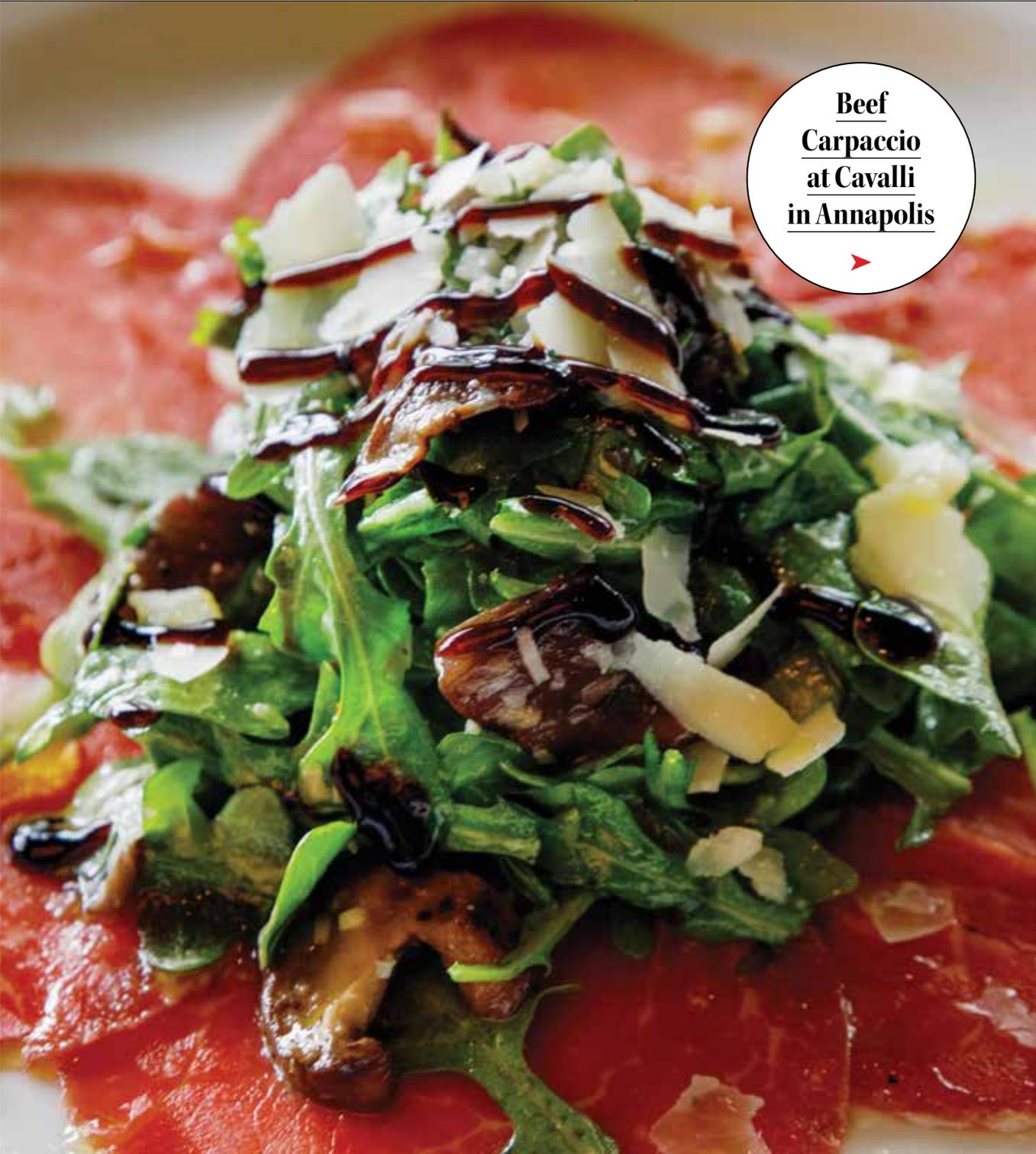


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Food & Dining

166 CLASSY STYLE AND SUBSTANCE AT CAVALLI

170 READERS' DINING GUIDE



Beef
Carpaccio
at Cavalli
in Annapolis



Classy Style and Substance at Cavalli

By Tom Worgo



Walking into Cavalli is like stepping into a modern Italian fantasy. It's where Tuscan warmth meets high design. The restaurant evokes an upscale yet inviting charm with sleek dining spaces, contemporary lighting, and elegant decor that create an impressive atmosphere.

It's easy to get comfortable in the tastefully appointed and spacious dining room, the inviting outdoor patio, or one of three private dining rooms. The setting is fluid—adapting between intimate dinners, festive gatherings, or congenial bar-side moments. The eye-catching bar and lounge—with style and energy—feels perfect for relaxing over crafted cocktails or a glass of wine from their expertly-curated wine list.

“It's a trendy restaurant with a modern look,” says Brian Hovermale, who co-owns Cavalli with restaurateurs Lino DiMeo, Arturo Ottaviano, Ivano Scotto, and Jamie Kujawski. “It has a very good ambiance—one of the best of all restaurants in Annapolis.”

It also features great food. It's not hard for patrons to find something on the menu they'll like. Diners crave Chicken Parmigiana and ribeye steaks as much as any dish. “It's the most popular thing,” Executive Chef Marcel Camacho says of Chicken Parmigiana. “The taste is amazing.”

To learn more, we recently talked to Hovermale and Camacho.

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Brian, what are the key elements to making Cavalli successful? We felt that with our reputation and quality of restaurants in the immediate Annapolis area, we could fulfill a need in the community for fine Italian dining. It serves the community well here, and it's a nice, central location. We have large dining rooms, three private dining rooms, and a large bar. We offer prime cut meats, fresh house-made pasta, and fresh seafood.

What kind of work did you do before opening?

It was a turnkey restaurant, which doesn't happen all that often. That was the first time we came across something like that. The place was almost brand new. We dealt with permitting, getting the liquor license transferred to us, and we upgraded kitchen equipment.

What was the search like when looking for a location? We liked the Town Center and, at the time, we thought it would be a good location to serve the community. We were looking in Annapolis, and this just happened to become available. It's the main shopping center in Annapolis if you think about it. The center is very busy and we liked the high visibility.

How do you keep customers coming back? By delivering a good product consistently. We also have complimentary valet parking to make visiting the restaurant convenient for the customer. We want to make the restaurant inviting and have a pleasing atmosphere. It also has to be clean and serve great food.

What appeals to you about Marcel as chef? What sets him apart from others? He is very precise and meticulous with the plating of the dishes. He is very organized and trains those under him very well. He is very good with his inventory control, creates elevated dishes, and executes the new menu well. His food is consistent.

**“IT HAS A
VERY GOOD
AMBIANCE—ONE
OF THE BEST OF
ALL RESTAURANTS
IN ANNAPOLIS.”**



Marcel, how important is it to have house-made pasta? Only a few restaurants make pasta from scratch, and that's key to our restaurant. You'll get better quality and taste. It's all about the flavor and texture of the pasta, which is hard to make from scratch. It's a long process and takes a lot of effort and care.

What is your favorite dish to cook? I like to try different things and, right now, one of my favorites is raw fish cooked with citrus juices from lemons and limes—it's called ceviche. I slice the fish thinly, let it sit for a couple of hours in the juices, and then add different ingredients like onions and specialty peppers. It's delicious and very healthy.

Another dish is Chicken Parmigiana. We use organic chicken breasts coated with eggs, flour, and breadcrumbs mixed with Parmesan cheese. Then it's deep fried. We finish the dish with mozzarella cheese, pasta, and tomato sauce. Every ingredient we use makes the flavor great. People love the dish.

What else do the customers enjoy? We sell a lot of ribeye steaks. We source the meat from the butcher and cut the steaks from scratch. We cook the steak, then let it rest for five minutes, so all the juices are concentrated. We finish it with butter, salt, and pepper. People describe these steaks as better than from any steak house around here.



What kind of impact do you feel you've made on the restaurant? I have been here since the beginning and we deliver quality and consistency, which is the key for any fine dining restaurant. My food is very consistent and that's why customers keep coming back. I do a specials menu every week. It's all about quality.

Are you seeing any new trends with Italian cuisine and are you using them? How do you keep up with the latest trends? Yes, from International Gourmet Foods in Virginia. We get everything imported from Italy by them and that's how many trends come. I also keep up with trends by doing research online and looking at various vendors. We'll modify the menu to reflect trends.

**CHILEAN
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TERIYAKI**

with Roasted Vegetables
And Mashed Potatoes

Serves 3



Ingredients

For the Fish Marinade:
Three 6oz filets Chilean seabass fillets
1 cup Teriyaki glaze
1/4 cup Rice vinegar
1 Tbsp Fresh rosemary, chopped
1 Tbsp Fresh thyme, chopped
2 tsp Fresh garlic, minced

For the Roasted Vegetables:

1 lb. Brussels sprouts (halved)
1 each Red and yellow bell peppers
1 head Cauliflower florets
1 Yellow squash
1 Zucchini
1 Red onion
1 tsp Dried oregano
Salt and black pepper, for taste
3/4 cup Olive oil

Other Components:

Mashed potatoes (prepared ahead)

Instructions

1. Marinate the Fish. In a bowl, combine teriyaki glaze, rice vinegar, chopped rosemary, thyme, and minced garlic. Coat the Chilean seabass fillets with the marinade and let sit for about 10–15 minutes.
2. Roast the Vegetables. Preheat your oven to 450F (fan on). Toss the prepared vegetables with olive oil, dried oregano, salt, and black pepper. Spread them out on a baking sheet and roast for 15–20 minutes until tender and slightly caramelized.
3. Sear and Finish the Fish. Heat a pan over medium-high heat with a bit of oil. Sear the marinated seabass fillets for about 1–2 minutes on each side until golden. Then transfer them to the oven (still at 450F) and finish cooking for a few more minutes, depending on your desired doneness.
4. Plating. Place a serving of mashed potatoes in the center of the plate. Arrange the roasted vegetables on either side. Gently place the cooked seabass on top of the vegetables and mashed potatoes. Garnish with fresh herbs if desired.



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202 West Street, Annapolis; 410-242-0922; lighthousebistro.org \$ ●●●

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36 West Street, Annapolis; 410-267-9950; lunablufanapolis.com \$\$ ●●

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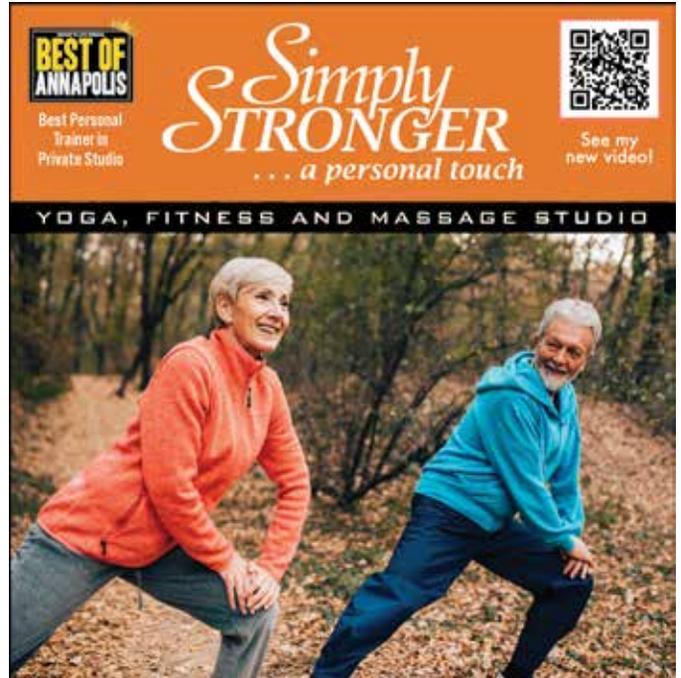


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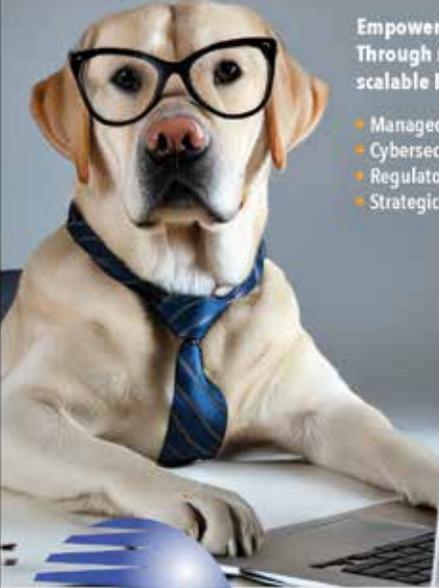
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