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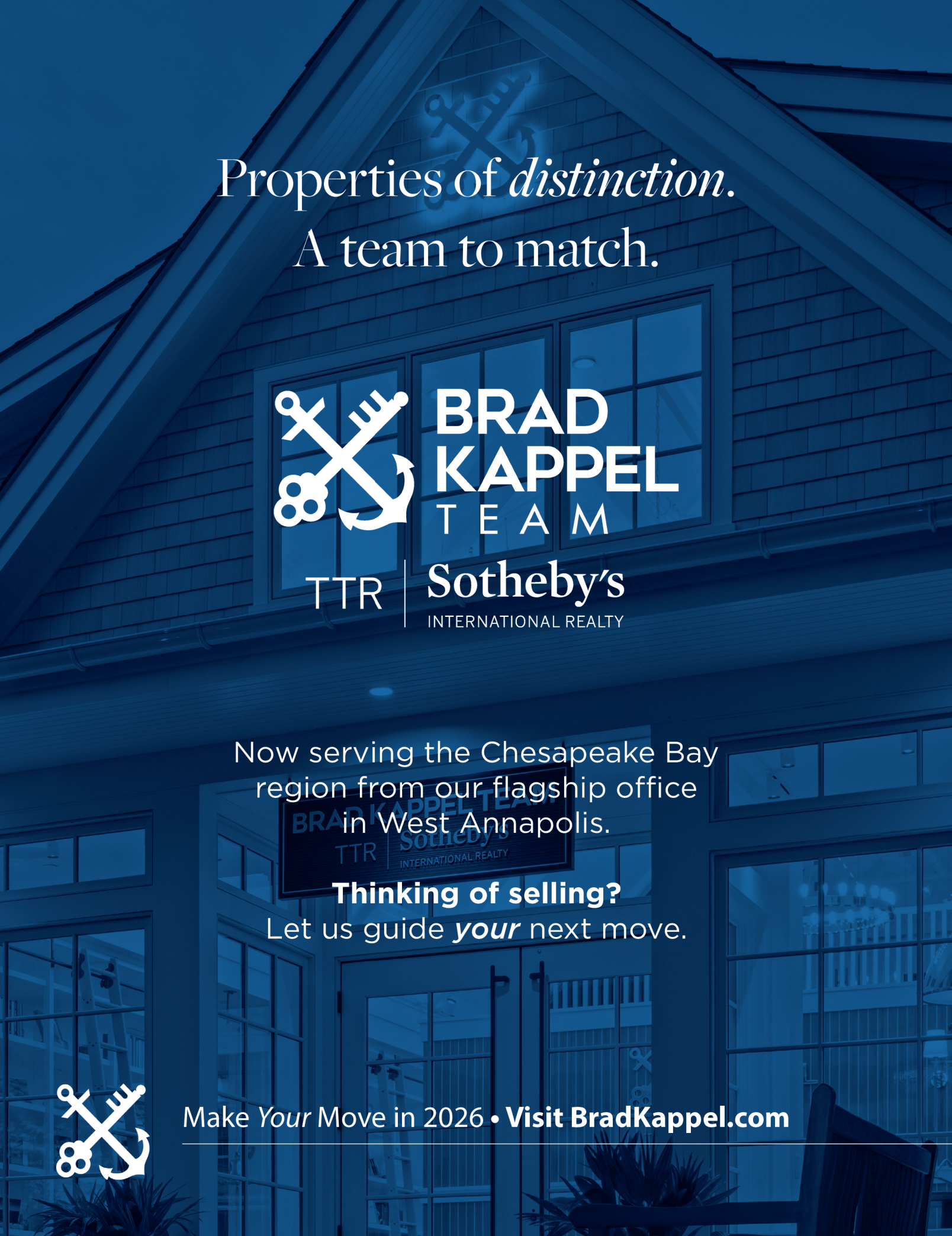
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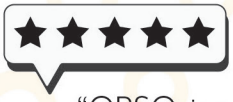

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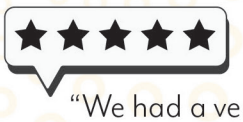

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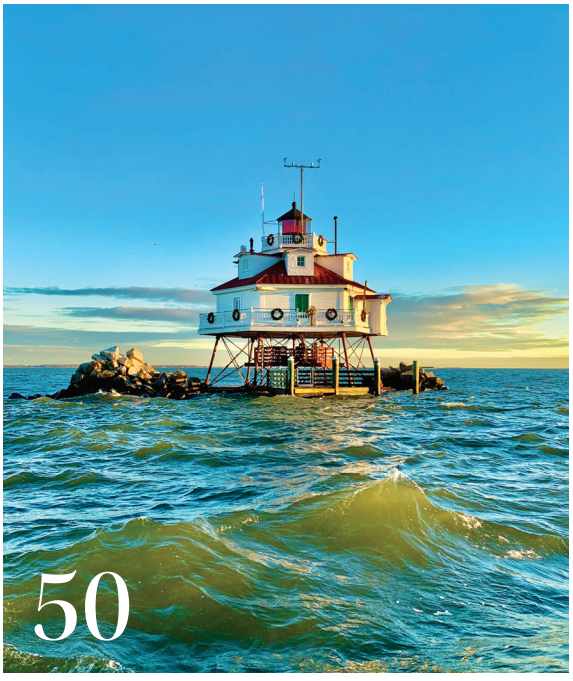

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WHAT'S UP? MEDIA'S
HOME EXCELLENCE AWARDS 2027

THE MOST EXQUISITE AND COMPELLING PROJECTS IN RESIDENTIAL CONSTRUCTION AND DESIGN!

What's Up? Media's 2027 Home Excellence 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 11 award categories. Entries—consisting of a project description and accompanying photographs—will be accepted through the October 31st deadline.

whatsupmag.com/homeexcellenceawards2027

Awards will be published in the February 2027 issues of What's Up? Annapolis, What's Up? Eastern Shore, and March 2027 issue of What's Up? Central Maryland.

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After more than 15 years practicing real estate and commercial law, Claire wanted fewer billable hours and more time in the industry she loved. She joined Leslie at a small DC-based brokerage as Principal Broker and General Counsel. After 10 successful years, they decided to create a boutique brokerage where they could invest more meaningfully in their agents and provide better service to clients. At Omnia, Claire brings a lawyer's eye for detail and deep knowledge of real estate throughout Annapolis and the DMV.

Leslie is Omnia's secret weapon. With nearly 15 years serving clients across Annapolis and the DC metro area, she brings extensive experience in strategy, forms and negotiation. Her knowledge shows in how she works: responsive, calm, precise and genuinely attentive to what people need.

Around them is Omnia's carefully selected team, with each agent bringing unique experience, perspective and local knowledge. Their strengths differ, but they share the same foundation: strong ethics, expertise and genuine care for clients. More than a collection of agents under one name, Omnia is a collaborative group that exchanges ideas, supports one another and continually improves. Success is measured by quality—not the size of its roster. Together, they serve buyers, sellers and investors across DC, Maryland and Virginia without making anyone feel like just another transaction. Omnia means "all things"—a fitting name for a company with many strengths working toward excellence.

Claire and Leslie may be the sisters at its heart, but the entire team brings its mission to life through an experience that feels manageable, memorable and refreshingly human.











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Two things make the Eastern Shore a special place - family and community. 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 55 years, the Waterfowl Festival has been a must-attend event celebrating the best of wildlife art, sporting traditions, community and conservation.

Visitors can enjoy decoy carving, shopping, 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 13-15, 2026

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

Photos: Ron Haddaway, Liam Swadley

The Waterfowl Festival gratefully acknowledges the support of our 2026 Legacy Conservation Partners

Arts & Culture

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HIGHLIGHTING ENTERTAINMENT, COMMUNITY, AND EVENTS



Annapolis Sailboat Show

PG. 28

Photo by Josh Davidson



ANNE ARUNDEL COUNTY LIFELINE 100 BICYCLE EVENT

Explore Anne Arundel County on two wheels during the 12th Annual Lifeline 100 Bicycle Event, taking place October 4th at Kinder Farm Park in Millersville. Designed for cyclists of all ages and abilities, the inclusive event offers 15- and 30-mile paved trail rides along with scenic 65- and 100-mile routes featuring water views and historic sites throughout the county. Younger riders can join the fun with a free bike rodeo and family ride, and cyclists with special needs and bikes of all kinds are welcome to participate. Presented by Anne Arundel County Recreation & Parks, Anne Arundel County Police, and Bicycle Advocates for Annapolis & Anne Arundel County, the annual event brings the community together for a day of cycling and outdoor recreation. More info: lifeline100.com

ODENTON FALL HARVEST FETSIVAL

Celebrate the season at the first-ever Odenton Fall Harvest Festival, happening October 2nd through 4th at the Odenton Volunteer Fire Company in Odenton. The weekend kicks off Friday from 5 to 9 p.m., continues Saturday from 10 a.m. to 5 p.m., and wraps up Sunday from 1 to 5 p.m. Families can enjoy kids' carnival rides, seasonal food and treats, and plenty of fall fun while spending time with the local community. Admission is free, with ride and food prices varying, and proceeds from the festival will benefit the Odenton Volunteer Fire Company. More info: ovfc28.org





Photo by United States Yacht Shows, Inc.

2026 Annapolis Power Boat Show

Downtown Annapolis transforms into a boater's paradise when the Annapolis Powerboat Show returns to City Dock October 8th through 11th, beginning at 10 a.m. each day. Floating docks fill Ego Alley and Annapolis Harbor with an impressive selection of new and premiering powerboats, while shoreside exhibitors showcase the latest boating equipment, accessories, apparel, and more. From experienced boaters and anglers to those just discovering life on the water, visitors can walk the docks, explore what's new in the industry, and experience one of Annapolis' signature maritime traditions. More info: annapolisboatshows.com



BEAGLE BASH!

Celebrate 25 years of Beagle Rescue of Southern Maryland at Beagle Bash, taking place October 4th at Crownsville Canine in Crownsville. The anniversary celebration will bring together more than 100 BRSM alumni and honorary beagles for a day dedicated to the dogs, volunteers, and supporters who have helped the organization find homes for more than 2,600 beagles. Guests can enjoy a bake sale with treats for people and pups, raffle prizes, a photo booth and photos with Snoopy, adoptable dogs, food, goodie bags, and more. This year's celebration will also honor the memory of longtime BRSM supporter Doug Labant, who passed away last year. More info: beaglemaryland.org







Photo by Josh Davidson

Annapolis Sailboat Show

Sailors from near and far return to downtown Annapolis for the Annapolis Sailboat Show, taking place October 15th through 18th at City Dock beginning at 10 a.m. each day. The internationally acclaimed show fills the harbor with sailboats from manufacturers around the world, including multihulls, monohulls, cruisers, racers, sailing dinghies, and more. Along the shore, visitors can explore tents featuring the latest nautical gear, electronics, sails, rigging, charter opportunities, educational resources, and sailing clubs. Whether you're an experienced sailor or simply curious about life under sail, the show offers four days to explore the industry and connect with the sailing community. More info: annapolisboatshows.com





HOEDOWN ON THE FARM

Spend a fall evening on the farm at Maryland Therapeutic Riding's Hoedown on the Farm, happening October 3rd from 4 to 7:30 p.m. in Crownsville. This family-friendly celebration features BBQ, live music and dancing, games, activities, and plenty of opportunities to enjoy the farm with family and friends. Proceeds benefit MTR's equine-assisted services, which use the healing power of horses to support children and adults of all abilities, veterans, active-duty military members, first responders, and their families. More info: horsesthatheal.org



YOU'RE A GOOD MAN, CHARLIE BROWN

Join Charlie Brown and the entire Peanuts gang for You're a Good Man, Charlie Brown, coming to Annapolis Mall October 2nd through 4th. Based on the beloved comic strip by Charles Schulz, the award-winning musical follows Charlie Brown, Snoopy, Lucy, Linus, Sally, and Schroeder as they tackle life's big questions through baseball games, homework struggles, crushes, songs, and the simple joys of friendship. October performances are Friday, October 2nd at 7:30 p.m.; Saturday, October 3rd at 2 and 7:30 p.m.; and Sunday, October 4th at 2 p.m. With music, humor, and familiar characters, the production offers a nostalgic experience for longtime Peanuts fans while introducing a new generation to the gang. More info: compassrosetheater.org

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PORCHFEST ANNAPOLIS 2026

Experience Annapolis one porch at a time during Porchfest Annapolis, returning October 24th from 11 a.m. to 3 p.m. across various neighborhoods throughout the city. The free community music festival transforms porches, stoops, driveways, and front yards into neighborhood stages where local musicians perform as attendees stroll from one stop to the next. After debuting in the Germantown-Homewood neighborhood in 2025, this year's event will expand its focus to showcase more of Annapolis while bringing neighbors together through local music and community connection. A rain date is scheduled for October 25th. More info: porchfestannapolis.com





2026 Walk to End Alzheimer's

Join the community in the fight against Alzheimer's at the 2026 Walk to End Alzheimer's, taking place October 18th at Sandy Point State Park in Annapolis. Registration begins at 11 a.m., followed by the opening ceremony and walk at noon, bringing together families, friends, caregivers, and supporters to raise awareness and funds for Alzheimer's care, support, and research. Participation is free, though registration is required and donations and fundraising are encouraged. Every step helps support the Alzheimer's Association's work toward a future without Alzheimer's and other dementias. More info: act.alz.org



2026 BUSINESS HALL OF FAME AWARDS DINNER

Celebrate the people shaping Anne Arundel County's business community at the 2026 Business Hall of Fame Awards Dinner, taking place October 15th from 5:30 to 8:30 p.m. at the DoubleTree Annapolis. Hosted by the Anne Arundel Chamber of Commerce, the evening will recognize this year's Hall of Fame inductees Paul Gable, Sherry B. Perkins, Raymond Crosby, and Michael N. Russo Jr., along with Lifetime Achievement honoree Richard "Dick" Franyo and Business Leader of the Year Brendan "BK" Kelly. The annual dinner brings the local business community together to recognize leadership, achievement, and lasting contributions throughout the region. More info: annearundelchamber.org







A TOAST TO HISTORY

Step back into Annapolis-area history as Historic London Town & Gardens commemorates the nation's 250th anniversary with a special evening on October 8th from 5 to 8 p.m. at its waterfront campus in Edgewater. Guests can explore the historic site and gardens while experiencing London Town's colonial past through living history interpreters, colonial cocktail history talks, live music, interactive photo opportunities, and immersive programming. Heavy hors d'oeuvres, a cash bar, wine pull, and more round out the evening, with general admission and an enhanced VIP experience available. Proceeds from the event support Historic London Town & Gardens' mission to preserve and share the stories that have shaped the community. More info: historiclondontown.org

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Art @ The Park

Art and nature come together for the 36th annual Art @ the Park, returning to Quiet Waters Park in Annapolis on October 17th and 18th from 10 a.m. to 4 p.m. each day. Set against the park's scenic fall surroundings, the two-day fine arts festival features unique works of art, live music, artist demonstrations, food trucks, and free activities for kids. Visitors can spend the day browsing art while enjoying the beauty of one of Annapolis' favorite outdoor spaces, and leashed dogs are welcome in outdoor areas. Admission to the park is $8 per vehicle. More info: fqwp.org

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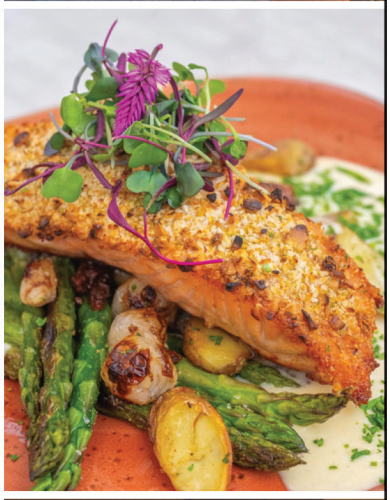



Autumn Farm Fun

YOUR REGIONWIDE GUIDE TO PUMPKIN PATCHES, CORN MAZES, AND FALL ACTIVITIES!

From pumpkin picking and corn mazes to hayrides, farm animals, fall festivals, and harvest-season treats, our Chesapeake Bay region offers plenty of ways to enjoy autumn outdoors. The following county-by-county list focuses on family-friendly farms and destinations that offer fall activities this month or have seasonal programs that are expected to return.

Editor's note: Schedules, admission prices, and activities can change because of weather and operations. We researched dates and details at publication and recommend double-checking with each destination before visiting.

ANNE ARUNDEL COUNTY

Maryland Corn Maze — Gambrills: 389 Gambrills Road, Gambrills, MD 21054 • 240-398-6430 • info@mdcornmaze.com • mdcornmaze.com. One of Anne Arundel County's best-known fall destinations, Maryland Corn Maze features an n eight-acre corn maze along with a collection of farm-yard activities, food vendors, and more. This year's theme is "Get Lost in Your Childhood with All Your Favorite Toys." Select weekdays are also offered during the season. The property is part of a longstanding working farm operation, and visitors can combine the maze with other outdoor activities and seasonal treats.



Y Worry Farm

Knightongale Farm Pumpkin Patch & Fall Festival — Harwood: 3924 Solomons Island Road, Harwood, MD 20776 • 410-320-1363 • knightongalefarm.com. This 82-acre family-owned working farm offers seasonal "agri-tainment" including a pumpkin patch, corn maze, and fall festival. A destination for family-friendly seasonal activities, the farm has operated a fall festival for years.

Y Worry Farm — Davidsonville: 1501 Rossback Road, Davidsonville, MD 21035 • 410-451-2855 • yworryfarm.net. Y Worry Farm offers a wonderfully old-fashioned alternative to larger commercial fall festivals. The family farm grows approximately five acres of pumpkins, allowing visitors to roam the fields in search of a pumpkin. There is also a small corn maze, cornstalk teepee, straw pyramid, chickens, and goats. Admission to the farm is free. The pumpkin patch traditionally operates on October weekends.

Greenstreet Gardens Fall Festival & Corn Maze — Lothian: 391 West Bay Front Road, Lothian, MD 20711 • 410-867-9500 • greenstreetgardens.com. Greenstreet Gardens is a longstanding fall destination. Recent seasonal programs have included a corn maze, hayrides, tire tower, underground slide, corn box, and children's activities.

Homestead Gardens Fall Festival — Davidsonville: 743 West Central Avenue, Davidsonville, MD 21035 • 410-798-5000 • homesteadgardens.com. Homestead Gardens' Davidsonville location traditionally hosts weekend fall festivals featuring tractor hayrides, a hay maze, Pumpkin Express, pumpkin painting, obstacle courses, bounce houses, face painting, barnyard animals, food/drink vendors, and live entertainment. A pumpkin patch and fall market are also available.

Pumphrey Farm — Millersville: 8220 Veterans Highway, Millersville, MD 21108 • 410-987-4290. Pumphrey Farm is primarily a seasonal produce operation, but usually has pumpkins, a corn maze, and family-oriented fall activities.

The Great Annapolis Pumpkins — Downtown Annapolis: Throughout Downtown Annapolis • downtownannapolispartnership.org. While not a traditional farm attraction, the Great Annapolis Pumpkins program brings enormous pumpkins—some weighing more than 1,000 pounds—to Downtown Annapolis for an October display and photo opportunity.

PRINCE GEORGE'S COUNTY

Montpelier Farms Fall Festival — Upper Marlboro: 1720 North Crain Highway, Upper Marlboro, MD 20774 • 410-320-0464 • pgcornmaze@gmail.com • montpelierfarms.com. Montpelier Farms is one of the region's major fall destinations. Running weekends through November 8, the 2026 Fall Festival includes more than 30 attractions, including a seven-acre interactive corn maze, Spookley the Square Pumpkin Corn Maze, hayrides, animals, giant hill slides, corn pit, pumpkin bounce, pig races, playgrounds, combine slide, and numerous other activities. Weekday Playdays are scheduled Tuesdays through Thursdays October 6–29, with a reduced selection of attractions.

Miller Farms — Clinton: 10140 Piscataway Road, Clinton, MD 20735 • 301-297-9370 • millerfarmsclinton.com. Miller Farms' 2026 Fall Family Fun program opens the October 3–4 weekend, with additional fall weekends to follow. The attraction includes hayrides, a corn maze, slides and other farm activities. Fall field trips are available by reservation on Wednesdays through Fridays in October.

Queen Anne Farm Pumpkin Patch — Mitchellville/Bowie: 18102 Central Avenue, Mitchellville/Bowie, MD 20716 • 301-440-7978 • queenannefarm.com. Queen Anne Farm offers a traditional pumpkin-patch experience rather than a giant amusement-style fall festival. The farm's 2026 season runs September 26 through October 31, with the pumpkin patch open daily from 10 a.m. to 5 p.m.



Montpelier Farms Fall Festival



Knightongale Farm



Greenstreet Gardens Fall Festival & Corn Maze

C & E Farm — Glenn Dale: 11415 Old Pond Drive, Glenn Dale, MD 20769 • 301-352-2958. C & E Farm is a longstanding Prince George's County working farm that has traditionally hosted a Harvest Fest during October with pumpkin-patch activities, hayrides, farm animals, face painting, and other family activities.

HOWARD COUNTY

Larriland Farm Fall Festival — Woodbine: 2415 Woodbine Road, Woodbine, MD 21797 • 410-442-2605 • pickyourown.com. Larriland is one of Howard County's premier fall farm destinations. Open September 8 through October 31, the 2026 Fall Festival includes apple and pumpkin picking, hayrides, a giant corn maze, and additional farm activities. Weekend admission is currently listed at $14 per person, while the farm market remains free to shop.

Clark's Elioak Farm — Ellicott City: 10500 Clarksville Pike, Ellicott City, MD 21042 • 410-730-4049 • clarklandfarm.com. Clark's combines a pumpkin patch with its popular petting farm and Enchanted Forest attractions. The farm is open throughout the 2026 season, with the pumpkin patch operating seven days a week from September 19 through November 8. Admission includes the petting farm, Enchanted Forest, Fairy Forest, and play areas; hay wagon rides and other activities are available for additional fees.

Sharp's at Waterford Farm — Brookeville: 4003 Jennings Chapel Road, Brookeville, MD 20833 • 410-489-2572 • sharpfarm.com. Sharp's offers one of the more traditional agricultural fall experiences in the region. The 565-acre working farm hosts fall weekends from September 26 through November 8, 10 a.m.–5 p.m. Visitors can take a hayride to the pumpkin patch or walk to the field-grown pumpkins, visit farm animals, browse the country store, and purchase seasonal decorations.

Mary's Land Farm — Ellicott City: 4979 Sheppard Lane, Ellicott City, MD 21042 • 410-849-4316 • maryslandfarm.com. Mary's Land Farm's fall programming combines a pumpkin patch with a large barnyard experience. Recent fall programs have included animal encounters, play areas, a giant slide, corn pit, train and wagon rides, food vendors, and other family activities.

QUEEN ANNE'S COUNTY

Kent Fort Farm — Stevensville: 135 Eastern Lane, Stevensville, MD 21666 • 410-643-1650 • kentfortfarm.com. Kent Fort Farm offers U-pick pumpkins, tractor rides/hayrides, and a petting-zoo experience during October weekends.

KENT COUNTY

Lockbriar Farms Harvest Festival — Chestertown: 10051 Worton Road, Chestertown, MD 21620 • 410-778-9112 • lockbriarfarms.com. Lockbriar Farms is a diversified fruit-and-vegetable farm with U-pick and retail operations. Its Harvest Festival has become a recurring Kent County fall event, featuring pumpkins, apple cider, a corn maze, hayrides, food, and games.

Kent County Family Fall Festival — Turners Creek Park: Turners Creek Park, Kennedyville, MD 21645 (location subject to change) • kentcounty.com/government/departments/parksrec. Although not held on a commercial farm, past festivals have featured a pumpkin patch, hayrides, pony rides, antique tractors, children's entertainment, food, crafts, and agricultural demonstrations.



Maryland Corn Maze


Maryland Corn Maze


Greenstreet Gardens

TALBOT COUNTY

Councell Farms — Field of Fun — Cordova: 11773 Old Skipton Road, Cordova, MD 21625 • 410-822-8213 • councellfarms.com. Councell Farms is one of Talbot County's premier fall farm destinations. Its "Field of Fun" offers more than 20 farm-related activities, including a corn maze, jumping pillow, and combine slide. During fall, the farm also sells pumpkins, gourds, Indian corn, mums, apples, and cider. The farm generally operates from September through the last weekend of October, weather permitting.

Family Affair Farm — Easton: 30091 Rabbit Hill Road, Easton, MD 21601 • familyaffairfarm.wixsite.com/familyaffairfarm. Family Affair Farm has become an Eastern Shore fall destination through its combination of pumpkins and a corn maze. The farm's agricultural programming also emphasizes education and family participation.

CAROLINE COUNTY

JZ Farms Fall Fest — Federalsburg: 6526 Dion Road, Federalsburg, MD 21632 • 443-786-7183 • jzfarms21@gmail.com • jz-farms.com. JZ Farms is one of the region's largest and most activity-packed fall attractions. The 2026 Fall Fest, running September 10 through November 1, features more than 20 attractions, including a 10-acre corn maze, kiddie maze, U-pick pumpkin patch, jumping pillows, farm animals, playhouses, corn-bin basketball, low ropes course, tire playground and more. Saturday October evenings feature a nighttime maze experience; visitors should bring flashlights.

Redemption Farms — Denton: 26564 Hignutt Road, Denton, MD 21629 • 443-786-9263 • redemptionfarmsmd@gmail.com • redemptionfarms.com. Redemption Farms offers a quiet agricultural alternative to larger, busier farms. Its fall program usually features pick-your-own pumpkins and apples, farm tours, and family activities.

Bartenfelder Farms — Preston: **4110 Payne Road, Preston, MD 21655 • 410-913-2590 • bartfarms9813@yahoo.com • facebook.com/BartenfelderFarmsPreston.** Bartenfelder Farms has a history of showcasing fall festivals with a corn maze, petting zoo, hayrides (some haunted!), as well as pumpkin painting and other family activities.

DORCHESTER COUNTY

Emily's Produce — Cambridge: **2214 Church Creek Road, Cambridge, MD 21613 • 443-521-0789 • emilysproduce.com.** Emily's Produce is one of Dorchester County's more popular farm-family destinations. During fall, the farm offers U-pick pumpkins, a Milo maze, children's activities, mums, and farm-market products. "Kyle's Farm Fun" onsite provides a free children's play area, while farm animals—including chickens, rabbits and pygmy goats—add to the experience.

Breckenridge Adventures — Vienna: **Mill Road, Vienna, MD 21869 • 443-521-9588 • facebook.com/BreckenridgeAdventures.** In past years, Breckenridge Adventures has offered one of the Eastern Shore's larger corn-maze experiences, with a nine-acre maze, themed Milo maze, pumpkin patch and numerous family activities. Duck races, pedal carts, sand play, apple chunking, corn cannon, pumpkin carving, flashlight maze nights, and bonfires round out the experience.

Shiloh Heritage Acres — Hurlock: **5910 Shiloh Church Hurlock Road, Hurlock, MD 21643 • 443-786-4217 • facebook.com/ShilohHeritageAcres.** Shiloh Heritage Acres is a small-scale sustainable farm with seasonal produce, U-pick flowers, farm animals and educational programs. Its roadside stand offers pumpkins during the fall season.





New Gallery Ups the Arts Vibe on Maryland Avenue

By Carol Denny

Across the street from the Maryland State House, a narrow boardwalk leads to a modest clapboard house. A bright red sign above marks the visual arts showcase that resides within: the Circle Gallery of the nonprofit Maryland Federation of Art.

MFA opened Circle Gallery back in 1968 with a vision of presenting talented artists in juried and solo exhibitions. By any measure, the organization has been remarkably successful—so successful, in fact, that it's now the capital's oldest gallery, offering more than 40 shows a year. Its annual outdoor Paint Annapolis event attracts hundreds of premier artists from the mid-Atlantic and beyond, who fill the city's sidewalks and piers with their easels. Ongoing partnerships with Maryland Hall for the Creative Arts and local restaurants provide additional venues for MFA members and others to show their work.



The Avenue Gallery will host Arts Lab seminars for working artists and would-be arts buyers.

Over the years, as MFA expanded, growing pains emerged. "We needed space—something bigger than Circle Gallery, and something that would give us more of a storefront presence," Executive Director Patrice Drago says, and the search for a building began. It took a year for the solution to appear, but this June, MFA signed the lease on a two-story building at 76 Maryland Avenue, which opened in August. The new space offers room for additional exhibits and a chance to expand programming in intriguing directions.

To name the new annex, MFA sought suggestions from the community. Of the many ideas contributed by friends, members, and Maryland Avenue neighbors, the winner was simple: the Avenue Gallery.

"MARYLAND AVENUE CURRENTLY OFFERS THE BROADEST SPECTRUM OF ART ON ONE TWO-BLOCK STREET THAT'S POSSIBLE. WHAT'S NOT TO LIKE ABOUT THAT?"
—JO FLEMING

With abundant light and plenty of wall space, the Avenue Gallery provides the display area that MFA needed, plus a new venue to accommodate the many events associated with Paint Annapolis. "We'd talked for so long about doing this, even before Covid, and established an ad hoc committee for space expansion to come up with a plan. And now it's here," Drago says.

One of Drago's long-held dreams for the space is built-in workstations where MFA members will be invited to create their art, live and in person. "We'll start with dry media at first, and the spaces will be open whenever we're open," she says.



MFA's new Avenue Gallery represents a major expansion for the arts organization.

Photos courtesy of Maryland Federation of Art

Another of Drago's ideas is a series of workshops called Art Journey Labs, designed to help artists master the business of selling their creations. "I've wanted to offer these for years and years," she relates. "We'll bring in experts to speak on practical topics—how to do framing, how to build a website, how to price your paintings. We'll have programs for non-artists, too, such as how to buy art." MFA plans to offer 12 Art Journey sessions this year. The new gallery is introducing monitors to digitally display works by MFA members, too.

With the opening of the Avenue Gallery, Maryland Avenue is amplifying its reputation as an art thoroughfare for visitors and residents. Jo Fleming, who owns and operates Jo Fleming Contemporary Art next door, welcomes her new neighbor warmly.

"Since 2017, I've been on Maryland Avenue, and it's been in constant transition. With its charming historic buildings, 'yellow brick road' and boutique shops, it's becoming a thriving art destination," she notes. "*Local by Design* relocated here, and the expansion of body art in *Dapper Dog* and *Love Struck Tattoo* both contribute to the creative vibe."

Fleming says there's more than enough room for everyone. "Maryland Federation of Art doesn't really compete with a commercial gallery such as mine. Their intention is to share many exhibitions of quality and varied artwork by member and juried artists in varied mediums, in as many venues and settings as they can successfully manage, including *Paint Annapolis* that brings art to the streets. My intention has always been to share my featured professional artists in depth, those that I personally find compelling and authentic, and to sell their work.



MFA's annual gala, Collector's Choice, takes place on October 18.

"All this is to say that Maryland Avenue currently offers the broadest spectrum of art on one two-block street that's possible. What's not to like about that?"

On October 18, MFA will host Collector's Choice, its annual gala, marking the 50th anniversary of the event. With the Avenue Gallery up and running, it's bound to be a special celebration of the vibrancy of the local arts scene and the many possibilities that lie ahead. For tickets, or to learn more about MFA, visit mdfedart.com.



With outdoor shows and galleries, Maryland Avenue is building its reputation as an arts destination.

Expert of the Month



Laura Burrell Baxter

Laura Burrell Baxter

Director of College Advising | Key School

Since 2015, Laura Burrell Baxter has guided students as they search for the right fit in a college. Key School's small size allows her to get to know students at the start of Upper School, so her approach is student-centered and highly personalized. She focuses on identifying the characteristics and criteria that help students find schools that meet their academic ability, social needs, and geographic preferences.

How does Key School prepare students to be successful in college—not just get into college?

Key School builds college readiness throughout a student's experience. Students learn to think critically, communicate effectively, and advocate for themselves. College advising builds on that foundation, helping students make informed decisions about their future. The goal isn't simply to help them get into college; it's to prepare them to thrive.

Families hear about finding the "right fit" in the college search. What does this mean?

Researching a wide array of colleges helps students recognize that schools vary greatly in type and size. Finding the right one means looking beyond rankings and acceptance rates.

My role is to help students understand what matters to them and why. Students identify their strengths and how they learn, determine their criteria, and research a variety of schools.

They build a balanced college list that includes a range of admission possibilities while considering academic, social, financial, and personal fit. Self-awareness allows students to approach the search with confidence and make a decision that feels authentic and strategic.

What advice would you give families beginning the college search?

1.) Approach the college search as if it's a marathon—not a sprint! The process takes time and an exploratory mindset. Students change and grow significantly throughout high school. **2.)** Identifying potential colleges is about curiosity and self-discovery. With rankings, testing policies, and the influence of social media, it's easy to lose sight of what the process means. **3.)** Giving students space to take ownership of the process not only leads to better decisions but also builds the independence and confidence they'll need when they arrive on campus.

Finding a college starts with knowing yourself.

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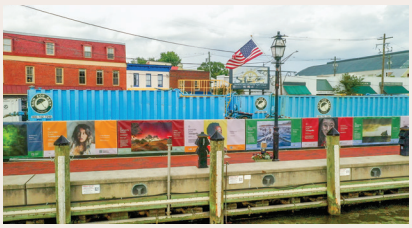
NEW CHESAPEAKE CONSERVATION AND CLIMATE CORPS MEMBERS ANNOUNCED

The Chesapeake Bay Trust (Bay Trust), along with partners State of Maryland, Maryland Department of Service and Civic Innovation (DSCI), Maryland Department of Natural Resources, BGE, and Constellation, recently introduced a new class of 83 members to the *Thomas V. Mike Miller, Jr., Chesapeake Conservation and Climate Corps Program*, in partnership with the Maryland Corps/Service Year Option (the Corps), to work on natural resources issues across Maryland. The incoming class was introduced to their host organizations to learn more about their job responsibilities for the upcoming year. The Corps, administered by the Bay Trust in collaboration with DSCI, empowers young people to serve their communities and gain real-world professional skills through a 12-month stipend-supported term of service. Corps members are matched with host organizations and receive firsthand training on a wide variety of topics in the realms of climate, energy, watershed restoration, agriculture, forestry, and education. "The strength of the Chesapeake Conservation and Climate Corps is written in its results: a cleaner bay, a healthy state, and dozens of young people heading into meaningful careers—40 percent of our members are hired by the organizations they serve, and 90 percent of graduates go on to full-time employment," says Jonny Dorsey, Maryland Secretary of Service and Civic Innovation. "By investing in young people today, we're building the next generation of environmental leaders and a stronger Maryland for generations to come." "The Corps demonstrates the power of investing in people," said Dr. Jana Davis, president of the Chesapeake Bay Trust. "By preparing emerging leaders with hands-on experience and a passion for service, the Corps is building a stronger workforce and healthier communities across Maryland. The future of our natural resources depends on people ready to protect them." Learn more about the program at cbtrust.org.





New public Art Installation Transforms City Dock Construction Site

A stretch of construction fencing along the waterfront promenade at Annapolis City Dock now features an outdoor, walkable art gallery that showcases images of the Chesapeake Bay region as captured by Maryland photographers, and a series of portraits by local visual artists. The Annapolis Symphony Orchestra (ASO), the Annapolis creative consulting group AND Creative, and the City of Annapolis partnered to install a series of large-scale photographic panels along City Dock, entitled *An Exhibition of Sight & Sound*. The project was conceived as a way to transform a necessary piece of the City Dock construction landscape into an artistic experience that gives residents and visitors another reason to walk the waterfront, explore downtown Annapolis and patronize the businesses surrounding Dock Street. Stretching approximately 180 feet along Ego Alley, the installation pairs photographs of Chesapeake landscapes and wildlife with musical works from the ASO's 65th season, In Nature's Realm. A curated exhibit of portraiture by local artists mounted on panels is also displayed alongside the photography. Images by Jay Fleming, Emily Carter, Alison Harbaugh, Pam Ehrenfield, Jennifer Casey, and Arden Haley capture extraordinary views of the Chesapeake region. Visual Artists Joanna Bigelow, Charles Lawrence, Marissa S. Evangelista, Gia Tonic, Anita Hagan, Glory Paredes, Alison Chase Radcliffe, and Jeff Huntington contributed portrait pieces for the exhibit. "When the idea of turning construction fencing around the City Dock revitalization project into a walkable public art display came up, we immediately said 'yes,'" Annapolis Mayor Jared Littmann says. "*An Exhibition of Sight & Sound* turns a necessary barrier into a celebration of local artists, giving residents and visitors alike a wonderful new reason to experience downtown, all while we build for the future." The project required review and approval by the Historic Preservation Commission. This free public art exhibit will be followed by others at the Michael E. Busch Annapolis Library, Arundel Center, and BWI Gateway Gallery, each managed by the ASO and AND Creative. The art exhibits are made possible with support from The Arts Council of Anne Arundel County. Learn more at annapolis.gov and annapolissymphony.org.



MARYLAND THERAPEUTIC RIDING EARNS ELITE EDUCATION CREDENTIAL

Crownsville-based Maryland Therapeutic Riding recently announced that its Director of Programming and Education Linsey Erar earned the PATH International Master Instructor Certification, the highest professional credential awarded by the organization. With only 25 active PATH Intl. Master Instructors worldwide, Erar joins one of the profession's most elite groups of educators and leaders, further strengthening the level of expertise available to the hundreds of individuals and families served by MTR each year.

"I am incredibly grateful to my mentors, my family, my colleagues, the remarkable horses I've had the privilege to partner with, and especially our participants," Erar says. "They inspire me every day and are the reason I continue learning, growing, and working to provide the very best experience possible."

Founded in 1969, the Professional Association of Therapeutic Horsemanship International (PATH Intl.) is the global leader in equine-assisted services, establishing standards for safety, ethics, accreditation, instructor certification, and continuing education. Learn more at horsesthatheal.org.

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Historic London Town & Gardens

EXPLORING THE ROOTS OF A "LOST" TOWN

By Lisa A. Lewis

Located on the South River in Edgewater, Historic London Town & Gardens (HLTG) offers a window into the past—providing an opportunity for visitors to reflect on life during the colonial era and contemplate the stories left behind. Uniquely blending the remnants of a preserved colonial port town, archaeological excavations, and breathtaking gardens, the 23-acre riverfront park and living history museum fosters a vital understanding of the past and its relevance to the present.

Founded in 1683 as the original county seat of Anne Arundel County, London Town served as a bustling hub for trade and travel that rivaled Annapolis. The colonial tobacco port thrived for approximately 100 years before fading away—and essentially disappearing—during the late 18th century due to changes in trade routes and the growth of Annapolis as a port.





Today, the only original structure that remains on the site is the William Brown House, which was built ca. 1760 as an upscale tavern. The building later became the county's almshouse from 1828 to 1965. The heart of London Town's historic area, the William Brown House is a designated a National Historic Landmark.

Centuries after its heyday, London Town continues to intrigue visitors who are captivated by the "lost" colonial town. A rich part of Maryland's history, HLTG offers an enlightening glimpse into the past.

"There's something irresistible about the idea that an entire town can almost disappear," says Kristin DeMarco, executive director, HLTG. "Roads converged here, ferries carried people across the South River, ships came and went, and taverns were filled with sailors, merchants, travelers, servants, and townspeople. Today, much of the community exists in archaeological findings, historic records, and the stories we continue to discover. There is a wonderful sense that London Town still has secrets to tell."

EVERYDAY COLONIAL LIFE

By utilizing its dual identity as a living history museum and a botanical sanctuary, HLTG confronts the past with candor and empathy. While the juxtaposition of beautiful gardens with somber exhibits depicting the Middle Passage evoke a stark emotional contrast, HLTG does not temper the harsh realities of the past and realizes that the history of London Town cannot be told without acknowledging the tragedy of slavery.

According to DeMarco, research has identified 961 people who were enslaved at London Town, and their stories are an essential part of understanding the colonial port town.

Photography courtesy Historic London Town & Gardens

"You really can't go anywhere in London Town without encountering history," DeMarco says. "The gardens don't exist separately from that story. Their beauty gives visitors space to slow down, reflect, and process very difficult truths. Understanding the experiences of others is one of the most important ways we can learn from the past and help ensure that its hardest lessons aren't repeated."

London Town was designated a Site of Memory by the United Nations Educational, Scientific and Cultural Organization (UNESCO) Slave Route Project.

"Historic London Town & Gardens offers visitors a unique perspective of our region's early colonial history," says Bob Leib, chairman of the board of trustees, HLTG. "We tell the stories of everyday seafarers, merchants, and tradesmen as well as the enslaved and impoverished. These are the stories of a common town and everyday people, and we provide a realistic and grounded connection to our community's past."

ARCHAEOLOGICAL FINDINGS

To continue to unearth more about London Town's past, HLTG conducts ongoing archaeological excavations in partnership with the Anne Arundel County Lost Towns Project. The discoveries range from everyday colonial items, such as buttons, buckles, and shards of ceramic, to the deeply emotional discovery of the grave of an enslaved six-year-old child who had been buried under the floorboards of a colonial building.

HLTG continues to work with archeologists and the Maryland Historical Trust (MHT) to uncover remnants of London Town's past.

"One of the most exciting things about London Town is that we are still discovering it," DeMarco says. "For a place we refer to as a 'lost' town, we find pieces of it all the time."





EXQUISITE GARDENS

In addition to history and archaeology, HLTG is nationally acclaimed for its ornamental and woodland gardens. Visitors can stroll the gardens while admiring acres of horticultural splendor. From magnolias to hollies, the year-round gardens offer a serene setting for relaxation.

HLTG's gardens have been certified as a Level II Arboretum by ArbNet (arbnet.org).

AMERICA'S 250TH ANNIVERSARY CELEBRATION

HLTG will commemorate the nation's semiquincentennial on October 8 from 5 to 8 p.m. when it hosts its premier annual fundraising event, "A Toast to History." Guests can stroll the beautiful campus as colonial history comes to life. The event features guided tours, colonial cocktail history presentations, living history interpreters, live music, heavy hors d'oeuvres, and more.

"America's 250th anniversary gives us an opportunity not only to celebrate our nation's history but also to reflect on the people whose lives shaped it," DeMarco suggests. "We are incredibly proud that we can play a role in commemorating this milestone and help visitors connect our national story to the story of London Town."

To purchase tickets, visit historiclondontown.org/education/programs.



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Rooted in Annapolis

LUKE BORCHELT ON MUSIC, MARYLAND, AND HIS DEBUT ALBUM

By Cali Schwerdtfeger

We had the opportunity to sit down with Luke Borchelt, Maryland-born and Annapolis area-local, who is quickly making a name for himself in the country music scene. After the release of his debut album, *Water Town*, we talked about the journey of creating the record, what it's like to pursue a rising career while staying rooted in his hometown, and how the Annapolis community has helped shape both the artist and the person he is today.





Luke, you just released *Water Town*. Tell us about your influences growing up in the area near the water and how that developed into ideas and songs for this album. I think growing up on the water is everything. Most of these songs are honestly about missing Maryland. I lived in New York for six years, and I felt like I tried to run away from where I grew up. When I picked up the guitar, I ended up writing all these songs that were really about missing growing up on the water—missing crabbing and the culture. That led me to the decision to come back home and be based here.

Can you share more about this album and what it means to you to see it come together? Who joins you/performs on the album and where was it recorded? This is my first major-label album, which is really cool for someone who just talks about Maryland, to be signed to Atlantic Records and with MDDN. Obviously, Benji and Joel Madden *(Founders of MDDN and members of the Good Charlotte rock band)* are from Maryland, so being signed to them is cool. I work with all people from Maryland. It's produced by Warren Russell, who's an Anne Arundel County native. We recorded at GDA Productions in Millersville, and he mixed and mastered the record. If I write with anyone, it's usually people from Maryland. That part feels cool, that we get a national stage for something that's made locally.

Photographs courtesy Luke Borchelt

Your star is rising and rising fast. Can you share how this past year has felt for you? I think I just get recognized at the gas station a little more. People ask me if I'm the Ocean City guy. But it just feels good. I played Merriweather [Post Pavilion], which is somewhere we all grew up going to see concerts. That's where I saw my first concert. Playing Country Calling—obviously, it's the biggest festival in Maryland…it's just surreal.

You've begun to play shows and tour outside of the Annapolis area, beyond Maryland, and even the Mid-Atlantic. What has this experience been like for you; to play far away from home? I think it's cool that people relate to my songs and want me to play Maryland songs across the country. If I play "Maryland Life" or "Ocean City" and there are people in Seattle singing along, it's just cool to realize that growing up in a water town is an experience that relates to places all over. Whether it's a lake or the Pacific Ocean, people get it.



Being a country artist, do you aspire and/or see yourself relocating to "Music City" Nashville? Or another major city to cut your teeth so to speak? Is that a goal or not and why? I'm in Maryland forever. Born here, live here, die here. I have no desire to leave. I think the beauty of the internet is that there are so many great artists; Good Charlotte, Brothers Osborne, and, even in the country space, Jackson Dean, who paved the way for me to be able to do what I do. Now, thanks to the internet and these other artists paving the way, I feel like I don't have to move to Nashville. I can go there for work, but I want to stay around what inspires me, which is Maryland.

What does the Annapolis music community mean to you? How have you been received in home music circles? I could talk for a long time about this. When I first came back, I was asking if I could play anywhere. I had just learned how to play guitar. All I wanted was a place to play. I played at HERE…a pop-up shop. My first gigs were there and at 49 West Coffeehouse on West Street.

To be embraced by the Annapolis scene is everything to me for two reasons. One, my managers, Benji and Joel Madden, came through that same scene. Good Charlotte came up in Annapolis, and it feels cool that they care and reach back, pick people up from our area, and bring them forward.

The other reason is that my uncle [Jim Borchelt] started Eastport a Rockin', funny enough. My uncle had a coffee shop called Cafe Gurus in Eastport, and he started and founded the first Eastport a Rockin'. Good Charlotte played it. I feel like it's also full circle that my uncle and my family were involved in the Annapolis music scene, and now I've gotten to be a next wave of it.



Learn more about Luke Borchelt, his music, and tour dates at lukeborchelt.com.



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Enduring Beacon

Celebrating the legacy of Thomas Point Shoal Lighthouse

story by **Lisa A. Lewis** photographs by **David Sites**

From the front lines of a divided nation to the waters of the Chesapeake Bay, Eugene Burchenal, the first head lighthouse keeper of Thomas Point Shoal Lighthouse, dedicated his life to serving others. A private in the 1st Delaware Infantry Regiment during the Civil War, who was severely wounded at the Battle of Antietam, he transitioned from the battlefield to a lonely duty station. Enduring isolation and peril, Burchenal braved the harsh elements, keeping watch over the Chesapeake Bay as he guided mariners to safety.

On June 7, 2026, more than 150 years after the iconic lighthouse was first lit on November 27, 1875, Burchenal was honored during a graveside recognition ceremony at St. Anne's Cedar Bluff Cemetery in Annapolis. A flag and bronze marker were placed at his grave to honor the first keeper of the light. The ceremony, which is part of a program to pay tribute to departed lighthouse keepers, was hosted by the Chesapeake Chapter of the United States Lighthouse Society (USLHS).

In the 150 years since Thomas Point Shoal Lighthouse was built, it has transformed from a utilitarian keeper's quarters to a meticulously preserved museum. Photographs by John Potvin, Cory Talbott, and Henry Gonza.



Today's "keepers" of the Thomas Point Shoal Lighthouse include passionate volunteers and partnerships with the Annapolis Maritime Museum, National Oceanic and Atmospheric Administration, United States Lighthouse Society, City of Annapolis, and Anne Arundel County.





Born September 26, 1840, in Caroline County and raised in Smyrna, Delaware, Burchenal served as the first assistant keeper of Love Point Lighthouse from 1873 to 1875 before being appointed as the first head keeper of Thomas Point Shoal Lighthouse on November 4, 1875. He resigned in 1880 and died on March 31, 1881.

"We recently discovered that Burchenal was buried in Annapolis, so we arranged the graveside ceremony to recognize his service," says Bob Stevenson, a volunteer and docent at Thomas Point Shoal Lighthouse who spoke at the ceremony. "By paying tribute to him, we connect the past to the present and honor our history. We also have the opportunity to explore his life and learn about the difficulties he overcame and the sacrifices he made."

The ceremony not only honored Burchenal's legacy as one of Maryland's pioneering lighthouse keepers, but it also shined a light on the importance of preserving Thomas Point Shoal Lighthouse, the only screw-pile lighthouse still standing in the Chesapeake Bay in its original location.

A Groundbreaking Design

Located in the Chesapeake Bay about 1.5 miles offshore, just north of the mouth of the South River and south of Annapolis, Thomas Point Shoal Lighthouse is an engineering masterpiece. Designated as a National Historic Landmark in 1999, it was the last manned lighthouse in the Chesapeake Bay until its automation on September 5, 1986. Today, it remains an active aid to navigation and a National Oceanic and Atmospheric Administration (NOAA) weather reporting station.

The iconic lighthouse derived its name from Philip Thomas, an English settler who arrived in Maryland in 1651. The tract of land he owned on the peninsula south of Annapolis became known as Thomas Point in his honor. A shoal—a shallow, underwater sandbar—extends more than a mile into the Chesapeake Bay from this peninsula.

Since the shoal posed a navigational hazard to mariners and could cause ships to run aground, construction of a lighthouse was critical. However, two land-based lighthouses—one built in 1825, another in 1838—proved ineffective. Factors contributing to their failure included the distance from the shoal, poor visibility, and severe shoreline erosion, which washed away the land and put the towers at risk of collapsing into the Bay.

To address this navigational emergency, Congress approved funding to build a screw-pile lighthouse, which is built directly in the water on the shoal, thus the name Thomas Point Shoal Lighthouse. The structure sits on top of cast-iron piles screwed deep into the muddy, sandy bottom of the Bay. According to the USLHS, the screw-pile lighthouse was invented by Alexander Mitchell, a blind Irish engineer, who received a patent for the design in 1833.

"Screw-pile lighthouses are difficult to maintain," says John Potvin, current lighthouse manager of Thomas Point Shoal Lighthouse. "But due to the location of the shoal in the Bay, this innovative design was essential. Traditional lighthouses simply wouldn't work in this location. It's such a beautiful lighthouse, and it has seen 150 years of history that we can only imagine."

Although the screw-pile design successfully addressed the issue of erosion, ice floes remained a significant threat to Thomas Point Shoal Lighthouse. In January 1877, ice struck the foundation of the lighthouse, shaking the structure violently and damaging the Fresnel lens (a special lens that maximizes the brightness and range of the light). Despite the dangerous conditions, the lighthouse keepers, Burchenal and Charles Miller, worked tirelessly to secure the lighthouse.

"It's such a beautiful lighthouse, and it has seen 150 years of history that we can only imagine."

In his book, *Thomas Point Shoal Lighthouse: A Chesapeake Bay Icon*, author David Gendell recounts the incident—exemplifying the keepers' dedication when he writes, "Undeterred and aware of their duty as keepers, Burchenal and Miller rigged a replacement light in a window." After five days, they evacuated to the safety of the old stone lighthouse tower, which had been abandoned, and lit a lamp—a further testament to their commitment to keep a light shining.

"The keepers' top priorities were keeping the light lit and the bell ringing," Gendell says. "These were the primary reasons for a lighthouse's existence, and the structure itself was a vehicle to support this mission."

To prevent ice emergencies from occurring, the United States Lighthouse Service installed an icebreaker. Rock (riprap) was also installed in 1886 to protect the lighthouse from ice damage.



Rising sea level is expected to threaten the structural integrity of the lighthouse. Engineers have determined it will become critical to elevate the structure by at least six feet.



Thomas Point Shoal Lighthouse was the last manned lighthouse in the Chesapeake Bay until its automation on September 5, 1986.

An Architectural Masterpiece

Although the iconic landmark was born of necessity due to damaging erosion and ice, Thomas Point Shoal Lighthouse represents a marriage of form and function. The 1.5-story hexagonal wooden cottage-style lighthouse features white siding, six dormer windows with bright green shutters, a vibrant red roof, and a black lantern room, which houses the Fresnel lens. The special lens, which was invented in 1822 by French physicist Augustin-Jean Fresnel, revolutionized maritime safety.

According to the Chesapeake Chapter, a walkway surrounded the first level and originally included four rooms: a kitchen, a sitting room, and two bedrooms. Today, the lighthouse has transformed from a utilitarian keeper's quarters to a meticulously preserved museum.

"The rooms have been carefully preserved in a way that remains true to their character and represents the décor of different time periods—offering a sense of being frozen in time," Gendell explains. "The four current main-floor rooms include an 1875-era kitchen, a 1986-era Coast Guard office, a workroom/storeroom, and a sitting room. A central staircase leads to a smaller second level, and the lantern room is accessed by a ship's ladder."

In 2004, Thomas Point Shoal Lighthouse transferred ownership from the Coast Guard, which had owned it since 1939, to a public-private partnership that includes the City of Annapolis, the USLHS and its Chesapeake Chapter, the Annapolis Maritime Museum & Park (AMM), and Anne Arundel County. The City of Annapolis owns the lighthouse, and the USLHS leases it from the City. The mission of the partnership is to maintain, preserve, and provide public access to Thomas Point Shoal Lighthouse. The Coast Guard continues to maintain the active aid to navigation.

Preserving an Iconic Landmark

While the screw-pile design has helped Thomas Point Shoal Lighthouse endure for generations, maintaining a lighthouse in open water and protecting it from environmental elements, such as saltwater, waves, and storms, is a constant battle.

"The lighthouse is supported by screw piles burrowed into the bottom of the Bay," Potvin says. "A series of steel beams and tie rods connects the screw piles together. But cast iron and steel react differently in this environment. Steel is highly susceptible to damage from saltwater, while cast iron is resilient. The original cast iron is as good today as it was in 1875. The steel, however, has to be replaced periodically."



The original Fresnel lens is currently stored at Annapolis Maritime Museum and is expected be on exhibit later this year. Photographs courtesy John Potvin.



As a designated National Historic Landmark, all restoration and preservation work of the lighthouse must be completed in compliance with the Maryland Historic Trust to ensure that the structure remains true to its history.

> *Every volunteer who works on the lighthouse has their own stories and connections to it. It's important to transfer this sense of history from generation to generation.*

A contractor replaced the steel and tie rods in 2020, which helped pave the way to address other issues, such as replacing rotting wood, painting, refinishing the floors, coating the roof, and preserving the lighthouse's original charm and character.

Potvin, who is a member of the USLHS and a board member of the Chesapeake Chapter, first became involved with Thomas Point Shoal Lighthouse in 2015 after he retired and was looking for a way to spend his free time. He started as a painter and expanded his role to include nearly every aspect of managing the lighthouse.

"I had no knowledge of lighthouses, but I had a background in property management," Potvin explains. "So, I had a knack for doing what a lighthouse manager needs to do. I live on Thomas Point, and I can see the lighthouse from my house. I want to make sure that my grandchildren and great grandchildren get to see it during their lifetime."

Although some restoration work is routine and needs to be completed on a regular basis, other issues pose serious challenges. Perhaps the biggest threat to Thomas Point Shoal Lighthouse is sea level rise. Based on the findings from the "Thomas Point Shoal Lighthouse Climate Resiliency Assessment" (prepared by EA Engineering, Science, and Technology, Inc., PBC in October 2024), Bay waters have risen 20 inches over the past 150 years and are projected to rise another 20 inches within the next 25 years. By 2100, sea level rise could be as high as 60 inches.

To protect the lighthouse from rising Bay waters, it is critical to elevate the structure at least six feet. Potvin says initial funds, including contributions from donors, have been raised to hire a team of engineers to develop a plan to elevate the lighthouse. A grant from the National Park Service's "Saving America's Treasures" program will provide funds for the project, and additional matching grant funds have been received.

The monumental task of maintaining and preserving Thomas Point Shoal Lighthouse would not be possible without the dedication of volunteers who are passionate about the landmark. Since the lighthouse is a National Historic Landmark, all restoration and preservation work must be completed in compliance with the Maryland Historic Trust to ensure that the structure remains true to its history.

"Preservation work is so important, and our volunteers get very excited about accomplishing the sometimes-challenging tasks of maintaining the lighthouse," Stevenson says. "Every volunteer who works on the lighthouse has their own stories and connections to it. It's important to transfer this sense of history from generation to generation."



The 1.5-story hexagonal wooden cottage-style lighthouse features white siding, six dormer windows with bright green shutters, a vibrant red roof, and a black lantern room.

A Special Homecoming

The Fresnel lens is the heart of a lighthouse. So, when Potvin learned that Thomas Point Shoal Lighthouse's Fresnel lens was returning to Annapolis after being stored in an administration building at the Coast Guard Yard in Baltimore since 1986, he felt as if a dream had come true.

"I always wanted the Fresnel lens to return to Annapolis, but I didn't think it would ever happen," Potvin says. "The original 3.5-order [classification size and focal length] lens was damaged during the 1877 ice emergency. The keepers used a temporary replacement lens until a new fourth-order Fresnel lens was installed in 1899, which lasted for generations.

"I talked to some members of the Coast Guard during Thomas Point Shoal Lighthouse's 150th anniversary celebration last year about the lens, and the next day, I received a call that the Fresnel lens was finally coming home."

The Fresnel lens, which was returned to Annapolis in spring 2026, is currently in storage at AMM and will be on display at the museum in late 2026 or early 2027. Thomas Point Shoal Lighthouse volunteers are excited that the public will finally be able to see this gorgeous Fresnel lens, a valuable piece of history.

Public Tours

In accordance with its partnership, AMM serves as the host location for visitors departing for and returning from the lighthouse. The tours, which began in 2007, offer a docent-led tour of the interior and the unique opportunity to learn about the history of the lighthouse. The duration of the tours is two hours, including a 30-minute boat ride to the lighthouse and a 30-minute boat ride back to the dock.

Stevenson, who has been a volunteer for 21 years, enjoys taking visitors on tours, and he strives to make sure that everyone leaves with a big smile on their face. He adds personal touches, such as fun facts and personal stories about the lives of the lighthouse keepers, to bring the lighthouse to life for visitors.

"After retirement, it was nice for me to fill my time at this beautiful lighthouse that is unlike any other lighthouse still in existence," Stevenson says. "My favorite feature is not actually part of the lighthouse; it's the visitors. I enjoy the personal contact, and I like when people return for another visit." To learn more, visit thomaspointshoallighthouse.org.

A Legacy of Light

From Burchenal through the generations who followed, lighthouse keepers at Thomas Point Shoal Lighthouse endured extreme isolation, harsh weather conditions, and treacherous waters. As keepers of the light, their primary mission was to keep the beacon shining to ensure the safety of mariners. Although keepers no longer stand watch today, their spirit lives on in the volunteers who work tirelessly to preserve the iconic lighthouse, and their legacy continues to shine brightly.

"I grew up in Annapolis, and my brothers and I sailed past Thomas Point Shoal Lighthouse regularly when we were kids," Gendell says fondly. "I remember seeing the lighthouse keepers, and we would be thrilled if they came out and waved. The lighthouse has always been a symbol—something that everyone was proud of and enjoyed, and it's important for us to preserve it."





Thomas Point Shoal Lighthouse volunteers held a special graveside recognition ceremony in Annapolis for the lighthouse's first, renown keeper Eugene Burchenal.

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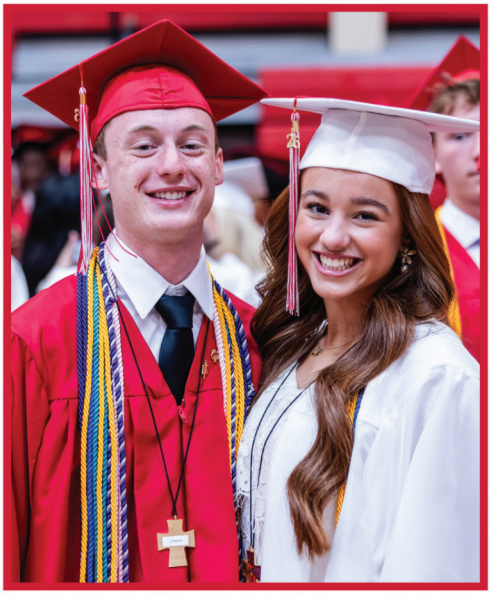



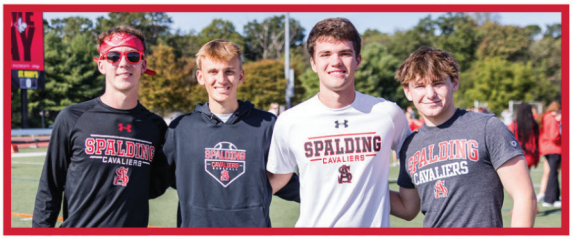

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Please note that these results represent those individuals who clearly received the most *substantial* number of nominations. Some categories saw more voting activity than others—and that is reflected in the higher number of winners in some specialties.

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Dr. Michelle Hack – Endodontic Specialists • 8221 Ritchie Highway, Ste. 201, Pasadena, MD 21122 • 410- 647-3453 • kmendo.com

Dr. Michelle Rampulla – Endodontics, P.A. • 888 Bestgate Road, Ste. 220, Annapolis, MD 21401 • 410-224-6150 • annapolisrootcanals.com

Dr. Saurabh Gupta – Annapolis Endodontics • 200 Westgate Circle, Ste. 104, Annapolis, MD 21401 • 410-268-4770 • annapolisendodontics.com

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Dr. Alan Kline – Dr Alan G. Kline,D.D.S • 584 Bellerive Road, Ste. 3B, Annapolis, MD 21409 • 410-757-3008 • dralankline.com

Dr. Albert Lee – Annapolis Cosmetic and Implant Dentistry • 1606 Forest Drive, Annapolis, MD 21403 • 410-268-5503 • myannapolisdentist.com

Dr. Andrew Lericos – Anchor Family Dentistry • 815 Ritchie Highway, Ste. 202, Severna Park, MD 21146 • 410-647-3883 • thesevernaparkdentist.com

Dr. Angela Miele – Annapolis Periodontics • 888 Bestgate Road, Ste. 300, Annapolis, MD 21401 • 410-224-0500 • annapolisperiodontics.net

Dr. April Calton – About Smiles Dentistry • 507 S. Cherry Grove Avenue, Annapolis, MD 21401 • 410-691-3228 • aboutsmilesdentistry.com

Dr. Ashley Francis – Naptown Smiles / Bross & Associates • 129 Lubrano Drive, Ste. 300, Annapolis, MD 21401 • 410-224-0018 • naptownsmiles.com

Dr. Ashli Cumberbatch – My Riverdale Dentist • 6201 Baltimore Avenue, Riverdale Park, MD 20737 • 301-507-0032 • myriverdaledentist.com

Dr. Bonny Mitchell – Mitchell Dental Care • 3168 Braverton Street, Ste. 380, Edgewater, MD 21037 • 410-956-8380 • mitchelldentalcare.com

Dr. Brian Valle – Dr. Brian Valle P.A. Functional & Cosmetic Dentistry • 251 Najoles Road, Ste. #J, Millersville, MD 21108 • 410-987-9100 • drbrianvalle.com

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

Dr. Clayton McCarl – Shipley's Dental Care • 8601 Veterans Highway, Ste. 101, Millersville, MD 21108 • 410-442-6903 • shipleysdentalcare.com

Dr. David Morabito – Morabito Family Dental • 200 Forbes Street, Ste. 301, Annapolis, MD 21401 • 443-603-9000 • mfdannapolis.com

Dr. David Samson – Samson Family Dentistry • 1116 West Street, Annapolis, MD 21401 • 410-268-7737 • annapolisfamilydental.com

Dr. Dennis Cherry – Cherry Family Dental • 900 Ritchie Highway, Ste. 204, Severna Park, MD 21146 • 410-7 93-5802 • cherryfamilydental.com

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Dr. Eric Rabovsky – Crownsville Dental & Wellness Solutions • 1321 Generals Highway, Ste. 200, Crownsville, MD 21032 • 410-923-0110 • crownsvilledental.com

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Dr. Valerie Vitagliano – Dental One Associates • 2623 Housley Road, Annapolis, MD 21401 • 410-793-4922 • dentalone-md.com

Dr. Yeremi Canizales – Severn River Dental Health Center • 572 Ritchie Highway, Ste. F, Severna Park, MD 21146 • 410-647-4094 • severnriverdental.com

Oral & Maxillofacial Pathology

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

Dr. Christopher Chambers – Oral Surgery Specialists • 275 West Street, Ste. 100, Annapolis, MD 21401 • 410-268-7790 • annapolisoss.com

Dr. Kenneth Kufta – Oral Surgery Specialists • 275 West Street, Ste. 100, Annapolis, MD 21401 • 410-268-7790 • annapolisoss.com

Dr. Leo Menendez – Center for Oral and Maxillofacial Surgery • 3233 Superior Lane, Ste. B23, Bowie, MD 20715 • 301-262-4500 • marylandoms.com

Dr. Meredith Esposito – Chesapeake Dental Arts • 1509 Ritchie Highway, Arnold, MD 21012 • 410-220-2744 • chesdentalarts.com

Dental Trends & Innovations We're Watching

Artificial Intelligence in Dentistry

Jump on the AI bandwagon—AI can assist with analyzing dental images, identifying areas of concern, and improving workflow. The American Dental Association reports that 43.3 percent of surveyed U.S. dentists were using AI for at least one practice task by mid-2026, although human clinical judgment remains essential.

Digital Dentistry and 3D Printing

Digital impressions, CAD/CAM design, and 3D printing are transforming how restorations and dental appliances are planned and produced. These technologies can improve precision, streamline workflows and shorten turnaround times for items such as crowns, models, aligners and surgical guides—while supporting increasingly personalized treatment.

Sophisticated Clear-Aligner Treatment

Clear aligners continue to expand orthodontic options for adults seeking a more discreet alternative to conventional braces. Digital scanning, computer-assisted treatment planning, and advanced manufacturing have made orthodontic care increasingly personalized.

Minimally Invasive, Tooth-Preserving Dentistry

A growing emphasis on preserving healthy tooth structure is influencing both restorative and cosmetic care. Improved bonding techniques and dental materials can allow some treatments to be more conservative than in the past.

Preventive Oral Care

Dentistry is increasingly moving toward prevention tailored to individual risk. Researchers are studying the oral microbiome and the biological factors that contribute to cavities and gum disease, while emerging diagnostic tools may eventually support earlier, more personalized interventions.

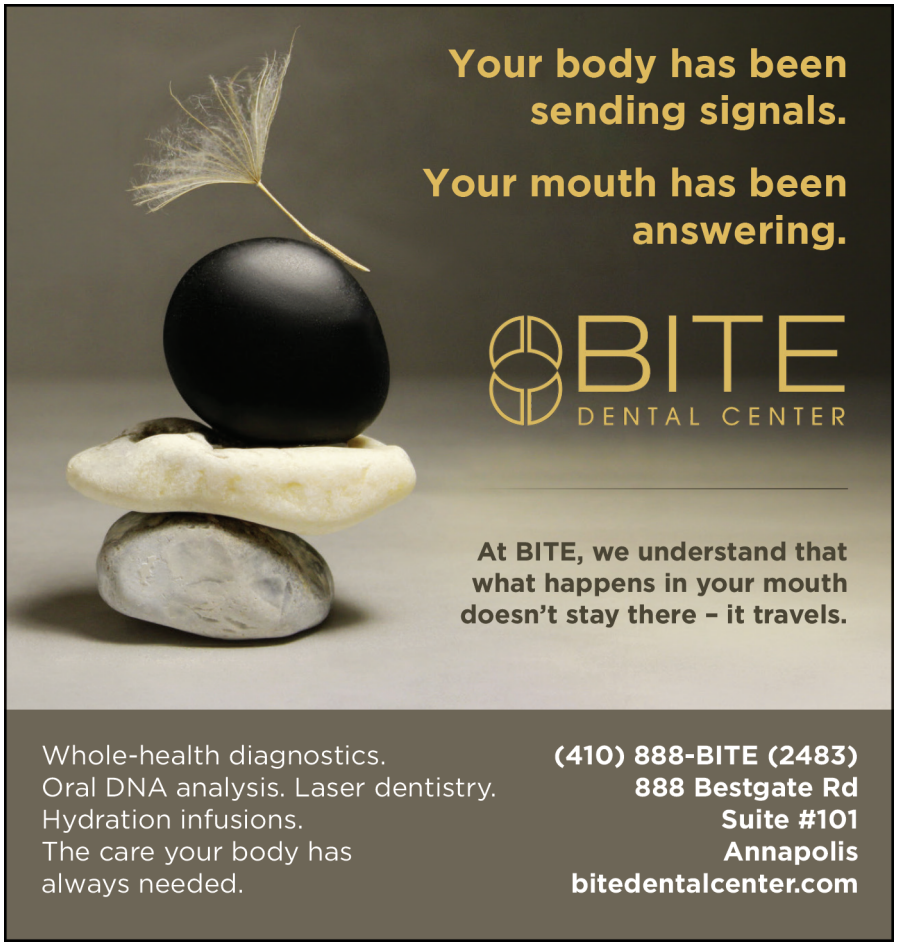
The Growing Oral-Health-and-Wellness Connection

The mouth is no longer viewed in isolation from the rest of the body. Growing scientific interest in oral-systemic health is encouraging closer attention to the relationships among oral disease, inflammation, and overall wellness. This broader perspective is helping reinforce the importance of preventive dental care as part of lifelong health.

Rise of the Digital Smile

Intraoral scanners and advanced 3D imaging are replacing some traditional impressions and making treatment planning more visual. For cosmetic and restorative dentistry, digital models can help dentists explain proposed care and allow patients to better visualize possible outcomes.





Dr. Richard Garden – Chesapeake Oral Surgery Associates • 555 Benfield Road, Severna Park, MD 21146 • 410-647-0079 • drrichardgarden.com

Dr. Ziad Batrouni – Maryland Oral Surgery Associates • 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401 • 410-897-0111 • mosa4os.com

Oral & Maxillofacial Surgery

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

Dr. Borek Hlousek – Oral Surgery Specialists • 275 West Street, Ste. 100, Annapolis, MD 21401 • 410-268-7790 • annapolisoss.com

Dr. Clifford Walzer – Oral Surgery Specialists • 275 West Street, Ste. 100, Annapolis, MD 21401 • 410-268-7790 • annapolisoss.com

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Dr. Saman Souri – Glen Burnie Oral Surgery Associates • 300 Hospital Drive, Ste. 237, Glen Burnie, MD 21061 • 410-761-4684 • glenburnieoralsurgery.com

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Dr. Ziad Batrouni – Maryland Oral Surgery Associates • 128 Lubrano Drive, Ste. 300, Annapolis, MD 21401 • 410-897-0111 • mosa4os.com

Orofacial Pain

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

Dr. Leo Menendez – Center for Oral and Maxillofacial Surgery • 3233 Superior Lane, Ste. B23, Bowie, MD 20715 • 301-262-4500 • marylandoms.com

Orthodontics & Dentofacial Orthopedics

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

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Dr. Karina Spivak – Spivak Orthodontics • 690 Ritchie Highway, Severna Park, MD 21146 • 410-647-0800 • bracesinthepark.com

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Dr. Ora Reinheimer – Reinheimer Orthodontics • 802 Bestgate Road, Ste. B, Annapolis, MD 21401 • 410-263-5600 • marylandbraces.com

Dr. Reza Ghajarnia – GlowSmiles Orthodontics • 9433 Annapolis Road, Lanham, MD 20706 • 240-583-1771 • glowsmilesortho.com

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Pediatric Dentistry

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

Dr. Akshay Kolluri – One Tooth Pediatric Dental • 621 Ridgely Avenue, Ste. 202, Annapolis, MD 21401 • 410-897-1931 • onetoothpediatricdental.com

Dr. Beverly "Sissy" Jimenez – Annapolis Pediatric Dentistry • 41 Old Solomons Island Road, Ste. 103, Annapolis, MD 21401 • 410-573-0691 • annapolispediatricdentistry.com

Dr. Devin Langguth – Naptown Smiles / Bross & Associates • 129 Lubrano Drive, Ste. 300, Annapolis, MD 21401 • 410-224-0018 • naptownsmiles.com

Dr. Jessica Lee – Naptown Smiles / Bross & Associates • 129 Lubrano Drive, Ste. 300, Annapolis, MD 21401 • 410-224-0018 • naptownsmiles.com

Dr. Katie Siegel – Vernon Pediatric Dentistry • 900 Ritchie Highway, Ste. 101, Severna Park, MD 21146 • 410-544-4888 • vernonpediatricdentistry.com

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

Dr. Michelle Decere – Three Bridges Pediatric Dentistry & Orthodontics • 1507 Ritchie Highway, Ste. 201, Arnold, MD 21012 • 410-757-5437 • 3bridgespdo.com

Dr. Tyson Bross – Naptown Smiles / Bross & Associates • 129 Lubrano Drive, Ste. 300, Annapolis, MD 21401 • 410-224-0018 • naptownsmiles.com

Periodontics

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

Dr. Angela Miele – Annapolis Periodontics • 888 Bestgate Road, Ste. 300, Annapolis, MD 21401 • 410-224-0500 • annapolisperiodontics.net

Dr. Caitlin Darcey – Chesapeake Periodontics • 900 Ritchie Highway, Ste. 103, Severna Park, MD 21146 • 410-647-0200 • chesapeakeperio.com

Dr. Cary Bly – Capital Periodontics of Maryland • 104 Forbes Street, Ste. 101, Annapolis, MD 21401 • 410-268-5103 • laserperiodontist.com

Dr. Christopher Cruz – Annapolis Periodontics • 888 Bestgate Road, Ste. 300, Annapolis, MD 21401 • 410-224-0500 • annapolisperiodontics.net

Dr. Dave Glynn – Neighbor Dental • 8383 Cherry Lane, Laurel, MD 20707 • 202-318-7176 • helloneighbordental.com

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

Dr. John Bruce – The Mugford Center for Periodontics & Dental Implants • 1660 Village Green, Crofton, MD 21114 • 410-721-7801 • mugfordcenter.com

Dr. John Duckworth – Chesapeake Periodontics • 900 Ritchie Highway, Ste. 103, Severna Park, MD 21146 • 410-647-0200 • chesapeakeperio.com

Dr. Keith Merchant – Chesapeake Periodontics • 900 Ritchie Highway, Ste. 103, Severna Park, MD 21146 • 410-647-0200 • chesapeakeperio.com

Dr. Ramz Khleif – Dental One Associates • 2623 Housley Road, Annapolis, MD 21401 • 410-793-4922 • dentalone-md.com

What Sets Apart a Top-Tier Dental Practice?

Impressive Credentials. Look for a dentist whose education, training, and professional credentials are easy to verify. Just as important is an ongoing commitment to continuing education. Dentistry evolves rapidly, and top practitioners regularly update their knowledge of new techniques, materials, technology, and standards of care.

Personalized Treatment. A thorough initial visit should include a review of medical and dental history, an appropriate oral examination, and diagnostic evaluation tailored to the patient's needs. Two patients with similar dental problems may have different health histories, priorities, budgets, and long-term goals. Excellent dentists tailor their recommendations accordingly.

Clear Communication. Patients should understand their diagnosis, recommended treatment, benefits and risks, reasonable alternatives, and expected costs. The American Dental Association emphasizes meaningful patient involvement in treatment decisions. A top-tier practice makes time for questions and discussion.

Strong Emphasis on Prevention. The best dental practices focus on keeping problems from developing—or catching them early. That includes regular examinations, professional cleanings, appropriate screenings, and practical guidance for home care.

Modern Technology Used Thoughtfully. Digital imaging, intraoral scanners, 3D imaging, and other technologies can enhance diagnosis and treatment planning. But impressive equipment alone does not guarantee excellent care. A truly top-tier practice uses technology when it provides a meaningful clinical benefit—not merely because it is new, expensive, or marketable.

Meticulous Standards of Safety and Infection Control. Patients may not see every safety procedure, but it should be taken seriously behind the scenes. Centers for Disease Control and Prevention guidance for dental settings emphasizes Standard Precautions, including hand hygiene, appropriate protective equipment, safe injections, sterilized instruments, and clean, disinfected surfaces.

Skilled, Professional Dental Team. A dental practice is only as strong as its entire team. Experienced hygienists, assistants, and admin staff should work together seamlessly, communicate clearly, and treat patients with courtesy and respect.

Treatment and Fee Transparency. Unexpected costs can quickly undermine confidence in a dental practice. Patients should have a clear understanding of proposed fees and financial responsibilities before treatment begins. Transparency also means candid discussions about alternatives, timing, and which treatments are urgent or not.

Prosthodontics

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

Dr. Arezoo Bahar – Annapolis Prosthodontic Associates • 200 Westgate Circle, Ste. 106, Annapolis, MD 21401 • 410-268-7100 • apadentistry.net

Dr. Ashli Cumberbatch – My Riverdale Dentist • 6201 Baltimore Avenue, Riverdale Park, MD 20737 • 301-507-0032 • myriverdaledentist.com

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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.

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Dr. Henry D. Sandel IV

Master of Facial Plastic Surgery

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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
104 Ridgely Avenue
Annapolis, MD, 21401
410-266-7120 • sandelduggal.com

Family Orthodontics of Annapolis

Marc Weber Jr., DDS | Board-Certified Orthodontist

For more than three decades, Family Orthodontics of Annapolis has proudly served children, teens, and adults throughout the Annapolis community. Today, under the care of Dr. Marc Weber, the practice continues its longstanding tradition of providing personalized orthodontic care in a welcoming, family-focused environment. Conveniently located near Annapolis Mall, Family Orthodontics of Annapolis is committed to making high-quality orthodontic care accessible, comfortable, and convenient.



Personalized Care You Can Count On

With more than seven years of experience practicing orthodontics in Maryland, Dr. Marc Weber is passionate about helping patients achieve healthy, confident smiles. He believes every patient deserves an individualized approach because every smile is unique.

Orthodontic Treatment For Every Stage

Family Orthodontics of Annapolis treats patients from age seven through adulthood, offering treatment options designed to meet each patient's unique needs. For younger children, early evaluations and treatment can help identify developing orthodontic concerns and, when appropriate, utilize appliances such as expanders to guide healthy growth and development. For teens and adults, treatment options include traditional braces and clear aligners, allowing patients to choose an approach that fits their needs and lifestyle.

Collaborative Care For Complex Needs

The practice also welcomes adults with more complex orthodontic needs. When treatment involves multiple areas of dental care, Dr. Weber works closely with each patient's multi-specialty care team to coordinate treatment and provide comprehensive care. This collaborative approach ensures orthodontic care is fully integrated into each patient's overall dental health and long-term treatment goals.

A Team That Feels Like Family

One of the greatest strengths of Family Orthodontics of Annapolis is its long-standing team. Many team members have worked together for years, creating a familiar and supportive environment for patients and families. That continuity allows the team to build meaningful relationships and helps every visit feel personal rather than routine.

Precision & Personalization Under One Roof

Family Orthodontics of Annapolis also features an in-house orthodontic laboratory and dedicated lab technician. This unique advantage allows the team to customize and create appliances within the practice, supporting greater efficiency, precision, and individualized care throughout treatment.

More Than A Beautiful Smile

While creating beautiful smiles is at the heart of what the team does, they believe orthodontic care is about more than straight teeth. It's about helping patients achieve healthy, functional smiles—and the confidence that comes with them. From childhood through adulthood, patients can expect compassionate care, personalized attention, and a team invested in their success.

Schedule A Complimentary Consultation

Family Orthodontics of Annapolis offers a complimentary, no-obligation consultation for all new and prospective patients. During the visit, the team conducts a comprehensive orthodontic evaluation, discusses treatment options, develops an individualized plan, and walks patients through available insurance and financing options.

For more information or to schedule a complimentary consultation, contact Family Orthodontics of Annapolis today.



WHAT'S UP? MEDIA
TOP DENTISTS
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ANNE ARUNDEL

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



Kian Djawdan, DMD

Djawdan Center for Implant and Restorative Dentistry

For more than 30 years, Dr. Kian Djawdan has helped patients restore their health, confidence, and quality of life through advanced implant and restorative dentistry. That depth of experience is complemented by an artistic approach to cosmetic dentistry—creating results that are strong, functional, natural, and beautiful. As a board-certified implant dentist, Dr. Djawdan provides both the surgical and restorative phases of implant care in one location. Every case is planned with the final smile in mind—from the foundation beneath it to its shape, balance, and appearance.

Expertise Supported by Technology

The Djawdan Center combines advanced clinical expertise with sophisticated digital technology and an on-site dental laboratory. Three-dimensional imaging, facial scanning, digital planning, and precision-guided techniques allow the team to personalize every detail of treatment. The in-house laboratory also gives Dr. Djawdan close control over the design and fabrication of implant restorations, crowns, bridges, and full-arch smiles—helping create results that look natural, feel comfortable, and are designed to last.

A Personalized Path Forward

Many patients arrive after living with missing or failing teeth, uncomfortable dentures, dental anxiety, or a smile they have hidden for years. IV sedation and other comfort options make it possible to receive even complex care in a calm, supportive environment. Every patient begins with a conversation. Dr. Djawdan and his team listen carefully, explain the available options, and create a plan around the patient's health, lifestyle, and long-term goals. Because restoring a smile is about more than teeth—it is about restoring hope and confidence.

Djawdan Center for Implant and Restorative Dentistry
133 Defense Hwy, Suite 210
Annapolis, MD 21401
410-266-7645 • smileannapolis.com

WHAT'S UP? MEDIA
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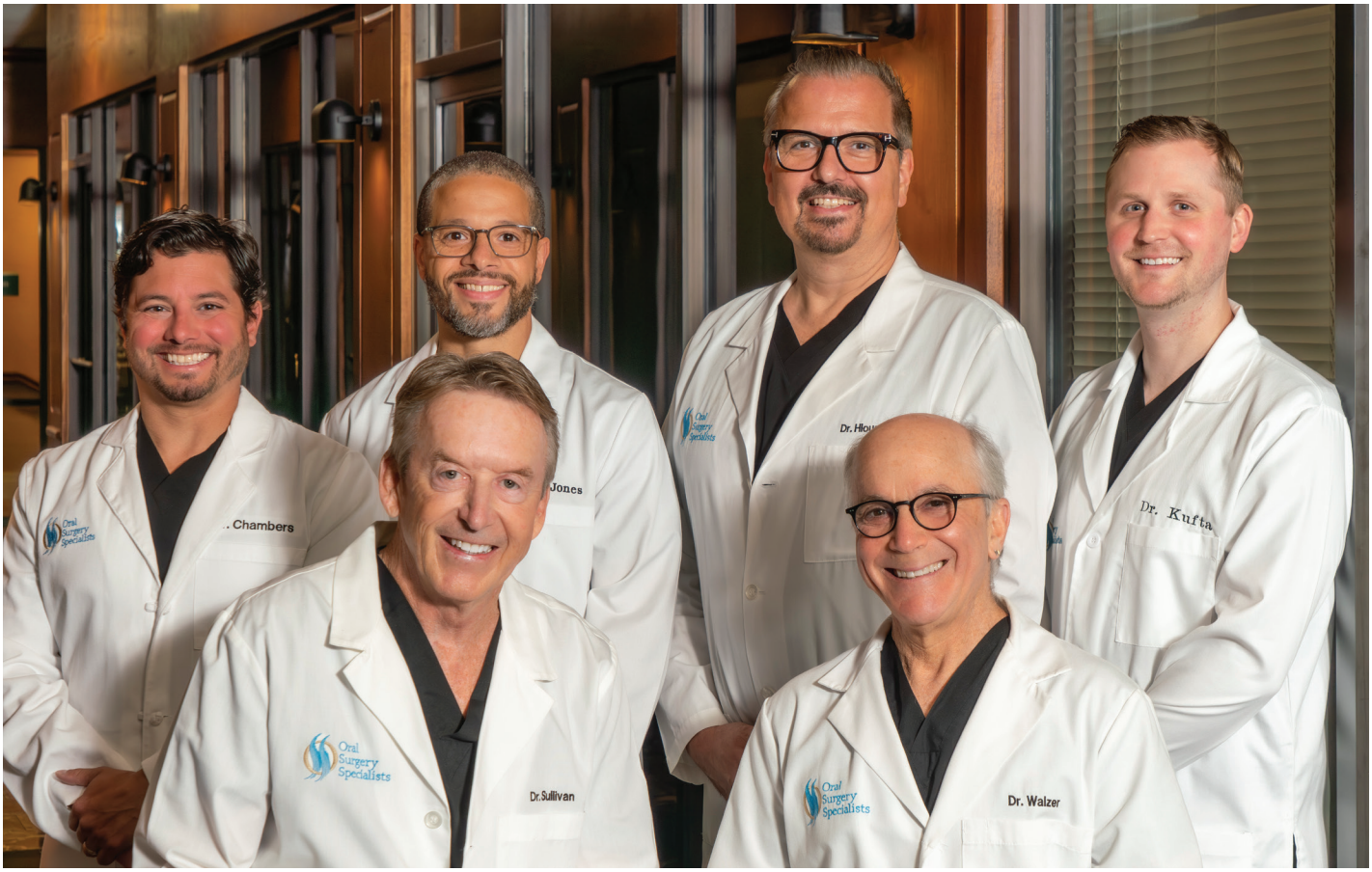
ANNE ARUNDEL



Oral Surgery Specialists

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

Drs. Walzer, Sullivan, Hlousek, Jones, Chambers, and Kufta are renowned Board Certified Oral and Maxillofacial Surgeons. Dr. Kufta, 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.

Oral Surgery Specialists
Annapolis, Pasadena,
Kent Island, Waugh Chapel
410-268-7790 • annapolisoss.com



All Star Pain Management and Regenerative Medicine

Founded in 2017, All Star Pain Management and Regenerative Medicine has become a regional leader in advanced orthopedic and regenerative care. From competitive athletes recovering from sports injuries to patients struggling with arthritis or longstanding back pain, the practice combines established interventional medicine with evolving regenerative technologies to treat conditions affecting the spine, joints, muscles, tendons, and ligaments.

Rather than treating pain as an isolated symptom, All Star's physicians look beneath the surface to identify the underlying orthopedic condition. Each treatment plan is personalized to relieve pain, restore function, and help patients return to the activities they love.

Treatment options range from image-guided spinal and joint injections to minimally invasive spine procedures, neuromodulation, and advanced regenerative medicine. The practice offers platelet-rich plasma (PRP), alpha-2-macroglobulin (A2M), bone marrow concentrate, and microfragmented adipose tissue. These products, also called orthobiologics, support the body's natural healing response and help repair injured tissues.

All Star also offers shockwave therapy to stimulate healing and PNŌE VO_2 max and resting metabolic rate testing to personalize exercise, nutrition, and recovery strategies. Together, these advanced technologies help patients heal, perform, and feel their best by using a natural and holistic approach.

At the center of this approach is founder Zvezdomir Zamfirov, MD—known to his patients as "Dr. Zed." With more than 30 years of experience spanning orthopedics, physical medicine and rehabilitation, and interventional pain care, Dr. Zed has been at the forefront of regenerative medicine in the Annapolis region. Across three convenient locations, All Star is redefining what pain treatment can look like: precise, personalized, evidence-based, and focused not only on relieving pain, but on helping patients reclaim their strength, mobility, and quality of life.

All Star Pain Management & Regenerative Medicine
443-808-1808
Offices in Annapolis, Glen Burnie and Bowie • AllStarPainManagement.com

WHAT'S UP? MEDIA TOP DOCS 2025-2026 ANNE ARUNDEL



Annapolis Plastic Surgery

Bryan T. Ambro, MD, MS | James E. Chappell, MD, FAC | Natalie Justicz, MD | Caroline Simm, CRNP | Amy Murray, RN BSN

Annapolis Plastic Surgery brings together Drs. Bryan Ambro, James Chappell, and Natalie Justicz. Their expertise in full body aesthetic and reconstructive surgery offers patients comprehensive care tailored to their goals.

Drs. Ambro and Chappell partnered in 2016 to create a practice centered on personalized care and natural looking results. Today, that vision continues with the addition of Dr. Justicz, a double board-certified facial plastic surgeon. In a comfortable, spa-like environment, the team takes time to understand each patient's concerns, explain treatment options, and develop an individualized plan.

Beyond surgery, Annapolis Plastic Surgery offers a diverse selection of treatments to support hair growth and restoration, skin health and facial rejuvenation. Caroline Simm, CRNP, and Amy Murray, RN, BSN, provide personalized non-surgical care, including injectables and laser treatments. Options such as Botox and dermal fillers can soften expression lines, restore volume, and enhance facial contours, with an emphasis on results that complement your features.

Advanced laser and light treatments, including HALO, MOXI, and BBL HERO, offer options for addressing concerns such as sun damage, uneven pigmentation, and skin texture. Treatment recommendations are tailored to each patient's skin, goals, and available recovery time.

At Annapolis Plastic Surgery, care starts with a conversation. From your first consultation, the team takes time to understand what brought you in and what you hope to achieve. With surgical expertise and non-surgical options under one roof, patients can explore their options, ask questions, and move forward with a plan that feels personal.

Whether you are exploring surgery, hair restoration, considering injectables, or simply prioritizing healthier skin, the team at Annapolis Plastic Surgery is here to guide you through your options with thoughtful recommendations and attentive care. The goal is a plan that feels manageable, reflects your priorities, and evolves with you.

Annapolis Plastic Surgery
2002 Medical Parkway, Suite 215
Annapolis, MD
410-266-7215 | annapolisplasticsurgery.com



Chesapeake Dental Arts

Dr. Meredith Esposito and Dr. Adam Groyer

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 2025 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.

See what Dr. Esposito can do for your smile!



BEFORE



AFTER

Chesapeake Dental Arts
Dr. Meredith Esposito | Dr. Adam Groyer
1509 Ritchie Highway | Arnold, MD 21012
410-757-6200 | Chesdentalarts.com

WHAT'S UP? MEDIA TOP DENTISTS 2026-2027 ANNE ARUNDEL



Dockside Dermatology

Doctors who are by your side

At Dockside Dermatology, we believe exceptional dermatology should feel personal. Founded in 2022 by Dr. Stephanie Clements and Dr. Lesley Sutherland, Dockside was built around a simple idea: providing expert, comprehensive skin care while making every patient feel genuinely cared for.

With locations in Millersville and Annapolis, Dockside offers comprehensive medical, surgical and cosmetic dermatology for patients of all ages. From skin cancer screenings, acne, eczema and psoriasis to Mohs surgery and other surgical procedures, our team provides thoughtful, evidence-based care. We also offer a full range of cosmetic treatments, including Botox, filler, lasers, microneedling and PRP, helping patients feel confident in their skin at every stage of life.

Our name reflects both who we are and where we come from. "Dockside" is a nod to our roots on the Chesapeake Bay, while also playing on our philosophy of being your "doctor by your side." We want Dockside to be the practice you and your family can turn to—not just when something needs treatment, but for expert guidance and care through every stage of life.

As a locally founded practice, we're proud to care for the community we call home. Whether you're coming in for your annual skin check, treatment for a skin condition, or simply looking for ways to feel more confident in your skin, our goal is the same: to provide exceptional care in a place where you feel known, comfortable and cared for.

Dockside Dermatology
8601 Veterans Hwy
Millersville, MD 21108
410-934-5400
Hello@docksidederm.com
docksidederm.com

WHAT'S UP? MEDIA TOP DOCS 2025-2026 ANNE ARUNDEL



Sean Mulvaney, M.D.

Regenerative Orthopedics and Sports Medicine Annapolis

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

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

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

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

At ROSM, we have become the top authorities in the world on the use of stellate ganglion block (SGB) to treat PTSD. We founded the SGB Treatment center to provide compassionate, world-class care to our patients while also advocating on a national level for those struggling with PTSD. Dr. Mulvaney provides compassionate, world-class care to our patients while also advocating on a national level for those struggling with PTSD. Dr. Mulvaney educated others on best practices for utilizing SGB in conjunction with trauma-focused therapy. We continue to conduct research, adding to our 17 peer-reviewed articles on this topic that we have published thus far.

ROSM Annapolis
116 Defense Hwy, Ste. 203
Annapolis, MD 21401 | 410-505-0530
rosm.org | sgbtreatmentcenter.com
drseanmulvaney.com

WHAT'S UP? MEDIA TOP DOCS 2025-2026 ANNE ARUNDEL



Anne Arundel Gastroenterology Associates

AAGA 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 Gastroenerology Associates
Locations in Annapolis, Pasadena, Bowie, Odenton, Stevensville, Greenbelt and Easton
Visit our new Easton location:
8695 Commerce Dr, Suite 5, Easton, MD
410-224-2116 • aagastro.com

WHAT'S UP? MEDIA TOP DOCS 2025-2026 ANNE ARUNDEL



Shipley's Dental Care

Dr. Michelle Ayoroa-Perez | A New Generation of Dentistry

Dr. Michelle Ayoroa-Perez is honoring a remarkable legacy while creating a distinctly modern vision for Shipley's Dental Care.

For Dr. Michelle Ayoroa-Perez, dentistry has never been simply about treating teeth. It is about people, their health, their confidence, their families and the relationships built over years of caring for them.

"My vision is to create a practice where exceptional dentistry and exceptional hospitality are inseparable. I want patients to feel that they are genuinely known, listened to and cared for, not simply treated." -Dr. Michelle Ayoroa-Perez

Today, Shipley's combines comprehensive family dentistry with cosmetic and restorative treatment, dental implants, Invisalign®, advanced digital technology and health-centered dentistry. The practice increasingly looks beyond an individual tooth to consider the relationship between oral health and overall wellness, emphasizing prevention, education and individualized treatment planning. Shipley's is a place where science and artistry coexist. It is a place where technology enhances relationships rather than replacing them.

DR. MICHELLE AYOROA-PEREZ AT A GLANCE

Role: Owner & Dentist, Shipley's Dental Care

Education: University of Maryland College Park-Neurobiology and Physiology; Maryland School of Dentistry

Residency: NYU Langone Advanced Education in General Dentistry

Advanced Education: Dawson Academy, Triangle Dental Institute, Kois Institute, American Academy of Facial Esthetics and additional training across comprehensive, cosmetic, implant and occlusal dentistry; recently passed the American Academy of Cosmetic Dentistry examination and is pursuing accreditation through AACD.

Clinical Philosophy: Comprehensive • Preventive • Cosmetic • Health-Centered • Personalized

Shipley's Dental Care
8601 Veterans Hwy Suite 101
Millersville, MD 21108
410-442-6903 | ShipleysDentalcare.com

WHAT'S UP? MEDIA TOP DENTISTS 2026-2027 ANNE ARUNDEL



Maryland Oncology Hematology

Expert Care. Close to Home.

Patient-Centered Care: At Maryland Oncology Hematology (MOH), we believe exceptional cancer and hematology care should be accessible, coordinated, and delivered close to home. As Maryland's largest independent oncology and hematology practice, we provide advanced treatment for cancer and blood disorders in a community-based setting, allowing patients to receive expert care near their families, support systems, and daily lives.

Our highly trained physicians work alongside a multidisciplinary team of advanced practice providers, nurses, pharmacists, genetic counselors, financial advocates, and supportive care specialists who are dedicated to addressing the medical and emotional needs of patients and caregivers throughout their journey.

As an independent, physician-led practice, our recommendations are guided solely by what is best for each patient. We are not limited by hospital system affiliations and can collaborate with the specialists, facilities, and resources that best meet a patient's individual needs. Unlike providers who divide their focus across multiple specialties, our physicians dedicate their careers exclusively to oncology and hematology, providing the expertise and personalized attention patients deserve.

Founded and led by Maryland physicians, MOH remains committed to delivering state-of-the-art care, advancing treatment options through research, and serving our communities with compassion and excellence.

Expertise in One Place: MOH's board-certified physicians specialize exclusively in oncology and hematology and offer access to the latest advances in treatment, including:

- **Medical Oncology:** Chemotherapy, targeted therapies, hormone therapies, and precision medicine approaches tailored to each patient's disease.
- **Immunotherapy:** Innovative treatments that help the body's immune system recognize and fight cancer.
- **Hematology:** Comprehensive diagnosis and treatment of benign and malignant blood disorders.
- **Genomic and Molecular Testing:** Advanced diagnostic tools that help identify treatment options and guide personalized care plans.
- **Clinical Research:** Through our partnership with Sarah Cannon Research Institute and other research collaborations, patients have access to a broad portfolio of clinical trials and emerging therapies.

Maryland Oncology Hematology

Annapolis: 810 Bestgate Rd
Suite 400, Annapolis, MD

Easton: 509 Idlewild Ave
Suite 1, Easton, MD

410-897-6200 | MarylandOncology.com

WHAT'S UP? MEDIA TOP DOCS 2025-2026 ANNE ARUNDEL



Samuel F. Boles, MD

Anne Arundel Eye Center

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

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

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

Dr. Boles received his medical degree from the Medical College of Georgia, completed his post-doctoral training at a Harvard University Cornea research lab, a Yale University affiliated Hospital in Bridgeport, Connecticut, George Washington University for Ophthalmology Residency, and the University of California, San Diego, for Glaucoma Fellowship. He helped originate the Glaucoma Co-Management Roundtable to improve patient care through better communication and education. Dr. Boles is a former member of the Board of Directors at The Polakoff Foundation and the Maryland Society for Sight. He is an active volunteer in the community offering periodic free screenings and specific community outreach programs.

Samuel F. Boles, MD
127 Lubrano Drive | Suite 301
Annapolis, MD
410-224-2010
AnneArundelEyeCenter.com

WHAT'S UP? MEDIA TOP DOCS 2025-2026 ANNE ARUNDEL



About Smiles Dentistry

Dr. April Calton | Dr. Katherine Holtzapple

For more than 22 years, **Dr. Calton** has provided exceptional dental care to the Annapolis community, with a focus on comfort, personalization, and the patient experience. A graduate of New York University College of Dentistry, she is committed to lifelong learning and stays current with advances in aesthetic and cosmetic dentistry, neuromuscular dentistry, and sedation and anxiety-management techniques.

Dr. Calton is a member of the American Dental Association, Maryland State Dental Association, and Anne Arundel County Dental Society. She has been recognized by *What's Up? Annapolis* as a Top General/Cosmetic Dentist and named among America's Top Dentists by the Consumers' Research Council of America.

Dr. Calton lives on Maryland's Eastern Shore with her husband, their three children, and two dogs. Outside the office, she enjoys boating, traveling, attending concerts, and snow skiing – doing anything while making memories with her family.

Dr. Katherine Holtzapple is dedicated to creating a welcoming, comfortable, and positive dental experience at About Smiles Dentistry. A Pennsylvania native, she earned her Bachelor of Science in Biology from Towson University, where she competed as a Division I soccer player. Before dental school, she participated in a dental mission trip to Haiti, providing care to underserved communities. She earned her Doctor of Dental Surgery degree from West Virginia University, where she received a Team Leader Recognition Award.

Outside the office, Dr. Holtzapple enjoys WVU sporting events, relaxing at the beach, discovering new wines, and creating charcuterie boards. She especially treasures time with her husband, Logan, their two-year-old daughter, and extended family.

About Smiles Dentistry
507 S Cherry Grove Ave. - Suite A
Annapolis, MD 21401
Call or Text 410-990-4700
aboutsmiles@gmail.com
aboutsmilesdentistry.com

WHAT'S UP? MEDIA TOP DENTISTS 2026-2027 ANNE ARUNDEL



Annapolis Prosthodontic Associates

Proudly Serving the Annapolis Community for More Than 50 Years. For more than five decades, Annapolis Prosthodontic Associates has provided sophisticated, highly personalized dental care with an unwavering commitment to clinical excellence.

Our practice is led by three accomplished prosthodontists—dental specialists with advanced training in the restoration and replacement of teeth, implant dentistry, esthetics, and the management of complex dental needs.

Sara Satin, DMD, MS, FACP: Board-Certified Prosthodontist President of the Maryland Section of the American College of Prosthodontists, with a special interest in advanced digital dentistry.

Arezoo A. Bahar, DDS: Prosthodontist Trained in London with advanced postgraduate training in Prosthodontics and Implant Prosthodontics at the University of Maryland.

John P. Davliakos, DMD: Prosthodontist Assistant Professor in the University of Maryland Graduate Prosthodontic Program and a nationally and internationally recognized lecturer in implant and prosthetic dentistry.

Our doctors combine specialized expertise, meticulous treatment planning, and advanced digital technology to provide individualized care for restorative and implant needs—from the restoration of a single tooth to full-mouth rehabilitation. Our on-site dental laboratory allows our doctors to collaborate directly with experienced dental technicians throughout the design and fabrication of custom restorations, providing exceptional attention to detail, precision, function, and esthetics.

Contact us today to schedule your consultation and let us restore that beautiful smile that you were meant to have.

Annapolis Prosthodontic Associates
Shore United Bank Building
200 Westgate Circle, Suite #106
Annapolis, MD, 21401
410-268-7100
apadentistry.com

WHAT'S UP? MEDIA
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ANNE ARUNDEL



Drs. Joseph Wazen, Emmanuel Koli, Cina Karodeh, Emeka Nwodim, Mark Linzer, and Justin Waltrous.

Bay Area Orthopaedics & Sports Medicine

Bay Area Orthopaedics & Sports Medicine is a leading multidisciplinary musculoskeletal care provider serving communities throughout Maryland. As a division of The Centers for Advanced Orthopaedics (CAO)—one of the nation's largest orthopaedic groups—the practice provides comprehensive care across Annapolis, Hanover, and Kent Island.

Founded in Anne Arundel County by decorated Vietnam War veteran and renowned surgeon Dr. Edwin Fulton, Bay Area Orthopaedics & Sports Medicine has built a longstanding legacy of clinical excellence, community trust, and compassionate patient care. The practice's comprehensive Continuum of Care integrates advanced diagnostics, non-operative treatment, interventional pain management, physical therapy, bracing, minimally invasive and complex surgical procedures, and individualized rehabilitation. By bringing multiple musculoskeletal specialties together under one roof, patients benefit from coordinated, personalized treatment without unnecessary referrals.

Dr. Emeka Nwodim, MD, FAAOS, Managing Partner, leads the Spine and General Orthopaedics division, specializing in complex spinal reconstruction, trauma, and degenerative conditions. The Sports Medicine team, Dr. Emmanuel Koli, MD, FAAOS and Dr. Joseph Wazen, DO, provides advanced treatment for athletic injuries, ligament reconstruction, and joint disorders. Dr. Cina Karodeh, MD, specializes in Hand and Upper Extremity microsurgery, while Dr. Mark R. Linzer, DPM, provides comprehensive Foot and Ankle surgical care. Dr. Justin Waltrous, MD, leads Interventional Physiatry, offering advanced non-operative treatments, targeted injections, and physical medicine therapies.

Beyond clinical expertise, the practice is defined by genuine warmth, accessibility, and individualized attention. From the first interaction through rehabilitation, the entire team strives to make patients feel comfortable, heard, and informed. Physicians take the time to explain complex conditions, answer questions, and develop treatment plans collaboratively. At Bay Area Orthopaedics & Sports Medicine, exceptional care is built around the whole patient—not just the condition.

CAO Bay Area Orthopaedics and Sports Medicine
Locations in Hanover, Annapolis and Kent Island
410-768-5050 • bayareaorthopaedics.com



Dr. Lucy Guevara

Optimal Longevity MD

For Dr. Lucy Guevara, medicine has always been about looking beyond the immediate problem. As a double board-certified physician, Dr. Guevara has spent her career developing a deeper understanding of the many factors that influence health, from hormones and metabolism to nutrition, inflammation, lifestyle, and the body's ability to recover and repair. She believes one shouldn't wait until someone develops a significant health problem before they start paying attention to how their body is functioning. The goal is to identify opportunities earlier and help patients maintain their health, strength, and independence for as long as possible.

At Optimal Longevity MD, Dr. Guevara combines functional, longevity, and regenerative medicine. Her approach may include comprehensive laboratory evaluation, hormone optimization, metabolic health, targeted supplementation, lifestyle strategies, and regenerative therapies when appropriate. Her interest in regenerative medicine reflects her ideology that the body is more than a collection of symptoms to manage. Emerging therapies such as biologic treatments and peptides may offer new approaches to supporting recovery, while careful patient selection and evidence-based decision-making remain essential.

For Dr. Guevara, longevity isn't simply about adding years to a person's life. It's about helping people preserve the ability to live those years fully. Whether that means remaining active, continuing to exercise, traveling, managing a career, or simply maintaining independence, she believes healthcare should help patients protect the quality of life they value most.

She most values quality time with her husband, a retired Marine, imaginative 6yo daughter, agile 3yo son and two adorable dogs. She loves making meals from scratch, with her most recent endeavour being yogurt to optimize gut health. Through Optimal Longevity MD, Dr. Guevara is bringing that philosophy to the Annapolis community: a more personalized, proactive vision of medicine designed not only to treat illness, but to help people thrive as they age.

Optimal Longevity MD
1481 Baltimore Annapolis Blvd, Arnold, MD
301-978-6015 | optimallongevitymd.com
optimallongevitymd@gmail.com



Endodontics, P.A.

Charles Herbert, DDS | Michelle Rampulla, DDS

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

Dr. Herbert earned his Bachelor's Degree in Biology from Johns Hopkins University before pursuing his DDS at the University of Maryland at Baltimore. His passion for endodontics was ignited during his time at UMAB, where he was mentored by the renowned Dr. Thomas Dumsha. He then specialized in Endodontics at the University of Illinois, Chicago. With almost 30 years in practice and over 40,000 root canals performed, Dr. Herbert is known for his light-hearted approach to patient care, often guiding patients through procedures with a calm voice—and sometimes a song. When he is not taking care of teeth he enjoys playing lead guitar and handles the vocals in a cover band.

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

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

Dr. Charles Herbert Endodontics, PA
888 Bestgate Road
Suite 220 • Annapolis, MD
410-224-6150 • endodonticspa.com

WHAT'S UP? MEDIA
TOP DENTISTS
2026-2027
ANNE ARUNDEL



Reinheimer Orthodontics

Dr. Ora Reinheimer

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

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

At Reinheimer Orthodontics, we treat the orthodontic needs of children and adults of all ages, we have patients in their 80's With over 20 years of experience, Dr. Ora Reinheimer has earned a reputation for offering an unparalleled level of compassion and excellence in orthodontic care. It is one of our top priorities to make your experience with us as comfortable as possible.

Testimonial

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

Reinheimer Orthodontics
Annapolis - 802 Bestgate Road, Suite B
Kent Island - 101 St. Claire Place, Suite 104
410-263-5600
marylandbraces.com

WHAT'S UP? MEDIA
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ANNE ARUNDEL



Nikia Thomas

Director of Sales and Marketing | Harmony at Laurel Senior Living

Harmony at Laurel will soon welcome residents to a vibrant senior living community designed to support healthy aging through Independent Living, Assisted Living, and Memory Care neighborhoods. By offering multiple levels of care on one campus, Harmony provides peace of mind for older adults and their families, ensuring residents can continue to thrive even as care needs change over time.

Today's seniors are seeking more than a place to live. They want opportunities to stay active, engaged, and connected. At Harmony at Laurel, residents will enjoy chef-prepared, nutritious meals, fitness and wellness programs, scenic walking trails, and convenient access to on-site physical, occupational, and speech therapy services. These amenities are designed to support overall well-being while helping residents maintain independence and quality of life.

Research consistently demonstrates that meaningful social connections play a critical role in healthy aging, contributing to improved emotional, cognitive, and physical health. Harmony helps foster those connections through an engaging calendar of activities, educational programs, social gatherings, and opportunities to build lasting friendships.

Nikia Thomas, Director of Sales and Marketing at Harmony at Laurel said, "We believe aging should be filled with purpose, connection, choice, and opportunity. Our lifestyle framework guides everything we do, helping residents remain true to who they are while fostering meaningful relationships, personal growth, and new experiences. We are creating an environment where every individual is honored, empowered, and supported in living life on their own terms."

For many older adults, life changes such as the loss of a spouse, a desire to move closer to adult children, or a shrinking social circle can create uncertainty about the future. Senior living can help bridge that gap by replacing isolation with community, support, and new opportunities for connection. Residents often discover they gain far more than they leave behind.

Harmony at Laurel
Sales Center: 3433 Laurel Fort Meade Road
Laurel, MD 20724 | 301-477-8400 | harmonyatlaurel.com



Q: What should patients consider when choosing a dentist for dental implants or a smile transformation?

A: Patients should look for experience, comprehensive treatment planning, and care that is personalized to their needs. Implant and cosmetic dentistry involve more than replacing teeth—they require careful consideration of health, function, facial balance, and the natural appearance of the final smile. Because I provide both the surgical and restorative phases of implant care, I can plan treatment with the final result in mind from the beginning. Our advanced digital technology and in-house laboratory give us additional control over the precision and design of each restoration. Most importantly, patients should feel heard. The best results come from understanding what matters to each individual and combining expertise, technology, artistry, and compassionate care to support their health, confidence, and long-term goals.

KIAN DJAWDAN, DMD
Djawdan Center for Implant & Restorative Dentistry



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 types of patients do you treat as prosthodontists?

A: Prosthodontists care for patients of all ages with a wide range of dental needs. We may treat a child born without permanent teeth, an adult who has lost or damaged teeth from trauma or disease, a patient affected by cancer treatment or radiation, or anyone with complex cosmetic and restorative needs. We often collaborate with other dental specialists to provide comprehensive, interdisciplinary care. Our specialty combines this coordinated approach with careful consideration of facial esthetics, harmony, and function to create beautiful yet natural-looking smiles designed for long-term health and durability.

DR. SARA SATIN, Annapolis Prosthodontic Associates



Q: If I can screen for colon cancer at home with Cologuard, why would I need a Colonoscopy?

A: Cologuard has been a major advancement because it makes colorectal cancer screening easier and more accessible. However, screening is about more than finding cancer- it is about preventing it. Cologuard does not detect approximately 8 out of every 100 colorectal cancers and about 57 out of every 100 advanced precancerous polyps-lesions that may progress into cancer. Colonoscopy allows us to find and remove these polyps before they become cancer. The greatest success in colorectal cancer screening is not simply finding cancer early, it is preventing cancer from ever developing in someone you care about.

RAJA TAUNK, MD, Anne Arundel Gastroenterology Associates



Q: When is sports-related knee pain or injury serious enough to consider surgery?

A: Consider surgery if your injury locks your joint, limits daily movement, or fails to improve with rest and physical therapy. Knee pain is highly serious if you experience stubborn swelling, a buckling sensation, or an inability to bear weight. These red flags usually signal a torn ligament or cartilage that cannot heal on its own. Consult a sports medicine doctor for a personalized treatment plan. The ultimate choice to undergo a procedure depends entirely on your specific injury severity, overall health, and long-term fitness goals.

DR. JOSEPH WAZEN, DO, Bay Area Orthopaedics & Sports Medicine



Q: Can regenerative medicine actually help patients avoid surgery?

A: Absolutely. I treat many conditions – such as rotator cuff tears, mild to moderate arthritis, and degenerative disc disease – with regenerative therapies that can help patients avoid major surgery. The key is early intervention, as waiting too long can limit results. Compared to surgery, these procedures are safe, minimally invasive, and carry a lower risk of complications. As the only physician in Annapolis licensed through the premier Regenexx network, I offer advanced, research-driven regenerative treatments tailored to each patient. If you're trying to avoid surgery, an early evaluation can help determine if you're a good candiate and improve your outcome.

DR. ZVEZDOMIR ZAMFIROV, All Star Pain Management and Regenerative Medicine



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

A: It is absolutely a myth! Modern technology, better local anesthetics, and advancements in endodontic therapy have made the root canal procedure as efficient as a dental filling. Years ago, it would take several visits and hours in the chair to adequately perform a root canal. Today, with digital radiographs, surgical operating microscopes, rotary instrumentation, and improved filling methods, most of these procedures can be completed in less than an hour, with little or no discomfort for the patient. I'm here to change the painful root canal perception one tooth at a time!

DR. CHARLES HERBERT, Endodontics, PA



Q: How do cataracts form?

A: A cataract occurs when there is a buildup of proteins in the lens, creating protein clumps. These clumps, or deposits, prevent light from passing clearly through the lens, thus disrupting normal vision. A patient with a cataract cannot see images clearly. Instead, images appear cloudy or blurry, especially at night. Cataracts can begin to affect the patient's ability to perform simple, everyday tasks like reading and driving. Cataract surgery is the recommended treatment in these cases and has a 98% success rate.

DR. SAMUEL BOLES, Anne Arundel Eye Center



Q: How does salivary testing improve patient care?

A: Salivary testing provides insight into cavity risk, periodontal health, inflammation and oral microorganisms. Combined with examinations, medical history and professional judgment, it helps the team create more precise prevention and treatment plans. This allows us to address each patient's specific risks earlier, supporting a more personalized and proactive approach to long-term oral health.

DR. MICHELLE AYOROA-PEREZ, Shipley's Dental Care



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 should I expect at my first mammogram?

A: A screening mammogram is a quick, routine procedure designed to screen for breast tissue changes. At check-in, you will complete a risk assessment and medical history form detailing any symptoms, prior procedures, or family history of breast cancer. Next, you will head to a private changing room to remove your top, bra, and jewelry, and use a provided wipe to clear away any deodorant or lotion before putting on a gown. In the exam room, your technologist will position one breast at a time onto the machine. A plastic paddle gently compresses the breast tissue for a few seconds per view. You will feel firm pressure and brief discomfort, but it won't last long. The imaging takes roughly 10 minutes, with the entire appointment lasting about 30 minutes from arrival to departure. Results are generally available within 2 business days or sooner via e-mail as well as your online patient portal.

MARIT DUFFY, MD, 888-909-9729 Luminis.Health/Imaging



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: 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: How has dentistry changed over the years?

A: Dentistry has become much more conservative and technology-driven. We can diagnose problems earlier, preserve more natural tooth structure, and create restorations that look and feel incredibly natural. Advances in digital technology have made treatment more comfortable, more predictable, and often more efficient for patients.

DR. APRIL CALTON, About Smiles Dentistry



Q: What is Mohs Surgery?

A: Mohs surgery is a specialized technique for treating skin cancer, especially in areas where preserving healthy skin matters most, such as the face, neck, hands and shins. What sets Mohs apart is that the surgeon examines the tissue under a microscope during the procedure. After removing the visible cancer, the surgeon checks the edges, or "margins," for any remaining cancer cells. If cancer is found, another thin layer is removed precisely from that area. This continues until the margins are clear. The Mohs surgeon typically closes the wound with stitches. For larger or more complex wounds, or when a patient prefers, we can coordinate with a plastic surgeon for the repair. The result? Thorough cancer removal while preserving healthy tissue and minimizing scarring.

STEPHANIE CLEMENTS MD , Dockside Dermatology



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: Women 40+, why does your body suddenly feel different and what can you do about it?

A: For many women, the 40s bring changes that can feel sudden—difficulty losing weight, disrupted sleep, mood changes, fatigue, decreased muscle mass, or changes in libido. These shifts are often influenced by changing hormones, but hormones are only part of the picture. Metabolic health, stress, nutrition, sleep, and muscle health also play important roles. Women can take proactive steps by prioritizing strength training, adequate protein, quality sleep, stress management, and metabolic health. Working with the right provider to evaluate the whole picture—not just a single hormone level—can help identify personalized strategies to improve energy, body composition, hormone balance, and healthy aging.

DR. LUCY GUEVARA, Optimal Longevity MD



Q: Who is Dr. Justicz?

A: I'm Dr. Natalie Justicz, the newest facial plastic surgeon at Annapolis Plastic Surgery and a Severna Park local! I'm excited to care for the community I call home. I'm double board-certified, with an education and training spanning Stanford, Emory, Harvard, and the University of Michigan. Before joining APS, I spent five years as an Associate Professor at the University of Maryland, caring for patients at Shock Trauma. My practice includes rhinoplasty, facial rejuvenation, reconstruction, and non-surgical treatments. I love helping patients understand their options and feel confident in their decisions. I'm looking forward to meeting you and hearing your goals!

NATALIE JUSTICZ, MD, Annapolis Plastic Surgery



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

A: Scientific studies show the major benefit of cancer screenings is early detection; they can detect cancer before it has started or when it's early. Recommended screening tests include mammograms for women 40 and over; colonoscopies or Cologuard for everyone 45 and older; low dose chest CT scans for those with a 20-pack year smoking history, ages 50-80; regular pap smears in women; and testicular self-exams in young men. In individuals with a family history of breast or colon cancer, screening tests would start at a younger age. HPV vaccination is already saving lives. Insurers often cover screening tests. Get screened!

DR. JEANINE WERNER, Maryland Oncology Hematology



Q: When should I start aesthetic treatments?

A: For early signs of aging, I love pairing a conservative use of Botox to soften expression lines and fillers to enhance your lips or contours. Moxi or Nano laser treatments restore a luminous, even-toned complexion. To improve firmness or volume, Sculptra is my gold standard. It acts as a biostimulator, prompting your own body to rebuild its collagen over time for a youthful lift. Aesthetic treatments are an investment in your long-term skin health, and I am here to guide you whenever you feel ready.

JULIA KENEALY, RN,BSN, ADORO Medical Spa



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

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

DR. ORA REINHEIMER, Reinheimer Orthodontics



Q: How do I know if now is the right time to move to senior living?

A: There is no single "right" time to move to senior living, but many older adults begin exploring their options when home maintenance, cooking, cleaning, or yard work become more burdensome than enjoyable. Social connection is another important factor. If staying active and engaged has become more difficult, senior living offers built-in opportunities for friendship, activities, and community involvement. Concerns about safety, accessibility, or needing occasional support may also signal it's time to explore a new lifestyle. Many seniors find that making the move while still active and independent allows them to fully enjoy the amenities, social opportunities, and peace of mind senior living provides.

NIKIA THOMAS, Harmony at Laurel Senior Living



Q: I've been told I don't have enough bone for dental implants. Could I still be a candidate?

A: Yes, possibly. Being told that you do not have enough bone for conventional dental implants does not necessarily mean that fixed teeth are no longer an option. Advanced bone loss can occur after years of missing teeth, periodontal disease, infection, or long-term denture wear. Depending on the individual's anatomy and overall health, advanced treatment options may include bone grafting, specialized implant placement, or zygomatic implants. Zygomatic implants are longer implants that anchor into the cheekbone rather than relying solely on diminished bone in the upper jaw. For certain patients, this can make fixed teeth possible even when traditional implant treatment is not. These are complex procedures that require careful three-dimensional imaging, comprehensive planning, and advanced surgical and restorative experience. Every patient must be evaluated individually, but the important message is this: a previous "no" may mean that conventional implants were not an option—not that no options exist.

RENEE DJAWDAN
Djawdan Center for Implant & Restorative Dentistry

AACC FOUNDATION

Preparing the Next Generation of Nurses

Will there be a nurse for me?



A Conversation with Elizabeth Appel

Dean, School of Health Sciences at Anne Arundel Community College



Q: Why is nursing education such a critical issue for our community right now?

Dean Appel: Maryland, like much of the nation, continues to face a shortage of registered nurses. As healthcare needs grow and experienced nurses retire, our hospitals and healthcare providers need a strong pipeline of qualified professionals ready to step into these vital roles. At AACC, we believe healthcare workforce challenges require community solutions, and educating future nurses is one of the most important ways we can strengthen the health of our region for years to come.

Q: What role does AACC play in addressing this need?

Dean Appel: AACC has long been a leader in nursing education. Our Registered Nursing program is regularly ranked among the best in Maryland, and we are proud to be one of the largest suppliers of nurses to our two local hospital systems. Thanks to significant investments from county and state partners, we have a state-of-the-art Health and Life Sciences Building that provides students with an exceptional learning environment and hands-on training experiences that prepare them for today's healthcare settings. Our expanded facilities allow us to welcome up to 320 new nursing students each year. Achieving this growth goal is critical because every qualified nursing student represents an opportunity to strengthen our healthcare workforce and improve patient care throughout our community.

Q: What makes AACC's Registered Nursing program stand out?

Dean Appel: Our program combines academic excellence, affordability and real-world preparation. Students receive rigorous training that meets the highest accreditation standards and prepares them for a profession where knowledge and judgment can literally save lives. The cost of this two-year program is approximately $20,000, providing tremendous value given that registered nurses in Maryland earn a rewarding salary with benefits. For many students, nursing is not only a rewarding career, it is also a pathway to economic mobility and long-term family stability.

Q: What barriers do prospective nursing students face?

Dean Appel: The biggest challenge for many students is financial. Registered nursing education is demanding, and AACC students are required to complete the program within a two-year timeframe. Clinical rotations, coursework and study requirements make it difficult, and often impossible, to maintain employment while enrolled. Many of our students face significant financial pressures. More than 40% are the first in their families to attend college. Nearly half qualify for federal financial aid, and many others earn just enough to exceed aid thresholds while still struggling to cover tuition, books, transportation, childcare and living expenses. We never want finances to prevent a qualified and motivated student from becoming a registered nurse.

Q: How is AACC helping students overcome these challenges?

Dean Appel: We created the Future Nursing Professionals Scholarship specifically to support registered nursing students who face financial obstacles but may not receive sufficient assistance through traditional aid programs. This donor-funded scholarship can provide up to $10,000 over two years, covering roughly half the cost of the program.



The scholarship is designed to help students stay focused on their studies, complete their education and enter the workforce sooner. It's an investment not only in individual students but also in the future health and well-being of our entire community.

Q: How can the community get involved?

Dean Appel: Community support is essential. Through the AACC Foundation, we are leading a community challenge to raise $4.5 million for the Future Nursing Professionals Scholarship. To date, nearly $3.3 million has been committed thanks to generous donors who recognize the importance of investing in our future nurses.

Every contribution helps remove barriers for aspiring registered nurses and strengthens the healthcare workforce our families, neighbors and community depend on. Together, we can ensure that every qualified student who dreams of becoming a nurse has the opportunity to succeed.

HELP US MEET THE CHALLENGE

Support the Future Nursing Professionals Scholarship

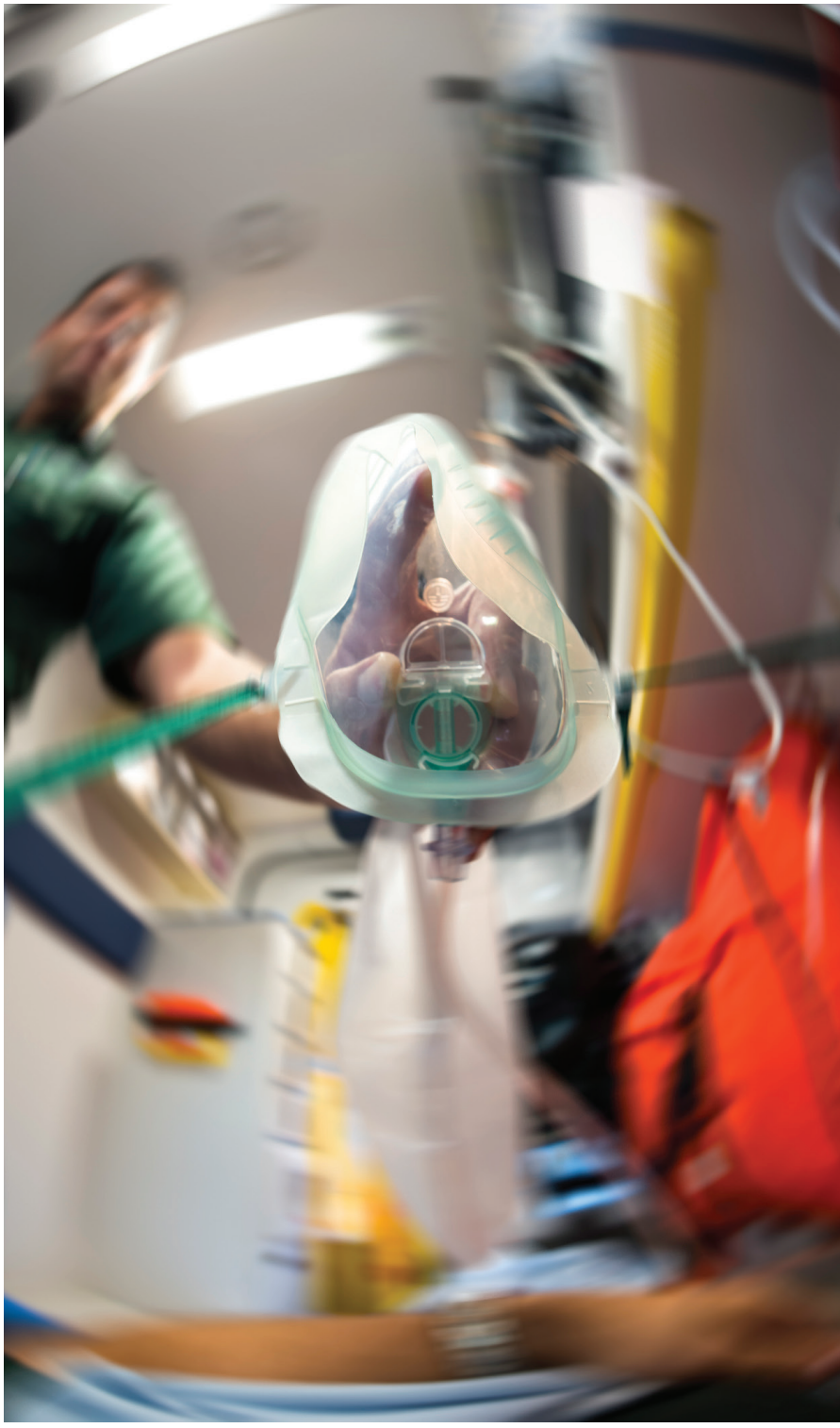
The AACC Foundation is working to ensure that financial hardship never stands between a qualified student and a registered nursing career. Join the Future Nursing Professionals Scholarship Community Challenge and help empower the next generation of healthcare professionals who will care for our community for decades to come.

Invest in future nurses. Strengthen our community. Change lives.

Learn more, make a gift, and see the impact of your support at:

410-777-2515 | foundation@aacc.edu

FIRST RESPONSE



A MEDICAL EMERGENCY EXPERIENCE SHEDS LIGHT ON OUR LOCAL RESOURCES AND WHAT TO EXPECT WHEN A HEALTHCARE CRISIS STRIKES

BY GARY JOBSON

Our decision to call 911 didn't come lightly. I had been struggling with breathing and fatigue for a couple of weeks. On a Friday back in March, I was scheduled to make a train trip to New York City. But I couldn't walk across the room without being completely out of breath. The next day my condition worsened. My wife, Janice, was away at a church meeting. Our bedroom is on the third floor of our Murray Hill house in downtown Annapolis, but my cell phone was on the first floor.

Walking downstairs was out of the question. When I stood up, I felt like I was about to pass out. Falling down the stairs seemed likely. I knew I was in trouble. What happens when you need help? This is my story.

It took me a full hour to ease myself down the steps by sitting on each stair and moving forward one level at a time. Even then I was exhausted through each sequence. Finally, I arrived on the first floor and crawled into the kitchen to retrieve my cell phone. I sent a text to my wife. She responded and said she was on her way home. I wondered if we should call 911 or just head to the Emergency Room at Luminis Health, which is a three-mile drive away. Janice arrived and knew I was in trouble with one look at me. Apparently, I was ghost white and my fingers had turned blue. She called 911.





I could hear the operator asking questions. The final message to us was, "Help is on the way." At this point, I was drifting in and out of consciousness. Two trucks were dispatched by the City of Annapolis Police Department. The short response time was impressive. It took about six minutes for them to arrive on scene. One truck made its way down our dead-end street and the other truck blocked traffic at the top of the street.

Four first-responders entered the house and started loading me on to a wheelchair. In short time, I was out the door and maneuvered onto a gurney. The next step was being loaded into the ambulance. As I was lifted, everything around me turned white. It felt surreal. Once inside the truck it got eerily quiet. The medic fitted me with an oxygen mask and I could see again. The truck backed up the street with two medics on either side of the truck giving guidance to the driver on the narrow street. I could hear the beeping, signaling that we were moving in reverse. Soon we were on the way to the hospital. I don't remember a siren but felt comforted that medical help was swift.

In less than ten minutes, we arrived at the Emergency Room (ER) at Luminis Health Anne Arundel Medical Center—this was noon on a Saturday. The medics filed some paperwork and handed my case off to the ER intake staff. Throughout the afternoon, I had two CT scans, several visits by doctors, two IVs inserted, and a variety of tests. My breathing improved with the oxygen mask, but I was instructed not to sit up or get off the table. I drifted in and out of sleep as the hours passed by. At about 8 p.m., I was admitted to the hospital's Intensive Care Unit (ICU). The nursing staff in the ICU works twelve-hour shifts. It seems like a grueling schedule. I felt guilty ringing my call button but soon learned they expect to be called when you need an assist for any item, big or small.

At times it felt cold and four blankets were piled atop me. The ICU bed had a jarring alarm that sounded if I tried to get off. I rolled over and the alarm sounded. Eating was out of the question for the time being as more tests were scheduled. It didn't matter since I did not have an appetite. At this point, I was not worried because I was in a restful position and I had confidence in the medical staff. I was heartened when one doctor mentioned sailing. I remarked, "Oh, I do a little sailing too." Her answer was fun, "Oh, I know about your sailing." "Okay," I thought, "a sailor is part of the crew." It was reassuring.

On Sunday morning, I got the word that a surgery was scheduled for the following day. The procedure was called an 'Embolectomy, Pulmonary Artery, without contrast.' At 2 p.m. on Monday, March 9, I was wheeled to the Operating Room. I was met by an anesthesiologist who explained what was going to happen. He told me not to be alarmed by the large number of staff involved. Everyone was very professional. The procedure was to create an opening in my groin area and then weave a tube up into my heart and lungs.





The odd thing for me was I was awake for the whole procedure. I was sedated, so dialing a phone number was out of the question. I felt relaxed and listened to the doctors and nurses speaking in short one or two words sentences. There was a professional cadence to the routine. A supply representative of the machine that was being used was in the room with us and I could hear his voice periodically making suggestions. The two female doctors, Dr. Geetha Jeyabalan and Dr. Lucy Kupersmith, spent two hours removing 35 blood clots from my artery that had been hampering my blood flow and oxygen.

I spent four more days in the hospital recovering. I canceled travel for the next six weeks and, eventually, returned to a normal pace. In retrospect, I was lucky to call 911 before it was too late. The medics arrived swiftly and set me up to be received at the hospital. It must be hard for Emergency Room personnel to have an ambulance roll up with a patient with serious problems. There is a check list of items to review. It takes time and expertise to diagnose a patient. The team in Annapolis performed well.

The staff at Luminis Health were calm under pressure. They adhered to strict procedures every step of the way. If there is a good part to this story, it is resting in bed and having plenty of time to think. I rolled through lots of thoughts, ranging from past sailboat races, visualizing films I've produced, and studying the work environment of the staff. The surgery was performed by Medstar Health Cardiology Associates that operate inside Luminis Health. It seems complicated but the credo for everyone was "the patient comes first."

For all of us in Annapolis and Anne Arundel County, we are lucky to have good healthcare at two great hospitals—Luminis Health in Annapolis and University of Maryland Baltimore Washington Medical Center in Glen Burnie. The staff of Cardiology Associates (part of the Medstar Group) and the medical team dispatched by the 911 operator all contributed to my recovery. Every day I wake up and think, "Thank you."



GARY JOBSON IS A WORLD-CLASS SAILOR, TELEVISION COMMENTATOR, AUTHOR, PHILANTHROPIST, LONGTIME RESIDENT OF ANNAPOLIS, AND PRE-EMINENT AMBASSADOR FOR SAILING OF THE UNITED STATES.

WHAT'S UP? MEDIA'S

NUTCRACKER TEA

The Annapolis Holiday Tradition

DECEMBER 6TH

THE DOUBLETREE HOTEL IN ANNAPOLIS











Scan for a Look Back at Last Year's Event!





Celebrate a beloved holiday tradition at the **DoubleTree Hotel in Annapolis on December 6, 2026.** Enjoy a delightful buffet with all the trimmings, an enchanting **Nutcracker** performance by The Edge Dance Complex, and a special visit from **Santa and Mrs. Claus** with photos and a classic Christmas story. A magical event for the whole family — plus a special gift for every child!

Three seatings 10am, 1:30pm and 5pm

More Details and Tickets www.WhatsUpMag.com/NutcrackerTea

DoubleTree by Hilton™ · Little Ones Child Care Center · The Edge Dance Complex · Annapolis Pillow Company · Andrée Fullier Fine Art Studio

Fall Admission Events

8 OCT



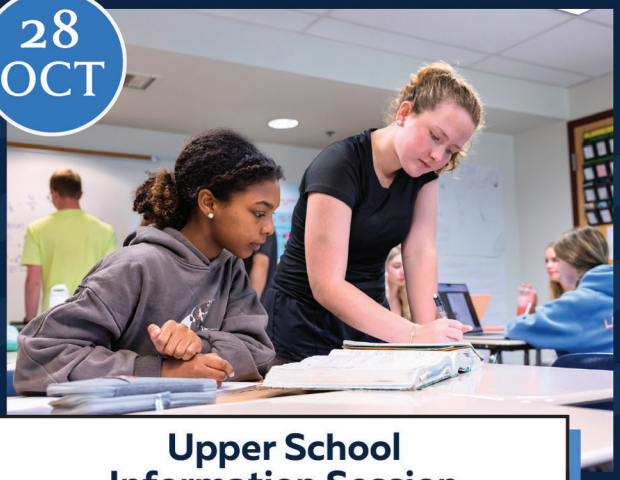
Lower School Information Session
9:00–11:00 a.m.

20 OCT



Middle School Information Session
1:30–3:30 p.m.

28 OCT



Upper School Information Session
6:30–8:00 p.m.

7 NOV



First School Open House
9:00–11:00 a.m.

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Home & Garden

108 NOTES ON DEFINING PERENNIAL STYLE

114 PERFECTED FIRST IMPRESSION

118 SPIRIT OF EASTPORT



Self-Contained

PG. 110

Top 10 Interior Design Elements that Provide Your Home's Interiors with Perennial Polish: White oak or walnut flooring, Marble, Soapstone, Natural slate, Limestone, Solid wood cabinetry, Leather, Brass that develops a patina, Linen, Wool

Notes on Defining Perennial Style

By Lisa J. Gotto

A touch of tortoiseshell here; a hint of handmade ceramics there—sometimes it's the little things about the house that, when thoughtfully executed, create a sense of effortlessness, elevation, timelessness, and intentionality.

This is one way to describe what perennial style is when applied to interior design. This approach to style also prioritizes abiding architecture, authentic materials, enduring craftsmanship, and comfortable livability over what we often see as passing trends.

The individual who has the confidence to allow their home to evolve over time, is an individual who understands perennial style.

IF YOU'RE READY TO TAKE YOUR HOME'S STYLE THERE OR ENHANCE WHAT YOU'VE ALREADY BEEN ASPIRING TO, HERE IS YOUR 5-STEP GUIDE TO DEFINING PERENNIAL STYLE:



Photo courtesy of the cabinspot.com

START WITH A TIMELESS FOUNDATION

Ideally for this point, you are already living in a home with good bones designed with elements recognized as classic. These include crown molding and millwork, wainscoting or wall paneling, shaker-style cabinetry, hardwood floors (white oak or walnut), marble, soapstone, or limestone, symmetrical layouts, and fireplaces with simple, classic surrounds. Fortunately, with some home designs, these elements can be added so you will be able to create a solid backdrop that can evolve with changing furnishings and personal tastes over time.

ADD MATERIALS THAT IMPROVE WITH AGE

For this step, choose natural, not manufactured materials and finishes. Certain materials such as solid wood, marble and natural stone, wool, and leather develop character, rather than diminish over time, improving their appeal. Small scratches, a patina, or normal wear do make some materials more beautiful as they live on in your home. Also consider adding accents of handmade ceramics, aged brass, linen, and natural fiber rugs to your scheme. These materials tend to tell a story as they age and do not require replacement when they show wear.



Photo courtesy of decorswag.com

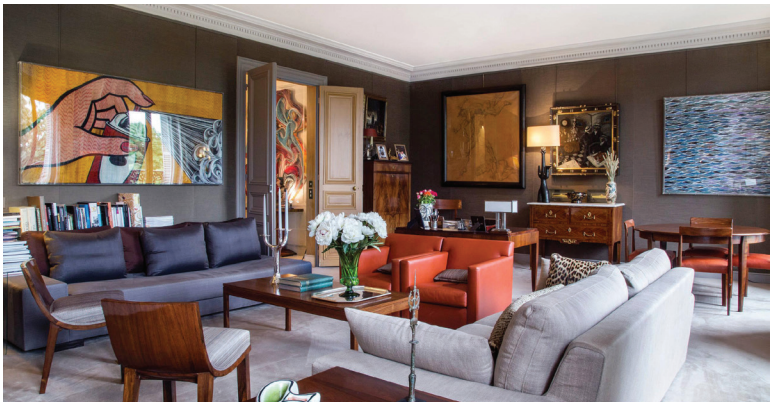


Photo courtesy of houzz.com

THIS IS A QUALITY OVER QUANTITY APPROACH

Like many of the best things in life, a perennial approach to interiors requires patience, which means you may not have everything you want when you initially set up your scheme. And you may find that intentionally seeking out quality pieces as you go along can be fun; especially when you are eventually able to find just the right item and didn't settle for just filling the space. This way, every piece earns a rightful place based on its craftsmanship, comfort factor, or sense of personal meaning. So, when you are out and about, set a keen eye toward well-made upholstered furniture, vintage or antique pieces, original artwork, handmade accessories, and items that add to your meaningful collections.

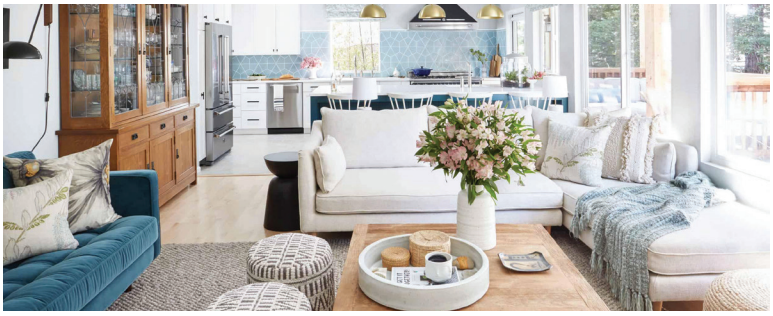


Photo courtesy of stylebymilyhenderson.com

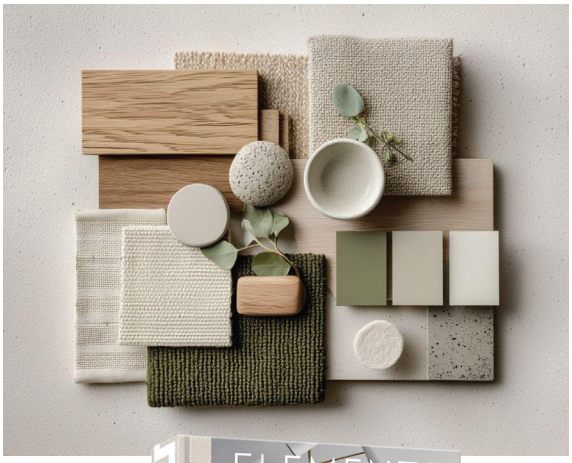
CREATE A HOME THAT REFLECTS YOU & YOUR LIFE

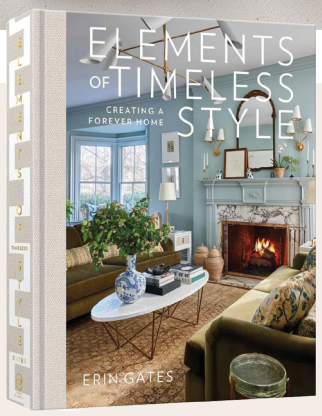
Hallmarks associated with this approach include mixing old and new, layered lighting, books and personal collections, and rooms designed for conversation and everyday living. Above all other aspects of perennial style, its principled grounding in authenticity is perhaps its most relevant. When we strive for authenticity over perfection we allow for personal evolution reflecting through the blending of heirlooms, antiques, your new purchases, items acquired while traveling, and other meaningful objects that combine to tell your homeowner's story. And there's no story like *your story.*

LEAN INTO A PALETTE THAT IS CALM & INSPIRED BY NATURE

These are the palettes that remain livable year after year. Rooms with perennial style tend to glean their depth through texture rather than loud color. And timeless color schemes of warm white, mushroom, sage green, olive, navy, dusty blue, chocolate brown, and charcoal create flexibility, allowing artwork, textiles, and seasonal accessories to shine.

Photo courtesy of inkodu.com





From the Book Shelf: Want More Notes on Perennial Style? In Erin Gates' *Elements of Timeless Style: Creating a Forever Home,* Gates provides a practical guide to designing a home that will remain functional, beautiful, and deeply personal for years to come. Rather than chasing trends, Gates encourages readers to make thoughtful, long-term decisions that reflect how they truly live.



Self-Contained

GARDENS FOR CONTAINED SPACES

By Janice F. Booth

During these beautiful autumn days, it's sometimes tough to watch our gardens fade. I always tell myself, "Spring is not too far away." However, I have a suggestion for a way to extend the pleasures of our gardens through the winter ahead and into spring and summer. That option is container gardening.

Let me review with you the (1) advantages of container gardens, (2) how to design them for specific needs, (3) simple ingredients for successful container gardens, and (4) troubleshooting problems that may arise.

LET'S BEGIN WITH ADVANTAGES

Fresh Challenges: Whether your abode is a large house with extensive gardens, a condo or apartment with patio or balcony, container gardens offer a lovely new focus for your gardening skills.

Flexibility: You can be flexible about what you plant. Try new varieties of blooming plants and herbs, different decorative vines, and grasses. You'll find it easier to take some chances with new varieties, and you can devise clever groupings of pots or single planters that fill exactly the space or spaces available. If a container seems to languish, you can move it or switch the plants for a fresh start. You're in control.

Control: Unlike our gardens outdoors, container gardens indoors and outside can be closely monitored by our gardener's eye. It's easy to watch for moisture levels, trim, and shape plants as they grow. Containers, indoors and even outside, are less likely to attract pests or exhibit disease. A pinch here, a clipping there, and the tiny garden becomes even more attractive.

Modest investment: All this experimentation can be done with little investment of money or energy. You may want to dig up or divide some of your outdoor garden plants to include in your new container gardens. Or, if you're working with a small space already, some of your houseplants might be happy to mix in with other plants. Or, see the new plants as a tiny investment for lots of pleasure.

Fresh Design Opportunities: Loving plants and flowers, as I suspect you do, it's fun to see gardening with some fresh opportunities and challenges. How can I create a winter garden with only my eastern windows' exposure? What can I do to soften the area around those big, glass sliders? A few handsome pots in varying heights and widths can hold a few tall and medium size plants, and even some trailing vines. Our challenge is to choose plants that will work for the setting.





WHICH BRINGS US TO DESIGN

Step one: Choose the locations for your container garden(s). Indoors or on a protected patio? With a southern or western exposure to sunlight? Temperature variations?

Step two: Choose containers that will fit with the settings you've selected. Remember, the pots or baskets will be much heavier when you add the soil and plants. So, consider the method you could use to move the container garden(s) from one place to another. (plant caddies, plant stands, dollies, etc.) Are your containers watertight? You want to avoid damp carpets or stained tiles or floors from seepage. (Containers with inner-shells are excellent.)

Step three: Decide on varieties of container gardens. You can "mix and match" containers from these traditional types: **Cottage Style –** loaded with bloomers (You'll need lots of sunlight for this container.) **Bloomless Containers –** lots of interesting foliage, plant heights, leaf colors, fuzzy, smooth, prickly plants. **Ornamental Grasses –** dramatic grasses, tall, slender, with motion among the plants likely to add interest. **Bloomless Gardens –** focus on a color scheme, fragrances, or plant dimensions creating the focal point. **Vegetable Container Garden –** imagine a pot of bib lettuce, chives, mint, pansies, sage and a potato vine. All edible too. Seek out just the right containers for your home interior or exterior. Be sure the containers you select fit with the design of the room or space. Also, remember that the container must allow for root growth and hydration.

INGREDIENTS FOR HEALTHY CONTAINER GARDEN

Soil: Use fresh potting soil. Be sure it does not contain old roots or potentially mold or bacteria. You may want to blend the potting soil with granular fertilizer to help with root growth.

Drainage: Be sure there is drainage near the bottom of the container. Holes are often provided in the bottom of a container designed for plantings. Sometimes the holes are pressed in but not punched through. Be sure to punch through and open the holes. You'll want 3 or 4 holes for drainage. Plan for drainage with a saucer or other dish beneath the container. Again, an inner shell within the container is an excellent solution, allowing moisture to escape, avoiding root rot. (It won't be enough to simply add pebbles and clay pot shards in the bottom.)

Compatible Plants: Think carefully about the plants that will be neighbors in any single container. All of these plants must be comfortable with THE SAME light, water, temperature. (If you have saved the labels or tags for each plant, you can refer to those resources when deciding on which plants go where.)

Sizing: While the plants may be tiny when you put them together in the container, they won't stay small, if they're healthy. Keep in mind that as the plants grow you may need to trim leaves, stems, etc. You might even have to remove one or more plants so there is sufficient room for the remaining plants.

A tip: Set the small plant pots together on a windowsill or counter for a day or so before placing them in the container. Let them get comfortable together. Keep an eye on the little group. You may be able to tell if they're right together; you can always move a plant from one grouping to another.

TROUBLESHOOTING WITH THESE HINTS

Pale or discoloring leaves: possibly in need of additional nitrogen. **Lots of foliage but few or no blooms:** may need phosphorous and potassium, or a need for more sunlight. **Brown leaf tips:** salt build up in the container soil, rinse off roots and replace with fresh potting soil. **Wilting:** roots are too wet, check drainage and cut back on watering. Keep notes on each container. Take a few photos too, perhaps month-by-month changes. You may find particular patterns among the plants that will help your container gardens flourish in future.

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Perfected First Impression

By Lisa J. Gotto

The natural beauty of Hopkins Creek and its surrounding environs is on full display in this 3,900-square-foot custom home located in Crownsville.

Bright, airy, open, and modern, this showcase of a home is keenly perched above the waterfront and nestled among many mature trees so its occupants can experience the best of both worlds.

The entrance to this home was perfected to produce a pure "wow" first impression with the clean lines of mid-century architecture, a light-filled atrium above, and appealing light hardwood floors. The foyer, which provides access to the main level living area above, also provides access the home's finished lower level.

Primary Structure Built: 1981

Sold For: $2,650,000

Original List Price: $2,495,000

Bedrooms: 5

Baths: 3 Full, 1 Half

Living Space: 3,965 Sq. Ft.

Lot Size: 1.73 acres



Ascend three steps and all of the waterfront is there to meet your eye with an entire wall of windows, which is only enhanced by this room's vaulted ceilings accented with warm, blonde wood inlay and beams. A white, earthen stone fireplace with wood mantel accent takes center stage here as it rises to meet the ceiling. With just a few steps, the home's new owners can access the large main level deck overlooking the water.







It is equally easy to access the adjacent water-facing dining room and the all-white modern kitchen. This room is a chef's dream with its dark stone countertops, great views of the water from the center island with cooktop, all stainless steel appliances, and a handsome black tile backsplash. Even better is that this room flows into an elegant modern lounge with lush appointments and a swanky mid-century modern-style bar—bound to be one of the home's prime gathering spots.

This level of the home also accommodates the primary suite, which overlooks the water and offers access to the main level deck. Tall ceilings and a spa-inspired private bath with luxe tile floors, a stone-topped dual vanity, oversized shower, and a sumptuous soaking tub provide the perfect end-of-day retreat.

This home also features three additional roomy bedrooms and a classic lower level family room with a cozy, red-brick fireplace and walk-out level access to the property's lower-level seating area, private beach, and pier.

Listing Agent: Brad Kappel, TTR Sotheby's International Realty, 103 Annapolis St., Annapolis, o. 410-279-9476, brad.kappel@sothebysrealty.com, bradkappel.com
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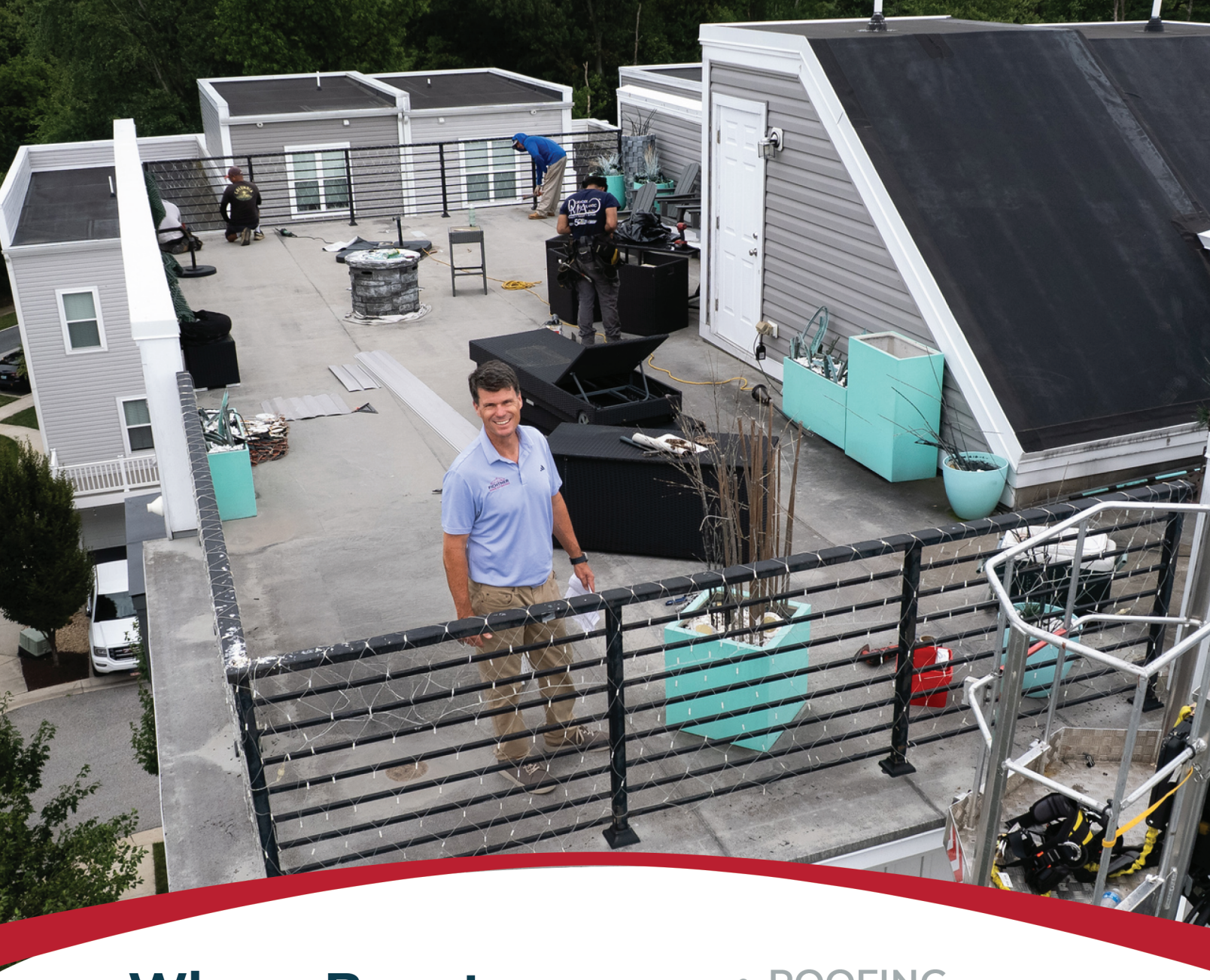

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Spirit of Eastport

By Lisa J. Gotto

There are certain residences that capture the spirit and style of Annapolitan living to a "T"—this elevated craftsman is a perfect example.

Built in 2014, this 3,800-square-foot home exudes curb appeal and classic Chesapeake charm with its bricked walk entry, cedar shake façade, and a welcoming front porch with architectural columns.

Lovely elements like knotty hardwood floors and handsome trim and molding highlight the entry hall, which leads by way of glass French doors to a large, lower level office. This space could also easily be used as a fifth bedroom, as it provides access to a full bath on this floor.

Primary Structure Built: 2014

Sold For: $2,275,000

Original List Price: $2,275,000

Bedrooms: 4

Baths: 5

Living Space: 3,820 Sq. Ft.

Lot Size: .12 acres

Further down the hall, the space opens to an airy formal dining room and an open floorplan design. One of the amazing features here is a gorgeous architectural staircase to convey its residents to a floor above and a floor below the main.

There's a handsome coffered ceiling above the main level living and kitchen area and matching custom built-ins on either side of the stately gas fireplace. The adjacent gourmet kitchen is large and has great flow around a center island of contrasting black wood. This feature is topped with luxe granite to match the countertops. Rich walnut cabinetry and all stainless steel appliances add panache, while a back pantry tucked between the kitchen and dining room provides ultimate utility.





Photography by Svetlana Leahy





This main level space opens to a roomy and attractive screened-in covered patio with coffered ceiling. Rustic wood floors and beadboard inserts above create an incredible outdoor dining and entertainment space, while an also rustic brick paver patio provides pride of place for an outdoor kitchen.

Upstairs, the home features three bedrooms and three baths including a luxurious primary suite with a walk-in-closet and an incredible bath with stylish black-and-white tile. A marble-topped double vanity, soaking tub, and an up-sized glass shower speak to good taste.

Downstairs, there's a full family room with another fireplace, a full bedroom with full bath, and home gym to provide extra space for extended family and guests.









Listing Agent: Travis Gray, Engle & Völkers, m. 301-641-0809, o. 443-292-6767, travis.gray@evrealestate.com, evrealestate.com **Buyers' Agent:** Chip Carr, Monument Sotheby's International Realty, 537 Baltimore Annapolis Blvd., Annapolis, m. 410-353-3293, o. 443-906-3848, chip.carr@sothebysrealty.com, sothebysrealty.com



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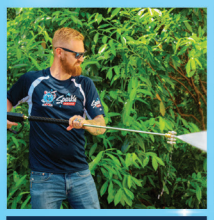

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Health & Beauty

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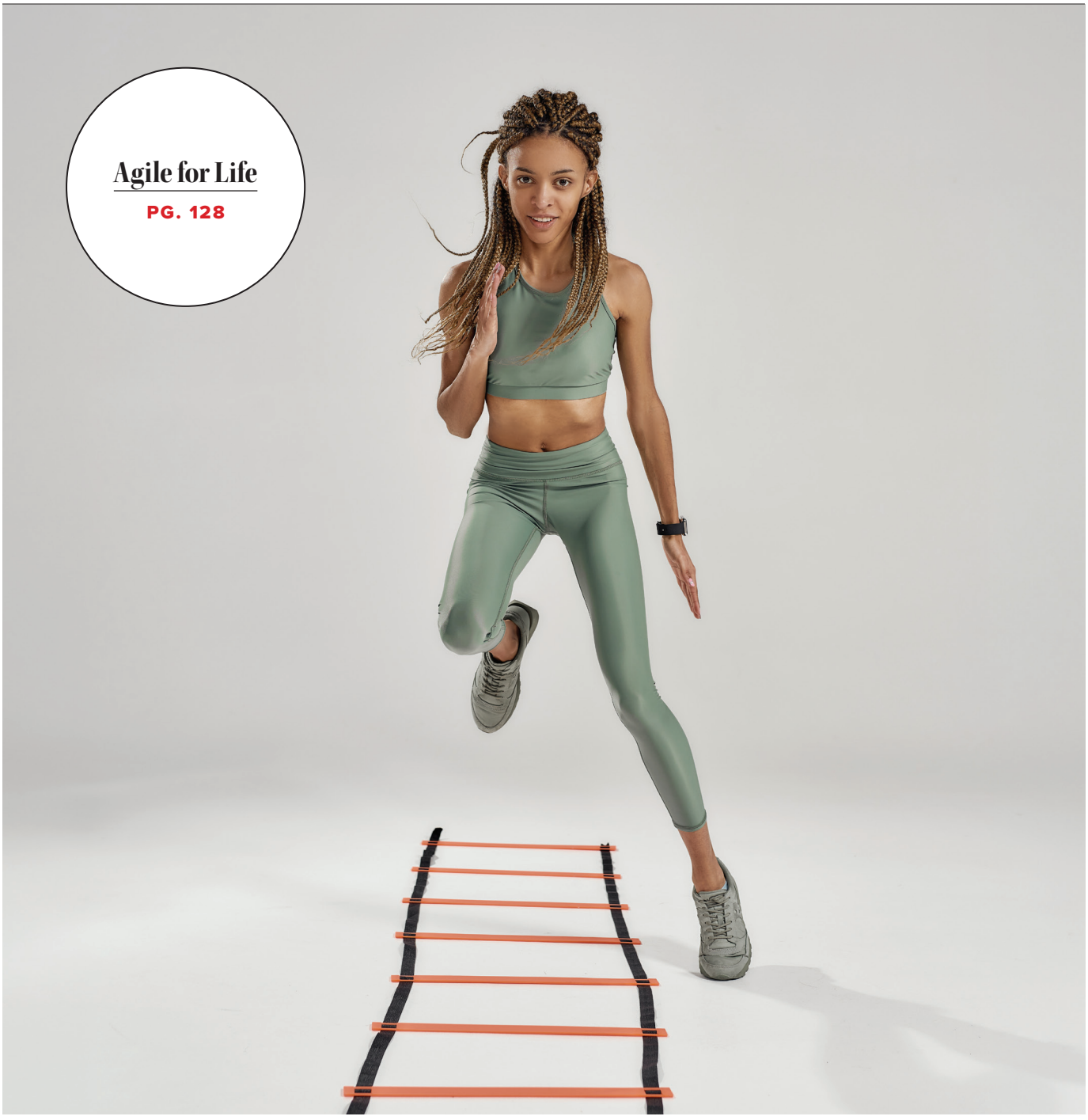




Debunking the Hype About Volufiline

By Dylan Roche

In the ongoing search for youthful, healthy skin, it seems as if there's always a new product everyone wants to try—especially in the internet age, when beauty and wellness trends can quickly gain steam even without a lot of scientific support. The latest example: Volufiline, a serum that's being touted as an at-home substitute for fillers.

Unfortunately, there may be a few wrinkles in the legitimacy of these health claims.

Specifically, Volufiline is a trade name for a plant-based cosmetic ingredient developed by Sederma with the active compound sarsasapogenin, a steroidal extracted from a root used in Chinese herbal medicine. It's commonly used to create more fullness in under-eye hollows, smile lines, temples, and cheeks.

HOW DOES IT WORK?

Unlike hyaluronic acid, which attracts water to hydrate the skin, Volufiline is said to stimulate fat cells under the skin surface. By increasing the lipid storage in these fat cells, it allegedly increases localized fullness where it's applied. But it's not clear whether enough of it penetrates the skin in a meaningful amount to create a visible cosmetic effect.

BUT DOES IT WORK?

Dr. Alison Ehrlich, a member of the American Academy of Dermatology, is skeptical. She points out it's difficult to separate science from hype because there are no peer-reviewed published studies. "The hype is due to social media marketing," she adds.

ARE THERE ANY STUDIES AT ALL?

Claims about Volufiline trace back to an unpublished study created by Sederma, the manufacturer. Fewer than 30 women applied a 5 percent Volufiline cream to one breast twice a day for 56 days. They saw a 2.2 percent increase in breast volume on average. There haven't been any studies on the cream's effectiveness on facial tissue. That 5 percent number is worth noting, however, if you're thinking of trying Volufiline. "Testing was performed at lower concentrations, 2–5 percent, so it is reasonable to try products with Volufiline in these concentrations to avoid risk of skin irritations," Ehrlich says.

IS SKIN IRRITATION AT CONCERN?

Yes, at high concentrations, according to Ehlrich. She also points to the fact that Volufiline is part of an oil-based product, and the oil could worsen cases of acne.

SHOULD I TRY IT?

The oil in the Volufiline products could temporarily make your skin look smoother, but it's not the "at-home filler" you've heard it hyped up as on social media. "This ingredient in no way is equal to dermal fillers," Ehrlich says.

5 Facts About Fitness Nutrition

By Dylan Roche

"Eat less, exercise more"

It isn't always the best advice if you're pursuing a fitness journey—even if your goal is to lose weight. The reality is that fitness changes your nutrition needs, sometimes demanding more overall nutrition or simply more specific nutrition. In other words, "less" isn't necessarily best.

HERE ARE 5 FITNESS NUTRITION FACTS YOU NEED TO CONSIDER WHEN FUELING YOUR EXERCISE ROUTINE:

1. You may need more fuel (or at least, more than you think). A calorie deficit (eating fewer calories than you use in a day) is necessary for weight loss. But eating too little can work against you. When you undereat, you suffer fatigue and don't perform your workout as well. You may have slower recovery or even lose muscle. Instead of aiming to eat as little as possible, eat enough to fuel your body while maintaining a modest deficit of about 250–500 calories a day.

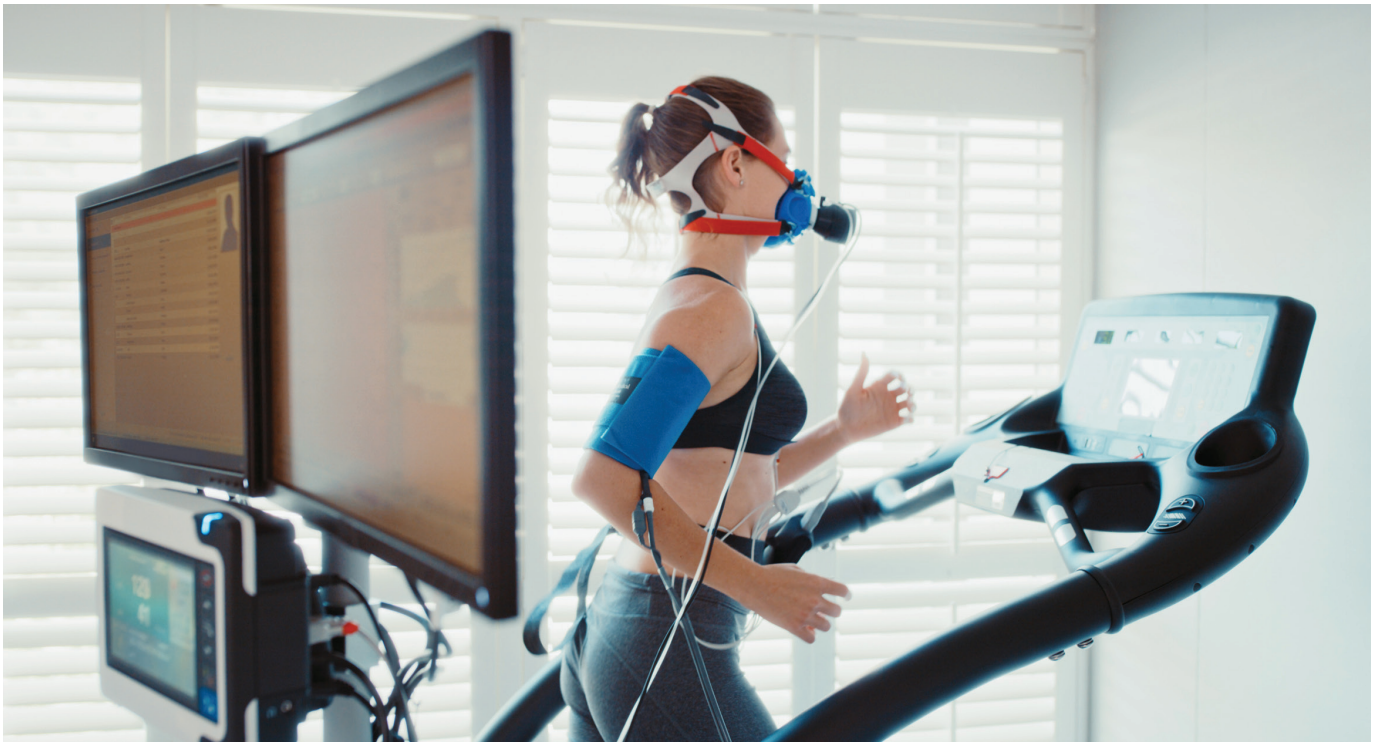
2. Carbs are your body's preferred source of fuel. Protein gets a lot of hype in the fitness world—and with good reason. Your body uses protein as a building block for muscle. But carbohydrates are what actually give you the energy to exercise, especially at moderate and vigorous intensities. Carbohydrates break down into glycogen, which is stored in your muscles and fuels your running, cycling, strength training, and other activities. After exercise, carbohydrates fuel recovery and muscle growth. On that note...



3. Protein is what builds muscle, but it doesn't work by itself. Yes, protein builds muscle. But your body still needs adequate calories and carbohydrates to use it. Think of protein as lumber and carbohydrates as the workers to build with it. As much as you need that lumber, it won't build anything by itself. After exercise, aim to have a snack or meal that has a 3:1 ratio of calories from carbohydrates to calories from protein.

4. Simple carbohydrates can serve a specific purpose at a specific time. Complex carbohydrates—oatmeal, whole grains, potatoes—break down slowly and give you long-lasting energy for an extended period of time. That makes them a healthy option normally. But when you're doing intense exercise, you don't have the time for something to digest slowly. You need fuel fast. Simple carbohydrates (yes, even sugar) are an immediate source of energy right before you work out.

5. Supplements don't help unless you have a deficiency. Vitamins and minerals play crucial roles in our body's processes. For example, iron is necessary for transporting oxygen through our blood to every cell in our body. It makes sense that iron would be necessary for fitness. But having way more iron than you need isn't a good thing—in the case of iron, it can actually be harmful! Unless you have a known deficiency, don't worry about supplements. Most people, even active ones, can meet their nutrition needs without supplementation.



Answers to Commons Q's About VO2 Max

By Dylan Roche

VO2 max might sound like some gibberish to the uninitiated, but to endurance athletes, it's a measurement they pay attention to as a way of figuring out their exact level of fitness. And paying attention to it could give a good idea of overall health and longevity—emphasis, of course, on *could*. There's also an argument to be made that knowing your VO2 max isn't all that helpful in terms of chasing fitness goals.

SO, IF YOU'VE GOT Q'S ABOUT VO2 MAX, HERE ARE SOME A'S:

WHEN PEOPLE TALK ABOUT THEIR VO2 MAX, WHAT ARE THEY TALKING ABOUT?

VO2 max is short for maximum volume (V) of oxygen (O2). In short, it's the amount of oxygen your body is able to use during exercise. It's expressed in milliliters of oxygen per kilogram of bodyweight per minute. When you're especially fit, you'll see that your body uses more milliliters of oxygen per minute compared with someone who isn't as fit.

"This basically means that someone with a higher VO2 max is able to extract more oxygen with every breath they take and use it for aerobic metabolism," explains Garett Reid, certified master strength trainer and health coach. "As such, VO2 max is generally regarded as the best measurement for cardiovascular fitness and aerobic endurance."

But in addition to providing a measurement of fitness, VO2 max is a good guideline for overall health. Dr. Jason Schroder, a board-certified anesthesiologist and the co-founder/medical director of Craft Body Scan, a noninvasive scanner that detects signs of silent killers like heart abnormalities, says he personally tracks his own VO2 max. "In medicine, it's one of the more dependable measures of cardiovascular fitness that we have," he says.

WHAT INFLUENCES MY VO2 MAX?

Age and gender will play a small role in how efficiently your body uses oxygen. For the most part, however, it all comes down to aerobic fitness. The only way to improve your aerobic fitness is to do more aerobic (cardiovascular) exercise like running, walking, cycling, or swimming. Anything that raises your heartrate!

Generally, you can expect your VO2 max to be: If you're sedentary, it will likely be 20–35 ml/kg per minute. **If you're moderately active**, it will likely be 35–50 ml/kg per minute. **If you're very active**, it will likely be 50–70 ml/kg per minute. **If you're an elite endurance athlete**, it will likely be 70–90 ml/kg per minute

HOW DO I MEASURE IT?

The most accurate way of having your VO2 max measured is to have a doctor perform the test for you. You'll wear a breathing apparatus while you do an aerobic exercise like running on a treadmill or riding a stationary bike. Once the doctor has measured your oxygen output at a comfortable intensity, you'll have to increase the intensity, either by running faster or upping the resistance of the bike's pedals. You'll keep increasing the intensity until you reach the point of exhaustion, during which time the mask you wear over your mouth and nose will measure the oxygen you take in and the carbon dioxide you put out.

CAN I MEASURE IT AT HOME?

A professional lab measure of your VO2 max will be the most accurate, but it will also be expensive and require specialized equipment. Unless you're going to a sports performance testing facility or you're a member of a very high-end fitness center, you probably don't have access to this kind of testing.

Some fitness trackers and smartwatches give a general estimate of your VO2 max using your heart rate and pace. The Cleveland Clinic explains these numbers won't be completely accurate, but studies show they're good enough for having a general idea of your progress.

Regardless of testing method, Reid says accuracy is debatable. "Plus, in my opinion, the exact number isn't really what's important, and I feel the industry has hyped this aspect," he says, emphasizing that if you're exercising regularly and your performance is improving—for example, you're running faster or it takes longer to exhaust you—then you can safely assume your VO2 max is improving.

"At the same time, the biggest health benefits are seen going from inactive to active," he says. "If you already run 20 miles per week, increasing to 25 may offer some extra fitness benefit, but it will be much smaller than the jump from zero to regular exercise."

CAN I IMPROVE MY VO2 MAX?

There's only one way to improve your VO2 max: by doing more cardiovascular exercise. If you keep up with your aerobic workout and increase the intensity a little bit with each session, your body will adapt to be able to use oxygen more efficiently.

However, Reid's whole approach is that pushing ourselves should already be a goal, regardless of what numbers we're looking at. Tracking our oxygen consumption isn't necessary for the casual exerciser. "We actually see this a lot in the fitness industry," he says. "People will focus on the metric while ignoring the work, which is what actually provides the benefits."

Still, there's no harm in being curious. You might not have a race or competition you're training for, so seeing whether you can train your body to use oxygen more efficiently could be a way to hold yourself accountable.

And if a better VO2 max indicates better health, it's worth paying attention to it. Schroder points out that research shows poor cardiorespiratory fitness has a stronger association with mortality than smoking or diabetes alone—something he says makes sense to him after years of working with cardiac and pulmonary patients. "VO2 max provides an early warning sign of cardiovascular fitness, one most people have never considered until it is too late," he says.



Agile for Life

By Dylan Roche

Every thorough, well-rounded fitness routine focuses on a variety of goals: building strength, improving endurance, increasing flexibility.

Then there's agility.

Agility refers to your ability to change positions or directions quickly. When you're training to be agile, you're relying on balance, coordination, strength, speed, and reaction time—all key indicators of fitness.

"Mainly people with athletic aspirations focus on agility training, but this does not mean that it is only for athletes," explains Chris Gagliardi, scientific education content manager for the American Council on Exercise. "All individuals can benefit from agility-specific training, and especially those who participate in activities that require quick changes in direction and rapid acceleration and deceleration like tennis, basketball, pickle ball, soccer, and rugby."

But it's not just competitive athletes. Training for agility can boost your quality of life. You rely on agility when you're avoiding a slippery spot on the sidewalk or trying to carry something heavy up the stairs. In big and small ways, we're constantly relying on agility.

STILL NOT CONVINCED? CONSIDER THESE REASONS TO TRAIN FOR AGILITY:

1. AGILITY MAKES YOU A BETTER ATHLETE.

For most people who think about agility, this is the reason: No matter what your competitive activity of choice, it will likely require you to change direction, accelerate, decelerate, or react to an opponent. You might be thinking, "Well, my athletic days are over." But even if you're not playing soccer or football, you might be meeting friends for a round of tennis or playing a game of tag with your kids in the backyard. Agility ensures you get maximum enjoyment out of those activities.

2. AGILITY REDUCES INJURY RISK.

Think of the last time you got hurt. It probably wasn't when you were doing a steady, predictable movement. Something probably took you by surprise and you were forced into an awkward or uncomfortable movement. Agility prepares the body for these moments of surprise by improving neuromuscular control, strengthening stabilizing muscles around the joints, and teaching safe deceleration and landing mechanics. Being agile doesn't mean your body is injury-proof. But it does mean your body is able to respond more effectively when movements don't go as planned.

3. AGILITY WILL SHARPEN YOUR BRAIN AS WELL AS YOUR BODY.

Every agility drill will require your brain to process information, make a rapid decision, and coordinate precise movements—sometimes even before you've had a chance to register that you're thinking about all of it. There's a connection between your cognitive and motor performance, and as with any other skill, the more you work it, the stronger it gets. Improving your agility is, in essence, problem-solving exercises in motion. It means a sharp mind in addition to a strong body.



HOW TO TRAIN AGILITY

Ladder and hurdle drills are a great way to incorporate agility training into an overall exercise program. When you have a basic training ladder or training hurdles, set them out on the ground.

From there:

- Move forward with single step-ins, letting only one foot at a time land between sets of ladder rungs or pairs of hurdles.
- Hop forward, landing with both feet between sets of ladder rungs or pairs of hurdles.
- Stand sideways and move laterally along the ladder or between rungs, either one foot at a time or hopping with both feet.
- Try going backward through the ladder or hurdles, either by taking one step at a time or hopping with both feet.

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Crab and Artichoke Dip at Boatyard Bar & Grill

Boatyard's Living Legacy

CELEBRATING 25 YEARS AS A GATHERING PLACE FOR THE SAILING AND FISHING COMMUNITIES

By Lisa A. Lewis

When Dick Franyo, founder and owner of Boatyard Bar & Grill, completed his 30-year investment banking career, he wanted to embark on a completely new chapter of his life. Growing up on the Chesapeake Bay, he developed a passion for sailing and fishing as well as an appreciation for the environment. He loved exploring and would often stop by bars and cafés during his travels.

As Franyo made the transition from the corporate world to the hospitality industry, he envisioned a unique theme for a restaurant in Eastport. He wanted to create a lively hangout, where the local sailing and fishing communities could immerse themselves in the relaxing lifestyle of the Bay, share a sense of camaraderie, and enjoy delicious food in a maritime-inspired atmosphere.

"Boatyard Bar & Grill was an opportunity to prove that I wasn't a 'one-trick pony,'" Franyo says. "I read that businesses should clearly state their commitments and list them on the back of their business cards. And the idea really resonated with me. At the Boatyard, we are committed to great crab cakes, a healthier Bay, sailing fast, fishing with friends, and happy kids. When making decisions, we ensure that they align with our commitments. I also have an overriding commitment to give back to the community.

"Eastport—the home of the boatyards, sail lofts, riggers, and, according to the Eastport Oyster Boys, the 'good hat, good dog, good boat' way of life—was the obvious choice for our location."



Boatyard GM Kevin Schendel and Founder Dick Franyo. Photograph by Laura Wiegmann.

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As Boatyard Bar & Grill celebrates its 25th anniversary in October, Franyo reflects on creating a restaurant with a true maritime atmosphere, founding and sponsoring annual traditions, making lifelong memories, securing the Boatyard's place as a beloved local hangout, and establishing his legacy.

INCORPORATING A MARITIME AESTHETIC

Since Franyo wanted the Boatyard to be authentic, he consulted and worked with several members of the community who not only advised him but also inspired him. He is grateful to architect Don Reithlingshoefer for designing the building with a distinct maritime flair. Indeed, the interior resembles an old yacht, and the walls serve as a canvas for displaying the memorabilia that Franyo has collected throughout the years during his travels as well as photos of local sailors.

"Eastport historian Mike Miron provided us with a list of all of the Eastport boatyards, and Eastport artist Cindy Fletcher Holden painted them on the ceiling beams," Franyo says. "*SpinSheet* and *PropTalk* founders Dave Gendell and Mary Ewenson advised us on the needs of sailors. Some of their best advice included using a photo boat to film the Wednesday Night Races and showing them in the main bar, and putting Old Bay on the tables."

Franyo also realized the importance of building a dedicated team who could create a menu with high-quality, delicious food that appeals to guests and offering a kid-friendly, dog-friendly atmosphere that embraces a philosophy of hospitality.

Kevin Schendel, a longtime team member and the current general manager of the Boatyard, joined in April 2005, along with several other key team members who are still working there today. Chef Scott Harrison took over the role of executive chef when Chef George Betz retired after 20 years. Betz receives credit for the Boatyard's award-winning crab cakes, and Harrison has won several local oyster and crab soup cooking competitions.

"We've grown and evolved over the years, but the core of what makes the Boatyard special has remained the same: our people, our guests, and our connection to the community," Schendel says. "The sailing and fishing communities have always been a big part of who we are, and they laid the foundation for our community involvement."

GIVING BACK TO THE COMMUNITY

Franyo's vision for the Boatyard wouldn't have been complete without philanthropy. His understanding of the environmental challenges facing the Bay inspired him to found and sponsor four popular annual fundraising events.

To give back and have fun while supporting worthy causes, the Boatyard launched the **Boatyard Bar & Grill Opening Day Catch & Release Rockfish Tournament**, which benefits the Chesapeake Bay Foundation (CBF), Coastal Conservation Association Maryland (CCA Maryland), and the Annapolis Police Department Youth Fishing Camp; **Boatyard Beach Bash**, which benefits the Annapolis Maritime Museum & Park (AMM); **Bands in the Sand**, which benefits CBF; and the **CRAB Cup** (formerly the Boatyard Regatta), which benefits Chesapeake Region Accessible Boating (CRAB).







When creating these events, Franyo and his team wanted to appeal to the interests and lifestyles of the Boatyard's guests. As a Parrot Head, he chose to feature music by members of Jimmy Buffett's Coral Reefer Band and other headliners, and he focused on a beach party vibe. The sailing and fishing events also attract a large audience and are highly anticipated by members of the community each year.

"Our fundraisers have become ingrained in the local zeitgeist and have raised over $7 million," Franyo says. "They have put the Boatyard on the local map and helped fulfill our commitments. I am very proud of the success of our annual events and hope we are making an impact in our efforts to protect the Bay."

CREATING LASTING MEMORIES

For Franyo, the most rewarding part of owning the Boatyard for the past 25 years is seeing the restaurant packed with guests who are having a great experience. He takes pride in the Boatyard's reputation as the place where locals take their out-of-town guests. And he feels privileged to work with a dedicated team that works hard to ensure the restaurant runs as efficiently as possible.

In addition to the day-to-day memories that he makes at the Boatyard, Franyo has also experienced several memorable moments that he will cherish for a lifetime. Some of the highlights include a visit from former First Lady Michelle Obama, several visits from Jimmy Buffett (and opportunities to sail with him), and visits from Kevin Bacon, his brother, Michael, and his family, who gave the Boatyard a framed photo of *Pilar*, Ernest Hemingway's fishing boat.

"Meeting singer-surfer Jack Johnson was also a great experience," Franyo says. "I shared two meals with him and have a signed surfboard that he sent me from Hawaii's North Shore hanging in the Boatyard's rafters. Wow! It's very cool indeed. And this past June during the 20th Annual Bands in the Sands event, I was honored when CBF named their beach after me, 'Franyo Beach,' and also made a Dick Franyo bobblehead."

Like Franyo, Schendel has also made wonderful memories while working at the Boatyard. He says the people he's had the opportunity to work alongside for more than 20 years stand out the most in his memories.

"We've been fortunate to build a team where people have grown, built their careers, and had fun along the way," Schendel says. "Keeping so many team members for that long says a lot about what a special place the Boatyard is."





ESTABLISHING AN ENDURING LEGACY

Since the Boatyard's legacy is extremely important to Franyo, he recently partnered with Atlas Restaurant Group, a Baltimore-based hospitality group founded by Alex Smith.

As Franyo approached 80 years old, he started to think about the Boatyard's legacy and how to ensure that it remains *the Boatyard* for the next 25 to 50 years. He spoke to several potential partners, but that only Smith understood what he was seeking…and had the commitment and capacity to keep the Boatyard exactly the same.

"We agreed with Dick that the Boatyard should stay [the same], and we fully intend to honor that commitment," Smith explains. "Dick and his team have built something truly special over the past 25 years, and it is a real treasure to Eastport, Annapolis, and the greater Chesapeake community. Our role is to support what is already working—not reinvent it. We will continue to invest in the team, the restaurant, and the community while preserving the character and traditions that made people fall in love with it in the first place."

Franyo truly feels that the decision to partner with Atlas Restaurant Group was the right choice for the Boatyard, its loyal guests, and its team members. He and the entire team will remain at the restaurant and continue to operate the beloved gathering place.

"Alex calls the Boatyard a 'forever business,' which couldn't be a better description of what I was seeking," Franyo says. "Since our agreement, he has lived up to every word. He has wonderful, genuine, generous people working with him, and we are very pleased. Again, my goal as I approached 80 years old was to ensure that the Boatyard will remain the Boatyard. And it will."

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189B Main Street, Annapolis; 410-990-1144; redredwinebar.com $$ ●

Reynolds Tavern
7 Church Circle, Annapolis; 410-295-9555; reynoldstavern.com $$ ●●

Sofi's Crepes
1 Craig Street, Annapolis; 410-990-0929; sofiscrepes.com $ ●●

Stan and Joe's
37 West Street, Annapolis; 410-263-1993; stanandjoessaloon.com $$ ●●

Trophy Room
126 West Street, Annapolis in Graduate Hotel; 410-263-7777 ex 3225; graduatehotels.com $$ ●

Tsu
51 West Street, Annapolis; 410-990-9869; tsunamiannapolis.com $$ ●

Vida Taco
200 Main Street; 443-837-6521; vidatacobar.com $$ ● Farm-to-Table

Greater Annapolis

Always Ice Cream Company
129A Mitchell's Chance Road, Edgewater; 443-949-8309; alwaysicecreamcompany.com $ ●

Azure
100 Westgate Circle, Annapolis; 410-972-4365; azureannapolis.com $$ ●●

Bean Rush Café
112A Annapolis Street, Annapolis; 410-263-2534; beanrushcafe.com $, Daily Breakfast, ●

Bella Italia
609 Taylor Ave, Annapolis; 410-216-6072; bellaitaliamd.com $ ●

Cantler's Riverside
458 Forest Beach Road, Annapolis; 410-757-1311; cantlers.com $$ ●●●●

Chessie's Wharf
609 Melvin Avenue, Annapolis; 443-603-1235; rarbrewing.com $ ●●



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Cooper's Hawk Winery and Restaurant
1906 Town Centre Blvd, Annapolis; 443-837-9989; chwinery.com $$ ●●●

Davis' Pub
400 Chester Ave, Annapolis; 410-268-7432; davispub.com $$ ●●

Della Notte
1374 Cape St. Claire Road, Annapolis; 410-757-2919; dellanotterestaurant.com $$ ●

Eat Sprout
150 Jennifer Road Suite K, Annapolis; 443-223-0642; eatsprout.com $ ●

Eggcellence Brunchery
2625 Housley Road, Annapolis; 410-573-9503; eggcellencebrunchery.com $ ●

Evelyn's Annapolis
26 Annapolis Street, Annapolis; 410-263-4794 $$ ●

First Watch
2339 Forest Drive, Annapolis; 667-380-2422; firstwatch.com $ ●●

Full On Eats & Drinks
2478 A Solomons Island Road, Annapolis; 443-949-0203; fulloncraft.com $ ●

Grapes Wine Bar
1410 Forest Drive, Annapolis; 410-571-5378; grapeswinebarannapolis.com $$ ●● Wine

Hangry Joe's Hot Chicken
2329B Forest Drive, Annapolis; 443-808-0501; hangryjoes.com $ ●

Ingrano Restaurant & Events
17 Annapolis Street, Annapolis; 410-980-5514; ingranoannapolis.com $$$ ●●

InGrano Bistro Bakery
302 Harry S Truman Parkway; 410-919-0776; ingranobakery.com $$ ●

Jalapeños
85 Forest Drive, Annapolis; 410-266-7580; jalapenosonline.com $$$ ●

Jongro Korean BBQ
2002 Annapolis Mall Road, Annapolis; 443-221-7283; jongrokbbq.com $$ ●● All Your Can Eat Specials

Julep Southern Kitchen & Bar
2207 Forest Drive, Annapolis; 410-571-3923; julepannapolis.com $$ ●●

Keratsini Greek Kitchen
2478 Solomons Island Road in Annapolis; 410-571-5217; keratsinigreekkitchen.com

Lemongrass Too
2625 Housley Road, Annapolis; 410-224-8424; Lemongrassannapolis.com $$ ●●

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

Lures Bar and Grille
1397 Generals Highway, Crownsville; 410-923-1606; luresbarandgrille.com $$ ●●

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

Memo's Bar & Grill
302 Harry S Truman Parkway Suite K, Annapolis; 410-266-5006; memosbarandgrill.com $$, ●●●

Mi Lindo Cancun Grill
2134 Forest Drive, Annapolis; 410-571-0500; lindocancungrill.com $$ ●●

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

Positano Ristorante & Pizzeria
106 Annapolis St, Annapolis; 410-621-9374; positanoannapolis.com

Red Hot & Blue
200 Old Mill Bottom Road, Annapolis; 410-626-7427; redhotandblue.com $$ ●●

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

Sandy Pony Donuts
2444 Solomons Island Road, Annapolis; 410-873-3272; sandyponydonuts.com $ ●

Seoul Blues Coffee & Dessert
1084 Annapolis Mall Road, Annapolis; 443-949-8018; seoulbluescafe.com $ ● Pastries

Severn Inn
1993 Baltimore Annapolis Boulevard, Annapolis; 410-349-4000; severninn.com $$, ●●●

Stoney River Steakhouse and Grill
2190 Annapolis Mall, Annapolis; 410-224-8312; stoneyriver.com $$ ●●

Toastique Gourmet Toast & Juice Bar
214 Harker Place, Annapolis; 443-430-0085; toastique.com $ ●●

True Food Kitchen
1906 Town Centre Blvd Suite 110, Annapolis; 443-775-5179; truefoodkitchen.com $$ ●●●●

Vibe
2072 Somerville Road, Annapolis; 443-949-7582; vibeannapolis.com $$ ●●

Eastport/ Bay Ridge

Adam's Grille and Taphouse
921 C Chesapeake Ave, Eastport; 410-267-0064; adamsribs.com $$ ●

Annapolis Smokehouse and Tavern
107 Hillsmere Drive, Eastport; 410-571-5073; annapolissmokehouse.com $$ ●●●

Bakers & Co
618 Chesapeake Avenue, Annapolis; 410-280-1119; bakersandco.com $ ●

Beacon Waterfront Galley and Bar
2020 Chesapeake Harbour Dr; 443-949-8456; beaconwaterfront.com $$ ●●●●



Readers' Restaurant Reviews

REAL DINING EXPERIENCES SHARED BY YOU, OUR READERS!

Submit your review for a chance to win a $50 dining gift certificate by visiting Whatsupmag.com and selecting the "Food & Dining" tab, then "Submit Your Dining Review." Or scan this QR code.

*"Our evening at **Rumhouse** proved memorable for many reasons. The hospitality and attentiveness of the staff stood out immediately, while the cocktails and atmosphere elevated the overall dining experience. Though not every dish reached perfection, the restaurant succeeds in creating a warm, transportive environment that feels unique within Annapolis dining. We look forward to returning to explore more of Chef de Bourg's Caribbean-inspired menu."* **—Barbara A. of Annapolis**

*"The sandwiches had fresh, quality meats, the rolls were delicious, with a side of homemade dressing, and just the right amount to satisfy. The accompanying homemade chips had a nice tasteful flavor. Prices were on point for the value, and much lower than we would've expected in town. Guessing that **Bread and Butter Kitchen** is a good ole 'mom and pop' style family business like we prefer to patronize and happy to see in town. Kudos to this team and their business!* **—Matthew S. of York, PA**

Congratulations to this month's winner, Alice A. of Crofton, who submitted the following review of **Armada** in Annapolis:

"Wonderful atmosphere, friendly staff, and delicious options. We sat outside on a beautiful late summer evening, although we would definitely like to return to sit inside in the lovely dining room. We started with the flavored margarita of the week, passionfruit. Fresh and delicious, and they certainly did not skimp on the alcohol. I opted for my favorite tortilla soup along with the taquitos appetizer, which was the perfect amount of food for a warm summer evening. My husband went with the chicken Suiza enchilada platter, paired perfectly with a nice portion of rice and beans. We finished our meal sharing a very unique Mexican chocolate cake."



*"Clean, bright, and welcoming, **Park Tavern** offers quick service, comfortable seating, a menu with many interesting appetizer, entrée, and drink choices. We tried several items, but the birria tacos were a standout! Great neighborhood restaurant. Will return!"* **—Laura R. of Arnold**

Blackwall Hitch
400 Sixth Street, Eastport; 410-263-3454; blackwall-hitchannapolis.com $$ ●●●

Boatyard Bar & Grill
400 Fourth Street, Eastport; 410-216-6206; Boatyard-barandgrill.com $$ ●●●

Bread and Butter Kitchen
303 Second Street, Suite A, Annapolis; 410-202-8680; breadandbutterkitchen.com $$ ●

Carrol's Creek Café
410 Severn Avenue, Eastport; 410-263-8102; carrolscreek.com $$$ ●●●●●

Chart House Prime
300 2nd Street, Eastport; 410-268-7166; charthouseprime.com $$$ ●●●

Eastport Kitchen
923 Chesapeake Avenue, Annapolis; 410-990-0000; eastportkitchen.com $ ●

Forward Brewing
418 Fourth Street, Annapolis; 443-221-7277; forwardeastport.com $ ● Beer

Grumps Cafe
117 Hillsmere Drive, Annapolis; 410-267-0229; grumpscafe.com $ ●

Lewnes' Steakhouse
401 Fourth Street, Eastport; 410-263-1617; lewnessteakhouse.com $$$ ●●

Rum House
422 6th St, Annapolis; 410-469-2500; rumhouseannapolis.com $$ ●●●●

Ruth's Chris Steak House
301 Severn Ave, Eastport; 410-990-0033; ruthschris.com $$$ ●●

Vin 909
909 Bay Ridge Ave, Eastport; 410-990-1846; vin909wine.com $$ ●

South Anne Arundel

Adam's Taphouse
169 Mayo Road, Edgewater; 410-956-2995; adamsgrilleedgewater.com $$ ●

Always Ice Cream Company
129A Mitchell's Chance Road, Edgewater; 443-949-8309; alwaysicecreamcompany.com $ ●

Bayside Bull
108 W Central Ave, Edgewater; 410-956-6009; baysidebull.com $ ●●

The Boathouse
604 Cabana Blvd, Deale; 410-867-9668; theboathousedeale.com $$ ●●●

Cappy's
479 Deale Road, Deale; 443-607-4138; cappysdeale.com $$, ●●● Seasonal

Chad's BBQ
158 W Central Ave, Edgewater; 410-956-7774; chadsbbq.com $ ●●

Cooper's Tavern
173 Mitchell's Chance Road, Edgewater; 443-837-6126; coopers-tavern.com $$ ●●

Dockside Restaurant & Sports Bar
421 Deale Road, Tracy's Landing; 410-867-1138; docksiderestaurantmd.com $$ ●●●●

Edgewater Restaurant
148 Mayo Road, Edgewater; 410-956-3202; edgewaterrestaurant.com $$ ●●

Happy Harbor Waterfront Restaurant and Bar
533 Deale Road, Deale; 410-867-0949; happyharbordeale.com $$ ●●●●

Harper's Waterfront Restaurant
1107 Turkey Point Road, Edgewater; 410-798-8338; harperswaterfront.com $$$, Reservation Only ●●●●

Harvest Thyme Tavern
1251 West Central Ave, Davidsonville; 443-203-6846; harvestthymetavern.com $$ ●●

Jesse Jays
584 West Central Avenue, Davidsonville; 240-903-8100; jessejays.com $ ●●●

Killarney House
584 West Central Avenue, Davidsonville; 410-798-8700; Killarneyhousepub.com $$ ●●●●●

Lemongrass South River
3059 Solomons Island Road, Edgewater; 443-221-7693 $$ ●●

Mike's Crab House
3030 Riva Road, Riva; 410-956-2784; mikescrabhouse.com $$ ●●●

Petie Greens
6103 Drum Point Rd. Deale; 410-867-1488; petiegreens.com $$ ●●●

The Pier Waterfront Bar & Grill
48 South River Road, Edgewater; 443-837-6057; thepierwaterfrontbarandgrill.com $$ ●●●●●

Pirate's Cove Restaurant and Dock Bar
4817 Riverside Drive, Galesville; 410-867-2300; piratescovemd.com $$ ●●●●

Señor's Chile
105 Mayo Road, Edgewater, 410-216-2687; senorschile.com $$ ●●

Skipper's Pier Restaurant & Dock Bar
6158 Drum Point Road, Deale; 410-867-7110; skipperspier.com $$ ●●●●

South County Café
5960 Deale Churchton Road, Deale; 410-867-6450; southcountycafe.com $ ●

Stan and Joe's Riverside
4851 Riverside Drive, Galesville; 410-867-7200; stanandjoessaloon.com $$ ●●●●

West River Pit BBQ
5544 Muddy Creek Road, West River; 443-223-9956; westriverpit.com $ ●

Yellowfin Steak & Fishhouse
2840 Solomons Island Road, Edgewater; 410-573-1333; yellowfinedgewater.com $$ ●●●●





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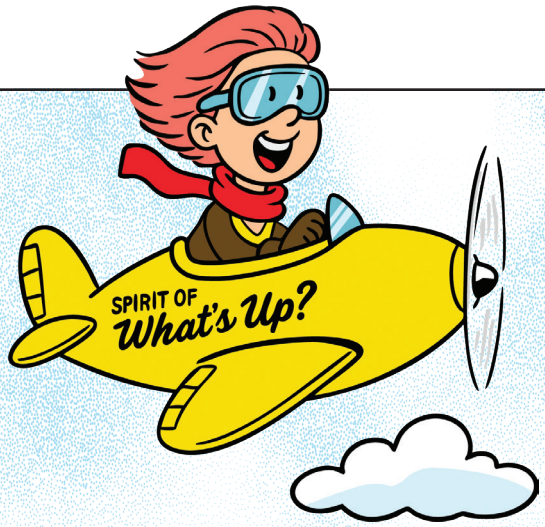

Where's Wilma?



FIND WILMA AND WIN!

Our fearless flying mascot Wilma is taking to the skies this month, visiting towns from the western shore of the Chesapeake Bay to the eastern. She's having fun shopping for select services, boutiques, and restaurants. Where will she land next? Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to Mirjam S. of Severna Park, who won a $50 gift certificate to a local business.

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Yes, please! No, thanks

Entries must be received by October 31, 2026. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis. **Mail entries to:** Where's Wilma? Annapolis, 900 Bestgate Road, Ste. 202, Annapolis, MD 21401 or fill out the form at **whatsupmag.com/promotions**.

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One Verse at a Time

David Keplinger teaches in the MFA faculty at American University. His nine books include *Ice* (Milkweed Editions, 2023) and a new book, *Great Pond*, forthcoming from Milkweed in 2028. His translations, essays, and poetry have appeared in *Poetry, The New Yorker, The American Poetry Review, Agni*, and other journals. He was the recipient of the 2025 Joseph Brodsky Rome Prize for Literature from the American Academy in Rome.—JANICE F. BOOTH

IN TRANSLATION

1916 (from The Most Natural Thing)

Her nickname will be Little Bread,
after the bread
she brings for lunch. First day of
school, she comes
without English, as though the dog
ate it. Teacher asks her name.
She holds up her lunch, a little bread.
Which makes them laugh.
She pokes two eyes in that roll, folds
the bald dolly into her napkin, stuffs
it in her coat. It's plain to everyone,
shaking their heads,
she came unprepared for the
twentieth century. You can tell
by the sepia tone in her skin. Her hair
is so tangled it will have to be shaved.

DAVID KEPLINGER



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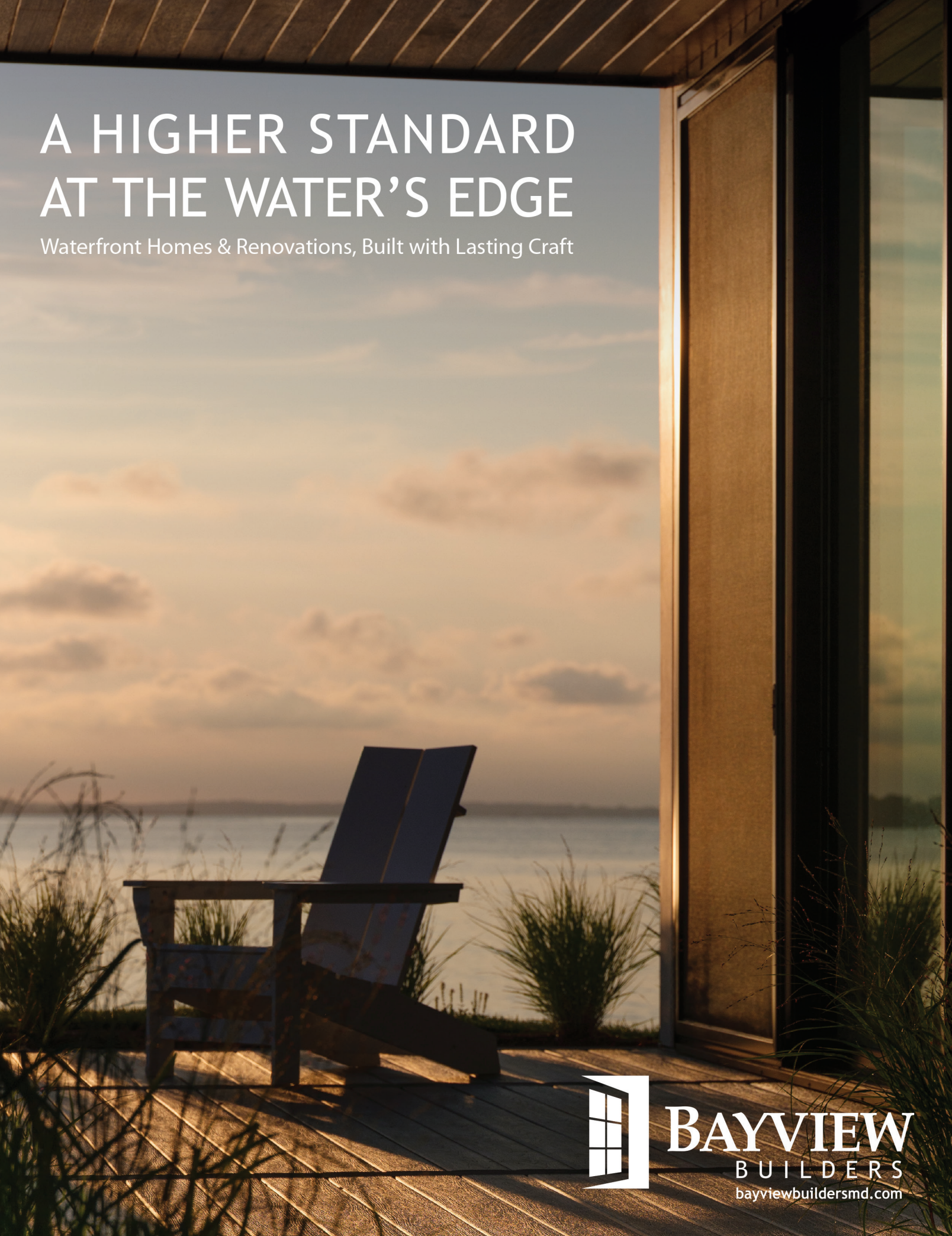
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