

WEST COUNTY

WHAT'S UP? MEDIA
HOME GROWN
LOCALLY OWNED
ANNAPOLIS
EASTERN SHORE
WEST COUNTY
WEDDINGS



The Pursuit of Happiness

Unlocking Mental Health & Wellness

New Approaches to Educating Our Youth

Immigrants & The American Dream

Big Changes Coming to Odenton

2019 Best of Ballot!





Odenton Station
• DENTAL •

FAMILY & COSMETIC DENTISTRY

Invisalign® Premier Provider
Cosmetic Veneers • Dental Implants

Because your smile matters.

1110 Town Center Blvd. • Suite H • Odenton, MD 21113

410-874-2222

odentonstationdental@gmail.com

www.odentonstationdental.com

Like us on 

Kick off Valentine's week with **a little me time!**

Crows feet, worry lines and wrinkles have met their match in the expert hands of Orin Zwick, MD. Join us at Chesapeake Eye Care for our **Botox®** event with special offers on treatments, refreshments and expert skin care advice. And, learn how you can keep your skin protected during the dry winter months by adding a ZO® Skin Health regimen to your daily skincare routine.

Love your Looks Botox Event

February 5, 1 to 7 pm

Lite fare & drinks

Botox - \$12/unit (reg. \$14/unit)

Reserve your spot today! 410-571-8733

Special Offers

New and existing Botox patients, mention this ad and receive \$50 off a future facial filler treatment*

*Filler appointment must be scheduled by March 29, 2019

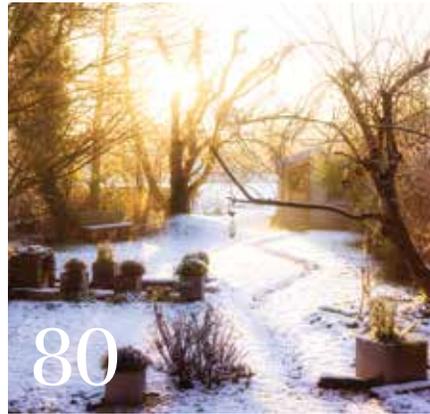


Results shown are actual patients of Dr. Zwick



January contents

On the Cover: We explore many paths toward the pursuit of happiness. Design by August Schwartz. Contact *What's Up?* West County online at whatsupmag.com
♻️ Please recycle this mag.



Features

22 2019 Maryland Legislative Session Preview
New gun-related laws, more casino-based school funding, a continuing opioid epidemic, and a 20-year transportation plan *By Mark Croatti*

27 A Lone Voice Pursues the American Dream
How immigration policy affects individuals and industries in Maryland *By Frederick Schultz*

32 Making the Student into the Master
How public and private schools are evolving to meet student needs and social complexities *By Diana Love*

43 2019 Private School Guide
Welcome to the completely reimagined and retooled private school guide, chock full of vital statistics and comparables to help guide your education choices for your child *Compiled by Caley Breese*

58 Maryland's Mental Health Crisis
Mental health disorders are common but not discussed. Resources are scant but growing. What can be done? *By Kelsey Casselbury*

67 2019 Best of West County Ballot
Hear ye, hear ye! Voting is open for the best restaurants, shopping, professional services, doctors, gyms, salons, and much more

74 Meet Raj Kudchadkar
Central Maryland Chamber's president and CEO discusses business in the West County corridor *By James Houck*

Home & Garden

80 Garden Design: Starting Over in Your Garden
Winter offers your mind and garden and clean slate to reimagine spring possibilities *By Janice F. Booth*

84 Real Estate
Stunning examples of recent home sales showcase what's selling in Anne Arundel County and how *By Diana Love*

Health & Beauty

88 On the Run: Getting Started
Part one of our three-part guide to developing a running routine *By Kelsey Casselbury*

89 The Far Side of Infrared Therapy
How chronic pain is being managed with new technology *By Kelsey Casselbury*

Plus:

89 Roll with It

90 Wellness Trends for 2019

91 Fresh Look: Brussels Sprouts

92 The Perfect Work Bag

93 Products We Love

94 Meet Our Beauty Buzz Team

95 Self-Care for Parents

Dining

97 Readers Review Contest
Your dining reviews can win you free dinners!

98 Dining Review
Ruth's Chris in Odenton is a shining star *By Rita Calvert*

100 Readers Restaurant Guide
More than 125 regional restaurants listed





WHAT'S UP? MEDIA

BRIDAL EXPO

THE PREMIER BRIDAL SHOW

**Sunday,
Jan. 27, 2019**

1PM - 4PM

AT THE BYZANTIUM
EVENT AND CONFERENCE
CENTER IN ANNAPOLIS

**Enjoy cake tasting,
beauty makeovers,
fashion previews
& much more!**

TICKETS ARE \$15 IN ADVANCE, GO TO
WHATSUPTIX.COM FOR MORE INFORMATION.

Makeup by Judee Jo
a makeup studio

Thrive
CRYOSTUDIO

Rentals to Remember
"Setting your table with elegance and ease"

Byzantium

WHAT'S UP? MEDIA



January contents

COMING UP IN
MARCH 2019
Home Resource Guide
2019 Summer Camp Guide
Local Visionaries

In Every Issue

6 Editor's Letter Editorial Director James Houck shares his thoughts

8 What's Up? Tix Exclusive ticket opportunities for upcoming events

9 Out on the Towne Previews of special events and activities to enjoy in January

12 Towne Social Photographs of charity events and endeavors

14 Towne Salute Meet Jenna Patcella with the Senior Dog Sanctuary *By Caley Breese*

16 Towne Spotlight Local business and community news *By Caley Breese*

18 Towne Athlete Meet Chris Leslie of North County High School *By Tom Worgo*



20 Economics & Finance Acclaimed economist Anirban Basu offers a forecast of the American economy for the coming year *By Anirban Basu*

103 January Calendar of Events Our extensive calendar of special events and entertainment taking place this month *By Cate Reynolds*

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

e-contents

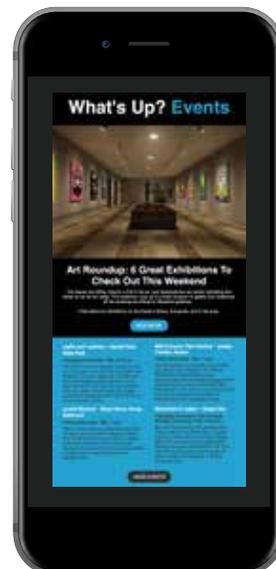
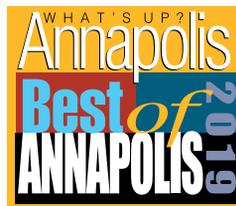
Vote Now! BEST OF 2019

It's that time of year again. The 2019 Best of ballots are up online for the entire months of January and February. Vote for your favorites in food, dining, and entertainment, retail and professional services, real estate, home, and garden, medical, dental, and veterinary, and beauty and fitness. If you're feeling particularly nostalgic, fill out our print ballot on pg. 67 and mail it in! Visit whatsupmag.com/best-of/voting to get your editable marketing materials and to access the online ballots. Happy voting and good luck to you all!



Connect With Us

Join us on our digital journey and stay up-to-date with our newest content. You can find us under @whatsupmag & @whatsupmags.



Inbox Insights

Wondering what's going on in your area on the weekends? Check out our Entertainment Editor's weekly blog for detailed descriptions about the most popular events in Annapolis, West County, and on the Eastern Shore. Don't miss out! Have the info you need delivered right to your inbox! Sign-up for the blog at whatsupmag.com/subscribe.

WEST COUNTY

Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

Chief Operating Officer

Ashley Raymond (x1115)

Chief Marketing Officer

Mia Cranford (x1122)

Managing Editor

Tom Worgo (x1137)

Community Editor

Caley Breese (x1103)

Entertainment Editor

Cate Reynolds (x1129)

Editorial Intern

Catherine Rohsner, Andrew Reed

Contributing Editors

Kelsey Casselbury

Staff Writers

Diana Love, Frederick Schultz

Contributing Writers

Anirban Basu, Janice Booth,

Rita Calvert, Mark Croatti

Staff Photographer

Steve Buchanan

Contributing Photographers

Scot Henderson, Ted Mueller, Wil Scott

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Brian Saucedo (x1116)

Production Manager

Nicholas Gullotti (x1101)

Account Executives

Elizabeth Carpenter (x1114), Beth Kuhl (x1112),

Rick Marsalek (x1124), Lisa Peri (x1106),

Michelle Roe (x1113), Kathy Sauve (x1107)

Special Events Director

Melanie Quinn (x1132)

Bookkeeper

Frances Ayres (x1109)

Office Manager/Account Receivable

Deneen Mercer (x1105)

Administrative Assistant

Kristen Awad (x1126)

WHATSUPMAG.COM



Proud Partner



Proud Partner

What's Up? West County is published by **What's Up? Media** 201 Defense Highway, Suite 203, Annapolis, MD 21401, 410-266-6287, Fax: 410-224-4308. No part of this magazine may be reproduced in any form without express written consent of the publisher. Publisher disclaims any and all responsibility for omissions and errors. All rights reserved. Total printed circulation is 20,250 copies with an estimated readership of 60,855; 19,526 copies are mailed free to households in the West County area, with additional magazines for sale at local newsstands and the remaining copies distributed to waiting rooms and local hotels throughout West County. ©2019 **What's Up? Media**
Home Grown, Locally Owned: This issue of *What's Up? West County* employs more than 40 local residents.

MARYLAND ORAL SURGERY ASSOCIATES



MOSA



Dr. Ziad E. Batrouni, DDS

MARYLAND ORAL SURGERY ASSOCIATES offers the full scope of Oral and Maxillofacial Surgery with an emphasis on:

- Dental Implants (including Teeth-in-a-Day)
- Extractions (including Wisdom Teeth)
 - Bone Grafting
 - Oral Pathology
- Facial Reconstruction
- Intravenous Sedation/General Anesthesia

Ask about our cosmetic procedures



Professional, Quality Level of Service

"Dr. Batrouni was professional as well as friendly. Office personnel was very helpful, and professional and still made the patient feel at ease."

-Patient



ANNAPOLIS

128 Lubrano Drive, Suite 300

410-897-0111

annapolis@mosa4os.com

CROFTON/GAMBRILLS

2401 Brandermill Blvd., Suite 320

410-721-0700

crofton@mosa4os.com

1-844-459-MOSA | www.mosa4os.com

LOCATIONS ALSO IN: LAUREL, COLLEGE PARK, SILVER SPRING, BETHESDA, ROCKVILLE AND FREDERICK, MARYLAND

/MDORALSURGERY

/md_oralsurgeryyassoc/



From the editor

James Houck,
Editorial Director



I was recently perusing a Reddit thread—the worldwide social media platform founded by former Ellicott City resident and Howard High School graduate Alexis Ohanian—about entrepreneurship, and the topic was along the lines of famous business quotes. Of course, Henry Ford’s quip about the importance of advertising was mentioned (“A man who stops advertising to save money is like a man who stops a clock to save time.”) But another quote stood out to me, if only because What’s Up? Media and our publications had been experiencing the quoted phenomena and trying our darndest to break out of it. There are variations of the quote—which is more of a statement, as I can’t pin down who may have said it first—but it goes something like this (you’ve probably heard it before); “The six most dangerous words in business are: We’ve always done it that way.”

When I review our yearly editorial calendar each summer and begin planning for the following year, it’s easy to plug and play what’s worked well in the past. Feature topics and service projects that our readership has come to expect over the years; subject matter that’s our bread and butter. It’s an easy trap to fall into—planning future content just as we’ve done in the past.

As the bones of the 2019 editorial schedule fell into place and when our team began reviewing the schedule, there were nods and “yeses” and, yet, something was missing; that genuine sense of excitement that only comes when you’re experiencing something new. You know the feeling. We wanted that feeling.

So, our team of directors went to task, brainstorming ideas, which ultimately led to two main objectives for this year: (1) develop more in-depth column content and substantive feature articles and (2) a visual redesign of the magazine. What you have in your hands is the first issue of this effort.

In effect, the new year not only brings a *sense* of rejuvenation, but it is also the start of a reimagined publication. The changes herein may seem subtle at first glance (new fonts, white space,

and layout concepts not easily detectable), but if you stay the course and keep reading, you’ll find fresh perspectives and enhanced content inside.

What’s new in the new year? An “Economic & Finance” column by acclaimed economist Anirban Basu, with additional new columns and interviews to come; a re-branding of our departments and several longstanding columns; and, of course, our feature articles.

perspectives, and resources in her feature “Maryland’s Mental Health Crisis.”

I’ve only scratched the surface of what’s inside the pages of this issue. There’s more. Lots more. And I’d be remiss if I didn’t mention that the voting for the “2019 Best of West County” contest kicks off this month. New this year: voting for *all categories* (food, shopping, home, health, beauty, and more) will take place during

THE SIX MOST DANGEROUS WORDS IN BUSINESS ARE:

“We’ve always done it that way.”

In this issue of *What’s Up? West County*, staff writer Fred Schultz’ “A Lone Voice Pursues the American Dream” explores the ripple effect that national immigration policy is having on Maryland industries and individuals. In another anchor article, “Making the Student into the Master,” staff writer Diana Love offers in-depth analysis of mounting concerns in children’s education and real solutions (being test driven at our local schools). And Kelsey Casselbury, our contributing health and beauty editor, has delivered an encyclopedia of facts,

a two-month voting window, January 1st through February 28th. The ballot is inside and can be found online at whatsupmag.com. Oh yeah, we have a new website launching, too! Check out its debut later this month.

We would love to know your thoughts about all of this; especially your wants and needs as readers. What are we doing right or wrong? Our eyes and ears are open. We have learned a lot from you and we know...there is always room to grow.



Ryan Ansted, CRPC®, Jay Sprinkel, CRPC®, Ian Arrowsmith, CMFC®, CRPC®, Greg Ostrowski, CFP®, CRPC®, Shawn Walker, CFP®, CRPC®

WHO IS THE TEAM BUILDING YOUR STRATEGY?

Let our team help you!

SCARBOROUGH CAPITAL MANAGEMENT

SPECIALTIES INCLUDE:

RETIREMENT INCOME PLANNING, PERSONALIZED 401K/TSP MANAGEMENT, SOCIALLY RESPONSIBLE INVESTING

CALL US TO SET UP A COMPLIMENTARY CONSULTATION AT 410.946.6122

SCMADVICE.COM

1906 TOWNE CENTRE BLVD - SUITE 260 - ANNAPOLIS, MD 21401

PRIVATE WEALTH MANAGEMENT FOR SELECT INDIVIDUALS

Securities through Independent Financial Group, LLC (IFG), a registered broker-dealer. Member FINRA/SIPC. Advisory services offered through Scarborough Capital Management, a registered investment advisor. IFG and Scarborough Capital Management are unaffiliated entities.



FEATURED UPCOMING EVENTS ON

whatsuptix.com



14

Warehouse Workshop!
HAVEN MINISTRIES
Hope Warehouse
7:00PM - 8:30PM | \$30



19

Engaged & Inspired
LAFONTAINE BLEUE
Bleue's on the Water
1:30PM - 5:30PM | \$53



27

What's Up? Bridal Expo 2019 ↓
WHAT'S UP? MEDIA
The Byzantium
1:00PM - 4:00PM | \$15



31

↑ **What's Up? Media Party for the Arts: New Hope Exhibit**
WHAT'S UP? MEDIA
What's up? Media Gallery
5:30PM - 7:00PM | FREE

Our goal is to host tickets for all organizations, from small charity groups, artists and entrepreneurs to the region's largest festivals, concerts and playhouses. So, no matter what you're interested in attending—cooking lessons, networking lunches, concerts, fundraisers, food and wine festivals and so much more—we've got you covered. Call 410.266.6287 or visit whatsuptix.com.

Out on the **TownE**

+

10 EVENT PICKS | 12 SOCIAL | 14 SALUTE | 16 SPOTLIGHT | 18 ATHLETE

↓ **What's Up? Weddings Bridal Expo 2019**

Simplify your planning, shop in style, and embrace the bliss of your engagement at the What's Up? Weddings Bridal Expo held at The Byzantium Event Center Sunday, January 27th, 1-4 p.m. Find inspiration during the fashion show, meet with local experts, enjoy cake tastings and beauty makeovers, and check off your wedding to-do list all in one place.

Tickets are \$15 in advance and available at Whatsuptix.com.





Photo courtesy of NMMA

Baltimore Boat Show ↑

The 2019 Progressive Insurance Baltimore Boat Show will drop anchor at the Baltimore Convention Center Thursday, January 24th through Sunday, January 27th. With more than 300 boats from the region's top dealers, there's something for every budget. Enjoy activities for the whole family, including a crab pickin' contest, the Touch-a-Boat tour scavenger hunt, model boat building, and more. Snag the best deals and head into summer ready to hit the water! Show hours are Thursday through Saturday, 10 a.m.–8 p.m., and Sunday, 10 a.m.–5 p.m. Admission is \$14 for adults and free for children 12-and-under. For more information, visit Baltimoreboatshow.com.



Photo by Cecille Storm Pictures

↑ COVER YOUR CHIN FOR CHARITY

Mark your calendars for the sixth annual Cover Your Chin for Charity closing ceremony Saturday, January 19th, 7:30 p.m. at the Waterfowl Building in Easton. This charitable beard growing contest kicked off in October when men shaved their facial fuzz, and traded their razor for three months of scruffiness to raise money for local charities. Anyone who donates will receive a ticket to the party, which includes awards for many categories, including the participant who collects the most donations. Cheers to beards! For more information, visit Coveryourchin.com.

↓ POLAR BEAR PLUNGE

More than 10,000 people from across the state will plunge into the chilly Chesapeake Bay at Sandy Point State Park to raise money for Special Olympics Maryland. The Polar Bear Plunge is the largest state-wide fundraiser with several different plunges to participate in, including the Super Plunge on Friday, January 18th; the Cool Schools Plunge on Thursday, January 24th; the Police and Corporate Plunge on Friday, January 25th; the Pee Wee and Family Plunge on Saturday, January 26th; and the Polar Bear Plunge on Saturday, January 26th. Enjoy live music, food and drinks, activities for all ages, and the satisfaction of freezing your fur off to benefit a great cause. Are you brave enough to take a dip into the 30-degree bay? Come find out and celebrate 23 years of the "coolest" Maryland tradition. A pledge of \$75 or more is required. For more information, including plunge times and registration, visit Somd.org.



The Three Little Pigs: A Children's Opera

Annapolis Opera presents *The Three Little Pigs: A Children's Opera* on Saturday, January 26th, 11 a.m. This exciting adaptation of a classic fairy tale is the perfect way to share the magic of live opera with the children in your life! This show is presented in partnership with Towson University's Opera in a Can. Tickets are \$16. For more information, call 410-267-8135 or visit Annapolisopera.org.

BRUCE IN THE USA ↓

Bruce In The USA is much more than just another tribute. Coming to Rams Head On Stage Friday, January 4th and Saturday, January 5th, 8:30 p.m., this high-energy musical experience is a note-perfect and visually accurate re-creation

of a Bruce Springsteen & The E Street Band show. Matt Ryan, from the Legends In Concert cast, began playing the Springsteen character in 2000 in the Legends' full scale Las Vegas show. That great success led him to performances across the world. Tickets are \$35. For more information, call 410-268-4545 or visit Ramsheadonstage.com.

Photo by Joe Andrucyk



↑ Bosom Buddies Ball

Show your support for Bosom Buddies Charities at their 2019 "Turning Tears Into Triumph" Ball on Saturday, January 26th, 5:30 p.m. at the Westin Annapolis Hotel. Enjoy an elegant evening of dining and dancing, all while supporting Bosom Buddies Charities' mission to promote breast cancer awareness, encourage early detection, support treatment, and celebrate healing. Tickets are \$250 per person or \$3000 for a reserved table for ten. For more information, visit Bosombuddiescharities.com.



Party for the Arts

What's Up? Media, in partnership with the Arts Council of Anne Arundel County, will host a Party for the Arts on Thursday, January 31st, 5:30-7 p.m. for its newest exhibition, *New Hope*. Enjoy light refreshments while admiring original art on display in the reception area of 201 Defense Highway. Guests will have the opportunity to meet the artists and vote for a "Best in Show" winner. The exhibit will be on display through April 12th. The reception is free to attend, but RSVP is requested. For more information, call 410-266-6287 or visit Whatsuptix.com.



NAVY HOCKEY

Head over to the McMullen Hockey Arena to cheer on the Navy Men's Division I Hockey Club team for its only home game this month. The Midshipmen will take on West Chester University on Friday, January 11th, 7:30 p.m. Admission is \$10 for adults, \$5 for youth, and free for Midshipmen. For more information, visit Usnahockey.com.

JUSTIN TIMBERLAKE: THE MAN OF THE WOODS TOUR ↓

Following the success of his highly anticipated album *Man of the Woods* and his Pepsi Super Bowl LII Halftime Show performance, Justin Timberlake announced the second leg to his North American tour. The 10-time Grammy Award-winning artist will bring The Man of the Woods Tour to Capital One Arena on Friday, January 4th, 7:30 p.m. Ticket prices vary. For more information, visit Capitalonearena.com.

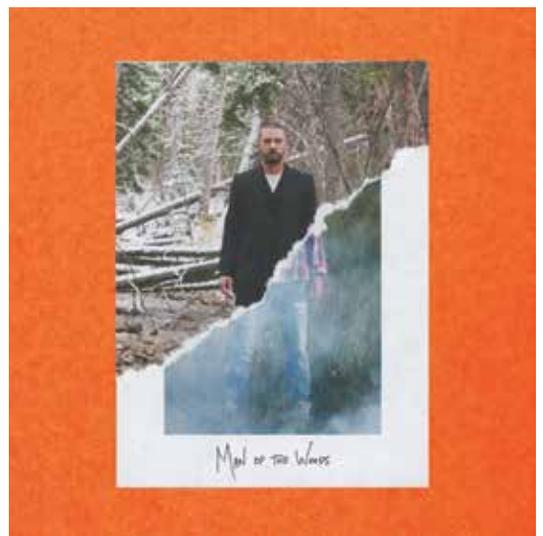


photo by ryanmoghileystudio

FOR MORE EVENTS VISIT OUR CALENDAR ON pg. 103 OR GO TO WHATSUPMAG.COM

Annapolis Symphony Orchestra's Opening Night Celebration

On October 5th and 6th, the Annapolis Symphony Orchestra launched the start of its 57th season with an elegant Opening Night Celebration at Maryland Hall for the Creative Arts in Annapolis that included both Prelude and Encore parties, each with celebratory décor, international food, and an open bar.



1



2



3



4



5

Photography by Stephen Buchanan 1. Festive décor mimicked a Parisian café 2. Dick and Diane Fox 3. Mary Kay Riehard and Patrick Nugent 4. Buffy and Sandy Jordan 5. Faith Diehl, Faith Goldstein, and Jesse Kunitz

Whiskey & Spirits Festival

What's Up? Media hosted its second annual Whiskey & Spirits Festival at the Navy-Marine Corps Memorial Stadium Akerson Tower Club on October 11th. Attendees enjoyed live music, light bites, and sips of premium whiskey, bourbon, vodka, rum, and more spirits. A portion of the proceeds benefited local charities.



Photography by Stephen Buchanan **1.** Stephen Holt (center/white shirt) of Premier Planning Group (lead event sponsor) with his staff **2.** Charlie and Carol Ann McCurdy **3.** Matt Lehman, Justin Mullin, Ryan Beard, and Tim Jaeger **4.** Brian and Anita Morgan **5.** Lynne Forsman, Erik Chick, and Melanie Quinn



TOWNE SALUTE

Jenna Patcella

Senior Dog Sanctuary

By Caley Breese

A self-proclaimed “crazy dog lady,” Jenna Patcella has always had a strong love and connection to dogs. From owning a Dalmatian-Pit Bull mix named Rocky when she was young to her two Pit Bulls—George and Skye—Patcella has never met a dog she didn’t like.

Her love for these animals inspired her to volunteer with the Senior Dog Sanctuary, which provides a safe haven for older dogs. There, she helps with coordinating events and adoption days, as well as spending some quality time with the dogs. We recently sat down with Patcella to talk about her volunteer work and love for dogs.

How did you first get involved with Senior Dog Sanctuary?

I volunteered at the SPCA in Annapolis from October of 2013 until August of 2015, and then moved to Laurel, so the commute was a big commitment every day. I found the Senior Dog Sanctuary and started volunteering with them in August of 2015.

I really love volunteering and working with the dogs, so I was just there often, and they needed help with events, and that’s how I got started with helping on that side of things. This was my first time not really directly [working with the dogs]. Don’t get me wrong, I still go work with the dogs and cuddle them in their kennels and stuff like that, but I’m doing more stuff on the administrative side.

You helped run the Sanctuary’s first major fundraising event, “Senior Dog Prom,” last March. Can you talk about that event and your role in coordinating it?

The idea came from a woman I volunteered with at the SPCA. She was a social worker for Anne Arundel County, and one of her students at the school she worked at had the idea of having a dog prom. We were like, “What if we did the senior prom?” It was a great idea that we were able to run with.

There was a silent auction, which was our main fundraising, and people were able to sponsor it. We included them on our website, did social media shout-outs, and put them in our pro-

“I really love volunteering and working with the dogs, so I was just there often, and they needed help with events, and that’s how I got started with helping on that side of things.”

gram. It was a buffet-style dinner with a DJ, dancing, table games, and casino-like games. People received raffle tickets, and then they were able to purchase additional raffle tickets, and the tickets were votes for dogs, so we had them vote for prom king and queen. (Save the date for this year’s Senior Dog Prom, which will be held on Saturday, March 30th).

The Senior Dog Sanctuary’s first “Senior Stroll” took place in November. What gave you this idea for it? Tell me about the event.

We needed a walk. Walks are the most lucrative fundraising event. We were thinking of doing something that related to seniors, and so Senior Stroll.

It was a fun, family-friendly event at Quiet Waters Park. There was a one-mile and a 5K walk option for people and dogs of all ages; not just seniors. We had a bunch of vendors, music, and food trucks. It’s just a great time to spread awareness about our facility and raise some money.

When people help raise these funds and donations, what are they helping the Sanctuary accomplish?

Medical care. One thing Senior Dog Sanctuary does not ever skimp on is medical care. It is privately funded by our executive director. All the donations, though, go toward supplementing that medical care. They make sure everything possible is tried to care for the dog and make sure that they're not in pain. Every dog gets joint supplements and things they need, and we make sure that they're comfortable with their food; they don't eat whatever food comes in. They're a little older, so they sometimes need a little bit better quality food. It all goes toward medical care.

You run the "Live in the Green Room" Facebook videos. Can you talk about that? What motivated you to start these videos?

Social media live videos seemed to be what reaches the largest audience, so we started to do "Live in the Green Room" as a way to highlight dogs because they don't always show the same way in kennels that they do when they're out of the kennels. It is a way to show the dogs and their personalities. A picture only goes so far, so it's nice to be able to see them live. A different dog is featured every time, and it's just a couple of minutes. Short, sweet, and to the point.

What do you hope Senior Dog Sanctuary can accomplish in the future and do you have any personal goals with them?

My personal goal is to see them be able to be self-sufficient, being able to raise enough money to cover all the costs that we need. Just because no money source is limitless; you're going to run out. I would like to see them

be able to be self-sufficient and sustainable for the years to come.

You've fostered one of the dogs from the Sanctuary for a few years now. What has that experience been like?

Seniors are different. They're more laid back. I sound so crazy saying this, but they really appreciate what you give them, and you can just tell how much. It's just so rewarding, especially because when you first bring a dog home, they're not really attached to you. She didn't know who I was. She was very distant, and now it's like the second she sees me, her little nub goes a mile a minute. It's so rewarding to be able to earn their love.

She's been a foster because she was terminally ill. We thought she was going to pass. She has a couple of issues with medications and prescription food, so it's a little more than I'm able to afford. Which, again, is really nice about the program because they provide the food and medical and everything. She goes to the vet often. We provide all the love. It's going to be so hard now because I was mentally trying to prepare myself for just a week or two, and now that it's been so long, she's a member of my family.

For more information on Senior Dog Sanctuary, visit seniordogsanctuary.com

Do you have a volunteer to nominate? Send What's Up? an email to cbreese@whatsupmag.com.



**Beall
Funeral
Home**

Family Owned and Operated



Each Service
as Personal
as the Individual

PRE-ARRANGEMENTS

CREMATION

OUT-OF-TOWN
ARRANGEMENTS

COMPLETE FUNERAL
SERVICES AND
PERSONALIZATION
SERVICES

(301) 805-5544

6512 NW Crain Hwy (Rt. 3 South)
Bowie, MD 20715

www.beallfuneral.com



Editorial Director James Houck and Publisher and President Veronica Tovey. Photo courtesy of Folio.

The Blackwall Barn & Lodge Opens ↓

The Blackwall Barn & Lodge, which replaced J. King's restaurant, opened in October. The farm-to-table restaurant, located in Gambrills, includes a dining room and bar for up to 120 people, a banquet room that can seat 180 people, and a covered patio with a fireplace, which can accommodate around 45 people. In addition to lunch, dinner, brunch, and happy hour, the rustic-inspired Blackwall Barn & Lodge also serves as a venue for weddings, parties, and corporate events.



Photo courtesy of The Brass Tap

↑ Maryland Local Opens Second Brass Tap Location in Annapolis

Following the success of his Baltimore location, Barry Lowenthal, opened his second franchise location of the craft beer bar, The Brass Tap. Located in the Westfield Annapolis Mall next to The Cheesecake Factory, The Brass Tap is a high-end beer bar that offers 50 drafts, focusing on local and regional premium craft beers, such as Union Skipjack (Baltimore), 3 Stars Southern Belle (D.C.), and Jailbreak T-Funk (Laurel). The Brass Tap also serves pub food, including burgers, wings, pretzel bites, and house-made tater tots.



Photo by Madison Short

What's Up? Media Wins 2018 Folio Eddie and Ozzie Award

What's Up? wins again! In October, What's Up? Media was awarded a 2018 Folio Eddie and Ozzie Award for best single article in the City and Regional North East Region. The winning article was "Hot Summer Night" by Marimar McNaughton, and was featured in the February 2018 issue of *What's Up?* magazine. Editorial Director James Houck and Publisher and President Veronica Tovey accepted the award at the gala celebration in the Trianon Ballroom at the New York Hilton Midtown.



Left to right: Annapolis Symphony Orchestra Executive Director Patrick Nugent; Meals on Wheels of Central Maryland Deputy Executive Director Holly Blackledge; Community Foundation of Anne Arundel County President and CEO Mary Spencer; Jeff Jacobs and Richard McClure of Carrol's Creek Café; USNA Glee Club members Midshipmen 1st Class Jackie Neville and Sam Baker; and USNA Professor and Glee Club Advisor Dr. Aaron Smith. Photo by Tony J Photography.

← CARROL'S CREEK CAFÉ GIVES BACK TO COMMUNITY IN HONOR OF ITS 35TH ANNIVERSARY

Carrol's Creek Café celebrated its 35th anniversary in October. In honor of this milestone, the Eastport-based restaurant, which overlooks Spa Creek, gave back to the community by donating \$35,000 to local nonprofits, as well as offered its customers a special three-course dinner menu special for \$35. Carrol's Creek presented \$5,000-checks to seven organizations, including the Annapolis Symphony Orchestra, the Community Foundation of Anne Arundel County, Eastport Elementary School, Food Allergy Research at Johns Hopkins Children's Center, Lighthouse Shelter, Meals on Wheels of Central Maryland, and the Naval Academy Glee Club.

Pasticcio Owner Antonio Capuano.
Photo by Steve Buchanan Photography



↑ PASTICCIO FRESH ITALIAN KITCHEN OPENS IN ANNAPOLIS

Pasticcio Fresh Italian Kitchen opened in May.

The restaurant, located on Jennifer Road, offers a casual fine dining experience with a diverse menu, including handmade pastas, New York-style pizzas, subs, and more. Italian-born chef and owner Antonio Capuano designed the restaurant with a large kitchen and limited seating area, making the restaurant perfect for quick takeout and delivery. Pasticcio also offers catering for various party sizes.



Left to right: County Executive Appointee Sunhee Kim Jung; Arts Council of Anne Arundel County Executive Director April Nyman; What's Up? Media Publisher and President Veronica Tovey; and Arts Council of Anne Arundel County Board President Michael N. Russo, Jr. Photo by Steve Buchanan Photography

↑ What's Up? Media Gives \$1,000 to Arts Council of Anne Arundel County

Veronica Tovey, publisher and president of What's Up Media, presented a \$1,000 check to the Arts Council of Anne Arundel County. Executive Director April Nyman, County Executive Appointee Sunhee Kim Jing, and Board President Michael N. Russo accepted the check during the opening of What's Up? Media's sixth art show, *The Ordinary*. This money will support the Arts Council of Anne Arundel County and its mission in advocating for artists in the county. At the event, the first-place artist for Best in Show was awarded to Jeanne Fryer for her oil painting, *AYC Frostbiting*.

Do you have community or business news to publicize? Send What's Up? an email at cbreese@whatsupmag.com.

EVOLUTIONS ANNAPOLIS RECEIVES MINDBODY VISIONARY AWARD ↓

Evolutions, a health club in Annapolis, was honored with the inaugural 2018 MINDBODY Visionary Award, which recognizes business excellence. MINDBODY, which presents the nationally-recognized award, is the leading technology platform for the fitness, beauty, and wellness industries. Evolutions has been in business for 17 years, and offers a variety of services, including group classes, free weights and machines, nutrition consulting, massage, and more.

Café Mezzanotte Reopens After Renovations ↓

In September, Café Mezzanotte reopened after undergoing six weeks of renovations. The renovation celebrates 10 years of ownership under Kosmas "Tommie" Koukoulis, who bought the space in 2008. The updated restaurant includes new tables, chairs, flooring, lighting, décor, a new exterior restaurant sign, and more. Moreover, the dining room, lounge, and banquet rooms were expanded. Twenty new menu items were added, including new additions to the beer and cocktail selection.



Photo by Coyle Studios for Evolutions Annapolis

Labbe Family Orthodontics Partners with Walk the Walk Foundation

Labbe Family Orthodontics (LFO) and Walk the Walk Foundation (WTWF) have partnered up to give back to the community. In August, members from LFO and WTWF worked together to fill hundreds of backpacks for students for the current school year during WTWF's Backpacks for Kids drive. Along with various school supplies, the backpacks also included a supportive and encouraging note for each child. The orthodontic group plans to partner with WTWF again in 2019.



Photo by Tony R Photography

CHILDREN'S THEATER OF ANNAPOLIS RECEIVES GRANT TO FUND LED LIGHTING PROJECT

Phillips Charitable Foundation awarded Children's Theater of Annapolis (CTA) a grant in the amount of \$20,952. This money will assist CTA's theatre lighting system, allowing them to install state-of-the-art LED lights, which will help save energy, reduce energy costs, and bring its production capabilities up to a higher level. Replacing the theatre's current lighting system with LED lights will allow it to have safer-hanging lights and offer a larger variety of design and color choices.



TOWNE ATHLETE

Chris Leslie

North County High School Football, Lacrosse

By Tom Worgo

North County senior Chris Leslie is 18 years old, but he makes it clear what he intends to do for a career. He's set on becoming an Anne Arundel County or Baltimore County police officer.

"It's something I have wanted to do since I was a child," Leslie explains. "I have always liked cop shows. They were my heroes growing up."

Leslie feels he possesses all the qualities needed to become a successful police officer. "I am a vocal leader, and I motivate people," he says. "I push people and see how they respond to what I say and how I act. I also really like to help people."

Leslie has shown his tremendous leadership skills as a member of both the North County varsity football and lacrosse teams. Leslie served as co-captain for the football team the past three years. He's entering his second year as co-captain of the lacrosse team this spring.

Knights' Boys Lacrosse Coach Jeff McGuire rarely names non-senior captains, but he made an exception for Leslie. "He is a natural born leader," McGuire says of Leslie, who is president of North County's senior class. "He walks into a room, and everybody feels it. He is like a one-in-100,000 kid."

McGuire and North County Football Coach Quinten Jones also love the way the 6-foot-205-pound Leslie can dominate on the field. Leslie, a four-year starter at running back, rushed for 1,537 yards and 12 touchdowns on 232 carries as a junior while catching 24 passes for 402 yards to earn Second-Team All-County honors.

His best game in 2017 came in a 49-48 loss to Severna Park when he ran for 226 yards and two touchdowns on 23 attempts. "He is an old-school football player," Jones says. "I think that's what makes him so great. Chris can do a lot of everything."

Leslie got off to a fast start this fall. He rushed for 212 yards in a season-opening 34-28 loss to Severna Park on September 1st and two weeks later, finished with 150 yards versus Northeast. "I am really quick coming through the hole, and my vision is really good," Leslie says of his biggest assets.

Leslie, who has been playing football since he was eight years old, says watching countless hours of film in the offseason made him a better running back. "I have worked on being more patient and watching the play develop," he explains. "If I get the ball and go two seconds slower, the hole opens. If I try hitting the hole right away, it will be closed."

"I am a vocal leader, and I motivate people, I push people and see how they respond to what I say and how I act. I also really like to help people."

Leslie wants to play college football, and he says he has been aggressively recruited by Towson University and the University of North Carolina at Charlotte.

"I feel whatever team offers him a scholarship and gets

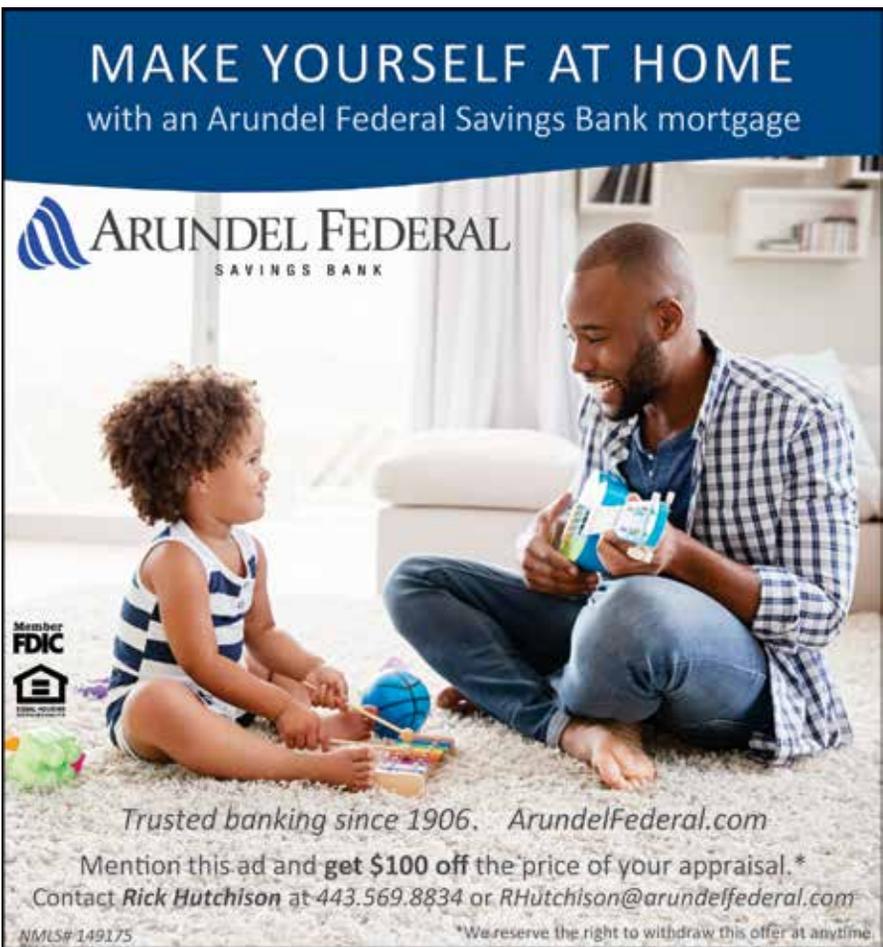
him, they will say to themselves, 'Why didn't we do it earlier,'" Jones says.

In 2019, Leslie wants to duplicate the lacrosse success that he experienced last spring. The midfielder ranked among North County leading scorers with 22 goals, which netted him Second-Team All-County honors.

McGuire says Leslie could have easily played college lacrosse if he had taken up the sport earlier. He didn't take up the sport until high school, but it didn't take long for him to break into the varsity's starting lineup. He did it as a sophomore.

"If he had started playing lacrosse in the sixth or seventh grade, I think he could have college opportunities at the Division I level," McGuire says. "With his physical abilities, I don't know how a school could turn him down. He is a man among boys sometimes in a high school game."

Do you have a local athlete to nominate? Send What's Up? an email to tworgo@whatsupmag.com.



MAKE YOURSELF AT HOME
with an Arundel Federal Savings Bank mortgage

ARUNDEL FEDERAL
SAVINGS BANK

Member FDIC

Trusted banking since 1906. ArundelFederal.com

Mention this ad and get **\$100 off** the price of your appraisal.*
Contact **Rick Hutchison** at 443.569.8834 or RHutchison@arundelfederal.com

NMLS# 149175 *We reserve the right to withdraw this offer at anytime.



Getting Married?
Subscribe to What's Up? Weddings!

Visit whatsupmag.com
or call 410.266.6287
to start your subscription for just \$4.95

R-E-S- P-E-C-T

Current economic expansion has not felt the love, until lately

By Anirban Basu

This has been the Rodney Dangerfield of economic recoveries. One would think that the current economic expansion would garner much respect. The recovery is now neatly into its 10th year, and is now the second longest on record. Absent the onset of what would be a very surprising recession by mid-year 2019, this will become the longest period of economic growth in America's history. That's impressive given how much the U.S. economy has achieved over the course of nearly a quarter-millennium.

Over the course of time, the expansion has produced nearly 20 million net new jobs, driven unemployment toward multi-decade lows, and produced an unprecedented level of available job openings. Additionally, it supported a stock market boom that has produced previously unknown levels of financial wealth, and which has supported a substantial rebound in both nonresidential and residential values. The expansion has also provided support for state and local governments to recover financially, which in turn has translated into significant growth in infrastructure spending even absent a federal stimulus package. Between August 2017 and August 2018, construction spending in many infrastructure categories grew robustly, water supply (plus 37 percent), conservation and development (plus 34 percent), transportation (plus 23 percent), and highway/street (plus 14 percent).

Despite all of this, for years, the current economic expansion was viewed as disappointing. People complained, and many still do that wage growth was too soft. Yet others complained about sub-par Gross Domestic Product and productivity growth.

But that has changed more recently. Consumer and business confidence have been surging. Tax cuts passed late last year seem to have unleashed some positive animal spirits, creating a level of enthusiasm for the economy that had not been observed during its early years.

While many fretted about tariffs and trade wars, thus far the damage has been minimal for most economic actors. Trade agreements have already been reached with Mexico, South Korea, and Canada. The U.S. and European Union remain engaged in trade negotiations, and there is every reason to believe that America's European allies will eventually see fit to

open their markets more fully to producers representing the world's largest national economy. The wildcard, is of course, negotiations with the Chinese, who are associated with the world's second-largest economy. However, several months ago, it appeared to be America versus the world. Now, it's the U.S. versus China, with the implication being that the level of prospective disruption to trade will likely end up being far smaller than what was feared in early-2018.

Peak around the curtain, however, and there remain items to be concerned about. The national debt has crossed the \$21 trillion mark. The federal fiscal year that began on October 1st will be associated with an annual budgetary shortfall exceeding a billion dollars, according to the nonpartisan Congressional Office. This is occurring at a time of relatively rapid national growth, which means that America has yet to constrain its habit of excess federal spending.



Then there is the matter of burgeoning inflationary pressures and rising interest rates. For now, asset prices, whether stock prices, home prices, or commercial real estate values, have managed to increase even in the context of rising costs and tighter Federal Reserve policy. In late-September, the Federal Reserve raised interest rates again, this time bumping the Fed Funds rate up to 2.25 percent from two percent. That marked the third time this year and the eighth time over the past three years that the Federal Reserve has tightened monetary policy in this manner. While raising rates, Fed officials expressed confidence in the near-term performance of the economy.

But all good things must come to an end, and if inflation becomes more apparent in the year ahead, financial markets are unlikely to perform nearly as well as they have been, especially if the

Fed continues to tighten in response. A significant decline in asset prices likely represents the leading threat to the U.S. economy in 2019 and beyond. The next downturn is unlikely to be nearly as severe as the 2007–2009 episode, and may look far more like the 2001 recession, which lasted less than a year, but which also destroyed a considerable amount of financial wealth in the process.

The wildcard, is of course, negotiations with the Chinese, who are associated with the world's second-largest economy.



About

Anirban Basu

Anirban Basu is Chairman & CEO of Sage Policy Group, Inc., an economic and policy consulting firm headquartered in Baltimore, with offices in Pennsylvania and Cambodia. The firm provides strategic analytical services to energy suppliers, law firms, medical systems, government agencies, and real estate developers among others.

In 2014, Maryland Governor Larry Hogan appointed him Chair of the Maryland Economic Development Commission. He also serves as chairman of the Baltimore County Economic Advisory Committee. He is also the Chief Economist to Associated Builders and Contractors and Chief Economic Advisor to the Construction Financial Management Association. He serves similar functions for Visit Baltimore, the Maryland Association of Realtors, and Marcum, LLC.

He lectures at Johns Hopkins University in Global Strategy and has also taught international economics, urban economics, micro- and macroeconomics at Hopkins. His radio show can be heard weekdays on 88.1FM, WYPR, Baltimore.

In both 2007 and 2016, the Daily Record newspaper selected Mr. Basu as one of Maryland's 50 most influential people. The Baltimore Business Journal named him one of the region's 20 most powerful business leaders in 2010.

Basu has been on many boards, including First Mariner Bank, the Baltimore City Public School System, Port Discovery, the Baltimore School for the Arts, and Union Memorial Hospital. He is currently on the boards of St. Mary's College, the University System of Maryland Foundation, the Center for Emerging Media, the Lyric Opera House, and the Archdiocese of Baltimore School System.

Basu earned his B.S. in Foreign Service at Georgetown University in 1990. He earned his Master's in Public Policy from Harvard University's John F. Kennedy School of Government, and his Master's in Economics from the University of Maryland, College Park. His Juris Doctor was earned at the University of Maryland School of Law.



THE 2019 MARYLAND LEGISLATIVE SESSION PREVIEW

**NEW GUN-RELATED LAWS, MORE CASINO-BASED
SCHOOL FUNDING, A CONTINUING OPIOID EPIDEMIC, AND
A 20-YEAR TRANSPORTATION PLAN | BY MARK CROATTI**

Last year, the Maryland General Assembly focused on transportation projects delayed since the 2017 session, an opioid epidemic that had claimed more than twice as many lives in 2017 than in 2016, and the local impact of a national focus on Confederate-era statues. That issue came to the forefront after a Charlottesville, Virginia, march on August 17, 2017, by white supremacists ended with the killing of 32-year-old Heather Heyer, who was run over by a car driven by a neo-Nazi. While it had already been in the planning stages, right after Heyer was killed—in the dead of the night—Maryland quietly removed the statue of Supreme Court Chief Justice Roger Taney, who had ruled against Dred Scott in 1857. While for many, a painful chapter in Maryland’s past had been removed from public display, no one could have foreseen that Maryland was about to endure an extremely heartbreaking 2018.

A YEAR OF TRAGEDY

Last March 14th, a 17-year-old killed a classmate, Jaelyn Willey, at Great Mills High School in St. Mary’s County—Maryland’s first student-student shooting fatality on a school campus. On May 10th, Baltimore County Executive and Democratic gubernatorial candidate Kevin Kamenetz died of a heart attack (Ben Jealous then won the Democratic Party’s nomination). On May 27th, the second major flood in three years (and the third in seven years) roared through Ellicott City, killing Eddison Hermond. On June 13th, University of Maryland freshman offensive lineman Jordan McNair died from heatstroke after the coaching staff waited almost a full hour to call paramedics (several coaches were placed on paid administrative leave including Head Coach DJ Durkin, who was eventually fired). On June 28th, Jarrod Ramos,

long disgruntled by a 2011 *Capital-Gazette* article about him (and the dismissal of his defamation lawsuit in 2015), went to the newspaper’s headquarters with a shotgun and killed editors Gerald Fischman, Rob Hiaasen and John McNamara, reporter Wendi Winters, and sales assistant Rebecca Smith. It was the first major attack on a newsroom in American history. An exhausted Governor Larry Hogan, himself recovering from cancer treatment, raced to crime scenes and police barricades and memorial services seemingly round-the-clock. “That’s our hometown newspaper, and it was a shock to all of us,” Hogan told *What’s Up? Media*. While most of these events occurred after Maryland’s 2018 General Assembly session ended, legislators responded after the Great Mills High School shooting; a record 3,101 bills were submitted by the end of the session, many targeting crime-related issues ranging from reducing violence in Baltimore to increasing school safety in general. On April 24th, Hogan signed into law three new gun regulations, including banning bump stocks—“rapid-fire trigger activators” that accelerate fire in semiautomatic weapons—allowing judges to seize guns from people planning to cause harm, and requiring people convicted of specific domestic violence offenses to prove they do not have a firearm. The governor also signed two other major laws in 2018, one to provide free community college to qualified applicants and another to usher in the “Maryland Model” of health care by “adopting the first alternative payment



model to shift hospital payments to full global budgets,” according to Seema Verma, Administrator of the federal Centers for Medicare and Medicaid Services (CMS). It’s all part of a record \$45 billion budget, which is up from \$43 billion the year before.



WHAT'S AHEAD IN 2019 SCHOOL FUNDING

Maryland’s budget for 2019, extending into the fiscal year 2020, is expected to top a record \$47 billion. Education, health care, and transportation projects will once again lead the way as budget priorities. In fact, by the time a new Maryland legislature is seated in January, one issue will have already been decided regarding school funding from Maryland’s six casinos, a topic highlighted in last year’s legislative session preview. Voters will determine in November if the state should be mandated to spend 100 percent of

casino revenue on K–12 education. This could supplement school funding from casino revenue by up to \$500 million annually when fully phased in over a four-year period.



OPIOID CRISIS

The biggest issue left over from the 2018 legislative session is the horrific opioid epidemic. Maryland remains one of the top five states in opioid-related deaths nationwide with totals that have exceeded the national average since 1999. The Maryland Department of Health said that fentanyl, combined with heroin or cocaine, was responsible for a 20 percent increase in opioid-related deaths in 2018 (after setting a record in 2017). Maryland is expanding its crackdown on those who provide these drugs. After Hogan suggested suing opioid manufacturers and distributors, Attorney General Brian Frosh called

for an outside law firm to help go after them by providing special litigation counsel in his ongoing investigation.



MARIJUANA

Last year, State Senator Richard Madaleno sponsored a bill to legalize recreational marijuana and levy a nine percent tax to pay for community college tuition and treatment for opioid dependency, among other things. It didn’t pass, but the General Assembly did approve an increase in the number of medical marijuana-grower licenses from 15 to 22. While Democratic gubernatorial nominee Jealous was advocating legalizing marijuana as part of his criminal justice reform plan, a General Assembly bill that would have decriminalized possession of one ounce of marijuana (up from the current ten grams), proposed by Baltimore County State Senator Bobby Zirkin, did not advance after passing in the Senate. Ten grams “was a number picked



out of the sky by the House Judiciary committee,” Zirkin told *The Baltimore Sun*. Other states have decriminalized amounts ranging from 21 to 42.5 grams.



TRANSPORTATION

In August, the Maryland Department of Transportation (MDOT) announced a new reconstruction project that will start in Wicomico County at a 60-foot-road intersection on U.S. Route 50 costing \$3.14 million that won't finish until the 2019 legislative session ends, one of several recent Eastern Shore state highway initiatives. These and other related projects will become commonplace under the 2040 Maryland Transportation Plan to be unveiled in 2019 as part of a 20-year strategy to “modernize Maryland’s multimodal transportation system,” according to MDOT. Every five years the department updates its identification of specific aviation, bikeway, bridge, pedestrian,

port, road, and transit projects that will be funded. A more immediate concern is old Ellicott City. Estimates of what it would take to make the city safe have gone into the tens of billions of dollars—and even that might not work, some say. There are several reconstruction ideas being considered, including destroying some of the remaining historic buildings along the Patapsco River and designing a river walk to accommodate future flooding. There may be a new face in store for a city that dates back to 1772 and boasts the ruins of the Patapsco Female Institute and such Civil War-era history as a makeshift Union army base and the theater where a young John Wilkes Booth allegedly first performed.

The General Assembly will also take interest in the final report of the investigation into the death of University of Maryland football player Jordan McNair. Those include allegations by *The Washington Post* that the school had rejected a plan

to place the health care of its football players in the hands of an independent body so that doctors, rather than coaches, would decide if an athlete needed immediate medical attention. The rest of the agenda for 2019 will come into focus “after the general election, given the turnover in the legislature,” Alexandra Hughes, Chief of Staff to House of Delegates Speaker Michael Busch says. Indeed, after November, old Ellicott City might not be the only Maryland landmark with a new face, since this is shaping up as one of the most intriguing midterm elections in Maryland’s history, with the looming fight over redrawing Maryland’s electoral districts in 2020 waiting in the wings for the next body of legislators.

Mark Croatti teaches Comparative Politics at The United States Naval Academy and The George Washington University. He is also the Director of The Hall of Presidents Before Washington at the Westin Annapolis hotel. He has covered state politics for various publications since 2004.

WHAT'S UP? MEDIA

ROARING 20s

BEST OF PARTY

2019

PRESENTED BY



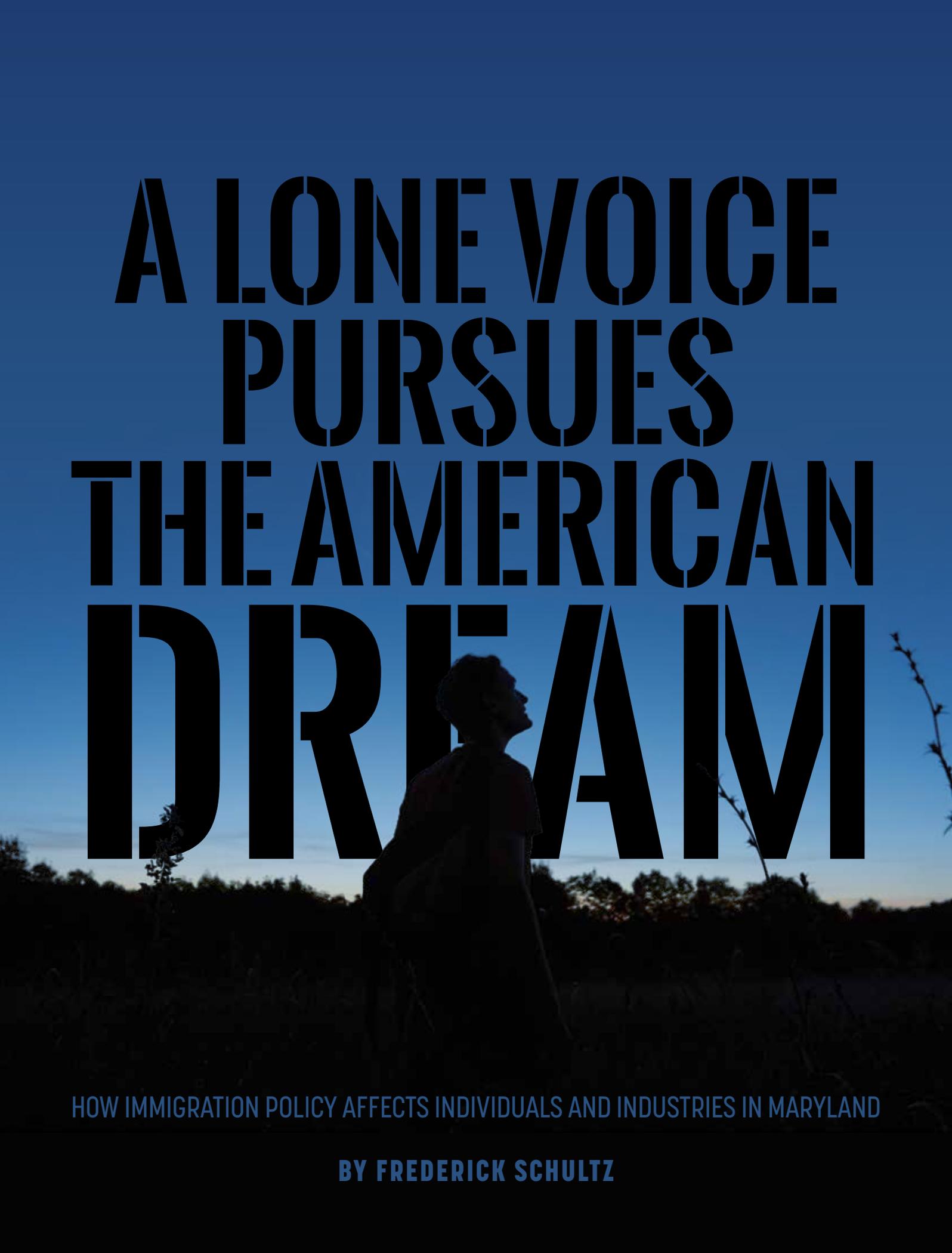
RESIDENTIAL BROKERAGE
ANNAPOLIS CHURCH CIRCLE

WEDNESDAY
JUNE 12, 2019

DOORDAN INSTITUTE BUILDING/
BELCHER PAVILION

THIS WILL BE A 1920'S THEMED EVENT, START PLANNING YOUR OUTFIT NOW!



A silhouette of a person looking up against a blue sky with large text overlaid.

A LONE VOICE PURSUES THE AMERICAN DREAM

HOW IMMIGRATION POLICY AFFECTS INDIVIDUALS AND INDUSTRIES IN MARYLAND

BY FREDERICK SCHULTZ



The largely silent people who comprise the immigrant Latino population in this region are scared in the current political climate, so much so that no one is willing to talk—except one.

“America: Love It or Leave It” was a derogatory slogan in the 1960s and early ’70s aimed at anyone who opposed U.S. involvement in the Vietnam War. Some of their convictions were so strong that people did, in fact, “leave it” and made new lives for themselves elsewhere, Canada being a preferred destination.

Today, most immigrants in this country do “love it,” for various reasons, and they desperately don’t want to “leave it.” But many are confronted with uncertain futures and the prospect of deportation. They are mostly from Latin America, they are a legion among us, and they are the principal force behind this story.

IT’S ALL COME DOWN TO THIS

On any given night, headlights shine through windows at 2 a.m. and shut off quickly when unrecognized vehicles drive up. Full pickups and cars park haphazardly in the dark. Doors opening and closing make a loud thump after mattresses and other rudimentary furniture are hastily loaded and unloaded.

School children, making no eye contact as they hurry by, scramble to catch the bus in the morning and scurry to open front doors whence they came after being dropped off in the afternoon.

Spanish-speaking men in landscaping-company T-shirts, 17 of them in all, file out of a parked Winnebago motor home and into a Mexican food takeout on a day when tacos are the special. An English-speaking construction worker waiting in line says to no one in particular, “I bet they even live in that thing.” One of the braver young men speeds to the front door atop a stand-up Gravely mower to pick up his own quick lunch so he can get back to work, maybe unnoticed. Short-order cooks across the city usually just nod and smile when asked a question as they try to find somebody else to answer it while they slave away over a hot grill.

Anyone who speaks anything but English seems more frightened these days, with seemingly constant looks of distrust on their faces. In at least one case, a man admits that even his wife, a Canadian, is now apprehensive about living in the United States.

But still no one wants to tell their story, and understandably so.

NO ONE TO DO THE WORK

For those having watched these scenarios and at least indirectly allowed them to play out, the old saying “Be careful what you wish for” is now rearing its ugly head. The impact of deportation and other crackdowns on illegal immigrants goes mostly unnoticed at worst, and underappreciated at best, until it starts to affect the lives of larger and larger parts of the consumer population.

The more affluent among us have begun noticing that fewer workers are available to perform menial tasks like tree-trimming, fence-building, swimming-pool digging, housekeeping, and landscaping. For example, as anecdotal accounts have it, weekly lawn-mowing last summer had gone to every two weeks, attributed mostly to the worker shortage.

Hit especially hard—and well-reported by local media—has been the seafood-processing industry, where visas for temporary seasonal Mexican laborers last spring went from “first-come, first-served” to a lottery system with no guarantees. According to Tom Jockel, a manager at Annapolis Seafood Market, “The visa lottery has had a big impact on both product and availability—and thus price.” Those temporary visas for migrant workers are what kept the same people coming back to the Eastern Shore for decades “just to pick crabs and shuck oysters,” Jockel explains. “And nobody local wants to do that work.”

From someone who helps run one of the largest retail seafood operations in the area, Jockel says “the atmosphere has a lot of people nervous—what the next ‘rule change’ is going to bring to immigrant status in general.” The bottom line for this part of the business, Jockel warns, has changed at an astonishing rate in less than a year: “One of the packers we buy from got no visas for their annual seasonal migrant workers, and the company’s production is only at 30 percent. No



Women pick crabs at the W.T. Ruark Seafood Co., on May 17th, 2018 in Hoopers Island, Maryland. Due to a new lottery system this year several seafood companies failed to get temporary H-2B visas for their mostly Mexican workforce that has been coming to the Maryland eastern shore for over two decades to pick the crab meat that is sold in restaurants and stores on the east coast. (Photo by Mark Wilson/Getty Images)

one else local wants to step in and do the work at entry-level wages. Even base-pay raises haven’t worked.”

One wholesaler of Chesapeake Bay seafood products is reportedly considering moving his entire operation to Mexico, seeing it as more cost-effective to bring the jobs to the workers and not buy into the current visa trend.

IN SEARCH OF IMMIGRANT STORIES

We wanted to learn first-hand how immigration policy is now affecting the “American Dream” for immigrants. We started by speaking with Ward 5 Annapolis Alderman Marc Rodriguez, a native of Mexico, soon after his return from a trip in August to Dilley, Texas,

which was covered thoroughly in *The Capital*. He had assisted at the South Texas Family Residential Center for asylum seekers with children separated from their mothers before what is called a “credible fear” interview. Most are from the triangle countries of Guatemala, Honduras, and El Salvador, and, Rodriguez says, “they had been literally running for their lives.”

Tying that experience to Annapolis, the alderman says that Central American organized-crime groups more easily “threaten and extort” their countrymen in this region because asylum seekers are afraid of local law enforcement officers, the main reason being that they have never had good experiences related to people with badges. He told us that he might be able to persuade a couple he

“ Sometimes people don’t realize that we come from different cultures and different countries. They just pretend that we all come from the same place.

knew to talk to us. But after a rather long wait, the Mexican man and woman he was pursuing decided against it.

Rodriguez suggested that we contact Adriana Lee, the city’s first full-time Hispanic Community Services Specialist, who is a font of knowledge concerning the exhaustive services being made available to help immigrants in Annapolis. But telling the stories of some of the people she has helped, much less hooking us up with someone willing to talk, was understandably out of her purview. So, she offered the business card of Sean Schneider, executive director of Centro de Ayuda (Center of Help), with the motto “Building lives for new Americans.”

According to Schneider, the nonprofit center’s mission is “to assist all immigrants—not only Latinos, but, to date, also people from Macedonia, Korea, Japan, China, and Bangladesh—to integrate into the local society.” He offered to try finding someone who would agree to an interview, but our conversation went in an unexpected direction. “No wonder you’re having a problem getting people to talk,” he says, “because there’s that fear among them that is pervasive, especially among Salvadorans.” Schneider went on to recall an article he wrote last spring for the *Capital-Gazette*, promoting an event his organization hosted. “I subsequently received vehement emails, with racial epithets and threatening violence. And they all hid behind anonymity, sending their messages from trash email accounts.”



A CONVERSATION WITH ‘SALVADOR’

At this point, it was decided to go with the one and only interview we had done with an actual immigrant. Because of his home country, we’ll just call him “Salvador.” And he will remain anonymous here, not because he demanded it, but because we didn’t want this discussion to have any repercussions.

A word here about anonymous sources: In politics, they are a dime a dozen these days, when the only consequence to the source is perhaps losing a plum position in government because he or she secretly tried to undermine the boss. In top-tier journalism, anonymity is equally pervasive, most often because it has become the only way to get to the “truth”—using here the classic definition of that term. When it comes to expressed views and reports on immigration reform—especially from the people it affects the most—the stakes can be quite high.

Here’s what Salvador had to say in our interview, edited here for brevity and clarity and with his approval:

WHAT MADE YOU COME TO THE UNITED STATES?

Family. I’m always willing to help. My family is hungry for help. I have four

brothers and four sisters. Neither my mom or my dad had a professional education there. They and their parents were born to generations of being poor. Education wasn’t too much there to reach out.

WHAT IS THE MAJOR DIFFERENCE BETWEEN THERE AND HERE?

They don’t have jobs like I have here—six days a week, making certain money. To get what we need, the trouble was a lot. Now, I have a daughter here, and I have to look out for her. But I do send a little bit of money home to my parents.

WHAT WAS IT LIKE TO BE A CHILD IN EL SALVADOR?

I started work there at about 11 years old. My parents couldn’t buy us all shoes or clothes. So, every time we had a chance to do something to make some money, we did it. Me and my brothers went through a lot. Sometimes we were hungry, not having much clothes, only had one pair of shoes and wore them until they were no good anymore. We were poor, and it was bad.

WHAT HAPPENED THAT GAVE YOU A WAY OUT?

I do have a few friends from school here in the U.S. I told my mom one

day, I said 'Look, the first opportunity I get to live the American dream, I'm gonna take it.' My mom looked at me and said 'I don't want any of my children to separate from here. I want to keep them all.' But I said I wanted to buy my little brother shoes. I wanted to buy my sister a dress. And that's what I did. A few friends from here told me they could help me out.

DID YOU GO TO SCHOOL?

I went to school in El Salvador to the ninth grade. We had English class three days a week. So, I started to learn the basics, like how to say hello to someone. But I couldn't really keep up a whole conversation at that point.

WHAT THINGS FRUSTRATE YOU ABOUT LIVING HERE?

Sometimes people don't realize that we come from different cultures and different countries. They just pretend that we all come from the same place. I'm not Mexican, and neither are a lot of us. But people call us that. I've never been to Mexico. I came here to do better. I don't want to do anything wrong and do want to keep my record clean. No one has anything on me that they can judge I did anything wrong.

HOW HAS VIOLENCE AFFECTED LIFE IN YOUR HOME COUNTRY?

Violence in my country now is getting worse. My brother had a bad experience a few months ago. Where he used to work, one of the gangs killed one of his coworkers. So my brother said he had to leave the job site because he was scared that they would also come and look for him, only because he was working with that other person. But my brother—any of my brothers—have nothing to do with gangs. My parents are very Catholic, and they

taught us well. But yes, it is very dangerous and getting worse.

The gangs go against each other. The bigger problem is, they don't just hurt each other, they hurt innocent people. They threaten, they steal. If you have a business in one of their territories they come and make you pay monthly for being there. Supposedly, that way, they don't hurt you or hurt your business.

The way that President Trump started, he started pretty hard, judging a whole group of people based on only a few. You can't just judge a whole group that way, when you don't know who they are and where they're coming from. It bothers me. I know some people do bad things, but that's their choice—and it's their problem, not mine. When you judge a whole group, that means you're judging me.

I'm not doing anything wrong. I'm just here doing the job I'm supposed to and being a good father and a good son and a good employee. Every time I have a chance to help someone, I help. Nearly all the money I make I'm spending in this country. I don't send it all home.

WOULD YOU LIKE TO BRING YOUR FAMILY HERE?

I wish I could bring my family here. I wish I could bring my dad and my mom. I'd like to try to get them a visa somehow. They're getting older. It would be easier for them to get a temporary visa. You have to prove that you own something there (in El Salvador), property or animals. Now my plan is to work harder, to buy them something in their name. They know that they would have something and they would not need to stay here. I have a cousin, and I'm

pretty sure she can help me out with that, so I can see my parents again.

IS YOUR "AMERICAN DREAM" COMING TRUE?

My American dream is getting there. I'm very busy. I work six days a week for the last five years. I'm okay with that, and I like what I do. Good people who are trying to do their best are all affected by the bad people. That's the sad part. I want for everybody to know what I do and that when I work for people they can trust me. On my day off, I take care of someone's house. It's a big house owned by business people who treat me like a son. They trust me. Not all of us are the same. We all have different points of view.

WHAT'S YOUR BIGGEST FEAR ABOUT THE FUTURE OF EL SAVADOR?

The gangs are an infestation out of control. The police are not keeping up. It's everywhere now. The only quiet places are out of the city. I'm from north of San Salvador city, close to Honduras. Elections are next year. He [the leading candidate] is already doing more right now without being president. The past few presidents stole money from the country—millions of dollars.

You seem to be well acclimated to living here. What's your secret? I'm keeping my head up and trying to do the best I can and trying to help others. And I always have a good appearance, because that helps in the long run.

Frederick Schultz' journalistic work has appeared in numerous national and international publications, including American Heritage, American History Illustrated, the Chicago Tribune, Country Journal, and Naval History, among others. He is author of the book History Makers: Interviews (2000).

MAKING THE STUDENT INTO THE MASTER



BY DIANA LOVE

How public and private schools are evolving to meet student needs and social complexities

Few could argue that our children's education is among the top most concerns of city, county, state, and federal leaders. The recent electoral cycle—both the presidential election of 2016 and the local elections of 2018—have cast a bright spotlight on important issues in education. While these issues and the remedies for them depend on who's on the podium at any given moment, we can all agree that the challenges our schools, our administrators, our teachers and our students face today are more pressing and more complicated than ever. Rising rates of teen suicide. Rising rates of both occurrence and intensity in bullying. Escalating drop out rates. Bigger classrooms and fewer resources. The politics of finance. Not enough resource teachers, social workers, career counselors, or safety officers. The struggle to achieve genuine inclusivity and diversity. The list goes on and on.

Between 2012 and 2016, over one-tenth of Anne Arundel County residents that committed suicide

were age 10 to 24 years old. During that period, 79 percent of the youth suicides were male, and 90 percent were white. Suicide attempts show a slightly different story. Youth suicide attempts comprised half of all suicide attempts for Anne Arundel County, 71 percent of which were female. In the 2015–2016 school year, Anne Arundel County school health rooms reported 134-crisis interventions specific to the threat of suicide.—*Anne Arundel County Department of Health, Trends in Youth Suicide, September 2018.*



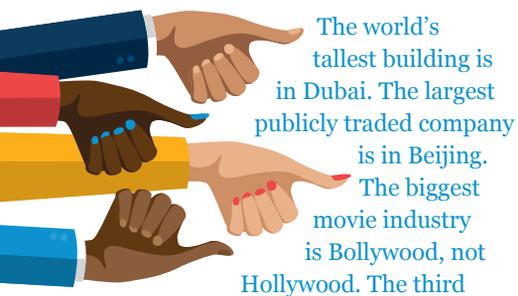
These issues barely mark the tip of the iceberg. And they aren't isolated to public schools; indeed, both public and private schools share these concerns and many others. Anne Arundel County Schools declined to comment for this article, but we recently spoke with several other thought leaders in education and childhood development about current issues in education. We identified four issues most schools have in common. We also talked about creative and innovative solutions to those issues. Here's what we learned.

DIVERSITY AND INCLUSIVITY

When politicians talk about diversity in schools, it is often in terms of race. But what educators are concerned about is the question of how to create a complex tapestry that reflects a multitude of individuals. In fact, there are many forms of diversity: differences in family income that impact how readily parents can support learning; differences in color, race, and sexuality that impact how comfortable students and families feel in the school community; differences in languages that impact everyday lessons; differences in thought that drive student and administrative leadership; and differences in learning styles that impact how a child will be approached in terms of teaching, and by whom. Schools face the challenge of acknowledging all of these differences, and then of going even farther by embracing them.



Managing classrooms and encouraging students from different backgrounds, with different needs and different levels of family support is a complex and difficult task. Why celebrate all of these differences when it's so much easier to embrace what is familiar, comfortable, and less demanding? Why focus on diversity?



The world's tallest building is in Dubai. The largest publicly traded company is in Beijing. The biggest movie industry is Bollywood, not Hollywood. The third richest family in the world is Mexican, the fourth is Spanish, and the fifth is French. The world's largest economies include China, Japan, and Germany. Russia is the world's largest country. Qatar is the richest per capita. Accounting, tax prep, bookkeeping, payroll services, and legal services, all available to customers through any electronic connection from anywhere in the world, are the most lucrative

industries. Today's students will not be able to thrive, much less survive if schools aren't the standard bearers for diversity in all its forms.

Peter Bailey is the director of the Association of Independent Maryland Schools (AIMS). "We know that kids are going to operate within an increasingly global world," he says. "Working with different kinds of people from different backgrounds, cultures, experiences and even different language groups...will be extremely important in helping kids understand themselves better and in addition understand other people better."

Universally, administrators and faculty agree that celebrating diversity is vital for schools and for students. "Our students are going into a world where difference will be the norm and not the exception," says John A. Lewis, IV, headmaster at The Gunston School, a private school in Centreville. "Schools need a curriculum made up of windows and mirrors: you want students to see

themselves in the curriculum, but also look out into the world."

At Gunston, diversity is apparent everywhere, whether it's in the exchange students who make up about 15 percent of the student population, or in the less obvious statistics that show Gunston students come from a range of socio-economic backgrounds. Neither of these barometers is necessarily unusual. A better indication of how a school embraces diversity across the board is to look at their mission statement and action on the ground. Anne Arundel County Public Schools made the phrase "elevate all students and eliminate all gaps" the number one mission in their current strategic plan. "All means all," is AACPS Superintendent George Arlotto's battle cry.

The AACPS Board established an Office of Workplace Diversity in 2008 to support the goal of hiring teachers and staff who reflect a diverse student body. Gunston hired a Director of



HEALTH AND WELLNESS

If you are anxious and depressed, says Lagarde, academic success is not going to follow. One significant challenge schools are facing since 2015: students are more anxious and depressed than ever before. Suicide and attempted suicide rates are rising across the country, and in Anne Arundel County specifically. Why do our children feel such depression? Answers vary. Is it related to the recent economic collapse, an innate worry about the future absorbed from parents? Is it related to the divisive nature of modern discourse? Is it fear for personal safety? When children are shot at schools just a couple of counties over, when fellow students are murdered or beat up by gangs, it's difficult to feel safe, even with the most earnest of reassurances and protocols. When the 24-hour news cycle sows seeds of division and doom, it's hard for young people to process what to believe and what to ignore.

For public schools especially, health and wellness is an issue heavily impacted by budget and politics. Funding determines access to social workers, counselors, and medical professionals. Students whose first language may not be English are especially vulnerable, so having translators (English for Speakers of Other Languages), teachers and counselors with cultural competency is especially important. The Board must agree to progress programs that address health and wellness well beyond physical education and sex education, and the county executive must agree to fund the board's requests. The ability to create or to cut programs that can make or break student health and wellness is countered by the fact that public and independent schools have a mandate and a mission to protect and serve children.

"The emotional health and wellness of our students are as important as academic capabilities in terms

Global Programs and Diversity in 2011, a substantial commitment for an independent school. Professor Scott Page, in his book *The Difference: How the Power of Diversity Creates Better Groups, Firms, Schools and Societies*, theorizes that teams of people find better solutions than brilliant individuals working alone. *The Difference* puts forth the idea that "progress and innovation may depend less on lone thinkers with enormous IQs than on diverse people working together and capitalizing on their individuality."

Diversity drives groups of individuals to better understand each other and work together, but inclusivity is the key to great success. "You have diversity, and then you have inclusion," Severn School Headmaster Doug Lagarde says. "You can be diverse and not be inclusive." When children feel overlooked, categorized, or stigmatized, they simply cannot feel that they belong to a larger community. It's that feeling of being excluded that can demotivate, stunt, or outright stop learning potential. "There is a script that must be delivered and modeled," Lagarde says. "I care about you, you are a part of this group, we have high standards, I believe you can meet those standards, and I will help you meet those standards." Without a sense that they are intrinsically

included and valued, children will struggle to develop a sense of confidence.

This lack of self-confidence can snowball into an inability to be independent, to be competent, and to relate to others. To address inclusivity, Severn School formed an Inclusion Committee of students, faculty, and teachers whose goal was to write an Inclusivity Mission. That mission became an aspirational north star for the entire school, Lagarde says. "Know and Value is our bumper sticker," he explains. "If we as adults know and value our students for who they are and what they bring to the table and their promise, they feel valued, confident, and optimistic about their future."

"If kids don't feel connected with teachers and with their peers, intrinsic motivation can take a hit. Then you can go down the slippery slope of trying to use all kinds of extrinsic reinforcers (rewards, praise, threats of punishment), and sense of autonomy is lost and intrinsic motivation can be undermined. All three ingredients are important to intrinsic motivation: competence, autonomy, and relatedness." —Dr. Tim Herzog, a licensed clinical professional counselor



The Educational Benefits of Psychological Testing

When it comes to education, parents walk a difficult line: You want your children to strive and succeed, but you don't want to push them in ways that are unfair or cause needless stress. At every age and skill level, children benefit when parents help them focus on improving their age-appropriate abilities.

It may be time to intervene when students face academic challenges that cause constant or undue stress. Some students hold themselves to unrealistic standards. Others missed a step along the way, study ineffectively or are grappling with an undiagnosed learning difference. Determining the nature of the problem will point the way to the most helpful solution.

"Some of the most common reasons for psychological testing include seeking a better understanding of a child's overall intellectual functioning, their specific learning style, and their cognitive strengths and weaknesses" says Dr. Shannon Senefeld, a licensed psychologist who specializes in testing. She explains that psychological testing has many useful benefits including:

- 1. To discover what a child's learning potential is.** What might they be capable of achieving given their ability to absorb, process and recall information?
- 2. To reveal how they learn and process information** – their "learning profile" – showing their strengths and weaknesses and to identifying any areas of concern with executive functioning and attention.
- 3. To find out if they have a specific learning disorder or giftedness**– in specific subjects such as reading, writing, or math.
- 4. To identify the specific learning strategies and types of support they are likely to benefit from** – at home and at school.
- 5. To help them gain insight into their own learning ability.** Children can start to notice differences between their own learning and that of other children. A simple understanding of their own strengths and weaknesses is often helpful.
- 6. So informed decisions can be made about their education,** such as choosing appropriate pathways and programs or accommodations, such as applying for extra time on exams.



"Psychological testing can provide information regarding a child's current psychological functioning" adds Dr. Senefeld. Psychological testing covers everything that a psycho-educational test may include and often more, however, psychological testing is more often covered by health insurance.

The results of the assessment can change a child's educational future in significant ways. "Most parents are relieved when they get the results of the test and know how and what kind of help to ask for" says Dr. Senefeld, adding that "when children learn differently, whether at an accelerated pace or one that requires specialized intervention, they often need different supports." Comprehensive testing provides a picture of their current cognitive and learning profile and informs the support that they need to succeed.

Shannon Senefeld, Pys.D. is an accomplished and sought-after expert in psychological testing that identify specific learning disorders, ADHD, intellectual giftedness, and learning strengths and weaknesses related to executive function. Dr. Senefeld's reports are valued for the quality of her insights to both parents and educators, the speed in which she completes the reports, and affordability. Part of CPE Clinic, LLC, she tests in Annapolis, Columbia, and Lutherville. For more information, call 410-979-2326.



Michael J. Labellarte, Sr., M.D.



Janina Fuertes-Ramirez, M.D.



Stephanie Streb, DNP, MHS, PMHNP



Theresa P. Shank, Ph.D.



Magda Rodriguez Gonzalez, Psy.D.



Shannon Senefeld, Psy.D.

EXPERTISE. EXPERIENCE. ACCESS.

Psychiatry, Psychology, and Mental Health for Adults, Adolescents, and Children

Contact us today and let us help you change the course of your life by improving your mental health.

www.cpeclinic.com • 410-979-2326 • Annapolis, Baltimore, Columbia



of a student's success in school, in college, and ultimately in career and life," Bailey explains. He says one way independent schools can address health and wellness issues is to create communities where each student is known well by each teacher. "In small environments, like independent schools, we have a close eye on our students," says Nancy Mugele, the head of Kent School, a K-8 private school in Chestertown. "We intervene when we know there is an issue and we build a culture of caring and respect where the students' families are known and where the students are known, so that students feel safe." This theory of care—that if children are well known, teachers might be better able to identify concerns and then find the necessary resources to help—has led many private schools to create advisories.

In an advisory, a teacher counsels a small group of children, usually across a span of grades or ages. The group is small enough that the advisor can work closely with individual children. Classwork is intimate enough for the students to learn about each other

and to practice vital social skills in a safe environment. The advisor has the time and the directive to pay particular attention to each student's well being.

Although public schools share the intention to know each student, systems as large as AACPS can't hope to match this degree of familiarity between teacher and student when homeroom classes in some middle and high schools run well over double-digits, when students are darting between classes, activities, and even campuses, or when individual schools simply don't have the staff to create regular one-on-one opportunities in the secondary grades. What the public schools do have is a structured health and wellness curriculum that begins in elementary and proceeds through high school. This curriculum, which covers everything from bullying and sexual discrimination to physical abuse, personal care, and sex education, provides multiple opportunities for kids to build relationships with school social workers, counselors, or mentors who might have the resources necessary to lend a helping hand.

TECHNOLOGY

Teaching post-Google is at the top of the list of challenges in education. The use and the repercussions of technology are complicated. What type of technology do children need to learn to use? What tools should be put in place to govern the use of technology? How much technology is enough, and how much is too much?

Lagarde has tackled this issue with vigor. He sees that the advent of technology has changed communities—family units, civic kinship, and especially student communities. "[Technology] in itself can be a wonderful and essential tool, but we are acceding attention and control to technology. If we don't take back control and become the masters and not servants, we will find that we've created communities that are transactional, siloed, and impersonal."

The American Academy of Pediatrics states on its website that today's students are spending an average of seven hours each day on some form of entertainment technology, including tablets, phones, and computers. According to Amanda Lenhart's report *Teens, Social Media & Technology Overview 2015*, 92 percent of teens report going online daily—including 24 percent who say they go online "almost constantly." More than half (56 percent) of the teens aged 13 to 17 go online several times a day. Just 12 percent report once-a-day use and two percent less often than weekly.



TECHNOLOGY IN ITSELF CAN BE A WONDERFUL AND ESSENTIAL TOOL, BUT WE ARE ACCEDING ATTENTION AND CONTROL TO TECHNOLOGY. IF WE DON'T TAKE BACK CONTROL AND BECOME THE MASTERS AND NOT SERVANTS, WE WILL FIND THAT WE'VE CREATED COMMUNITIES THAT ARE TRANSACTIONAL, SILOED, AND IMPERSONAL."



ANNAPOLIS AREA
CHRISTIAN SCHOOL

Academically excellent. Distinctively Christian.

DISCOVER AACCS

**The Capital
READERS
CHOICE**
2018
WINNER

Annapolis Area Christian School is a K-12th grade, non-denominational, Christian school, offering a college preparatory academic curriculum, a competitive athletic program, and outstanding fine arts.



The risks for this online addiction are real, and the symptoms can be severe: obesity, depression, anxiety, lack of sleep or poor sleep, vulnerability to online marketing of risky behaviors such as alcohol, drugs, and sex, and increased exposure to cyber bullying and sexting. All of these result in a lacking ability to relate to others, inability to form social skills that will guide relationships and personal success over the course of a lifetime, and, importantly, academic excellence.



Multiple reports indicate that nearly 43 percent of children have been bullied online. Only one in 10 victims will inform a parent or trusted adult about this abuse. According to dosomething.org, nearly 40 percent of all teenagers have posted or sent sexually suggestive messages. This practice is more common among boys than girls: 22 percent of teen girls report sending semi-nude or nude images, while 18 percent of same-age boys report the same.

Beside these risks, there's the fact that time spent online creates very real addictions that mean less time spent on homework, sports, family, and friends—the essential building blocks of childhood and the ways human learn social behaviors. “New research shows dependence on your smartphone may produce brain responses similar to alcohol, drug, and gambling addictions. Smartphones are like slot machines in your children’s pocket constantly persuading them to crave more,” says the website waituntileighth.org.

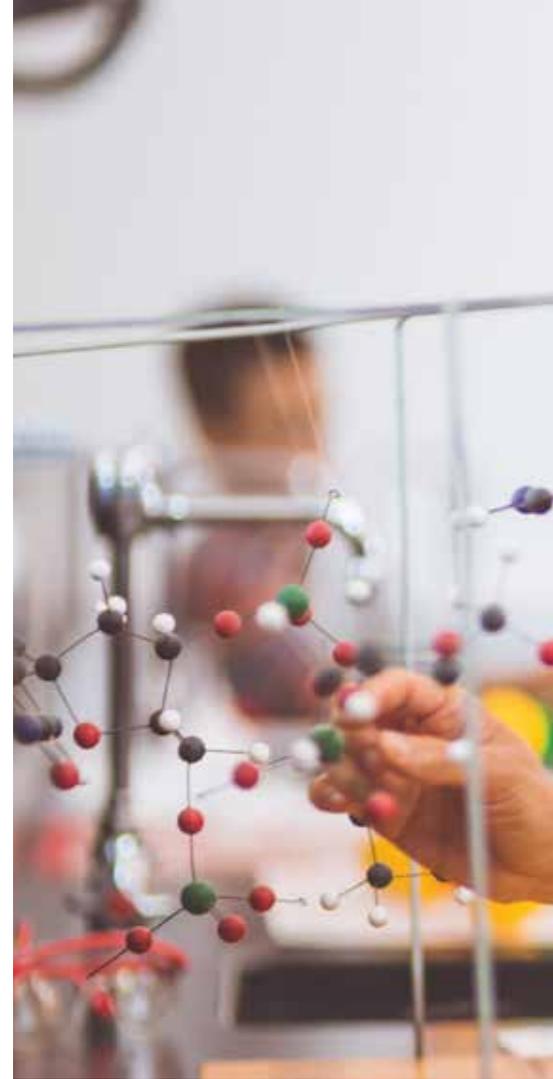
And it gets worse. “To an extent, you can’t blame kids, says Dr. Tim Herzog, a licensed clinical professional counselor in Annapolis who

frequently works with school-aged kids. “Social media and video games are designed to utilize principles of intermittent positive reinforcement, to get kids hooked. And it works! The neurotransmitter Dopamine floods the brain in the same manner as it would if the child were using a drug. At the same time, as [kids] text away without calling each other (a cultural norm of today), their brains produce less oxytocin, the neurotransmitter associated with emotional closeness.”

So how do schools navigate the tricky balance between enough and too much? Most schools, including public schools, pull families into the conversation about responsible use of technology. Lagarde and others say the connection between parents, students, and the school needs to be a strong triumvirate when it comes to the responsible and practical use of technology.

There are practical ways to do so. The Parent Teacher Associations at several AACPS schools have screened the movies *Screenager* and *Kirk Cameron’s Connect: Real Help for Parenting Kids in a Social Media World* for parents. Severn School hosts experts on the topic for parents and for students. Most schools draw students into becoming a part of the solution. At Severn School, Advisory Coordinator Laura Drossner, Middle School Guidance Counselor Mary Foard and Middle School Head Dan Keller developed a year-long digital-use curriculum that explored acceptable use policy, self-image and identity, cyber bullying and digital drama, and managing digital footprints. “[Technology] is a double-edged sword and we have to know that and work to control that as best we can,” Lagarde says. “We can control where and when, we can use it as an important tool, we can use it smartly and well.”

“We want our students to be good consumers of information and that’s critical for the skills they will need moving forward,” says Karl Adler, Head of St. Anne’s Middle School. “We have in house experts on the dangers and pitfalls of introducing social media to children.”



Technology is necessary for lessons that are relevant to today’s world. Students in St. Anne’s School of Annapolis’ Making the Band class use music apps to create and publish complex compositions. At Gunston, students use an online platform to dive deeper into Spanish lessons. At Severn, upper-level students can access the Malone Online Schools Network of superior online courses that enhance Severn’s existing curriculum. At West Annapolis Elementary School, students use Google Classroom and First in Math to sharpen writing and basic math skills. “Technology is a disruptor that can make some things go faster and deliver some content more quickly,” says Daniel J. McMahon, Principal of DeMatha Catholic High School in Hyattsville. “But eventually, schools (and society) will (in the most optimistic assessment), recognize the need for relationships to be cultivated between the teacher and student and will invest in those relationships.”



RELEVANCY

Our children will need to be prepared for a modern world that requires the ability to absorb career and life factors that are new, unpredictable and complex. How can schools address the challenge of creating a curriculum and culture that is relevant to this new environment? How can they ensure that children who learn differently have tools they can relate to and use in their personal, academic, and professional lives? Lagarde says that children learn from their parents and teachers: “the adults who model being agile and supple with their own skills allow kids to see how they can carry that into their own life.” Other thought leaders say that relevancy is inextricably linked to brain science. “We’ve learned more about the human brain in the last 25 years than we have in the last 2,500,” Lewis says. “Studies show that a small percentage of people are born with

executive functioning skills built into their DNA. We used to think this came from parents or through osmosis, but now we know there is diversity and we have to learn how to teach differently.” Mugele says that schools must be invested in professional learning so that faculty can know and understand the latest research on how the brain works, how information is processed, and how students learn best.

Both public and private schools must meet the challenge of keeping curriculum relevant by building in a degree of flexibility and creativity. Meg Bamford is the Head of School at Radcliff Creek School in Chestertown. She says that teachers and staff at Radcliff are heavily invested in the theories of neuroscience, a movement based on theories of brain variability. Her research and that of other neuroscience experts support the Myth of Average. “We know that average sizes, average abilities don’t exist,”

Bamford says. “People have strengths and weaknesses. The challenge...is meeting learners where they are at developmentally and academically.” This required implementation is what Bamford calls the pillars of instruction—the overarching mission of the school and the specific programs that schools and classrooms have in place to help teachers and students address connection, feedback, communication, and personalization.

Teachers have to be connected to students, and students have to be connected to what they are learning. “At St. Anne’s School, we want our students to learn with a purpose and to act with a purpose,” Adler says. Lessons have to include multi-modal, multi-sensory explicit instruction that allows for a variety of ways to express problems and solutions. Feedback in the form of instruction and assessment (tests) needs to be focused and purposeful. Because motivated learners essentially feel that what they are discovering

“GROWTH MINDSET SAYS THAT IF YOU WORK AT SOMETHING, YOU CAN ACHIEVE IT. GROWTH MINDSET CELEBRATES RISK TAKING.”

matters both now and in the future, specific lessons and tools will require more personalization.

Bamford talks a lot about personalization. It's a catchphrase she says many educators are using to describe meeting each student where they are developmental. Universal Design for Learning (UDL) is a framework to improve and optimize teaching and learning for all people based on scientific insights into how humans learn—essentially, it's a construct for personalizing the classroom experience. “UDL asks the question: if you design a building, what is the best way for people to get in—stairs or a ramp? The ramp is something everyone can use, but with stairs, not everyone can,” Bamford says. “If we translate that to education, we consider what are the barriers to education?” Barriers can be physical, motional, or mental. A child in a wheelchair might not be able to access materials. A child who is anxious might not be able to focus. Some children learn by listening, some orally, some visually. “These barriers have to be discovered and resolved before lessons are introduced and not after,” Bamford says. “As teachers, we have to figure out where a student is stuck, and think about how can we teach the child how to get out of it on their own.”

Both public and private schools have had to develop innovative programs to meet the challenge of implementing brain science and modern education research into school curriculums. For example, AACPS created strong Magnet, International Baccalaureate, and AVID programs for middle and high school aged students, and the Triple E program for elementary-aged learners.

The system's signature program is a 21st century workforce-relevant theme around which curricula, job shadowing, mentoring, co-curricular clubs, college courses, and internships are crafted. These types of programs bring relevancy, but take years to develop.

Private schools are inherently more flexible and able to implement more immediate and deeply felt measures. Severn School moved final exams from June to May. “Assessments need to be summative, but also formative so teachers can see the gaps in order to improve learning and skills,” Lagarde says. “By moving our final exams, students have several weeks before summer to synthesize and work through learning gaps.”

Through their partnership with the Center for Transformative Teaching and Learning at St. Andrews Episcopal School in Montgomery County, administrators and teachers at Kent School decided to change the middle school schedule to include longer academic blocks and fewer transitions. Brain breaks were included in the longer classes so that students could work out restlessness and maintain focus.

Gunston took a close look at curriculum and assessments before deciding to actively implement classwork and testing that addressed a range of modalities. “Assessment used to be lecture, quiz, test. The Gunston School is moving beyond the paper test to debates and essays and a range of modalities across the course of the semester that allow students to master content and consolidate information into memory,” Lewis says.

At Radcliff, teachers consider the ideas put forth by Carol S. Dweck, PhD in her book *Mindset The New Psychology of Success*. Dweck's research shows that people have either a fixed or a growth mindset. “Fixed mindset is the idea that you are born with the talent you have and that's it,” Bamford says. “Growth mindset says that if you work at something, you can achieve it. Growth mindset celebrates risk taking.” Using this research and science, Radcliff Creek shifted teaching tools to celebrate kids taking a chance, offering an answer, and discovering what happens next. “We focus on communication, education, inspiration, and empowerment, and we use a variety of tools to help students realize these pillars of education that apply to all students.”

The challenge of relevancy requires a firm and steady vision for administrators, teachers, parents and students. The programs put in place by Severn, Gunston, Kent, Radcliffe, and AACPS, among other schools, help students better understand their individual biology, how their own brains work and how to stay motivated and curious. Above all, remaining relevant will require creativity, innovation, collaboration, flexibility and the overarching prioritization of addressing the myriad needs of every type of learner.



Developed by Ann Meyer and David Rose in the 1990s, UDL says that students need engagement, representation, action, and expression. Purposeful, motivated learners need teachers to stimulate interest and motivation for learning. Resourceful, knowledgeable learners need information and content presented in different ways. Strategic, goal-oriented learners need differentiated ways to express what they know.

Diana Love is a journalist and marketing consultant based in Annapolis, Maryland. She pursues her passion for writing about the people, places, and things that enrich our lives and impact our communities.



Olga Baczara DMD
CENTER FOR FINE DENTISTRY

410.451.5600

2401 Brandermill Blvd. Suite 140
Gambrills, MD 21054
www.CenterForFineDentistry.com



Enjoy the serenity of our relaxing upscale spa-like dental suite.

A SMILE AS
BEAUTIFUL AS YOU

We offer gentle and advanced dental services that fit your elegant lifestyle.



INDIAN CREEK STUDENTS MAKE THE WORLD BETTER.



OPTIMISM



PERSEVERANCE



CURIOSITY



PASSION

Indian Creek is a community that transforms children from Pre-Kindergarten 3 through Grade 12, into young adults who exhibit curiosity, optimism, perseverance, and a desire to have a positive impact on the world around them.

Indian Creek is a school where students discover their passions and develop the characteristics that are necessary to make the world healthier, more just, and more beautiful.

Indian Creek is a leader in education, applying the latest insights from neuroscience research to offer a more effective, meaningful, and comprehensive experience that is both challenging and engaging for every student.

OPEN HOUSES

UPPER SCHOOL
(GRADES 7 - 12)

Winter Open House
Tue., January 29, 9 - 11 a.m.

LOWER SCHOOL
(PRE-K 3 - GRADE 6)

Spring Open House
Wed., March 6, 9 - 11 a.m.

Welcome Wednesdays

Prospective students and parents are invited to drop in to both campuses for a tour and to get to know our program, faculty, and culture! No RSVP required. Please join us on the following Wednesdays from 9:30-11:00 a.m.:

January 9, February 6, April 3, May 8

Discovery Days

(for children ages 2-4 and their parents)

Discovery Days offer parents and young children a chance to participate in enrichment activities taught by our innovative early childhood specialists. RSVP required, as space is limited. Please join us on the following days from 9:00-10:00 a.m.:

February 12, March 12, April 9, May 14

*Learn how our
Flexible Tuition Program
can make an Indian Creek
education affordable
for your family!*

Our innovative tuition structure offers a specific number of placements in each grade at different tuition levels, depending on the amount families are able to pay.



INDIAN CREEK SCHOOL
indiancreekschool.org

2019



PRIVATE SCHOOL GUIDE

Welcome to your 2019 Private School Guide! Choosing a private school for your child and your family's wants and needs requires considerable time and research. This year, we've revamped the format of the guide so you can more easily navigate local private schools' vital information (tuition, student/teacher ratios, key contacts, etc.) and efficiently learn about their available education philosophies, affiliations, student clubs, extracurricular programs, sports offerings, and more.

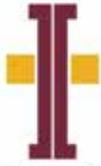
PLEASE NOTE: This information is up-to-date as of our print deadline. Because some schools have varying data points, you will see "N/A" (Not Applicable) for several schools' categories that do not apply. The Performance/Creative Arts Offerings, Extracurricular Clubs, and Interscholastic Sports categories also have varying data references because some schools have a specific number of programs, while other schools vary year to year. If you have questions or concerns, please contact the school directly.

PRIVATE SCHOOL

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
ANNAPOLIS AREA CHRISTIAN SCHOOL - LOWER <i>(Severn) 61 Gambrills Road, Severn (Annapolis) 710 Ridgely Avenue, Annapolis 410-519-5300; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Karl Graustein (S); Elizabeth Williams (A)	K–5th	273	16-19
ANNAPOLIS AREA CHRISTIAN SCHOOL - MIDDLE <i>716 Bestgate Road, Annapolis 410-846-3505; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Ben Peddicord	6th–8th	242	16-25
ANNAPOLIS AREA CHRISTIAN SCHOOL - UPPER <i>109 Burns Crossing Road, Severn 410-846-3507; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Robert McCollum	9th–12th	428	20-23
BOOK OF LIFE ACADEMY <i>913 Cedar Park Road, Annapolis 410-263-2600; bookoflifeacademy.com</i>	Located in Annapolis, Book of Life offers a Christian education through various daily enrichment programs.	1982	Christian	Ashley Mackell	K2–5th	85	12
CALVARY CENTER SCHOOL <i>301 Rowe Boulevard, Annapolis 410-268-3812; calumc.org/calvary-center-school</i>	Cavary Center School is a preschool for children ages 3 and 4, and also offers extended care options.	1986	Methodist	Johnna Parker	PreK	75	12-15
CHESAPEAKE MONTESSORI SCHOOL <i>30 Old Mill Bottom Road North, Annapolis 410-757-4740; chesapeake-montessori.com</i>	Chesapeake Montessori is recognized by the Association Montessori Internationale, and focuses on indoor and outdoor learning environments on their 7-acre campus.	1977	Non-Sectarian	Robb Wirts	Toddler–8th	150	24
THE HARBOUR SCHOOL AT ANNAPOLIS <i>1277 Green Holly Drive, Annapolis 410-974-4248; harbourschool.org</i>	The Harbour School, located in Cape St. Claire, has an individualized way of teaching, and adapts to the students' way of learning.	1982	Non-Sectarian	Linda J. Jacobs	1st–12th	189	8–10
INDIAN CREEK SCHOOL - LOWER <i>680 Evergreen Road, Crownsville 410-923-3660; indiancreekschool.org</i>	Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres).	1973	Non-Sectarian	Amy Benson	PreK 3–6th	200	16
INDIAN CREEK SCHOOL - UPPER <i>1130 Anne Chambers Way, Crownsville 410-849-5151; indiancreekschool.org</i>	Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres).	1973	Non-Sectarian	Gerard Connolly	7th–12th	335	15
THE KEY SCHOOL <i>534 Hillsmere Drive, Annapolis 410-263-9231; keyschool.org</i>	Key School was founded by professors from St. John's College, and is a progressive, college-prep school located within Hillsmere Shores on a 15-acre campus.	1958	Non-Sectarian	Matthew Nespole	Key-Wee (2.5 yrs.) –12th	645	16–18
MONTESSORI INTERNATIONAL CHILDREN'S HOUSE <i>1641 North Winchester Road, Annapolis 410-757-7789; montessorinternational.org</i>	Recognized by the Association Montessori Internationale, Montessori International Children's House caters to students ages 18 months to 12 years on their 4.5-acre campus.	1985	Non-Sectarian	Elizabeth Whitaker	18 months–6th	165	12–25
NAVAL ACADEMY PRIMARY SCHOOL <i>74 Greenbury Point Road, Annapolis 410-757-3090; naps.napschool.com</i>	Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy.	1949	Non-Sectarian	Robyn M. Green	PreK–5th	225	15
ST. ANNE'S SCHOOL OF ANNAPOLIS <i>3112 Arundel on the Bay Road, Annapolis 410-263-8650; st.annesschool.org</i>	St. Anne's School is a candidate school for the International Baccalaureate (IB) Primary and Middle Years Programme, and offers several different approaches to the learning environment.	1992	Episcopal	Lisa Nagel	Twos–8th	228	13
ST. MARGARET'S DAY SCHOOL <i>1605 Pleasant Plains Road, Annapolis 410-757-2333; stmargaretsdayschool.org</i>	St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children	1995	Episcopal	Tricia McVeigh	Twos–K	126	15
SAINT MARTIN'S LUTHERAN SCHOOL OF ANNAPOLIS <i>1120 Spa Road, Annapolis 410-269-1955; stmartinsonline.org</i>	Saint Martin's Lutheran School was founded by Saint Martin's Lutheran Church as a mission to its members and the community, and is part of the Evangelical Lutheran Education Association.	1963	Lutheran	James D. Moorhead	PreK 3–8th	115	10
ST. MARY'S ELEMENTARY SCHOOL <i>111 Duke of Gloucester Street, Annapolis 410-263-2869; stmarysannapolis.org</i>	Located in downtown Annapolis, St. Mary's Elementary offers a broad educational curriculum with Christian values to its students.	1862	Catholic	Rebecca Zimmerman	K–8th	800	28
ST. MARY'S HIGH SCHOOL <i>113 Duke of Gloucester Street, Annapolis 410-263-3294; stmarysadmissions.org</i>	Located next to the elementary school, St. Mary's High is a college-preparatory day school that focuses on the traditions of the School Sisters of Notre Dame.	1946	Catholic	Mindi Imes	9th–12th	490	22
SEVERN SCHOOL - CHESAPEAKE CAMPUS (LOWER) <i>1185 Baltimore Annapolis Boulevard, Arnold 410-647-7700; severnschool.com</i>	Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion.	1914	Non-Sectarian	Douglas Lagarde	Preschool–5th	231	15

	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	11:1	\$11,371–12,648/year	1/9 & 2/14 (S), 1/11 & 2/7 (A)	Coed	Yes	Yes	33%	Yes	0	0	Spanish	4	2	0	N/A
	10:1	\$14,898/year	1/24	Coed	Yes	Yes	35%	Yes	0	0	Spanish	6	4	6	N/A
	11:1	\$18,354/year	Call for information	Coed	Yes	Yes	41%	Yes	11	0	Chinese, French, German, Latin, Spanish, ASL, ESL	21	20	15	8 hours per year (encour- aged, but not required)
	6:1	\$4,500–6,000/year	Every second Thursday of each month	Coed	No (but if applic- able)	Yes	N/A	Yes	0	0	Spanish	Music and Fine Arts	Multiple	0	N/A
	6:1	\$180–1,025/month	Call for information	Coed	No	No	N/A	No	0	0	N/A	Music	N/A	0	N/A
	Varies	\$10,500–16,700/ year	1/27, 2–4 p.m. & 3/31, 2–4 p.m.	Coed	No	No	N/A	Yes	0	0	French	Art and music	Multiple	0	72 hours per year (7th–8th)
	2:1	\$39,187/year	Call for information	Coed	No	Dress code (no uni- forms)	27%	No	0	0	N/A	Studio art and perform- ing arts	5	4	75 hours for seniors
	7:1	\$8,735–21,235/ year	Welcome Wednesdays: 1/9, 2/6, 4/3, 5/8	Coed	Yes	Yes	23%	Yes	0	0	Spanish	8	12	8	N/A
	7:1	\$26,690/year	Welcome Wednesdays: 1/9, 2/6, 4/3, 5/8	Coed	Yes	Yes	23%	Yes	22	0	Spanish, French, Latin	30	43	25	75 hours (9th–12th)
	6:1	\$8,295–28,350/ year	Visit keyschool.org/ openhouse	Coed	Yes (ISEE or SSAT)	No	35%	Yes	6 AP; 13 Ad- vanced	0	Arabic, French, Latin, Spanish	24	45	40	N/A
	Varies 4:1 to 15:1	\$9,350–11,525/ year	1/27, 12–2 p.m.	Coed	No	No	30%	Yes	0	0	N/A	N/A	Approx. 6	0	N/A
	9:1 (PreK); 16:1 (K–5th)	\$5,000–9,400/year	3/3, 1–4 p.m.	Coed	Yes (case- by-case basis)	Yes	8%	Yes	0	0	French	Art night; 7 musical performances	16	0	N/A
	9:1	\$3,575–19,995/ year	1/9, 3/13, & 5/8, 9:30–11 a.m.	Coed	Yes	Yes	32%	Yes (Pre- school–8th)	0	Cand- idate School	Spanish	7	7	6	10 hours (8th grade)
	Varies	\$2,000–7,500/year	1/17 & 1/18, 9:15–11:15 a.m.	Coed	No	Op- tional	15%	Yes	0	0	Spanish	Music, Art, Dance	Multiple	0	N/A
	10:1	\$3,500–12,680/ year	1/25 & 3/21, 9 a.m.	Coed	No	Yes	18%	Yes	0	0	Spanish	14	5	4	30 hours (middle school)
	20:1	\$8,370/year (Cath- olic); \$9,620/year (Non-Catholic)	Call for information	Coed	K and middle school math	Yes	N/A	Yes (for in-parish families)	0	0	Spanish	5	Multiple	4 (middle school)	Weekly Ser- vice Projects, community outreach, Saints in action
	14:1	\$14,152/year (Cath- olic); \$15,844/year (non-Catholic)	Call for information	Coed	Yes	Yes	17%	Yes	17	0	Spanish, French, Latin	9	30	19	75 hours
	13:1	\$20,919/year; Preschool–K varies	1/9 (9–11 a.m.), 2/7, 4/4 (for Preschool and PreK, 10–11 a.m.)	Coed	Yes	Yes	20%	Yes	0	0	Spanish	Multiple	Multiple	0	N/A

INTEGRITY + INITIATIVE + INCLUSION



SCHOOL OF THE
INCARNATION



Helping students grow in knowledge and faith

PreK4
through
Grade 8

Open House
January 18th
9:00-11:00am

410-519-2285

2601 SYMPHONY LANE • GAMBRIILLS, MD 21054
WWW.SCHOOL.OFTHEINCARNATION.ORG

Visit our campus and see us in action!



DISCOVER EVENTS

January 9 • March 13 • May 8
9:30 to 11:00 a.m.

WALK-IN WEDNESDAYS

Wednesdays between 8:30 and 11:00 a.m. with no appointment necessary!



ST. ANNE'S SCHOOL
OF ANNAPOLIS

Twos - Eighth Grade

Learn more and RSVP at St.AnnesSchool.org • 410.263.8650



MONTESSORI INTERNATIONAL

The Capital
READERS
CHOICE
2·0·1·8
FINALIST

Voted Best Montessori School for 5th Year in a Row!
Finalist for Best Lower Private School

The Capital
READERS
CHOICE
2·0·1·8
WINNER

Seeing is Believing

Open House for Families

January 27th
12:00 pm - 2:00 pm

MICH in Action Tours

Wednesday Mornings
Call to Let Us Know You Are Coming



- ★ Education, Not Just Daycare
- ★ Gifted Teachers & Staff
- ★ Extended Day Available
- ★ Safe, Secure & Nurturing
- ★ Spanish & Music
- ★ Happy, Engaged Children



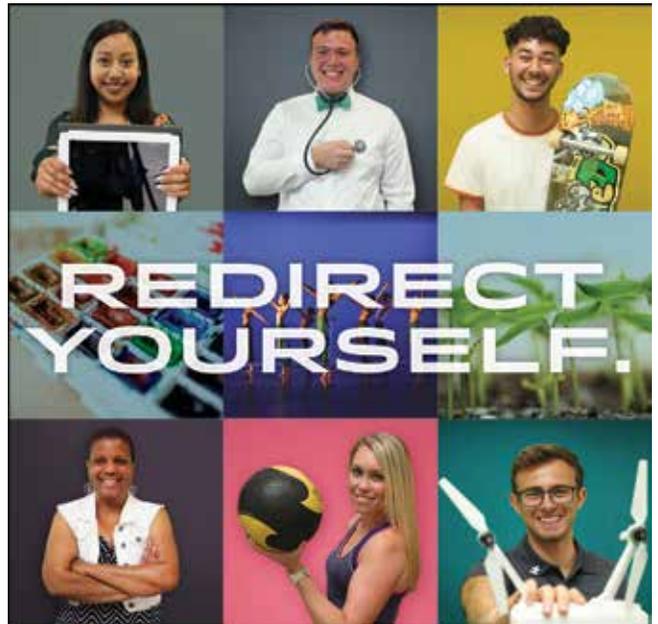
Located at the base of B&A Trail, 1641 N Winchester Road, Annapolis, MD 21409
410-757-7789, www.montessoriinternational.org

Summer Camp Guide

COMING MARCH 2019



▶ Visit whatsupmag.com for more information



When you transfer to a 4-year university with a degree from Anne Arundel Community College, you're making a seriously smart move. Lay the foundation to transfer anywhere. Go for it. Get a head start. Redirect yourself.

Get started at
www.aacc.edu/redirect

REDEFINE YOURSELF.®



ONE SCHOOL. MANY VOICES.

WE ARE SEVERN

Severn School is an independent, coeducational college preparatory day school for students in preschool through grade 12, located in Severna Park, MD.

www.severnschool.com • 410.647.7700

PRIVATE SCHOOL

DESCRIPTION

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

AVG. CLASS SIZE

EDGEWATER

SEVERN SCHOOL - TEEL CAMPUS (UPPER)
201 Water Street, Severna Park
410-647-7700; severnschool.org

Severn School's upper campus is situated on 19 acres, and offers the Stine Environmental Center, which is located along the Severn River.

1914

Non-Sectarian

Douglas Lagarde

6th–12th

627

13

ST. JOHN THE EVANGELIST SCHOOL
669 Ritchie Highway, Severna Park
410-647-2283; stjohnspschool.org

St. John the Evangelist School is under the jurisdiction of the Archdiocese of Baltimore, and its school population includes students from Anne Arundel County, Baltimore City, and the Eastern Shore.

1959

Catholic

Casey Buckstaff

PreK–8th

484

25

ST. MARTIN'S IN-THE-FIELD EPISCOPAL SCHOOL
375-A Benfield Road, Severna Park
410-647-7055; stmartinsmd.org

St. Martin's is an independent school and offers three high school-level courses and over 20 extracurricular activities.

1957

Episcopal

Jamey Hein

PreK
3s–8th

180

12-18

TEMPLE BETH SHALOM PRESCHOOL
1461 Baltimore-Annapolis Boulevard, Arnold
410-757-055; annapolistemple.org

Temple Beth Shalom Preschool serves children ages two to four, and offers a light introduction to formal education.

1998

Jewish

Melissa Levin

Twos–
PreK

60

12

GAMBRILLS/ODENTON

SAINTE ANDREW'S DAY SCHOOL
4B Wallace Manor Road, Edgewater
410-266-0952; standrewsum.org

Saint Andrew's is an independent school located on a 20-acre campus, and offers engaging After School Enrichment Programs.

1985

Methodist

Mark Wagner

PreK–8th

276

14

THE SUMMIT SCHOOL
664 East Central Avenue, Edgewater
410-798-0005; thesummitschool.org

The Summit School serves students with dyslexia and other learning differences by employing a multi-sensory teaching approach.

1989

Non-Sectarian

Dr. Joan Mele-McCarthy

1st–8th

105

Varies

ODENTON CHRISTIAN SCHOOL
8410 Piney Orchard Parkway, Odenton
410-305-2380; ocs.odentonbaptist.org

Odenton Christian School follows an A Beka curriculum. Each year, the high school has added another grade, with the first graduating class slated for 2021.

1977

Baptist

John Lacombe

K3–10th

165

18

SCHOOL OF THE INCARNATION
2601 Symphony Lane, Gambrills
410-519-2285; schooloftheincarnation.org

Located on a 26-acre campus in central Anne Arundel County, School of the Incarnation is a coeducational school and operates under the Archdiocese of Baltimore.

2000

Catholic

Nancy Baker

PreK–8th

753

25

MILLERSVILLE

ELVATON CHRISTIAN ACADEMY
8422 Elvaton Road, Millersville
410-647-3224; elvatonacademy.com

Elvaton Christian Academy is a coeducational school located in Millersville.

1995

Christian

Pastor Dallas Bumgarner

PreK2–8th

60

8

ROCKBRIDGE ACADEMY
911 Generals Highway, Millersville (Main Campus)
1485 Waterbury Road, Crownsville (K–3 Campus)
410-923-1171; rockbridge.org

Rockbridge Academy focuses on a classical Christian education on two campuses within one mile of each other: The main campus and the K–3rd grade campus.

1995

Christian

Roy Griffith

K–12th

350

15

SEVERN/GLEN BURNIE

ARCHBISHOP SPALDING HIGH SCHOOL
8080 New Cut Road, Severn
410-969-9105; archbishopspalding.org

Spalding High School was founded by the Archdiocese of Baltimore. It is a college preparatory school that serves students in the greater Annapolis and Baltimore areas.

1966

Catholic

Kathleen K. Mahar

9th–12th

1,250

25

GRANITE BAPTIST SCHOOL
7823 Oakwood Road, Glen Burnie
410-761-1118; granitebaptistschool.org

Granite Baptist School was founded as a ministry of Granite Baptist Church, and is located near Route 100 and Route 2.

1975

Baptist

Lou Rossi, Jr.

K3–12th

275

Varies

MONSIGNOR SLADE CATHOLIC SCHOOL
120 Dorsey Road, Glen Burnie
410-766-7130; msladeschool.com

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

1954

Catholic

Alexa L. Cox

PreK2–8th

500

25

ST. PAUL'S LUTHERAN SCHOOL
308 Oak Manor Drive, Glen Burnie
410-766-5790; stpaulsgb.org

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

1950

Lutheran

Chris Conlon

Twos–8th
+ Hybrid HS

288

18

...AND BEYOND

THE BOYS' LATIN SCHOOL OF MARYLAND
822 West Lake Avenue, Baltimore
410-377-5192; boyslatinmd.com

Boys' Latin is Maryland's oldest, independent, non-sectarian college-preparatory school. It is divided into Lower, Middle, and Upper Schools, and offers cocurricular programs.

1844

Non-Sectarian

Christopher J. Post

K–12th

625

12

THE CALVERTON SCHOOL
300 Calverton School Road, Huntingtown
410-535-0216; calvertonschool.org

The Calverton School is an independent, college preparatory school that serves students from Calvert, Anne Arundel, St. Mary's, Charles, and Prince George's counties.

1967

Non-Sectarian

Christopher Hayes

PreK–12th

285

14

DEMATHA CATHOLIC HIGH SCHOOL
4313 Madison Street, Hyattsville
240-764-2200; dematha.org

DeMatha High School is a college preparatory school for boys that focuses on educating them in the Trinitarian tradition and offers co-curricular programs.

1946

Catholic

Dr. Daniel J. McMahon

9th–12th

850

22

ELIZABETH SETON HIGH SCHOOL
5715 Emerson Street, Bladensburg
301-864-4532; setonhs.org

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

1959

Catholic

Sister Ellen Marie Hagar

9th–12th

611

16

	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC CLUBS	SERVICE/VOLUNTEER REQUIREMENT
	12:1	\$26,970/year	Call for information	Coed	Yes	Yes	17%	Yes	20	0	French, Spanish, Latin	35+	45+	15-48 teams	10 hours per year (9th–12th)
	14:1	\$4,725/year (half day); \$7,875/year (full day)	1/30	Coed	No	Yes	11%	Yes	0	0	Spanish	10	21	6	N/A
	7:1	\$3,200–12,700/year	1/16, 3/12, & 3/13	Coed	No	Yes	20%	Yes	0	0	Spanish	6	20+	4	Yearly class service
	12:2	\$1,580–6,350/year	1/23, 10–11:30 a.m.	Coed	No	No	N/A	No	0	0	N/A	Art and Music	N/A	0	N/A
	9:1	\$5,170–\$12,540/year	1/18, 3/8	Coed	No	Yes	N/A	Yes	0	0	Spanish	Music and Art	Multiple	4	N/A
	4:1	\$30,700/year	1/26 & 4/6	Coed	No	Yes	22.6%	Yes	0	0	N/A	4	8	6	Yes
	11:1	\$4,990–7,990/year (K3–6th); \$6,390–8,790/year (7th–10th)	Call for information	Coed	Yes	Yes	N/A	No	0	0	Spanish	Multiple	Multiple	3	N/A
	14:1	\$7,400/year (Catholic); \$8,150/year (other faiths)	1/26	Coed	Varies	Yes	24%	Yes	0	0	Spanish	Music	30+	9	20 hours (8th grade)
	12:1	\$1,400–5,500/year	Call for information	Coed	Yes	Yes (K–8th)	30%	Limited	0	0	Spanish	Multiple	Multiple	0	N/A
	6:1	\$7,240–18,960/year	1/18 & 3/18	Coed	Yes	Yes	N/A	Yes	Honors level (Upper)	0	Latin and Spanish	18+	15	6	Daily service duties
	14:1	\$16,270/year	Call for information	Coed	Yes	Yes	N/A	Yes	26	IB Diploma School	Spanish, French, Latin	Music, Theatre, Visual Arts	20+	20+	60 hours of community service
	Varies	\$4,160–5,412/year	2/7 & 3/14, 9 a.m.–12 p.m.	Coed	Yes	Yes	N/A	No	0	0	N/A	N/A	N/A	12; Little Braves (K5–6th)	N/A
	Varies	\$7,415/year (Catholic); \$8,230/year (Non-Catholic)	1/14 (tuition workshop); 1/27, 2/28, & 3/28	Coed	Yes	Yes	37%	Yes	0	0	Spanish (4th–8th grade)	10	14	5	12 hours
	20:1	\$1,645–7,100/year	1/31, 2/11, 3/5, & 4/29	Coed	Yes	Yes	25%	Yes	0	0	Spanish	4	5	3	N/A
	7:1	\$20,500–29,500/year	Talk & Tour; visit website for info	Boys	Yes	Dress code	24%	Yes	15	0	Latin, Spanish, French, Mandarin	15	20+	14	40 hours
	11:1	\$6,700/year (3K, three half days) – \$22,000/year (9th–12th day student)	1/28, 2/25, 3/15, 9 a.m.–11 a.m.	Coed	Yes	Yes	41%	Yes	0	14	French, Spanish, German	Multiple	Multiple	19	Yes
	12:1	\$18,350/year	Call for information	Boys	Yes (HSPT)	Yes	N/A	Yes	22	0	French, Spanish, Latin, German, Mandarin Chinese, Classical Greek	30	28	14	55 hours
	16:1	\$14,375/year	Call for information	Girls	Yes (HSPT)	Yes	N/A	Yes	15	0	Spanish, French, Latin	17	30	22	Varies per year

PRIVATE SCHOOL

DESCRIPTION

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

AVG. CLASS SIZE

CAROLINE COUNTY

GRACE CHRISTIAN SCHOOL
7210 Race Track Road, Bowie
301-262-0158; gcsbowie.org

Founded as the educational ministry of Grace Baptist Church, Grace Christian School is located on the edge of Anne Arundel and Prince George's counties.

1975

Baptist

Jack Wilson

K-8th

295

15

NOTRE DAME PREPARATORY SCHOOL
815 Hampton Lane, Towson
410-825-6202; notredameprep.com

Notre Dame Prep was founded by the School Sisters of Notre Dame. It is a college preparatory school for girls, located in Towson.

1873

Catholic

Sister Patricia McCarron, SSND

6th-12th

804

16

ST. AUGUSTINE SCHOOL
5990 Old Washington Road, Elkridge
410-796-3040; staug-md.org

St. Augustine School is affiliated with the School Sisters of Notre Dame, and is located on the edge of Howard and Anne Arundel counties.

1857

Catholic

Denise Ball

PreK-8th

265

25

ST. PHILIP NERI SCHOOL
6401 S. Orchard Road, Linthicum Heights
410-859-1212; st.philip-neri.org

St. Philip Neri School is part of the Archdiocese of Baltimore, and is located on a 15-acre campus in northern Anne Arundel County.

1965

Catholic

Kate Daley

PreK-8th

405

22

ST. VINCENT PALLOTTI HIGH SCHOOL
113 St. Mary's Place, Laurel
301-725-3228; PallottiHS.org

St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties.

1921

Catholic

Jeff Palumbo

9th-12th

465

18

DORCHESTER COUNTY

THE BENEDICTINE SCHOOL
14299 Benedictine Lane, Ridgely
410-634-2112; benschool.org

The Benedictine School is an approved day and residential school, serving students with intellectual disabilities, autism, or multiple disabilities.

1959

Non-Sectarian

Julie Hickey

Ages 5-21

66

5-7

COUNTRYSIDE CHRISTIAN SCHOOL
5333 Austin Road, Cambridge
410-228-0574; countrysidechristianschool.org

Countryside Christian School is located off of Route 50, and is part of Maryland's BOOST program (Broadening Options and Opportunities for Students Today).

1974

Christian

Beverly Stephens Herbst

PreK-8th

30

5

KENT COUNTY

CHESTERTOWN CHRISTIAN ACADEMY
401 Morgnac Road, Chestertown
410-778-5855; chestertownchristian.org

Chestertown Christian Academy serves students from Kent, Queen Anne's, and Cecil counties, as well as New Castle County in Delaware.

1979

Baptist

Joseph Baugher

PreK-12th

109

15

KENT SCHOOL
6788 Wilkins Lane, Chestertown
410-778-4100; kentschool.org

Kent School is an independent day school located along the bank of the Chester River. The school incorporates Chesapeake Bay studies into their curriculum.

1967

Non-Sectarian

Nancy Mugele

PreK-8th

144

14

RADCLIFFE CREEK SCHOOL
201 Talbot Boulevard, Chestertown
410-778-8150; radcliffecreekschool.org

Radcliffe Creek School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne's, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties.

1996

Non-Sectarian

Meg Bamford

K-8th

84

5

QUEEN ANNE'S COUNTY

THE GUNSTON SCHOOL
911 Gunston Road, Centreville
410-758-0620; gunston.org

Founded over 100 years ago, The Gunston School is an independent college preparatory school that offers individualized learning plans.

1911

Non-Sectarian

John A. Lewis, IV

9th-12th

205

10-12

LIGHTHOUSE CHRISTIAN ACADEMY
931 Love Point Road, Stevensville
410-643-3034; lcademy.org

Lighthouse Christian Academy serves students on the Eastern Shore from three counties, and focuses on a Classical Christian education curriculum.

2001

Christian

Kathleen Guerra

PreK-8th

70

7

SWEET BAY MAGNOLIA ACADEMY AT THE MCARDLE CENTER
201 Love Point Road, Stevensville
443-249-3368; mcardlecenter.com

Sweet Bay Magnolia Academy focuses on an individualized way of teaching for children diagnosed with ASD, offering science, technology, engineering, art, and math (STEAM).

2015

Non-Sectarian

Brian Tyler

K-3rd; home instruction 1st-9th grade co-op

10

5

WYE RIVER UPPER SCHOOL
316 South Commerce Street, Centreville
410-758-2922; wyeriverupperschool.org

Wye River is a 501(c)(3) nonprofit school that serves students with dyslexia, ADHD, ADD, and other learning differences at their Centreville campus.

2002

Non-Sectarian

Chrissy Aull

9th-12th

53

7-8

TALBOT COUNTY

CHESAPEAKE CHRISTIAN SCHOOL
1009 N. Washington Street, Easton
410-822-7600; chesapeakechristian.org

Chesapeake Christian School is conveniently located near Route 50, and offers a traditional classroom setting with Christian values.

1999

Christian

Deborah L. Whitter

K4-12th

170

15

THE COUNTRY SCHOOL
716 Goldsborough Street, Easton
410-822-1935; countryschool.org

The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton.

1934

Non-Sectarian

Neil Mufson

K-8th

277

16

SAINTS PETER AND PAUL SCHOOL
900 High Street, Easton
410-822-2275; ssppeaston.org

Saints Peter and Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade school on the Eastern Shore.

1955

Catholic

Faye Shilling (ES); James Nemeth (HS)

PreK-12th

395 (ES); 172 (HS)

20 (ES); 15 (HS)

SEVERN SCHOOL - CHESAPEAKE CAMPUS (LOWER)
1185 Baltimore Annapolis Boulevard, Arnold
410-647-7700; severnschool.com

Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion.

1914

Non-Sectarian

Douglas Lagarde

Preschool-5th

231

15

	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	12:1	\$7,650/year (K–5th); \$7,800/year (6th–8th)	1/14, 2/25, 3/18, & 4/8,9 a.m.	Coed	Yes	Yes	N/A	Yes	0	0	Spanish	Multiple	Multiple	9	N/A
	9:1	\$19,990/year	Call for information	Girls	Yes	Yes	17%	Yes	23	0	Spanish, French, Latin, Chinese	Multiple	30+ (HS); 12+ (MS)	14, including squash and crew	Call for information
	13:1	\$6,375/year (Members); \$7,275/year (Non-members)	2/9	Coed	Yes	Yes	N/A	Yes	0	0	Spanish	Multiple	Multiple	4	N/A
	24:3 (PreK); 22:1 (K–8th)	\$6,440/year	1/27, 4/16	Coed	Yes	Yes	25%	Yes	0	0	Spanish	School Chorus, Drama Club Jr., School Musical	10	2	20 hours per family
	10:1	\$15,700–16,590/year	Call for information	Coed	Yes (HSPT)	Yes	N/A	Yes	23	0	Spanish, French, Mandarin, Latin	20+	20+	20+	80 hours
	3:1	Varies depending on services required	Call for appointment	Coed	No	Yes	N/A	Yes	0	0	N/A	N/A	Multiple	0	N/A
	5:1	\$4,400/year	Call for information	Coed	No	Yes	N/A	Yes	0	0	Spanish, ASL	Musical and Drama Programs	N/A	0	N/A
	10:1	\$6,640/year (K4–6th); \$8,075/year (7th–12th)	1/10 (2–6 p.m.); 3/8 (6–8 p.m.); 3/9 (9 a.m. – 12 p.m.); 6/3 (2–6 p.m.)	Coed	Yes (3rd grade and above)	Yes	3%	Yes	Available upon request	Available	Spanish	3	Varies year-to-year	4	10 hours per academic year (9th–12th)
	7:1	\$5,800–7,800/year (PreK 3 & 4); \$15,500/year (K–4th); \$16,850/year (5th–8th)	2/2, 2/9, & 2/23	Coed	Evaluation	Dress code	14%	Yes	0	0	Spanish	3	1	9	N/A
	3:1	\$16,995/year (K); \$22,145/year (1st); \$27,298/year (2nd–8th)	Call for information	Coed	No	Yes	N/A	Yes	0	0	N/A	N/A	N/A	3	N/A
	7:1	\$24,980/year	1/27 & 4/28, 3 p.m.	Coed	Yes	No	18%	Yes	19	0	Spanish, Latin	16	18	13	45 hours
	7:1	\$3,600–8,950/year	2/20; and Walk-In Wednesdays at 9 a.m.	Coed	Yes	Yes	10%	Yes	0	0	N/A	0	3	2	N/A
	3:1	\$5,000–20,000/year (based on program)	8/29	Coed	No	No	N/A	Yes	0	0	Latin	0	0	0	N/A
	5:1	\$28,500/year	1/27 (1–3 p.m.); 4/11 (6–8 p.m.)	Coed	No	Dress Code	21%	Yes	0	0	Spanish	9	7	5	90 hours
	15:1	\$5,000/year	Call for information	Coed	Yes	Yes	20%	No	0	0	Spanish	4	0	6	100 hours
	9:1	\$14,450–16,600/year	3/26	Coed	No	Yes	23%	Yes	0	0	Spanish, Latin	Music, Art, Theater	Multiple	5	Not required, (encouraged)
	18: 1 (ES); 8:1 (HS)	\$5,500–7,760/year (ES); \$12,140–13,660/year (HS)	Call for information	Coed	Yes (HSPT)	Yes	1% (ES); 9.4% (HS)	Yes	10	0	Spanish, Latin	2 (ES); 9 (HS)	13 (ES); 32+ (HS)	6 (ES); 15 (HS)	80 hours over four years (9th–12th)
	13:1	\$20,919/year; Preschool–K varies	1/9 (9–11 a.m.), 2/7, 4/4 (for Preschool and PreK, 10–11 a.m.)	Coed	Yes	Yes	20%	Yes	0	0	Spanish	Multiple	Multiple	0	N/A



The Right School is **KEY**

HIGHLIGHTS 2018

- Over 75% of the Class of 2018 received merit scholarships
- 80% attend "Most/Highly/Very Competitive" colleges/universities
- 33% attend Research 1 Universities
- 33% intend to pursue STEM-related studies including engineering, computer science, marine and environmental science, pre-health/vet, and architecture
- 100% taking Advanced Courses during junior year scored 4 or 5 on the AP exam (Biology, Calculus AB, Calculus BC, Chemistry, Latin, Spanish Literature)
- 25% of the Class of 2019 scored 1430+ on SATs
- 11% earned National Merit Scholar Recognition
- 90% of recent graduates accepted to one of their top choice colleges
- 98% of alumni parents surveyed would recommend Key to a friend, colleague or family member



The Key School engages children from 2.5 years of age through grade 12 in a progressive, coeducational, college-preparatory program on its picturesque 15-acre campus located 4 miles from downtown Annapolis.

534 HILLSMERE DR. • ANNAPOLIS, MD • 21403 • 410.263.9231 • KEYSCHOOL.ORG

Academic rigor at Key is derived from achieving a deep understanding of the complexity of concepts and problems, not from the sheer amount of content covered. From First School through Upper School, Key's program emphasizes experiential learning, creative and collaborative problem solving, and building habits of grit and resourcefulness.

Key alumni say they are uniquely prepared for the challenges of collegiate programs and well-equipped to meet the demands of the innovation-driven economy.

KEY GRADUATES ARE:

- Independent thinkers
- Intrinsically motivated
- Creative innovators
- Effective collaborators
- Tenacious problem-solvers
- Articulate leaders

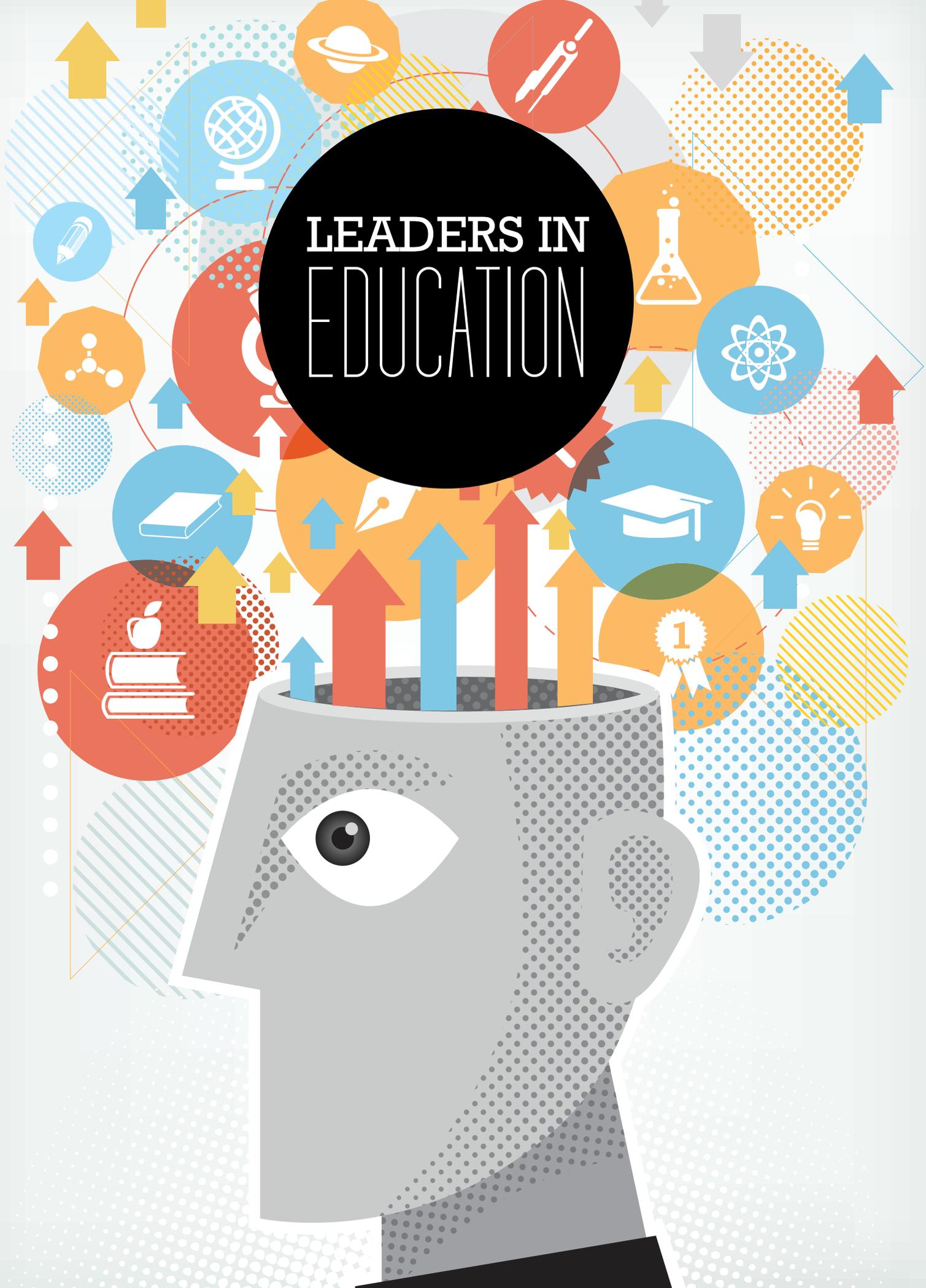
VISIT US!

Now is the time to begin planning your child's next educational adventure!

Individual weekday tours available year-round for all grade levels.

keyschool.org/visitkey

LEADERS IN EDUCATION





CAMPUS NOTES

Year Founded: 1963

Religious Affiliation:
Episcopalian

Head of School:
Mr. Michael S. Mullin

Grades:
Preschool – Grade 8

Enrollment: 493

Tuition and Fees:
\$10,315 - \$13,995

HOLY TRINITY: AN EPISCOPAL SCHOOL

13106 Annapolis Road, Bowie, MD 20720 | 11902 Daisy Lane, Glenn Dale, MD 20769

Holy Trinity: An Episcopal School serves Preschool to Grade 8. The School is located on two campuses, in Bowie and Glenn Dale, Maryland.

We provide a sanctuary of learning and experience to our students so that they can excel academically, artistically, athletically, and spiritually.

We offer a transformative education. We cultivate talents; we shape emerging skills; we shepherd dreams. Here., we do not just produce the best student – we produce THE BEST YOU.

If the end of our story is the Best You, how do we ensure “The Best Beginning?” The Daisy Lane School (preschool – K) is a joy-filled place where we encourage openness to learning and provide a solid foundation for the challenges that lie ahead.

Students in the Primary School (grades 1 – 4) are exposed to a comprehensive curriculum that honors their natural curiosity and sense of wonder. Skills and strategies needed to move through increasingly complex areas of study are acquired, and with the guidance of experienced teachers, our young students become more independent and responsible thinkers and learners.



18
Average
Class Size

10:1
Student to
teacher ratio

High School Prep (grades 5 – 8) specifically prepares students for the modern rigors of high school. We actively take steps to prepare our students to thrive and succeed in high school. From our award-winning bands to our drama productions to our championship sports teams, High School Prep students have a wide range of options in addition to their classroom activities.

Experience Holy Trinity and see why we offer “The Best Beginnings,” and produce “The Best You” in our students. Schedule a tour or attend one of our multiple open houses. Please visit our website (htrinity.org) or contact admissions@htrinity.org or call 301-262-5355.



CAMPUS NOTES

Religious Affiliation:
Catholic

Grades:
9-12

2018 – 2019
Enrollment: 1250

2018 – 2019 Tuition:
\$16,270

ARCHBISHOP SPALDING HIGH SCHOOL

8080 New Cut Road, Severn MD 21144 | 410.969.9105 | archbishopspalding.org

As a Catholic college preparatory secondary school, Archbishop Spalding High School is committed to the values and teaching of Jesus Christ. This is accomplished by challenging and motivating students to attain their highest personal and academic potential in a diverse community that affirms the values of faith and service to others.

The hallmark of a Spalding education has always been academic excellence. Archbishop Spalding offers a comprehensive college preparatory curriculum that embraces the gifts and talents of every student. A diverse academic program is offered which includes Advanced Placement, Pathway to Engineering, International Baccalaureate, Honors and the Aquinas Program. No matter the course of study, a Spalding education nurtures the natural gifts and

aptitude of each student, and develops skills to meet the demands of college and beyond.

With over 40 different clubs and organizations as well as 30 different varsity sports, there is a way for every student to be involved at Archbishop Spalding. From equestrian and sailing teams, Drama and Model UN, to baseball and field hockey, students are able to get involved, develop new friendships and expand their interests.



24
Average
Class Size

15:1
Student to
teacher ratio





CAMPUS NOTES

Grades:
Twos – Grade 8

2018-2019
Enrollment: 228

2018-2019 Tuition:
\$3,575 to \$19,995

ST. ANNE'S SCHOOL OF ANNAPOLIS

3112 Arundel on the Bay Road, Annapolis, MD 21403 | 410-263-8650 | St.AnnesSchool.org

We're a small school with big thinkers. Our curriculum is contemporary, and our approach to learning is proven and research based. As a candidate school for the International Baccalaureate (IB) Primary Years Programme and Middle Years Programme, we share a common philosophy with IB World Schools — a commitment to uphold the teaching and learning of a diverse and inclusive community of students by delivering challenging, high quality programs.

Our educators specialize in the educational and social needs of children in Early Childhood, Lower School, and Middle School. Classrooms are arranged and schedules are designed based on ways children of these ages learn best. Students thrive in small class settings that maintain low student-to-teacher ratios. Our students grow by investigating, challenging, discovering and learning how they can make a difference in the lives of others.

By the time our students reach Eighth Grade, they are ready for the high school transition. With the guidance of our Director of Upper School Placement, students can have

meaningful input with their families as they navigate this process. We believe it is a transition that will prepare them for their future transition to college and beyond.

Visit our campus and tour our newly opened Innovative Design Lab. Come see us in action!



\$441,400

in scholarships offered to the Class of 2018 by High Schools

30

Co-Curricular Offerings

9:1

Student to teacher ratio



CAMPUS NOTES

Grades:
Pre-K3 – 12

2018 – 2019
Enrollment: 530

2018 – 2019 Tuition:
\$8,735-\$21,325

*Flexible Tuition available

College acceptance rate: 100%

90% of students take at least one AP class by senior year.

INDIAN CREEK SCHOOL

Lower School - 680 Evergreen Rd., Crownsville, MD 21032 | 410-923-3660

Upper School - 1130 Anne Chambers Way, Crownsville, MD 21032 | 410-849-5151

A great deal of thought goes into an Indian Creek School education. For over 40 years, we've taken the latest research on how children learn best and applied it to our practice.

At Indian Creek School, we know that non-cognitive skills such as resilience, curiosity, passion, and optimism are important for success in college and beyond. Our program intentionally incorporates opportunities to build and practice these skills throughout our curriculum for all ages. Students learn best when they are happy and safe. We create a learning environment where our teachers know their students both as people and as learners. These connections help students to gain confidence, acquire strategies for managing stress, and enjoy meaningful learning opportunities.

Our faculty members personalize their teaching to each child's learning style. Teachers apply best

practices from neuroscience research to create classroom conditions that increase cognition, attentiveness, and information retention. Because of our focus on how each child learns best, Indian Creek students graduate with knowledge of their own strength, the ability to advocate for themselves, and a genuine love for learning. They are well prepared—both for college and for a lifetime of learning and achievement. Learn more about the unique and remarkable Indian Creek School experience today!



15

Average Class Size

7:1

Student to teacher ratio





CAMPUS NOTES

Year Founded: 1957

Religious Affiliation:
Episcopal

Grades:
Preschool-8

ST. MARTIN'S-IN-THE-FIELD EPISCOPAL SCHOOL

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

St. Martin's is an inclusive and spirited community rooted in Episcopal values fostering students of confidence, compassion, and character. Serving children since 1957, students are provided with countless opportunities to grow academically, socially, emotionally, and morally.

Intentionally designed as a preschool through 8th grade school, St. Martin's offer students a breadth of programs in and out of the classroom, ranging from courses in innovation, athletics, theater, experiential learning, after-school enrichment, as well as a robust summer camp experience. Talented teachers nurture and challenge each child as they prepare for a variety of selective high schools beyond St. Martin's.

Students benefit from learning and playing on our vibrant 8-acre campus in the heart of Severna Park. A new Innovation Lab and a renovated playground enhance learning opportunities, and in fall 2019, the school will open doors to an 8000 square foot Learning Center that will house modern classrooms for K-8 learning and a unifying entrance and gathering space.

St. Martin's is an accredited AIMS school that is committed to best independent school practices. Dedicated to affordability and diversity, St. Martin's is proud to be a small school making a BIG difference in the lives of students. Come see for yourself!



180
number of students
we serve from
12 different
zip codes



100%
of our graduates
are accepted
into their top high
school choice



For more information,
visit whatsupmag.com



DIGITAL DEMAND

GEOFENCING & TARGETED DISPLAY

[WHATSUPMAG.COM/PAGES/ADVERTISE](http://whatsupmag.com/pages/advertise)

Transfer Grants Available



MONSIGNOR SLADE Catholic School

Did you know that a student's interest in STEM peaks in middle school?



Your child can innovate, create and explore at Monsignor Slade.

OPEN HOUSE
January 27, 2019 • 11 a.m. - 1 p.m.

Serving Pre-K2 – 8th Grade

- Full & Part-Time Pre-School Program (OCC #40328)
- Extended Care Available Before and After School
- New STEM Labs, STEM Enhanced Curriculum



Where faith, knowledge & service promote excellence in Catholic education since 1954.

www.msladeschool.com
120 Dorsey Rd., Glen Burnie, MD
410-766-7130



A student centered, developmentally appropriate curriculum, warm nurturing environment with class sizes averaging 12-18 students

- Pre-K Fifth grade (must be 3 by Sept 1)
- AIMS accredited
- Special tuition for military families
- Performing Arts, science labs, & foreign language curriculum

naps.napschool.com
410-757-3090
74 Greenbury Point Road
Annapolis

TAXES

HAVE YOU CONFUSED?

Contact Stone Circle Associates for help! As a family owned and operated accounting practice with over 50 years of experience, our mission is to provide stress-free, expert tax & accounting services at reasonable prices.



SERVICES WE OFFER:

- Individual & Corporate Tax Returns
- Tax Planning
- Bookkeeping & Payroll Services
- Accounts Payable & Receivable
- Bank Reconciliations
- QuickBooks Certified Pro Advisors
- And Much More!



Stone Circle Associates Tax & Accounting

FAMILY OWNED & OPERATED

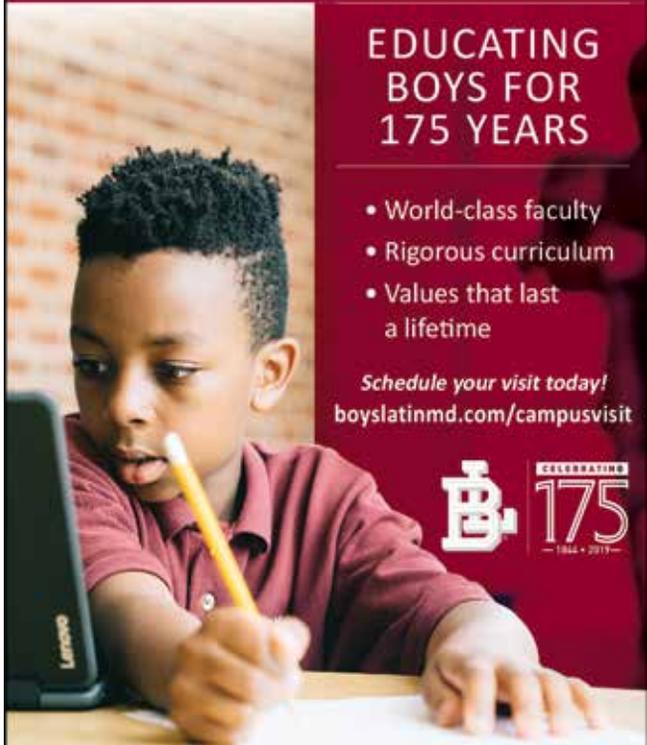
1113 Odenton Road
Odenton, MD 21113-1606
410-674-7445

Check us out on the web at www.StoneCircleAssociates.com



THE BOYS' LATIN SCHOOL OF MARYLAND

EDUCATING BOYS FOR 175 YEARS



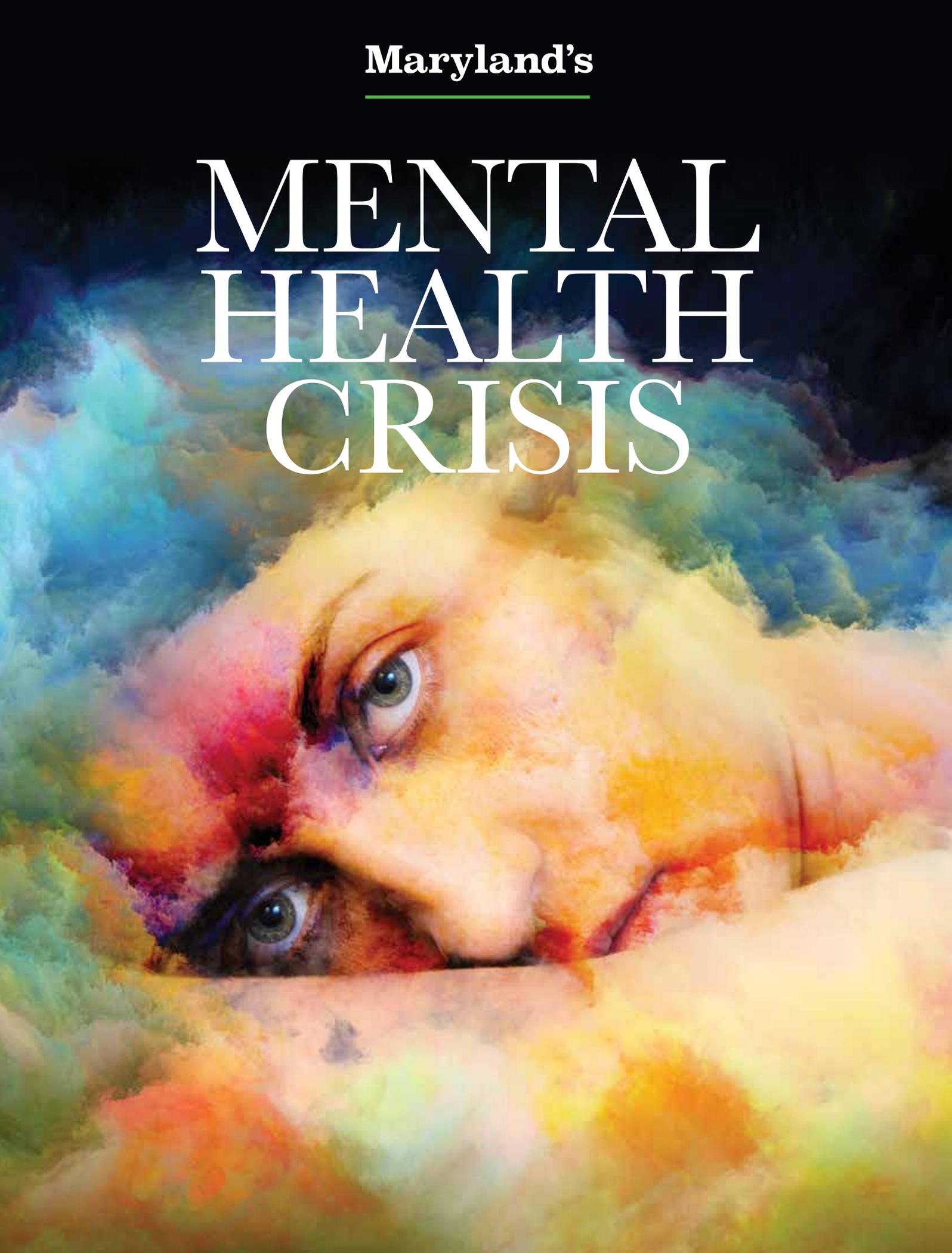
- World-class faculty
- Rigorous curriculum
- Values that last a lifetime

Schedule your visit today!
boyslatinmd.com/campusvisit



Maryland's

MENTAL HEALTH CRISIS



Mental health disorders are common but not discussed. Resources are scant but growing. What can be done?

By Kelsey Casselbury

By all accounts, Caley Breese looks like a normal 25-year-old. She works, she socializes, she volunteers. You might never know that she also suffers from anxiety, depression, and occasional debilitating panic attacks. But, wait—Breese looks like a perfectly normal 25-year-old because she is a perfectly normal 25-year-old. She's one of 5.7 million Marylanders...and happens to struggle with mental health illness.

The lack of conversation surrounding mental and behavioral health seems to create a self-fulfilling prophecy. No one wants to talk about it for fear of being labeled “crazy” or “weird,” but those labels persist because people don't talk about it. The real craziness: In 2019, there's still a stigma surrounding mental health issues because, the fact of the matter is, mental illness simply isn't treated the same as physical conditions.

“Mental illness is greatly misunderstood,” says Amy Morin, a licensed clinical social worker and author of the best-selling self-help book, *13 Things Mentally Strong People Don't Do*. “It is still often looked at as a weakness, as if depression or anxiety is a character flaw or stems from laziness.”

It's time to learn more. It's time to start the conversation. It's time to talk about mental health right here, where you live, in the state of Maryland.

The State of Mental Health in Maryland

Maryland ranks 12th in the nation for mental health, a position bestowed by Mental Health America, which added up the effectiveness of 15 measures such as the number of people with disorders, those with mental illness who are uninsured, and mental health workforce availability, among other factors, to come up with a definitive order of the 50 states. Using this list—which in-

cludes Washington D.C.— as a barometer might suggest that people in Maryland with mental health issues are better off in some ways than those in, say, Nevada, which is at the bottom of the list at No. 51. However, it could also indicate that Maryland doesn't provide as many resources as those in Massachusetts and South Dakota, which earned the top two spots, respectively.

Over the past two years, the state has been working to integrate behavioral health into primary care settings, says Jo Deaton, a psychiatric nurse and senior director of nursing for behavioral health at Anne Arundel County Medical Center in Annapolis. “I think the realization is that depression is very costly to both our state and country, and if you can help people at the primary care level, it will be more effective,” she adds.

It's a good thing there's an effort on this front, because when it comes solely to access to mental health care, Maryland drops to No. 19 out of 50. This could be related in part to the fact that the state has a significantly limited number of psychiatric beds, which refers to places to put people who need psychiatric hospitalization. AAMC doesn't have a psychiatric in-patient unit, Deaton explains, and there are just six beds in the emergency room. In early 2018, *The Baltimore Sun* reported that the number of psychiatric hospital beds in Maryland dropped almost 80 percent since the 1980s. The fiscal year 2017 report from the Maryland Health Care Commission put the total number of acute psychiatric care beds in the state at 740, with just 14 in Anne Arundel County and 47 on the Eastern Shore.

In fall 2017, a Baltimore judge held five top state officials, including then-acting Maryland Health Secretary Dennis Schrader, in contempt of court for the failure to increase the number of available psychiatric hospital beds available for mentally ill criminal defendants. Additionally, in 2016, Maryland law firm Venable LLP filed a lawsuit against the state to compel officials to transfer to hospitals the defendants who were determined to be mentally incompetent and a risk to themselves or others, instead of keeping them in jail cells.

The majority of patients that come into AAMC for mental health disorders who need acute psychiatric care are sent to Johns Hopkins in Baltimore or Sheppard Pratt in Ellicott City. Currently, Baltimore Washington Medical Center in Glen Burnie serves as the only acute psychiatric care

hospital in Anne Arundel County, providing in- and outpatient behavioral health programs. However, AAMC has broken ground on a Mental Health hospital with 16 beds scheduled to open in summer 2020.

On the Eastern Shore, Peninsula Regional Medical Center in Salisbury opened an inpatient behavioral health unit with 13 beds in Spring 2016, and the University of Maryland Shore Medical Center at Dorchester in Cambridge includes a 24-bed inpatient treatment center.

It's not enough. To make matters worse, Maryland—along with the rest of the country—currently suffers from a shortage of psychiatrists. When people make calls for mental health care, they often wait weeks or even months for an appointment. Breese, who works as What's Up? Media's community editor, experienced this struggle first-hand when her psychiatrist closed up shop and she had to find someone new. "For some people, the process [of finding a psychiatrist] can take way too long," she says. "These wait times are crazy, and the whole situation with insurance coverage is crazy—but [the visit is] something that's necessary."

A 2017 report from the National Council for Behavioral Health found that by 2025, nationwide demand for psychiatrists may outstrip supply by anywhere from 6,090 to 15,600 professionals. Fewer medical students are going into psychiatry, so the percentage of psychiatric MDs retiring is now higher than in previous years. Mental health providers are reimbursed less than physical care doctors, making it a less desirable occupation. Finally, there's a double-edged sword that affects the issue—there's a greater awareness of mental health issues, so the number of patients seeking care is higher than ever before.



“For some people, the process [of finding a psychiatrist] can take way too long.”

—Caley Breese

Understanding Mental Health Disorders

The spectrum of mental health disorders run the gamut from the diseases that people have often heard of, even if they don't understand them, such as depressive and anxiety disorders, to those that are less common and even less understood, including personality, bipolar, and psychotic disorders. A significant step in creating a culture that understands mental health is knowing what these diseases entail, as well as which myths must be discredited.

Depressive Disorders. Depressive disorder might be one of the most common mental health diseases in the U.S., but it's often the most misunderstood. More than just feeling sad, depression consists of a period of at least two weeks during which a person experiences not only a depressed mood or loss of interest or pleasure, but also a change in functioning, including problems with sleeping, eating, energy, concentration, self-image, or recurrent thoughts of death or suicide.

In the fall of 1995, Annapolis resident Isabel Tyson*, who is now 54, realized that something felt off but wasn't necessarily wrong. She logically knew that everything was “right” in her life, including her 1-, 3- and 7-year-old children, her loving husband, the part-time professional career that she adored, and supportive family, but it didn't matter. “It seems like it happened overnight, although I think it had been creeping up on me,” she recalls. “I tried to talk to my husband, and although he listened and cared, he had no idea what to say or how to help. I tried to talk to my mom, and she just made a comment like, ‘Why would you be struggling? You have beautiful kids, and everything in your life is great.’”

It was Tyson's sister, a physician, who helped her realize that she was, in fact, struggling with postpartum depression, which can creep into a person's life up to 18 months after giving birth. Other types of depression, which affect more than 16 million adults in America, include: →

Depression is often treated with medication and therapy, which is what Tyson turned to in managing her symptoms. “I knew that I needed both therapy and medication. Meds because there was a physical/hormonal component and therapy because I needed to talk to someone who cared but didn't know me,” she says. “I needed a ladder to help me climb out of the hole that I had fallen into.”

Persistent Depressive Disorder, also known as Dysthymic Disorder, which is a chronic low-level depression that's not as severe but has lasted two years or longer;

Bipolar Disorder, sometimes called Manic Depression and is often categorized as a schizoaffective disorder, is characterized by episodes that range from extreme highs to the deepest lows;

Seasonal Affective Disorder (SAD), a period of time, usually in the winter, when days grow short, there's not enough sun, and depression sets in;

Psychotic Depression, which is usually comorbid with major depression and includes “psychotic” symptoms such as hallucinations, delusions, and paranoia.

Some people, however, can't climb out of that hole and experience serious thoughts of suicide, including an average of 3.7 percent of Marylanders. It's the second-leading cause of death in people age 10 to 34 in America, and there are twice as many suicides as homicides every year in the country.

Anxiety Disorders. More than one-third of adults in the U.S. will experience some form of anxiety disorder at one point or another in their lives, but it's more likely to be a woman who will understand the distress that anxiety can bring. "Anxiety feels like a moment that you want to escape, but you can't," describes 24-year-old Juliana Jessen* of Annapolis. "For me, it's a feeling of being trapped in the moment with running thoughts that make my mind feel cloudy and full. I have a hard time listening to others when these thoughts arise."

This cluster of conditions includes not only generalized anxiety disorder (GAD) but also panic disorder, agoraphobia, specific phobias, social anxiety disorder, and separation anxiety disorder. Agoraphobia refers to a disorder characterized by intense fear of a place or situation where escape might be difficult and often leads to people avoiding being alone outside the home, traveling in a car, or being in a crowded area.

Although Jessen has struggled with anxiety since a child, when she regularly experienced travel anxiety, she wasn't diagnosed with GAD until her second year of college. As she got older, the symptoms increased, and situations changed, including socially. "I wouldn't describe it as social anxiety, as I enjoy talking with others and making friends with strangers," she says. "A lot of times, though, I feel trapped inside my own mind. My anxiety takes over, but it's not about anything in particular. I struggle mostly because I can never pinpoint the nature of it—that makes it hard to control because I don't know the source."

Those who suffer from anxiety can also experience panic attacks, which often come out of the blue without any known trigger. This rush of intense fear joins physical symptoms, including chest pain, heart palpitations, dizziness, and shortness of breath, which is why it's often confused with the beginning of a heart attack.

ADHD and Neurodevelopmental Disorders. Named as such because they are thought to originate as an impairment in the growth or

ADDITIONAL MENTAL HEALTH DISORDERS

A number of additional mental health conditions exist that there was simply not enough space to cover them all. However, they are just as serious and just as worthy of discussion as the others. They include:

Dissociative Disorder, including dissociative identity disorder (formerly known as multiple personality disorder)

Somatic Symptom Disorder, such as hypochondriasis

Eating Disorders, including anorexia and bulimia nervosa

Elimination Disorders, which includes the inappropriate elimination of urine or stool on accident or on purpose

Sleep-Wake Disorders, such as insomnia

Sexual dysfunctions

Gender dysphoria

Disruptive, impulse-control and conduct disorders, such as kleptomania

Addictive disorders, including substance abuse and gambling addiction

Neurocognitive disorders like Alzheimer's disease

Paraphilic disorders, including sexual interest that causes distress or impairment



development of the brain or central nervous system, neurodevelopmental disorders range from the broad category of intellectual disabilities (previously called mental retardation) to the autism spectrum and Down syndrome.

One of the most prevalent, particularly in children, is attention deficit/hyperactivity disorder (ADHD), the preferred medical term for the condition that was once just called ADD. This disease consists of more than just having extra energy and being a little spacey; it's a neurological condition that affects the brain's ability to finish tasks, organize, remember, sit still, listen, or stay quiet to the extent that it negatively affects a person's life. It's one of the most common childhood disorders, but can—and does—continue into adolescence and adulthood for about one-third of people. ADHD affects more than four percent of adults, but experts estimate that significantly more suffer through the symptoms without a formal diagnosis.

Cate Reynolds, entertainment editor for What's Up? Media, began exhibiting signs of ADHD at age 7 but wasn't diagnosed until 14. "I remember a specific instance in a science class where we were talking about trees. There was this specific tree that looked very much like the tree on the commercials for the Keebler cookies, and my mind just went on this tangent," she says. "I wondered how many elves lived in that tree. Why do they bake cookies in that tree? Do they live in the trunk of the tree or is there a basement? Why do some elves work in Santa's workshop and others in the Keebler tree? How long is it until Christmas? The next thing I know, the bell rang, and I knew *nothing* about trees. There wasn't a single note, I didn't know if we had homework, but I had counted out each day until Christmas."



Schizoaffective disorder combines the symptoms of schizophrenia, which includes delusions, hallucinations, disorganized speech, general apathy, and disorganized or catatonic behavior, with major depressive symptoms. These diseases are persistent, severe, and, in most cases, disabling—in fact, it’s one of the top 15 leading causes of disability worldwide, even though its prevalence ranges from just 0.25 percent to 0.64 percent of people in the U.S. Schizophrenia is *not* multiple personality disorder, as often portrayed in the media; that is a separate disease known as dissociative identity disorder.

Nearly five percent of people with schizophrenia die by suicide, which is a significantly higher rate than the general population. Delp’s son has tried suicide twice, he said, “which is small compared to a lot of people. I’m very lucky in that regard.” He attends a day program at Arundel Lodge and is able to live alone, about three miles from Delp, but his range of mental health disorders keep him from working and isolates him socially. “My son didn’t go to college, and he doesn’t have a group of friends,” Delp says. “He goes to a day program at the lodge, but everyone goes home at

1 p.m., and the rest of the day, they don’t know what to do. They just don’t know how to make friends in their 30s and 40s.”

Obsessive-Compulsive Disorder. When it comes to myths about mental health illnesses, obsessive-compulsive disorder (OCD) might have some of the most. Here’s what OCD is not:

- A synonym for someone who’s uptight, a germaphobe, or a neatnik.
- A love or passion for another person or a hobby.
- A preference for seeing objects in straight lines.
- A joke about being very organized.

In other words, experiencing OCD is *not* a good thing. It’s a series of obsessive and compulsive thoughts or actions that affect a person’s job, school, relationships, and everyday living because of a cycle that is beyond control. It starts with intrusive thoughts, which are unwanted, troubling, and repetitive, which lead a person to perform compulsive actions to soothe those thoughts, if



NEED HELP?
It’s Here for You

If you’re struggling with mental health issues and you don’t know where to turn, try one of these resources:

National Suicide Prevention Lifeline
1-800-273-8255
suicidepreventionlifeline.org
Trained counselors are available to talk over the phone or via chat in English, Spanish, and with those who are deaf or hard of hearing.

Crisis Text Line
crisistextline.org
Text HOME to 741741 for free, 24/7 crisis support or message the organization through Facebook Messenger.

Crisis Warmline
410-768-5522
A community “warmline” in Anne Arundel County that provides immediate help.

211 Maryland
2-1-1
211md.org
Dial 2-1-1 to be connected to trained call specialists that can connect you to more than 5,000 statewide agencies and programs in 180 languages, 24 hours a day, seven days a week.

Psychology Today
psychologytoday.com
A directory to find therapists, psychiatrists, therapy groups, and treatment facility options, which can be filtered by location, insurance coverage, and other factors.

Partnership for Prescription Assistance
pparx.org
Prescription medication assistance for those who are uninsured.

Anne Arundel County Public Schools Student Safety Hotline
1-88-676-9854
An anonymous hotline dedicated to the safety of Anne Arundel County Public Schools’ students.

only just temporarily. Without performing those actions, someone with OCD will experience severe anxiety and limited ability to function.

More than half of the 1.2 percent of U.S. adults that reported having OCD in the past year said that it seriously impaired their life. Someone who suffers from OCD is more likely to also experience depression, substance abuse, ADHD, eating disorders, or anxiety disorder. Although diagnosis with OCD isn't incredibly common, half of those who have it report that it creates a serious impairment.

PTSD and Trauma-Related Disorders.

Post-traumatic stress disorder (PTSD) is commonly thought of as a soldier's disease, but it can strike anyone who's been through a traumatic event, including violent personal assaults, natural or human-caused disasters, or accidents like car crashes. PTSD suffering is not relegated to just those who experienced the event; family members can suffer from the disorder, too.

PTSD often afflicts women who have been a victim of rape or sexual assault, as well as people of both genders in dangerous or traumatizing careers. Military members fall into that category, of course, but also professions such as firefighters. The International Association of Fire Fighters runs a treatment center in Upper Marlboro for its members suffering from PTSD and disorders that often go hand-in-hand with it, including substance abuse. The center opened in 2017.

Research shows that around half of Americans will experience a traumatic event in their lifetime, but the majority of those won't develop PTSD. They'll feel shock, anger, fear, and guilt, to be sure, but as time fades, those feelings lessen and go away. Those with PTSD, however, will only experience an increase in those feelings over time, to the point where they can no longer live a normal life without intervention. Instead, they're stuck repeatedly reliving the trauma through nightmares, flashbacks, or hallucinations. Reminders of the event, like an anniversary, can trigger them into distress. An estimated 3.6 percent of adults had PTSD in the last year.

Personality Disorders. Everyone has a personality that defines their own individuality. People with healthy personalities can manage stress effectively and form bonds with other people, but those with personality disorders—you might have heard of borderline personality disorder, though



that's just one of many types—aren't as able to cope with both of those seemingly "normal" practices. They often don't realize that their behavior is considered disordered and struggle with a rigid, narrow worldview. An estimated nine percent of Americans have at least one personality disorder; however, it has significant comorbidity with other mental health illnesses. The 10 recognized personality disorders are broken into three clusters: →

Narcissistic personality disorder, part of cluster B, has shown up in the media more often recently; however, it goes beyond an over-inflated ego. Instead, narcissism is the primary characteristic of someone's personality to the point where it destroys normal relationships and affects those who come into contact with the person suffering. Antisocial personality disorder, also known as sociopathy, refers to a person who doesn't hold regard for right versus wrong and doesn't show signs that they care about other people's feelings or rights.

CLUSTER

A

Odd, eccentric behavior, including paranoid, schizoid, and schizotypal personality disorders.

CLUSTER

B

Dramatic, emotional, and erratic behavior, including antisocial, borderline, histrionic, and narcissistic personality disorders.

CLUSTER

C

Anxious, fearful behavior, including avoidant, dependent, and obsessive-compulsive personality disorders, the latter of which is different than OCD.



Breaking the Silence

A significant number of local residents were willing to talk about their mental health struggles, but very few were willing to use their real names in doing so, as you might have noticed while reading their stories above. However, even those who weren't ready to come out of the darkness noted the need to break the stigma surrounding mental health disorders.

“One in five people likely have a mental illness at any given time,” reiterates best-selling author Morin. “By not talking about it, we’re not helping people get the help they need. Most mental health issues are very treatable, and early intervention can be key to getting the most effective treatment.”

Organizations that work to increase awareness include NAMI, which has national, state, and local branches and does advocacy, training, education, and support for those with mental illnesses

Coming Next Month

Mental health is a serious topic, but not all struggles are full-blown disorders. However, handling periods of stress, depression, and anxiety (even if it's “just” the blues) is tough for everyone. In February, What's Up? will dive into 15 scientifically proven ways to practice self-care to improve your emotional health.

and their loved ones. “So many people aren't aware of mental illnesses,” NAMI's Executive Director says, “or even that their own family members are struggling with a disorder.”

“Funding is not where it should be for mental health care,” Delp adds. “It's growing—it's double what we had in the past. But it's not where it should be.”

Society tends to be more focused on physical diseases, such as cancer or heart disease, he continues, but they don't want to talk about what's going on in the brain. Yet, it needs to be treated with the same amount of focus. “If you have strep throat, you take an antibiotic. If you have a headache, you take Tylenol,” Reynolds says. “Mental illness is still an illness.”

Supporting Those Who Suffer

Mental health diseases don't just affect the individual who is suffering, but also their family and friends. The network of support that surrounds a person can make a significant difference in the battle being waged, but it takes both education and communication. NAMI offers a number of free courses, including Mental Health 101, that help participants navigate a complicated health care system, including HIPAA laws, as well as twice-a-year 12-week family support courses and regular support groups.

If you notice a loved one exhibiting signs of mental illness, the best thing to do is have a conversation, Deaton recommends. Say something like, “I noticed over the past couple months, you have seemed really sad. I love you a lot. Can you tell me what's going on and how I can help you?” A direct, supportive approach is ideal, Deaton says. If you've had your own struggles with mental health, open up to the person, Morin suggests. You might even offer to attend an appointment with a healthcare professional with them for support.

“Discuss how everyone is vulnerable to mental health problems,” Morin says. “You'll encourage people to begin having more open conversations about mental health.”

**Not their real name.*



ST. VINCENT PALLOTTI
— HIGH SCHOOL —

ACCEPTING
APPLICATIONS
FOR THE 2019-2020
SCHOOL YEAR!

+

Apply Today at Pallottihs.org

113 ST. MARY'S PLACE
LAUREL, MD 20707
301-725-3228
ADMISSIONS@PALLOTTIHS.ORG

NAVY ATHLETICS SUMMER CAMPS

BASEBALL ★ BASKETBALL ★ CROSS COUNTRY ★ DIVING ★ FOOTBALL
GYMNASTICS ★ LACROSSE ★ ROWING ★ RUGBY ★ SAILING ★ SOCCER
SQUASH ★ STRENGTH & CONDITIONING ★ SWIMMING ★ TENNIS
TRACK & FIELD ★ VOLLEYBALL ★ WATER POLO ★ WRESTLING

FOR A COMPLETE LIST OF CAMPS AND CLINICS
THAT RUN JUNE THROUGH AUGUST,
VISIT NAVYSPORTS.COM AND CLICK ON THE "CAMPS" TAB.

www.NAVYSPORTS.com

2019 BEST OF BALLOT

WEST COUNTY

Welcome to your 2019 Best of West County Ballot! This is your opportunity to speak your mind on who's who in town when it comes to best dining, retail, services, and oh-so-much more.

New this year: The voting period for all categories is open for the entirety of January and February—that's all food, dining, retail, professional services, real estate, home, garden, medical, dental, veterinary, beauty, and fitness. You name it, you can vote on it...right now!

There are two ways to engage: Either take your time voting on this paper ballot for the categories that speak the most to you, OR, hop online at whatsupmag.com and click on any of the many "Best of Voting" icons and ads you'll see throughout the site. From there, you'll be directed to the online ballots. Bonus: you can log in and start your ballot; and if you feel like filling in some now, some later... it's easy to do so. As long as you submit your ballots only once but the final deadline of February 28th, your votes will count!

And...there are prizes! Yes, if you complete 25 percent of the entirety of this ballot, you'll be entered into a drawing for a \$25 restaurant gift card. Complete 50 percent for the \$50 drawing. And if you hammer out 75 percent or more, you'll be in the elite pool for a \$150 drawing!

So, hats off to you. After all, it's your ballot, voice, and selections that we're after. Collectively, our readers will determine the Best of West County!



FOOD, DINING & ENTERTAINMENT

American

Chinese

French

German

Greek

Indian

Irish

Italian

Japanese

Mexican

Spanish

Sushi

Thai

Appetizers

Bakery

Breakfast

Brunch

Barbecue

Burger

Candy Shop

Caterer

Chef

Cocktails

Coffee Shop

Crabcake

Cream of Crab Soup

Cupcakes

Deli

Dessert

Family-Friendly Restaurant

Farm-to-Table Menu

Gluten-Free

Ice Cream

 Maryland Crab Soup.....

 New Restaurant

 Outdoor Dining.....

 Oysters/Raw Bar

 Pizza

 Place to Take Out-of-Towners

 Place for Seniors.....

 Restaurant Décor

 Romantic Restaurant

 Seafood.....

 Small Plates.....

 Special Occasion Restaurant.....

 Steakhouse

 Steamed Crabs.....

 Take-Out

 Vegetarian.....

Wait Staff

 Waterfront Restaurant.....

 Wings.....

 Bar

 Sports Bar

 Beer Selection

 Brewery.....

 Distillery

 Happy Hour

 Wine Selection.....

 Event/Party Boat.....

 Family Outing.....

 Game Play

 Kids Birthday Venue.....

 Local Music Venue.....

 Local Musician/Band

 Overlooked Tourist Attraction.....

Party Vendor

 Trivia Night.....

 Wedding Venue.....

 Art Gallery

 Artisan Jewelry.....

 Boutique Shopping.....

 Designer Jewelry.....

 Diamonds/Precious Stones.....

 Engagement Rings.....

 Silver Jewelry.....

 Watches.....

 Jewelry Repair.....

 Women's Clothing Store.....

 Purses/Handbags.....

 Florist/Floral Design.....



**RETAIL &
 PROFESSIONAL
 SERVICES**



REAL ESTATE, HOME & GARDEN

Music/Instrument Store.....
.....
Oil/Vinegar Shop
.....
Optician
.....
Outdoors Store.....
.....
Pet Grooming.....
.....
Pet Store.....
.....
Specialty Grocer.....
.....
Organic Selection.....
.....
Retail Beer Selection
.....
Retail Wine Selection.....
.....
Sports/Workout Equipment
.....
Summer Camp.....
.....
Unique Gifts.....
.....
Eco-Friendly Business.....
.....
Accounting.....
.....
Bank.....
.....
Hotel.....
.....

Computer Repair
.....
Customer Service.....
.....
Financial Advisor.....
.....
In-Home Senior Assistance.....
.....
Senior Living Facility.....
.....
Local Nonprofit Organization.....
.....
Tax Law.....
.....
Auto Body Shop.....
.....
Auto Dealership.....
.....
Golf Cart/Utility Vehicle Dealership.....
.....
Auto Insurance.....
.....
Auto Repair.....
.....
Boat Detailing.....
.....
Carwash.....
.....
Driving School.....
.....
Marina.....
.....
Wedding/Event Planner.....
.....

Real Estate Team/Brokerage.....
.....
Waterfront Team/Brokerage.....
.....
Residential Realtor.....
.....
Waterfront Realtor.....
.....
Residential Property Developer.....
.....
Commercial Property Developer.....
.....
Commercial Realtor.....
.....
Architect.....
.....
Closet/Organizer Designer.....
.....
Custom Builder.....
.....
Customer Service.....
.....
Driveway Design/Build.....
.....
Electrician.....
.....
Fence/Deck Contractor.....
.....
Framing Shop.....
.....



Gutter/Siding
.....
Handyman.....
.....
Hardscape Design/Build.....
.....
Hardware Store.....
.....
Home Appraiser.....
.....
Home Inspector
.....
Home Remodeling.....
.....
HVAC Service.....
.....
Indoor Cleaning Service.....
.....
Interior Designer
.....
Kitchen & Bath Remodeling.....
.....
Kitchen Designer
.....
Landscape Architect
.....
Landscape Installer
.....
Landscape Maintenance.....
.....
Lawn/Garden Equipment Supply.....
.....
Flooring/Carpet Installer.....
.....

Mortgage Lender.....
.....
Outdoor Lighting
.....
Paint Store.....
.....
Painting Contractor.....
.....
Plumber
.....
Pool Design/Build.....
.....
Pool Maintenance.....
.....
Power Washing
.....
Retirement Community
.....
Roofing Contractor
.....
Sprinkler System Installer
.....
Stone/Tile/Granite Supply
.....
Title Service.....
.....
Tree Service
.....
Water Treatment Service.....
.....
Window/Door Contractor.....
.....

Allergist.....
.....
Apothecary (Compounding Pharmacy).....
.....
Birthing Center
.....
Body Contouring
.....
Breast Augmentation
.....
Breast Reconstruction.....
.....
Cardiologist
.....
Chiropractor Practice.....
.....
Colon & Rectal Surgery.....
.....
Cosmetic Injections.....
.....
Cosmetic Laser Eye Treatment.....
.....
Dermal Fillers.....
.....
Dermatologist.....
.....
Facial Contouring.....
.....
Facial Rejuvenation.....
.....

Friendly Staff Doctors Office	Occupational Therapy	Rhinoplasty
.....
Gastroenterologist	Oculoplastic Surgery	Seniors Physician
.....
General Surgery	Oncologist	Sleep Apnea/ Snoring Treatment
.....
Gynecologist	Ophthalmologist	Speech Therapy
.....
Hormone Therapy	Orthopedic Hand Surgery	Sports Physical Therapy
.....
Hospice Medicine	Orthopedic Hip Surgery	Tattoo Removal
.....
IV Treatment	Orthopedic Knee Surgery	Urgent Care Medicine
.....
Laser Hair Removal	Orthopedic Sports Medicine	Urologist
.....
Laser Skin Treatment	Pain Management	Vascular Surgery
.....
Liposuction / Fat Removal	Pediatrician	Vein Restoration
.....
Mammography	Pharmacy	Adult Orthodontist
.....
Medical Grade Skin Care Products	Plastic Surgery-Reconstruction	Emergency Dentistry
.....
Mental Health Services	Podiatrist	Endodontist
.....
Mommy Makeover	Primary Care Medicine	Family Dentistry
.....
Neck Contouring	Psychologist/ Therapy Practice	Friendly Staff Dentist Office
.....
Neurological Surgery	Psychiatrist	General Dentist
.....
Neurologist	Rheumatologist	General Dentist (Cosmetic)
.....

Holistic Dentistry

.....

Hygienists

.....

Implantologist

.....

Invisalign Specialist

.....

Oral & Maxillofacial Surgeon

.....

Orthognathic Surgery

.....

Pediatric Dentist

.....

Pediatric Orthodontist

.....

Periodontist

.....

Sedation/Phobia Treatment

.....

TMJ Treatment

.....

Total Mouth Reconstruction

.....

Veterinarian for Cats

.....

Veterinarian for Dogs

.....

Veterinarian for Small/Exotic Pets

.....

Veterinarian Surgery

.....

Veterinary Clinic

.....

Veterinarian for Large Animals (Farm)

.....

Emergency Pet Care

.....

Acupuncture

.....

Aromatherapy

.....

Balayage/Ombre

.....

Barre Class

.....

Bootcamp

.....

Brazilian Blowout

.....

Chemical Peel

.....

Children's Fitness Class

.....

Circuit Training

.....

CrossFit

.....

Customer Service

.....

Dance Class

.....

Deep Tissue Massage

.....

EyeBrow Care

.....

Eyelash Extensions

.....

Fabulous Haircut

.....

Facial

.....

Fashion Stylist

.....

Free Weights

.....

Friendly and Helpful Staff

.....

Gym

.....

Gym Amenities

.....

Gym Childcare

.....

Hair Extensions

.....

Holistic Health Coach

.....

Kickboxing

.....

Lifestyle Coach

.....

Manicure

.....

Martial Arts for Children

.....

Medi-Spa	Reflexology	Waxing
.....
Men's Haircut	Resort with Spa	Weight-loss Program/Regimen
.....
Microblading	Running Club	Yoga Instructor
.....
Mixed Martial Arts	Running Coach	Yoga Studio
.....
Mother-to-Be Massage	Salon Décor/Atmosphere	Bridal Makeup
.....
Nail Art	Salon for Coloring	Bridal Hairstyling
.....
Nail Gel	Salon Pampering	
.....	
Nutritionist	Salon Products	
.....	
Pedicure	Spinning Class	
.....	
Permanent Makeup	Spray Tan	
.....	
Personal Trainer at a Gym	Stone Massage	
.....	
Personal Trainer at a Private Studio	Stylist for Long Hair	
.....	
Pilates Class	Tattoo Parlor	
.....	
Place for a Day Spa	Therapeutic Massage	
.....	
Pool/Swim Facilities	TRX class	
.....	
Prenatal Fitness Class	Tween Dance Class	
.....	
Reiki Practitioner	Tween Fitness Class	
.....	

Mail your completed ballots to:

What's Up? Media
West County Ballot
 201 Defense Highway, Suite 203
 Annapolis, MD 21401

Or submit your answers online at
whatsupmag.com



MEET RAJ KUDCHADKAR

CENTRAL MARYLAND CHAMBER'S
PRESIDENT AND CEO DISCUSSES
BUSINESS IN THE WEST COUNTY
CORRIDOR // BY JAMES HOUCK

Raj Kudchadkar has led the Central Maryland Chamber of Commerce since its inception two years ago. The result of merging two chambers of commerce—the Baltimore Washington Corridor Chamber and the West County Chamber—the newly minted Central Chamber sought to pool the resources and business interests in what has become one of the Maryland’s most booming economic regions—the corridor from Baltimore south toward Washington, D.C., and from the eastern point of Odenton westward to Columbia. With Kudchadkar, the new chamber landed a qualified leader, who previously led Howard County’s Department of Planning and Zoning, and it’s Office of Military Affairs. Prior to those positions, he also served as the executive director of Base Business Initiative, a growth management committee that worked hand-in-hand with Fort Meade’s Base Realignment and Closure (BRAC).

For Kudchadkar, the timing was right. He signed on to become West County Chamber’s President, following the retirement of its longtime successful leader, Claire Louder. Yet, one month into assuming the position, he found himself in talks with two chamber boards to complete their merger. Almost overnight, Kudchadkar’s chamber membership blossomed to more than 500 businesses and his board of directors doubled from 13 to 27. Amazingly, between the two chambers, there were only about 20 businesses with overlapping membership.

Kudchadkar, age 41, originally hails from the Bronx in New York City, is married with two children, and lives in Columbia. He sat down with us to discuss chamber interests, the growth he’s seeing in both membership and economic development throughout three counties, and legislation he’s advocating for this General Assembly.

CAN YOU TALK A LITTLE ABOUT THE GENESIS OF THE TWO CHAMBERS MERGING?

I think a little bit of it is serendipity, quite honestly. We had two long-term execs. I mean, these were two CEOs that had been there for years. Claire [Louder] was almost 10 years with West Anne Arundel County Chamber, and then on the other side was the Baltimore Washington Corridor Chamber, where Walt [Townshend] was there for 28 years. He was the institution in a lot of respects. They ended up looking for CEOs at the same exact time, and they actually started their own independent CEO searches.

I was aware of the BWCC and their search, but I had not applied for any leadership position with them. I was aware of West County and the fact that they were looking for a CEO, but in my case, I was only about two years into being the

Deputy Director of Planning & Zoning in Howard County. Allan Kittleman put a lot of faith in me as a county executive there. He promoted me to this new job. We’re just coming off the flooding in Ellicott City.

I actually had not thrown my hat in the ring. I think the serendipity part is that the board members from both chambers happened to be talking to each other and said, “Hey, you know what? We have one chamber that’s just east of the installation, and then we have another chamber that’s just southwest of the installation.”

So, the two chambers that are closest to Ft. Meade, work very closely with Ft. Meade. I think they said, “Hey, maybe we should look and see what a merger would mean for our businesses.” Now, I think we’re lucky that in terms of logistics it worked out because if there was too much overlap with



membership, then the numbers wouldn't work. People always ask me, "What does that mean?"

The best way to explain it is if you had 100 members in each chamber, but 50 of them were overlap, then when we merge those 50 businesses weren't going to pay dues two times. They were just going to pay it once. So, a massive amount of our revenue stream would go away. Even though we were merging 500-plus businesses, there were less than 20 that overlapped.

equals, we had to get rid of a lot of people on the BWCC side so we'd have 13 and 13, so it would be an equal balance. We actually have 27 members, because we have one council, Steven Stern, on there. But 27 altogether.

YOU CAME ON IN DECEMBER 2016. THE MERGER WAS OFFICIAL IN MAY 2017. HAS THE FIRST YEAR-PLUS BEEN MAKING THIS ALL COME TOGETHER?

I tell people the best job I've ever had in my life is being a Chamber CEO, and the worst I've ever had in my life

looking for. I mean, I'd say it's a pretty even split. One third of my time is direct support, so I answer a lot of emails, phone calls. I tell you that's a third of my time.

Another third of the time is just dealing with chamber logistics operations. The last third is dealing with the events and dealing with our committees. In a given year, we have over 100 events and community meetings going on, so we have a lot going on there. Those are my three major buckets.

because the beginning of each year, the Anne Arundel County Executive has a roundtable with all the chamber CEOs. Obviously, I was the new guy. Then, when he did it the beginning of this year, every single person was new except for in South County. Every single other CEO was new.

It's all turnover. One year, I went from being a rookie to a veteran. But even with those former CEOs last year, I had a great relationship with them. Look, as a regional chamber, I have to be a team player because I overlap. I cover three jurisdictions. There's lots of chambers. My philosophy is a high tide lifts all ships.

WORKING WITH SO MANY CHAMBERS AND MEMBERS, WHAT ARE THE BIG ISSUES THAT YOU'RE LOOKING AT RIGHT NOW FOR SMALL BUSINESS?

Obviously paid sick leave last session was a huge thing, and the impact on small business. For me, it's interesting because my dad is the consummate immigrant story. He came in the late-'70s just with a little bit of cash he had in his pocket, and he started a small business and grew it. I saw what that meant for him, our family, and community. That's why everything I've done is in support of small businesses.

With paid sick leave, the one thing I was saying last year is that, "All businesses know that their workers are their most important asset," which is why the vast majority of businesses are doing paid sick leave. The ones that aren't, they're not

I TELL PEOPLE THE BEST JOB I'VE EVER HAD IN MY LIFE IS BEING A CHAMBER CEO, AND THE WORST I'VE EVER HAD IN MY LIFE IS MERGING TWO CHAMBERS. I WOULD SAY MIDDLE OF LAST YEAR I WAS DEFINITELY SPENDING THE MAJORITY OF MY TIME DEALING WITH MERGER LOGISTICS, AND NOW THAT'S NOT THE CASE.

WELL HOW DOES THAT WORK IN TERMS OF YOU HAVE TWO BOARDS COMING TOGETHER? I IMAGINE MAYBE DIFFERENT SETS OF BYLAWS OF SOME SORT.

Great question. Mergers are never easy. Before the merger, we actually had done some research with the other chambers and associations, and what they went through. It takes time. There are a lot of things that we have to balance. One thing was the boards. The BWCC had a board of 30. They had a huge board. West County had 13. So, in order to make it a merger of

is merging two chambers. I would say middle of last year I was definitely spending the majority of my time dealing with merger logistics, and now that's not the case. I'm spending more time working on chamber events directly supporting our small businesses, and working with our community.

WHAT'S A TYPICAL DAY LIKE FOR YOU NOW?

A typical day, lots of meetings, lots of events. The day is really dictated by what we have going on event-wise, and what our businesses are

WHAT'S THE CLIMATE TODAY BETWEEN THE MANY REGIONAL CHAMBERS?

It's interesting you ask. This is going to be a long answer. A couple of things. The first thing is it's a very saturated environment. We have lots of chambers in the State of Maryland. In Anne Arundel County, we have seven chambers. We actually have a Council of Chambers and work very closely together.

The interesting thing is when I first got hired in December 2016, I was a rookie. It was interesting

doing it typically because their model will implode. It's hard for them to do it. Financially, it's very difficult. But now that paid sick leave has passed, there's still stuff that we need to do.

One thing we want to do is we want to survey our membership, see how it's impacting them because you can always tweak the laws, you can always amend laws, improve them. There's some balancing that needs to happen. It was very rushed last year.

The other thing is there're different aspects of the law that people aren't aware of. For example, the Maryland Department of Commerce can give you a tax credit as a small business, and a lot of our businesses aren't aware of that. It's us informing them. So, I think paid sick leave is still an important issue.

We're going to be keeping an eye on minimum wage. Session will be starting soon in Annapolis. It's been an issue the last several sessions. In terms of larger regional issues, one thing that we're definitely paying close attention to is the expansion of highway 295.

We're going to be sending letters to our federal delegation, imploring them, "Make sure that the feds give the state a say in expanding 295." And 295 is very fractured. The top portion is controlled by Baltimore City, the middle portion is controlled by the state, and the bottom portion is controlled by the feds. It's a major artery for our



businesses, so it's definitely going to be our key topic for us.

DO YOU FIND YOURSELF GOING INTO THE SENATE OR HOUSE CHAMBERS TO ADVOCATE FOR CERTAIN TYPE OF LEGISLATION?

We have an Advocacy Day where members from our committee will go down to Annapolis and we have white papers that we give them and say, "Here are the 15 bills we think are going to have the most impact on our businesses. This is how we want to change that bill. Or, this is a bill we want to promote. Or, this is a bill we think that really should impact." We're down in Annapolis, we're knocking on doors, shooting emails off.

WHAT ARE SOME OF THE BIG PROJECTS THAT YOU'RE LOOKING AT RIGHT NOW THAT YOU'RE HAPPY, THAT YOU'RE SEEING SOME ACTION ON IN AND AROUND THE GREATER CHAMBER AREA?

Rec and Parks is doing a feasibility study. Open

space is very important to the chamber. It's critical to quality of life, so we've been pushing that. We've also been looking at the Transit Oriented Development, TOD. At the Market Station here at Odenton, we're looking at retail, residential, and a parking garage to go in there.

Another thing is looking at grid streets, which is already in the budget for the county; putting in grid streets in Odenton. The Navy is poised now to sell the dairy farm—50-plus acres to Anne Arundel County. Anne Arundel County is going to consider their options there.

There's also Enhanced Use Lease (EUL). It's where Ft. Meade gives a chunk of their land to a developer, and they lease it to the developer for 50 years. They build office space, and then tech companies come in and fill up that office space. There will be one right across from the gates of Ft. Meade, which will be a huge project.

We're certainly monitoring that Route 175 project. When that's completed, it's going to be a huge thing for us—this major artery in Odenton.

IS THERE A LARGE ENOUGH BASE HERE TO BUILD MEMBERSHIP? DO YOU FEEL LIKE THERE IS ENOUGH SMALL BUSINESS TO CONTINUE TO GROW?

Definitely. We're so uniquely situated as a regional chamber. Most chambers are local, so if you look at a chamber, their name says it all, right?

And it'll usually be a city. Sometimes it'll be "greater so and so," but typically the city. If you are the Chamber of City of X, you're typically not working with businesses in City A or City B.

With us being regional, we have that cross ventilation that no other chamber has. We're always working across jurisdictional lines, connecting businesses in all different areas. Yes, we have a lot of room for growth.



Maryland's Premier Kitchen & Bath Showroom & Design Studio in Annapolis

1415 FOREST DRIVE, ANNAPOLIS

4000 SQ./FT. OF KITCHEN & BATH
INSPIRATION FOR HOMEOWNERS
AND A RESOURCE FOR DESIGNERS,
ARCHITECTS & HOME BUILDERS



Wood·Mode
FINE CUSTOM CABINETS

KENWOOD
EST. 1974
KITCHENS
KITCHEN & BATH DESIGN STUDIO

*Family-Owned
for 44 years*

Lutherville | Bel Air | Columbia | Annapolis

800-211-8394

www.KenwoodKitchens.com

Home & Garden

+

80 GARDEN LOOK | 84 REAL ESTATE



Starting Over in Your Garden

By Janice F. Booth

What do you see when you look out your windows during these winter months? Silhouettes of trees and shrubs, walkways through barren flowerbeds, sidewalks, and brown lawns. Perhaps your eyes come to rest on a blue spruce, its limbs swaying in the winter winds, or a lime-green cedar shrub spreading luxuriously across the barren garden. Is there a holly tree with polished green leaves and shiny, red berries within sight? What about a Sparkleberry bush, or are those delicate, red leaves still clinging to your Japanese maple?

Midwinter is an ideal time for reflection. And I suggest that one such consideration might be the re-evaluation of our lawns and gardens. Whether we've labored over the garden for years or just acquired a new house and garden, winter gives us the opportunity to see the bare bones of a home's landscaping. Doing a thoughtful evaluation of the garden may lead to a few fresh ideas to enhance what's already there, or looking at the garden with fresh eyes may lead to a decision to scrap what's there and redesign and replant.

As you entertain the idea of starting over in your garden, let me suggest some considerations before committing yourself to this major project. And, if you're still prepared to go ahead after reviewing those concerns, I'll recommend some things to think about as you start over in your garden.

My suggestions are preliminary to sitting down with a knowledgeable landscape architect or gardening service. The more thought you've given to the project, the easier it will be for the professionals to fulfill your vision for the garden—not to mention, they can point out issues you may have overlooked, such as permits, electrical, and irrigation concerns.

Before redesigning, try these five preparatory activities:



If after looking over your notes from that preliminary analysis, you're still ready to move ahead, consider dividing the designing or redesigning of your gardens into a two-step project. The first step is any *structural changes* you want to make. That would include buildings such as pergolas, planting

1

If you have lived with this garden for a *while*, make a list of positives and negatives in the existing design. For example, the ornamental plum drops its leaves, which smother the Shasta daisies beneath. One corner of the garden is always a bit too moist; plants never do well there for long. The holly tree next to the patio is messy, but you enjoy watching the chickadees, wrens, and finches flit in-and-out. The pink wisteria is lush and fragrant, but it needs a trellis or arbor to keep it from drooping into the neighbor's yard.

2

It's winter; what do you see now that is *lovely to your eye*, and what memories of blooms and clustered plants remain vivid in your mind, even months after those blooms have faded, and the plants have gone dormant? List the flower beds you can recall and the colors you associate with those beds. Perhaps you have some photos of those beds in their summer splendor. Are there particular views, vistas that you'll want to be left undisturbed?

3

Look at the *sidewalks, driveway, garden paths*. What is the condition of these pathways? Sometimes cracking, discoloration, or general deterioration leaves walkways and driveways unsafe and unsightly. What is protecting or blocking the walkways you need to traverse in the winter and during the growing seasons? Are more paths needed? In the driveway, is it easy to avoid stepping on plants while getting into or out of your car?

4

Make a list or diagram of the *trees and shrubs on your property*, or at least in your garden. Note the shape and health of each. You may be able to identify pruning and shaping projects for spring, opening up areas to sunlight and clearing dead and dying limbs that detract from the garden's beauty and safety.

5

What is your *timeline*? When could you begin this project? How long can you tolerate the garden in muddy disarray? Make a list of any social commitments ahead that might be held in your garden—a graduation or wedding party on the horizon? If the winter permits, some projects can be done before the early growing season, while other things will need to wait for spring's thaw.





sheds, trellises, and arbors. You may have plans for a terrace or patio. Fences, paths and stairs, a watering system, and lighting also fall under the structural plan.

The second step in the project is *horticultural*. This may be where the real fun begins. Horticultural changes may include the pruning and shaping you listed in your preliminary notes. Changes and additions of perennials and annuals will hinge, in part, on issues of color, texture, and height.

STRUCTURAL DESIGN CONSIDERATIONS:

Electricity and plumbing:

You may need or want to add directional lighting to enhance the dramatic cluster of crape myrtle or improve safety around the garage entrance. Underground piping may be required or a drainage bed installed to provide appropriate moisture throughout the garden.

Building: Now may be the time to expand or add a patio or deck to the garden. You may have your eye on the perfect place for a pretty and useful potting shed. Fencing may be needed, or existing fences replaced or repaired. A well-designed arbor could become a focal point in the garden.

Passageways: If there are paths in your garden that don't work, that lead nowhere, or worse yet, bring you to the neighbor's compost pile, redirect that path. Lay out

walkways that are useful and enhance your garden's beauty. Maybe some paths need to be wider so a wheelbarrow or a child's tricycle can navigate them. And there's that pesky hillside where you slip-and-slide down and pant-and-tug uphill again; now's the perfect time to add a few steps of wood or stone. Now's the time to replace that discolored and cracked concrete in the driveway and front walk. You might use instead permeable material that looks more attractive and allows for natural water disbursement.



HORTICULTURAL DESIGN CONSIDERATIONS:

Look down. Have your soil checked for pH levels and any other hidden problems? And, be sure to find out how to mitigate those problems, so your flower beds and lawn are lush and healthy.

Look up. Go back to that list or diagram you prepared for pruning. Set up your appointment with the tree trimmers for late winter. If you have decided you need more evergreens or privets, early spring planting gives the plants' roots time to adjust to their new home before the heat of summer. A fun project is adding a few well-placed pots filled with pampas grass, tall bamboo, or canna to disguise a flaw or draw attention to a particular area of your garden. Pots are ideal while your new plants and shrubs are still small and spindly. A lush potted palm or japonica can fill-in until the new plants grow large enough to stand alone.



Look ahead. There's an old adage about planning for growth in the garden, "First year they [perennials] sleep. Second year they creep. Third year they leap." And that's often true. Think about plant placement visualizing each plant three-times its size. Move plants back from the edges of your flowerbeds and back from paths and sidewalks. Never fear moving an overgrown or misplaced plant; if it doesn't die, it will flourish, and soon take over its designated patch in your garden.

Look back. What do you remember about the colors, textures, and fragrances of your spring, summer, and autumn gardens? If you can't recall a particular part of the garden, that's a spot in need of a facelift. Consider planting a Fragrance Garden; some mint, chamomile, four-o'clocks, and freesia will afford both visual and scented memories. Perhaps you're ready to change your garden's color scheme. Instead of the lavender and blue flowers, try a summer of bright orange marigolds, yellow daisies, sunflowers, chrysanthemums, and dahlias.

After all that preparation, you're ready to confer with your horticulturalist, landscape architect, and/or gardener. You'll come to those meetings prepared with information and ideas that will provide a foundation for the work ahead. You'll save time and money, and help to insure a successful redesigning of your garden.

Next winter, sweet memory-photos will float across your inner eye year around, extending the joys of your garden from the past, into the present and future. I think that's probably what you're aiming for.



FICHTNER SERVICES

ROOFING • SIDING • GUTTERS • WINDOWS

Fichtner Services provides full exterior remodeling services for roofing, siding, windows, doors and gutters. We are the company you can trust for quick response, quality craftsmanship, reasonable pricing and steadfast respect for homeowners and their homes.



SINCE 1995, FICHTNER SERVICES HAS BEEN PROVIDING FULL EXTERIOR REMODELING SERVICES.



REQUEST YOUR FREE QUOTE TODAY!
866-591-1900 | www.fichtnerservices.com



WHIC #30157

Plan for your Spring project now!

Free Estimates and Landscape Consultations
Early Bird Special - Save 15%

Offer expires 2/28/19

- Landscaping
- Walkways
- Retaining Walls
- Paver Driveways
- Pool Decks
- Patios
- Lighting
- Rain Gardens



Ciminelli's
Landscape Services, Inc.
Quality • Value • Responsive Service
Since 1991

410-741-9683 | www.ciminellislandscape.com
info@ciminellislandscape.com MHIC #120642 Licensed and Insured



Sold For: \$670,000
List Price: \$650,000
Last Sold/Price: \$450,000
(2015)
Bedrooms: 5
Bathrooms: 3.5
Living Space: 2,990 sq. ft.
Lot Size: .40 acre

HOME REAL ESTATE

Hillsmere Shores

Annapolis

By Diana Love

Hillsmere Shores is a quiet neighborhood located just three miles south of historic downtown Annapolis. Approximately 1,200 homes, most built between 1970 and the late 1990s, are nestled under a canopy of established shade trees or parallel to the neighborhood's signature shoreline. Hillsmere is tucked between Quiet Waters Park and Duvall Creek and is home to Key School, a branch of the Anne Arundel County Public Library, and an exclusive waterfront recreational complex. For these reasons, and for its proximity to the Forest Drive corridor, property in Hillsmere remains in demand: real estate vacancy rates remain lower than the county average while home prices are higher than average. The recent sale of a home on Sunset Drive is the perfect example of this phenomenon.

When the previous owners purchased this home in 2014, they immediately began renovating. A derelict rooftop terrace over the two-car garage was removed. The front porch was dismantled and rebuilt with upgraded materials and a sturdy, handsome white railing. Siding and windows were replaced and painted a stately grey. A variety of seasonal shrubs and flowers updated the landscaping. The large backyard was outfitted



with a spacious wooden deck and a play structure for the family's children.

On the inside, the family gutted the kitchen, replacing outdated cabinetry and countertops with contemporary products. A new stainless-steel refrigerator, stove, microwave, and sink were installed. Each of the three full-baths and the one-half bath were outfitted with

new sinks, faucets, accessories, and paint. The basement was transformed into a 690-square foot family room, which includes a bedroom and bathroom. Wood floors were refinished throughout the home. To finish the project, the homeowners painted the walls and trim in classic, muted colors that made the most of shifting daylight through the home's many windows.

Just as the renovations were complete, the family made a Permanent Change of Station (PCS) move to Washington State. Their transition proved to be fortunate for the current buyers, who found a move-in ready home just one block off the water in a highly sought-after neighborhood.

Jennifer Grizzle represented the new buyers. "My clients wanted a big backyard, water privileges, a family-friendly neighborhood, and access to all of the places they had come to love in Annapolis," she says. "They found it all in Hillsmere."

Since their new home is located just a short block from Hillsmere's private waterfront park, the new owners now have easy access to a pool, beachfront, and community-exclusive marina. "This home offered the buyers great value for the price," Grizzle says. "Moving to Hillsmere checked off their main bucket list priorities for safety, lifestyle amenities, access to Forest Drive's commercial corridor, and an easy drive to downtown Annapolis."

When selling agent Elizabeth Osborn helped her clients determine a listing price for the home, she considered the many amenities that Hillsmere offers, the lack of real estate inventory there, and the many updates that made the house bright and beautiful both inside and out. "The homeowners had managed a superior renovation," Osborn says. "Everything was up to date in a clean, classic, and appealing style. We knew location could command a higher listing price than the comps indicated; however, the owners were motivated to price to sell." Osborn hosted an open house, which was successfully attended and resulted in three offers, all with escalation clauses. The house was on the market for only six days.

Seller Agent: Elizabeth Osborn, Coldwell Banker Residential Brokerage, Church Circle

Buyer Agent: Jennifer Grizzly, Coldwell Banker Residential Brokerage, Church Circle

JOHNSON LUMBER

THE BEST-DRESSED HOMES WEAR AZEK

AZEK

www.johnsonlumber.biz

Millersville 410-987-5200

Annapolis Best of Annapolis 2018

Annapolis Best of Annapolis 2018

Edgewater 410-956-0400

WHAT'S UP? MEDIA PRESENTS

THE LOOK™

6TH ANNUAL BEAUTY & WELLNESS EVENT

Hey Ladies! It's time to grab all of your girlfriends for a night of fun, fashion, champagne, shopping and self-care.



EXPERIENCE THE PREMIER ANNAPOLIS
GIRLS NIGHT OUT!

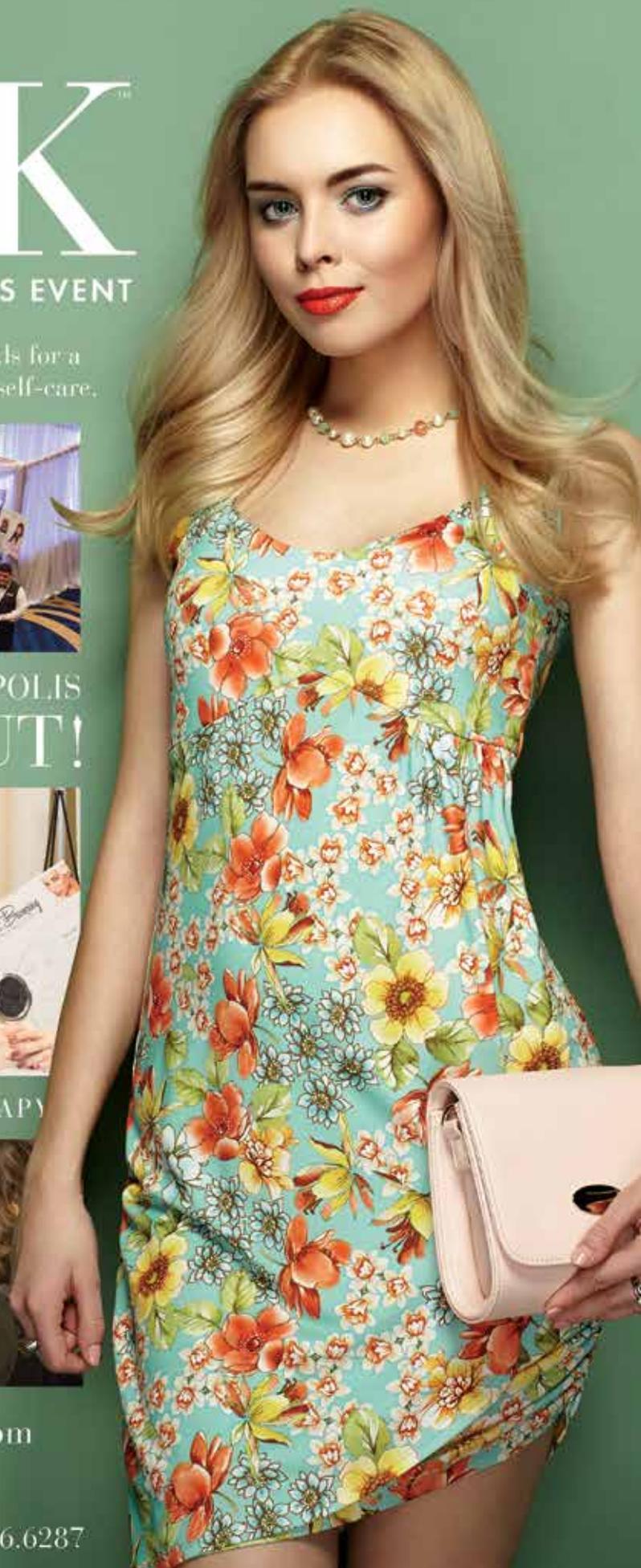


HAIR | NAILS | MAKEUP | RETAIL THERAPY



FRIDAY - MARCH 1st, 2019 - 6-9pm
The Westin Annapolis

For tickets visit whatsuptix.com or call 410.266.6287



Health & Beauty

88 ON THE RUN: GETTING STARTED | 89 THE FAR SIDE OF INFRARED THERAPY
89 ROLL WITH IT | 90 WELLNESS TRENDS FOR 2019 *plus more!*



On the Run: Getting Started

IF YOU'RE DETERMINED TO BECOME
A RUNNER IN 2019, START HERE

By Kelsey Casselbury

Picking up a running habit is easier said than done, but it can bring a wealth of benefits to your life. Not only does the regular exercise help improve your overall health and manage your weight, but it's also backed up by research as a way to decrease depression, sharpen memory, alleviate anxiety, and help you sleep better. Get started with these **5 TIPS**:

1 GO SHOPPING. It's time for new shoes! Running long distances in old sneakers is asking for aches and pain. Shop later in the day when your feet are a little swollen, and ask an associate for help in fitting. Ask the store for their return policy, and don't hesitate to take the shoes back after two weeks if they don't feel right.



2 ALTERNATE RUNNING AND WALKING. Running coach Jeff Galloway (and many others) are proponents of the run/walk method, in which you alternate intervals of running and walking, as you build your stamina. Start with a 2-to-1 ratio of running to walking and increase it as your endurance builds.

3 ALWAYS START WITH A WARM UP. Get blood flow to your muscles before you increase speed by walking for three to five minutes and doing active stretches, including butt kicks and knee raises.

4 BUILD MILEAGE SLOWLY. Don't bust out three miles on your first day as a runner. Start with one mile and add around 10 percent every week. During this build time, don't worry about your speed—you will naturally get a little faster during every run.

5 TAKE TIME OFF. Practice makes perfect, but overtraining leads to injuries. Stick to running every other day—at most—to allow your body time to rest and recover. Take a day off from exercise entirely at least one day a week.



JANUARY'S HALF-MARATHON TRAINING PLAN

If you can successfully run or run/walk a 5K (3.1 miles), you can train for a half-marathon. This 16-week training plan, which will be chronicled over the next four issues, is easy to follow and provides alternating days of running, rest, and cross-training exercises, including:

STRENGTH: 20 to 30 minutes of resistance training, such as bodyweight exercises, weight machine exercises or free weights, such as dumbbells or resistance bands.

CROSS: 30 minutes of cross-training such as walking, swimming, elliptical, or cycling.

STRETCH: At least 15 minutes of flexibility exercises.

	WEEK 1	WEEK 1	WEEK 1	WEEK 1
MON	Strength	Strength	Strength	Strength
TUES	2 miles	2 miles	3 miles	3 miles
WEDS	Rest or Cross	Rest or Cross	Rest or Cross	Rest or Cross
THURS	3 miles	3 miles	3 miles	3 miles
FRI	Rest	Rest	Rest	Rest
SAT	3 miles	4 miles	4 miles	5 miles
SUN	Stretch	Stretch	Stretch	Stretch

Cut out this schedule and put it on your refrigerator to make it easy to access. Check back in February's issue for month two of the 16-week half-marathon training plan!

The Far Side of Infrared Therapy

FAR-INFRARED RAYS COULD HELP
MANAGE CHRONIC PAIN

By Kelsey Casselbury

Living with chronic pain isn't easy. Chronic pain is persistent, nagging, and ever-present, whether it's in the back, joints, head, or any other part of the body. It could be due to arthritis, chronic migraines, or an ailment that's yet to be determined, making treatment difficult, and it affects more people in the U.S. than diabetes, heart disease, stroke, and cancer combined, according to the American Academy of Pain Medicine. Because it's the No. 1 cause of disability in the country, chronic pain has a significant impact on the economy.

It's no wonder, then, that chronic pain sufferers have turned to less-conventional methods of management, including far-infrared (FIR) therapy. "Infrared saunas are tremendous for relieving various forms of chronic pain such as joint and muscle pain, headaches, and fatigue," claims Harry Early, Jr., manager at Chesapeake Spas in Edgewater, which stocks infrared spas, a popular method to enjoy FIR therapy.

Research on the use of FIR for managing pain is limited, but it theoretically works by increasing blood flow in deep tissue and potentially disrupting the structure of proteins to the point where physiological changes could take place on the cellular level. The FIR rays heat your body without warming the air around you, according to the Mayo Clinic, and it's often more accessible to people who can't



stand the heat of a conventional sauna, which is usually around 150 to 175 degrees. By contrast, infrared saunas typically heat up to about 125 degrees.

A small 2015 study published in the *Journal of Athletic Enhancement* on male athletes found that FIR heat therapy improved muscle recovery after intense training, while another 2015 study in *Experimental Biology and Medicine* suggested that FIR rays also had the potential to improve health in people suffering from cardiovascular disease, chronic kidney disease, and diabetes.

While FIR therapy isn't guaranteed to help the pain, it's not going to hurt as an alternative coping method, according to current research. However, you should always talk to your doctor before using any type of sauna, particularly if you suffer from high blood pressure or a heart condition.



HEALTH & BEAUTY BEAUTY

Roll With It

JADE ROLLERS MAY REDUCE REDNESS,
PUFFINESS ON YOUR FACE, BUT DON'T
EXPECT IT TO WORK MIRACLES

By Kelsey Casselbury

Long gone are the days of laying cold slices of cucumber on your eyes to calm puffiness. However, one of the latest beauty trends involves another chilly green tool, the jade roller. It might seem like just another fad, but the jade roller—which sort of looks like a mini paint roller with two smooth green stones on either end—is steeped in centuries-old Chinese history. Pinterest reported in 2017 that searches for facial rollers increased 345 percent, a clear indication that folks are interested in this long-used beauty tool.

While there's a bit of mysticism surrounding jade (it's thought of as "the stone of heaven" in Chinese culture), there's a little bit of science, too. Jade rollers can do two things for your facial skin: first, it can increase circulation and stimulate lymphatic drainage throughout your face. When you keep the jade roller in the fridge and use it chilled, the cool stone can reduce puffiness and redness, though it won't have long-term effects. Second, it can work treatment serums deeper into the skin, potentially for a better product effect.

There's not a ton of research surrounding the use of jade rollers, but many people report simply enjoying the ritual of rolling the cool stone over their skin. Use the larger stone across your cheeks, forehead, chin, and neck, and glide the smaller stone around your eyes. Jade isn't porous, so it doesn't harbor bacteria; however, start rolling after you've washed your face, so you're not pushing dirt or makeup deeper into your skin. While you might not see long-term effects in your skin, there's something to be said for the destressing properties that the cool touch of jade can offer.



An Expansion of HIIT-Style Workout Classes

Who has time for hours of workouts? More gyms and fitness studios are developing or picking up HIIT classes (that's high-intensity interval training, for the newbies) that let members work harder in less time. Perfect example: Global fitness guru Les Mills' new-ish Sprint and Grit classes, available in gyms across the state.

Cryotherapy: So Cold It's Hot

You might think people who voluntarily climb into a freezing (or near-freezing) booth for three to five minutes are crazy, but just you wait—you're going to be hearing about this non-medical treatment more and more this year. Cryotherapy reportedly soothes muscle pain and helps with joint and muscle disorders, including arthritis. Research supports cryotherapy for speeding up healing time in muscles and reducing inflammation.

Just-for-You Supplements

Not everyone needs all the vitamins and minerals that come in a standard multivitamin supplement. "We don't eat all the same, live the same, or have the same health issues," says Arielle Levitan, MD, of Vous Vitamin LLC, a national brand. "Why should we take the same vitamins?" Generally, the company—there's a lot of them, including Care/Of, Ritual, and Persona—offers a quiz that helps you figure out what supplements will benefit you the most.

Workplace Wellness Wins

It started with smoking cessation and evolved into standing desks, but workplace wellness efforts will continue to expand during 2019. Expect to see wellness programs that have been tailored to the employee's goals (whether it's weight-loss, disease management, or otherwise), as well as an increased focus on mental health, both in the workplace and outside of it. "Mindfulness in the workplace is catching on," notes Joy Rains, author of *Meditation Illuminated: Simple Ways to Manage Your Busy Mind*. "Employers realize that happy, healthy employees are productive employees. No longer a fringe practice, there's a big demand for mindfulness programs at work, whether to reduce stress or increase productivity—or both."

The Rise of CBD Products

CBD might be controversial, but that doesn't mean it's not showing up everywhere. Cannabidiol (CBD) is legal in Maryland without a prescription, and a number of companies are infusing the oil—which is totally different than THC, the compound in marijuana that gets a person high—into products such as chocolate, gumdrops, honey, and moisturizers (to apply on your skin, not to eat). "CBD-infused products have continued to grow in popularity, and with that audience growth, it is becoming increasingly mainstream versus simply a fringe product," reports social media stylist Sandra Young of Social Styles, a national marketing firm that focuses on the health and wellness industry.



HEALTH & BEAUTY HEALTH

Wellness Trends

FIVE HEALTH
AND WELLNESS
TRENDS FOR 2019

By Kelsey Casselbury

At the dawn of each new year, experts in a number of industries do their best to predict what's going to be hot over the next 12 months. Crafted with help from some trend spotters, here are What's Up? Media's thoughts on what's going to be big in health and wellness for 2019. →

Fresh Look

BRUSSELS SPROUTS

By Kelsey Casselbury

Brussels sprouts are those vegetables that you love to hate (or, at least you probably did as a child). Any sprout advocate loves to tell the haters, though, that if you really don't like these tiny little cabbages, you probably haven't had them prepared correctly. And, well, that's probably true.

While some people like Brussels sprouts to be boiled within an inch of its life, most aren't going to find that very tasty. That's a shame because this member of the cole crop family (or cruciferous), which includes broccoli, turnips, and kale, can be quite delicious when done right. They also provide a couple of important vitamins in extra-large doses, such as vitamin K (137 percent of the daily value!) and vitamin C (81 percent). Vitamin K is essential for coagulation, the formation of blood clots that stem bleeding; it also plays a role in bone health and may protect against osteoporosis.

Brussels sprouts—like other produce—are also a significant source of antioxidants. Specifically, in this case, the antioxidant of choice is kaempferol, which may play a role in reducing cancer cell growth, easing inflammation, and improving heart health.

Because Brussels sprouts are a cold-weather vegetable, this is the time of the year to finally learn how to cook them right. Check out this recipe that roasts them up real crispy and tosses the halves with flavorful cranberries, pecans, and good, old-fashioned olive oil and balsamic.



Roasted Brussels Sprouts with Cranberries and Pecans



RECIPE

1 pound fresh Brussels sprouts
 3/4 cup pecan halves
 1/3 cup dried cranberries
 2 tablespoons extra-virgin olive oil
 1 tablespoon balsamic vinegar
 1 tablespoon fresh thyme (or 1 teaspoon dried)
 1/4 teaspoon salt
 1/8 teaspoon pepper

Preheat the oven to 400°F. Prepare a sheet pan by lining it with foil or parchment paper.

Prepare the Brussels sprouts by washing and trimming the ends. Re-

move any outer leaves that are falling off, and then slice the sprouts in half lengthwise.

Combine the Brussels sprouts, pecans, and cranberries in a large

bowl. Drizzle with the olive oil and vinegar, and then add the thyme, salt, and pepper. Toss well to combine.

Spread the mixture out on the baking sheet.

Bake for 20 to 30 minutes, or until the Brussels sprouts have dark, crispy outer leaves. Remove from the oven and serve immediately.

Finding the Perfect Work Bag

By Kelsey Casselbury

This bag can be worn in three ways—tote, backpack or messenger-style—making it ultra-versatile for the professional on the go. “As a designer, my work schedule can be wacky,” says Bartaile co-founder Jane Hervey. “Some days, I’m setting up camp in a coffee shop for an hour or two in between stacked meetings. Other days, I’m running to catch a flight at the airport (and true to form, I’m usually late). So, when it comes to choosing a work bag, I need something versatile—something designed for a 12-hour life.”

C12 Nylux Laptop Bag in Laden, Bartaile, \$185, Bartaile.com

Whether you’re the CEO, the assistant, or something in between, you need a work bag that serves multiple purposes. It needs to look elegant and professional while staying on-trend. It should fit the must-haves (a laptop, wallet, essential-but-random paperwork) with the nice-to-haves (Kindle, makeup tote, reusable water bottle). And it needs to be sturdy.

DUAL STRAPS: Invest in the right bag, and you’re less likely to have to invest in a chiropractor. A bag loaded up with workplace essentials can be heavy, so you should change the way you carry it to ensure the bag doesn’t start to hurt your body. Look for a bag that has both a long strap and shorter handles to carry in your hands or over your shoulder.

LIGHTWEIGHT: Your things are heavy enough. There’s no need to weigh down a work bag with a ton of hardware. Before investing, pick up the bag and see how it feels before it’s been filled to the brim.

THE RIGHT LEVEL OF STYLE: It’s always a good idea to stay on top of the trends, but your profession will dictate exactly how trendy you can get. If you’re a C-level executive, stay with a simple, classic look. Those in more casual jobs can get away with a look that’s a bit more fun.

NEUTRAL HUE: A colorful clutch is a wonderful accessory, but stick with neutrals for your work bag, so it matches the majority of your business clothing. Think beige (or champagne, for a bit of shimmer), black, chocolate brown, gray, navy, or even a deep burgundy.

Despite its functional necessity, a good work bag is one of the last things a woman thinks about when she’s building her wardrobe. Even the most frugal shoppers should consider investing in a quality bag—after all, it’s used nearly every day, and a mid-morning strap snap can cause *major* issues. Here’s what to look for when on the hunt for a new work bag:

PLENTY OF POCKETS: This might go without saying, but an organized gal can really benefit from a good number of pockets in a bag. If you carry your laptop everywhere, look for a tote that has a zippered compartment to store the computer (for safety purposes), as well as compartments for your keys, phone, lip gloss, and other essentials. Then, instead of tossing everything into the main compartment, actually use those pockets—it really does make life easier.

The Zip-Top Transport Carryall in Dark Cabernet, Madewell, \$188, Madewell.com

Bree Large Top Zip Leather Satchel in Bordeaux, Rebecca Minkoff, \$345, Rebeccaminkoff.com

Products We Love

THIS MONTH'S PICKS FROM
THE BEAUTY BUZZ TEAM

By Caley Breese

Want to know what's up in the world of beauty and beyond? Look no further! Here, you'll find the latest and greatest hair, skin, and makeup products, reviewed by our Beauty Buzz Team (and the occasional member of our What's Up? Staff). Read on and decide for yourself whether you would like to try it or not. Stay tuned for reviews by our new Beauty Buzz team, coming next month!



1.

"Unlike some facial scrubs, this one is gentle enough to use often and in the winter. I was hesitant to use it with the level of dryness I was experiencing due to the weather, but this product actually seemed to help. My skin felt clean, renewed, and moisturized afterwards." —Beauty Buzz Member Starr Grill, 48, Crownsville



2.

"Clever compact packaging makes applying this facial powder a breeze. I love being able to whip it out of my purse and apply on the go. This is the perfect finishing powder, which can also be used alone to reduce shine." —Beauty Buzz Member Jessica Vermillion, 39, Crofton



3.

"My hair is pretty dry and tends to have flyaways. Normally when I use an elixir, it makes my hair look greasy, but this product was fantastic! It controlled the frizz and made my hair look healthy and shiny!" —Account Executive Lisa Peri, 48, Annapolis



1 RENEWED PUMPKIN WALNUT FACIAL CLEANSER BY FEEL

\$18/2 fl. oz.; \$28/4 fl. oz., thisisfeel.com

Rid your face of dead skin cells with this deep, yet gentle, exfoliant, formulated with pumpkin and walnut powder. Pumpkin fortifies the skin with alpha hydroxy acids, zinc, and vitamins A and C, while the walnut powder gently exfoliates skin to achieve a rejuvenated glow. To use, apply product onto damp skin and massage in a circular motion. This vegan facial cleanser is gentle enough for everyday use.

For more reviews, visit us online at WHATSUPMAG.COM



2

100% MINERAL INVINCIBLE SETTING POWDER BY SUPERGOOP!

\$30, supergoop.com

Set your makeup and protect your skin at the same time with this SPF 45 mineral setting powder. This formula includes ingredients like Ceramide 3 to protect skin from environmental damage, and olive glycerides to moisturize. The handy, refillable brush is perfect for when you're on the go and need a quick touch-up. This sweat-resistant setting powder offers a smooth matte finish.

3

ARGAN MOISTURIZING ELIXIR BY BALMAIN

\$47/3.38 fl. oz., [Symmetry Salon Studios in Annapolis](http://SymmetrySalonStudios.com)

Formulated with moisture-retaining ingredients like organic Argan Oil and Silk Protein, this hydrating elixir adds radiant shine while controlling frizz and protecting damaged hair. To achieve smooth, nourished hair, apply elixir throughout damp or dry hair and style as desired.



Meet the Beauty Buzz Team

By Caley Breese | Photos by Steve Buchanan Photography

SPECIAL THANKS TO: **Makeup by Judee Jo, Symmetry Salon Annapolis, The Park Salon & Barber**

What's Up? Media held its annual Beauty Buzz orientation party on Thursday, October 18th, welcoming a new team of 12 beauty and grooming gurus. And, for the first time, two men have joined the team! Held at the office in Annapolis, the celebration included a meet-and-greet with some of the What's Up? staff, an introduction to the review process, some light bites, and, of course, champagne. It wouldn't be a party without a little bubbly! The new members also received their first bag filled with amazing products to test and review. Look out for their first product reviews in print and online (at Whatsupmag.com) in February.



Brian Jacobs
Age: 26 Location: Baltimore Favorite brands: American Crew; Neal's Yard Remedies; Neutrogena Desert island item: American Crew Fiber



Carolina Rauch
Age: 28 Location: Annapolis Favorite brands: Urban Decay; IT Cosmetics; Caudalie Desert island item: IT Cosmetics Your Skin But Better CC+ Cream



Cathy Belcher
Age: 66 Location: Edgewater Favorite brands: Aveeno; Redken; Not Your Mother's Desert island item: Sunscreen



Conor Reynolds
Age: 25 Location: Baltimore Favorite brands: Gillette Desert island item: Sunscreen SPF 70+



Denise Hadden
Age: 37 Location: Severna Park Favorite brands: Thrive Causemetics; Bare Minerals Desert island item: Chapstick



Jennifer Smith
Age: 37 Location: Gambrills Favorite brands: NARS; Erno Lazlo; Laura Mercier Desert island item: Epicuren Propolis Sunscreen



Jillian Amodio
Age: 28 Location: Annapolis Favorite brands: Arctic Fox; Aveda; TRESemmé Desert island item: Lip gloss



Lara Mish
Age: 45 Location: Annapolis Favorite brands: IT Cosmetics; Smashbox; Benefit Desert island item: Eyeliner



Lindsey Follis
Age: 26 Location: Annapolis Favorite brands: Benefit; OUA; Too Faced Desert island item: Gigi Hadid x Maybelline Jetsetter Palette



Lyndsie Cox
Age: 21 Location: Glen Burnie Favorite brands: Anastasia Beverly Hills; L'Oreal; Tarte Desert island item: Highlighter



Mandy Owens
Age: 40 Location: Annapolis Favorite brands: Beautycounter; Kevin Murphy; EVER Desert island item: Tinted moisturizer with SPF



Terrie Boucher
Age: 60 Location: Crownsville Favorite brands: Almay; Urban Decay; Pantene Desert island item: Moisturizer with sunscreen

Parents, put on your oxygen mask first

“Put on your oxygen mask first” might sound like a cliché, but it’s the best metaphor for self-care.

How many times have you felt burned out but continued to push yourself past your limits? How many times have you put your needs on the back burner for your family despite being exhausted? And how many times have you said “yes” when really what you wanted to say was, “no, not today”?

Being a parent is a beautiful gift. By nature, you begin to let go of your priorities to take care of your children. You can’t help but give them your all, even if that means coming home after a busy day and continue to parent when you are tired.

Your children need you. Now more than ever before as the discussion around mental health is at an all-time high. The statistics are eye-opening. One in 5 children ages 13 to 18 have or will have a serious mental illness at some point during their life, according to the National Alliance for Mental Illness (NAMI). Another finding shows that suicide is the third leading cause of death in ages 10 to 24.

You play a crucial role in your child’s wellbeing and mental health, but caring for your child can have an impact on your health too. To best care for the people you love, you must first take care of yourself.



HERE ARE SOME STEPS YOU CAN TAKE:

Practice self-care. No, you’re not selfish—this is important to remember. Self-care has become a trendy term but most people don’t put it into practice. A good way to start is first give yourself permission to do it and focus on yourself, even if it’s just for a day.

Identify replenishing activities that work for you. Scrolling through your phone, being on social media or watching TV are activities that occupy your time but do not replenish you. Instead, try taking a walk, going for a jog or sitting somewhere surrounded by nature. Savor doing activities that replenish you and look forward to doing them.

Know your limits. It’s OK to ask for help or delegate chores and responsibilities to others when you don’t feel like you can take on more. Not being able to do everything by yourself is not a sign of weakness. It is realistic to know your limits and to prioritize self-care.

Look at the big picture and re-center. Centering helps you be a consistent and stable parent for your children. If you’re always involved in a frenzy of activities, you won’t be able to do this. Practice mindfulness—being present in the moment with full awareness and without judgment of thoughts and feelings – instead of being distracted by what’s next on the list. Engaging in self-care activities and reminding yourself of core values can help with centering.

Set realistic expectations. Don’t compare yourself to other parents. Parenting is not a competition. What might be a priority for you might not be for another parent. Identify what is important to you and your family. Is it spending more time together? Sharing more things? Going out to the movies? Set your own goals and expectations, and focus on those.

Schedule alone time. Yes, you’re allowed to do this! Listen and take care of yourself.

Meditate/relax. Take a break from the “motor mind” by deep breathing, being a witness to the thoughts in your mind, or listening to music that uplifts you. This is a good way to relax, be present and unwind from your hectic day-to-day.

Ask for help. Approximately one in five adults in the U.S.—43.8 million—experiences mental illness in a given year, according to NAMI. Don’t be afraid to seek professional help or talk to your doctor about issues you may be experiencing. By taking care of your own physical and emotional health, you’ll be better equipped to serve as a role model for your child and/or handle the challenges of supporting someone with a mental illness. Neglecting your own emotional needs can lead to depression or anxiety down the line. Don’t forget that your children are watching and will learn from you how to deal with stressful situations. Be in tune with yourself. You can’t live a life that’s fulfilling and meaningful if you’re always focused on others. Like they tell you on an airplane, you can’t help the person next to you if you don’t have your oxygen mask on first.

“Parents, Put On Your Oxygen Mask First” is provided by Anne Arundel Medical Center.



**THE BLACKWALL
BARN & LODGE**
Now Open in Gambrills



*Just a Few Miles
from Typical*

329 Gambrills Road | Gambrills, MD 21054
410-317-2276 | barnandlodge.com



★★★★

TRULY A 4 STAR EXPERIENCE

Experience the finest Hunan, Cantonese & Szechuan food exquisitely prepared by one of Maryland's Finest Oriental Master Chefs.



OPEN 7 DAYS

Sun-Thurs: 11am-10pm
Fri & Sat: 11am-10:30pm

ODENTON SHOPPING CENTER
1131 Annapolis Rd., Odenton, MD 21113
410-672-2928
www.hunanrose.com

CLASSIC TECHNIQUES
FRESH INGREDIENTS

Sunday Brunch
11:30 - 3pm

Monday Pizza Nights
Cheese Pizza \$8, Woodcutters and Harvest Pizza \$10

1251 West Central Avenue • Davidsonville, MD
443-203-6846 • www.harvestthymetavern.com

Hours: M-F 8:30-9pm, Th & Sat 11:30-9pm
Fri & Sat 12:30-11pm • Happy Hour M-F 3:30-6:30pm

IT'S A BRAND NEW YEAR, SO IT'S TIME TO
START FRESH!

DAVID'S
Natural Market

WE SPECIALIZE IN LOCALLY GROWN ORGANIC PRODUCE

Family-owned and operated business for over 38 years!

Bulk foods • Gluten-free
Raw and Paleo Friendly

A wide selection of vitamins, herbs & other supplements

Mention this ad and receive
20% OFF
Nutritional supplements to kickstart a healthy new year

We carry a full line of CBD products

871 Rt. 175 (Annapolis Rd) • Gambrills, MD 21054 • 410.987.1533 • Columbia 410.730.2304 • Forest Hill 410.836.0808

Dining

98 REVIEW | 100 GUIDE

Steak at
Ruth's Chris
in Odenton

WHAT'S UP? READERS
RESTAURANT
REVIEW

Calling All Food Critics!

Send us your restaurant review and you'll be eligible for our monthly drawing for a **\$50** gift certificate to a local restaurant. Submit your dining review at whatsupmag.com/promotions.



1110 Town Center Blvd., Odenton | 240-556-0033 | ruthschris-odenton.com

**RUTH'S
CHRIS**
in Odenton

DINING REVIEW

The Not So Hidden Pearl

By Rita Calvert

Photography by Stephen Buchanan



Ruth's Chris in Odenton may seem a little removed from the hustle and bustle of nearby Waugh Chapel or Hanover, but we found this lightly hidden pearl to be a gem. As Ruth's Chris goes into year two, this location appeared to be booming on the evening of our visit.

Like its sister locations, Ruth's Chris offers valet parking, sizzling hot plates, and a bit of classy glam. Deep silver walls frame a sea of rich wood, luxe granite table and bar tops—very au courant colors—and a beautiful sheen in the low (but adequate) lighting. If you had any idea that Ruth's Chris was “old school,” this fresh decor will dispel that notion. One feels sophisticated and pampered by attentive servers in

a private booth, featuring a striking chandelier, enclosed by floor to ceiling drapes for drama or privacy.

We loved browsing the interesting libations. You're doing your soul a favor when you sample a curated cocktail. The term means that someone knowledgeable has selected the best ingredients—spirits, French and Italian aperitifs, and sundry complementary enhancements like bitters, syrups, infused oils, fruit, and even vegetables and herbs. Determined to extend that summer feeling despite a dreary evening that prevented us from charming patio al fresco dining, my friend ordered the Strawberry Basil Gimlet with *Hanger 1* vodka. It couldn't have been prettier or tastier—bright and fresh with the house-made strawberry puree and large fresh

basil leaf and strawberry garnish. It was, “pitcher-worthy,” and wish granted, the martini glass was not only full when served, but accompanied by a fetching cocktail shaker, with sufficient reserves to top off the glass not once, but twice. There are also some excellent throwback curated cocktails—Port of Manhattan, Blackberry Sidecar, Gambler's Old Fashioned, and Moscow Mule.

It was a challenge deciding what starters to select, given the intriguing choices, and our arrival during happy hour gave us the opportunity to try the offerings with special prices. We both chose “surf” starters ahead of our “turf” main courses. Eight substantial Ahi tuna slices arrived, pooled with sauce, on an elongated platter with a bouquet of sliced cucumber, red onion, and pickled ginger. My compadre chose spicy lobster, which was lightly fried



deal. They arrived sizzling, as the thick heroes on the plate. I chose Cremini mushrooms bubbling with juices in their own skillet as their accompaniment.

In case you share my recent experiences where dessert menus just round up the usual ho-hum suspects, we chose wisely to indulge in the chef's feature menu offering. Dessert is included in the prix fixe, so we shared a lemon cheesecake bar with walnut crust, garnished with berries and cream. Two petite triangles were perfectly portioned. We paired it with French press rich decaf. It was also delicious.

with a pleasing hint of crisp texture. The succulent lobster's spicy sauce was added with just the right touch to assure that the fresh meat would shine. Set in a bed of shredded Napa cabbage and scallion greens, the dish was both picturesque and fragrant.

We perused the menu and noticed the chef's feature page highlights any fresh fish and Ruth's classic dinners or prix fixe at special tiered prices, which include a starter, entrée, and dessert for one. A note here that Ruth's Chris will accommodate dairy- and gluten-free diets. My companion selected one of the chef's feature dinners and went with the ribeye entrée—a full 11-ounce plateful. Now you know why we had been careful to choose a light seafood starter. Thank you, Ruth's Chris for double-plating the behemoth sizzler's hot plate on a cool plate separated

by a linen napkin for easier handling. Perfectly grilled to medium rare as requested. It was nicely marbled and mouth-watering. The Romaine-wedge salad stood out from several tempting options: classic Caesar salad, house salad, and a novel-sounding soup. It was a welcome surprise to see a "planked updated" version of the classic wedge revival: a split head of Romaine (a "right-size" whole one) dressed with a colorful medley of chopped bacon, corn, and blue cheese crumbles. You can choose your own dressing from several house-made options, but would you want anything other than blue? We even asked for extra and were readily accommodated.

There are great non-steak entrees as well and I was up for some quality lamb. I learned the three five-ounce chops are from the rack and that sealed the

Given the size of the entrees, doggy bags are inevitable, and we certainly were no exception. We have to admit sometimes the food tastes even better the next day. Be aware that prices aren't listed on the online menu, so calculate that a full meal will cost around \$100 per person.

Ruth's Chris is often considered a special event restaurant. And why not, when the celebrated person's table is sprinkled with rose petals? A complementary dessert is also a bonus for milestone events.

Rita Calvert has close to three decades in the food, media production, marketing, and public relations fields. She has created myriad programs, events, cooking sessions on national television for corporations, the stage for cookbooks, and founded the original Annapolis School of Cooking.

Dining Guide

Advertisers Listed in Red

Average entrée price
\$ 0-14 \$\$ 15-30 \$\$\$ 31 and over

☎ Reservations

Y Full bar

👨 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2018 Winner

Crofton/ Gambrills

Allison's Restaurant

2207 Defense Highway, Crofton; 410-721-0331; Allisonsrestaurant.com; American; lunch, dinner \$\$ ☎ Y 🍷

The Big Fish Grille

1260 Crain Highway, Crofton; 410-451-3133; Thebigfishgrille.com; Seafood; lunch, dinner \$\$ ☎ Y 🍷 *

Blue Dolphin Seafood Bar & Grill

1166 Route 3 South, Ste. 201, Gambrills; 410-721-9081; Bluedolphingrill.com; Modern American, seafood; lunch, dinner \$\$\$ ☎ Y 🍷

Bonefish Grill

2381 Brandermill Boulevard, Gambrills; 410-451-5890; Bonefishgrill.com; Seafood; brunch, lunch, dinner \$\$ ☎ Y 🍷

Christopher's

1286 Route 3 South, Crofton; 410-451-1602; Christophersdining.com; Modern American; lunch, dinner \$\$ ☎ Y

Coal Fire

1402 South Main Chapel Way Ste. 110, Gambrills; 410-721-2625; Coalfireonline.com; Pizzas, sandwiches, salads; lunch, dinner \$\$ Y 🍷

Fat Boys Crab House

1651 Route 3 North, Crofton; 443-292-4709; Fatboyscrofton.com; Seafood, American; lunch, dinner \$-\$\$ *

Frisco Taphouse

2406 Brandermill Blvd, Gambrills; 443-292-4075; Friscotaphouse.com; American; lunch, dinner, weekend brunch \$ Y 🍷 *

Fuji Modern Asian Cuisine & Sushi Lounge

1314 Main Chapel Way, Gambrills; 410-721-5888; Fujiasiancuisine.com; Japanese; lunch, dinner \$\$ ☎ Y 🍷

Genghis Grill

1402 South Main Chapel Way, Ste. 104, Gambrills; 410-451-1594; genghisgrill.com \$\$ Y 🍷 👑

The Greene Turtle

2383 Brandermill Boulevard, Gambrills; 410-451-7544; Thegreeneturtle.com; American, sports bar; lunch, dinner \$ Y 🍷 👑

Houlihan's

1407 S. Main Chapel Way, Gambrills; 410-721-4468; Houlihans.com; Modern American; lunch, dinner \$ ☎ Y 🍷

Kodo Empire Garden

1166 MD-3, Suite 210, Gambrills; 410-721-5777; Empiregarden-gambrills.com; Japanese; lunch, dinner \$\$

Ledo Pizza

1286 MD-3, Crofton; 410-721-5200; Ledopizza.com; Italian; lunch, dinner \$ 🍷 👑

Molloy's

1053 MD-3, Gambrills; 410-451-4222; Irish, American, Seafood; lunch, dinner, weekend brunch \$ Y 🍷

Mamma Angela's

2225 Defense Highway, Crofton; 443-584-4038 Mammaas.com; Italian; lunch, dinner \$-\$\$

Mi Casita Mexican Restaurant

1334 Defense Highway, Gambrills; 410-451-0025; Micasitainc.com; Mexican; lunch, dinner \$ Y 🍷

Namaste Indian Cuisine

2510 Conway Road, Gambrills; 410-912-1455; Indian; lunch, dinner \$\$ ☎ Y 🍷 👑

Nautilus Diner & Restaurant

1709 Transportation Drive, Crofton; 410-451-8515; American diner; breakfast, brunch, lunch, dinner \$ Y 🍷

Osaka Grill & Buffet

1633 Crofton Center, Crofton; 410-721-1222; Osakagrillbuffet.com; Japanese Buffet; lunch, dinner \$ 🍷

Otani

1153 Route 3 North, Gambrills; 410-721-7338; Otanijapanese-cuisine.com; Japanese, sushi; lunch, dinner \$ ☎ Y

Panera Bread

1402 S Main Chapel Way #102, Gambrills; 410-721-9041; Panerabread.com; American café; breakfast, lunch, dinner \$ 🍷

Querétaro

1406 S Main Chapel Way, Ste. 110, Gambrills; 410-721-1392; Queretaroinc.com; Mexican; lunch, dinner \$ Y 🍷

Renos Restaurant

1344 Defense Highway, Gambrills; 410-721-0575; American; breakfast, lunch; \$ 🍷

Royal Kabab Restaurant

738 Route 3, Gambrills; 410-697-3216; Royalkabab.com; Indian; lunch, dinner \$ 🍷

Rusty's Ribs-N-BBQ

704 MD-3, Gambrills; 443-805-5282; BBQ; lunch, dinner \$

Squisito Pizza & Pasta

1663 Crofton Center, Crofton; 410-721-1501; Squisitopizzaandpasta.com; Italian, pizza; lunch, dinner \$\$ 🍷

Thai at Waugh Chapel

1406 S Main Chapel Way #102, Gambrills; 410-415-1004; Thaiat-waughchapel.com; Thai; lunch, dinner \$ Y 🍷

V N Noodle House

2299 Johns Hopkins Road, Gambrills; 410-721-6619; Vietnamese; lunch, dinner \$

HOULIHAN'S

"Great spot to enjoy a meal and some drink" –Jeremy Bailey

Hanover

DuClaw Brewing Company

7000 Arundel Mills Circle, Hanover; 410-799-1166; Duclaw.com; American, brewery; lunch, dinner \$\$ Y

George Martin's Grillfire

7793 Arundel Mills Boulevard, Hanover; 410-799-2883; Georgemartinsgrillfire.com; Modern American; breakfast, lunch, dinner \$\$ ☎ Y 🍷

Little Spice Thai Restaurant

1350 Dorsey Road, Hanover; 410-859-0100 Littlethicethairestaurant.com; Thai; lunch, dinner \$\$ Y 🍷

Maiwand Kabob

7698 Dorchester Boulevard, Hanover; 443-755-0461; Maiwandkabob.com; Afghan, kabobs; lunch, dinner \$\$ 🍷

Red Parrot Asian Bistro

7698 Dorchester Boulevard, Ste. 201, Hanover; 410-799-4573; Redparrotasianbistro.com; Japanese, sushi; lunch, dinner \$\$\$ ☎ Y 🍷

Vivo Trattoria & Wine Bar

At the Hotel at Arundel Preserve; 7793 B Arundel Mills Blvd., Hanover; 410-799-7440; Vivotrattoria.com; Italian, pizza; lunch, dinner \$\$ Y 🍷 *

Millersville/ Glen Burnie

Gina's Cantina

722 Generals Highway, Millersville; 410-923-8226; Mexican American; lunch, dinner \$ Y 🍷 * 🎵

The Grill at Quarterfield Station

7704 D Quarterfield Road, Glen Burnie; 410-766-6446; Thegrillatquarterfieldstation.com; American; breakfast, lunch, dinner, Sunday brunch \$-\$\$ Y 🍷

Hella's Restaurant and Lounge

8498 Veterans Highway, Millersville; Hella'srestaurantandlounge.com; 410-987-0948; Greek, American, Seafood; lunch, dinner \$\$ ☎ Y 🍷

Ledo Pizza

8531 Veterans Highway, Millersville; 410-729-3333; Ledopizza.com; Italian; lunch, dinner \$ 🍷 👑

Lee's Szechuan Restaurant

672 Old Mill Road, Millersville; 410-987-6111; Leesszechuan-restaurant.com; Chinese; lunch, dinner \$

Libations

8541 Veterans Highway, Millersville; 410-987-9800; Libationsmd.com; American; lunch, dinner, weekend brunch \$\$ ☎ Y 🍷 *

LIBATIONS

"The staff is friendly and the food is very good."

–Carol Harvey **WINNER!**

Mi Pueblo

7556 Ritchie Hwy, Glen Burnie; 410-590-1616; Mipueblo1.com; Mexican; Lunch, Dinner \$-\$\$, #

Sunset Restaurant

625 Greenway, Glen Burnie; 410-768-1417; Sunsetrestaurant.com; Italian, seafood; lunch, dinner \$\$ # Y

Tijuana Tacos IV

7703 Quarterfield Road, Glen Burnie; 410-766-0925; Mexican; breakfast, lunch, dinner \$

Willy's Kitchen

7271 Baltimore-Annapolis Boulevard, Glen Burnie; 410-761-8001; Willyskitchenandcatering.com; American; breakfast, lunch, dinner \$ #

Odenton

Baltimore Coffee & Tea Company

1110 Town Center Boulevard, Odenton; 410-874-3573; Baltcoffee.com; American café, coffee and tea; breakfast; lunch \$ #

Bangkok Kitchen

Thia Restaurant
1696 Annapolis Road, Odenton; 410-674-6812; Bangkokkitchen.webs.com; Thai; lunch, dinner \$

Crab Galley

1351 Odenton Rd, Odenton; 410-672-1272; Crabgalley.com; Seafood; lunch, dinner \$\$ #

Grace Garden

1690 Annapolis Road, Odenton; Gracegardenchinese.com; 410-672-3581; Gourmet Canton and Sichuan Chinese; lunch, dinner \$\$ #

PERRY'S RESTAURANT & COCKTAIL LOUNGE

"A local gem with tasty food."

—Joan Wyatt

Hong Kong Gourmet

1215 Annapolis Road # 109, Odenton; 410-672-3970; Hongkonggourmetmd.com; Chinese; lunch, dinner \$ #

Hunan L'Rose

1131 Annapolis Road, Odenton; 410-672-2928; Hunanrose.com; Chinese; lunch, dinner; Family Friendly: Yes \$ # #

★ Mamma Roma

Village Center Shopping Center, 8743 Piney Orchard Parkway #102-103, Odenton; 410-695-0247; Mammarmomas.com; Italian, catering; dinner \$\$ Y # #

Orchard Café

8777 Piney Orchard Parkway, Odenton; 410-695-0666; American; breakfast, lunch, dinner \$ #

Pachanga Grill

Mexican Restaurant
8395 Piney Orchard Parkway, Odenton; 410-551-9318; Pachangagrill.com; Mexican; brunch, lunch, dinner, catering \$ Y

Perry's Restaurant & Cocktail Lounge

1210 Annapolis Road, Odenton; Perrys-restaurant.com; 410-674-4000; American, Greek; lunch, dinner \$ Y # #

Rincicito Mexicano

1103C Annapolis Rd, Odenton; Rincoicito-mexicanoinc.com; 410-305-0882; Mexican; lunch, dinner \$ Y #

Rieve's Deli

8376 Piney Orchard Parkway, Odenton; 410-674-4292; Rievesdeli.com; Deli, sandwiches; breakfast, lunch, dinner \$

Romeo's Pizza

8389 Piney Orchard Parkway, Odenton; 410-674-2700; Romeospizzamd.com; Italian; lunch, dinner, catering \$ #

Ruth's Chris Steak House

1110 Town Center Blvd, Odenton; 240-556-0033; Ruthschris.com; Steak, seafood; lunch, dinner \$\$\$ # Y #

The Hideaway

1439 Odenton Road, Odenton; Hideaway-odenton.com; 410-874-7300; Barbeque; brunch, lunch, dinner, catering \$\$ Y # #

Three Brothers

Italian Restaurant
Odenton Shopping Center, 1139 Annapolis Road, Odenton; 410-674-0160; Threebrotherspizza.com; Italian; lunch, dinner, catering \$ #

Severn / Severna Park

Brian Boru Restaurant & Pub

489 Ritchie Highway, Severna Park; 410-975-2678; Brianborupub.com; Irish; lunch, dinner, Sunday brunch \$\$ # Y # #

Café Mezzanotte

760 Ritchie Highway, Severna Park; 410-647-1100; Cafemezzanotte.com; Italian; lunch, dinner \$\$ # Y # #

Casa Della Nonna

8141 Telegraph Road, Severn; 410-551-8000; Casadellanonnamd.com; Italian; lunch, dinner \$ #

Our Espresso Bar is open and ready to serve you! Take out the chill this Winter with a delicious cocktail or a steaming cup of premium coffee imported from Italy.

Warm up with our Espresso Bar

Piccolo ESPRESSO BAR

KIMBO

Try one of our delectable homemade pastries, cannoli, biscotti or cocktails!

Odenton: 8743 Piney Orchard Pkwy, Ste. 102 • 410-695-0247
www.mammarmomas.com

CHEESE. CHOCOLATE. HEARTS. THEY ALL MELT HERE.

savor every moment

The Melting Pot
FONDUE RESTAURANT

2348 Solomons Island Rd
Annapolis, MD | 21401
410-266-8004

Book your fondue experience today.

MELTINGPOT.COM

OLD STEIN INN

"Delicious German dishes!"

-Daryl Hodge

Founders Tavern & Grille

8125 Ritchie Highway, Pasadena; 410-544-0076; Founders-tavernandgrille.com; American; lunch, dinner \$ 📞 🍷 🌟

Garry's Grill & Catering

Park Plaza Shopping Center, 553; Baltimore Annapolis Boulevard, Severna Park; 410-544-0499; Garrysgrill.com; American, Seasonal, catering; breakfast, lunch, dinner \$\$ 📞 🍷 🌟

Gianni's Pizza

2622 Severn Square Shopping Center, Severn; 410-551-5700; Italian; lunch, dinner \$ 🍷

Mi Pueblo II

554-A Ritchie Highway, Severna Park; 410-544-4101; Mipueblo2.com; Mexican; lunch, dinner \$ 🍷 🌟

Park Tavern

580 Ritchie Highway, Severna Park; 410-793-5930; Parktavernsp.com; American; lunch, dinner \$\$ 🍷

Mike's Crab House North

1402 Colony Road, Pasadena; 410-255-7946; Mikesnorth.com \$\$ 📞 🍷 🌟

Annapolis Area & Beyond

Bean Rush Café

1015 Generals Highway, Crownsville; 410-923-1546; Beanrushcafe.com; Café, coffeehouse; breakfast, lunch \$ 🍷 🌟

Blackwall Hitchj

400 6th Street, Annapolis; 410263-3454; Theblackwallhitch.com; Upscale-casual New American restaurant; brunch, lunch, dinner, late-night \$\$ 🍷 🌟

Broadneck Grill & Cantina

1364 Cape St Claire Road, Annapolis; 410-757-0002; 74 Central Avenue West, Edgewater; 410-956-3366 ; Broadneckgrill.com ; Contemporary American and Mexican Cuisine; serve breakfast Saturday and Sunday; lunch, dinner \$\$ 📞 🍷 🌟

Davis's Pub

400 Chester Avenue, Annapolis; 410-268-7432; Davispub.com; American; lunch, dinner, late night \$ 🍷 🌟 🍷 🌟

Fuji Japanese Steakhouse

1406 S. Main Chapel Way, Gambrills; 410-721-6880; Jcfuji.com; Japanese; lunch, dinner \$\$ 🍷

G&M Restaurant & Lounge

804 N. Hammonds Ferry Road, Linthicum Heights; 410-636-1777; Gandmcrabcakes.com; Seafood; lunch, dinner \$\$ 📞 🍷

Harvest Thyme Modern Kitchen & Tavern

1251 West Central Ave, Davidsonville; 443-203-6846; Harvestthymetavern.com; American; lunch, happy hour, dinner 🍷 🌟

Herald Harbor Hideaway

400 Herald Harbor Road, Crownsville,; 410-923-4433; Heraldharborhideaway.com; American; lunch, dinner \$ 🍷 🌟

Lista's Grill

2412 Mountain Road, Pasadena; 410-437-8999; Listasgrill.com; American, steak, seafood; dinner \$\$ 📞 🍷

Lures Bar and Grille

1397 Generals Highway, Crownsville; 410-923-1606; Luresbarandgrille.com; American grill, seafood; lunch, dinner, Sunday brunch \$\$ 📞 🍷 🌟 🌟

Meatballs, Etc.

Columbia East Shopping Ctr 7351 As-sateague Drive, Jessup; 410-904-5626; Meatballs-etc.com; Italian; lunch, dinner \$ 🍷

The Melting Pot

2348 Solomons Island Rd, Annapolis; 410-266-8004; meltingpot.com; Fondue; dinner \$\$ 📞 🍷

Milano Pizza

1021 Generals Highway, Crownsville; 410-923-0093; Milanopizzaofcrownsville.com; Italian, lunch, dinner \$ 🍷

Old Stein Inn

1143 Central Avenue, Edgewater; 410-798-6807; Oldstein-inn.com; German; dinner \$\$ 🍷 🌟 🌟 🌟

The Point Crab House & Grill

700 Mill Creek Road, Arnold; 410-544-5448; Thepointcrabhouse.com; Seafood; lunch, dinner \$\$ 🍷 🌟 🌟 🌟 🌟

Rams Head Roadhouse

1773 Generals Highway, Annapolis; 410-849-8058; Ramsheadroadhouse.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$ 🍷 🌟 🌟

Rips Country Inn

3809 N. Crain Highway, Bowie; 301-805-5900; Ripscountryinn.com; Rustic country cooking and Chesapeake eats; breakfast, lunch, dinner \$\$ 🍷 🌟

Ruth's Chris Steak House

301 Severn Avenue, Annapolis; 410-990-0033; Ruthschris.com; American; dinner \$\$\$ 📞 🍷 🌟

WHAT'S UP? READERS'



RESTAURANT REVIEW



EAT. REVIEW. WIN.

Visit whatsupmag.com/pages/promotions or fill out the form below:

Have you dined at a delicious new spot or want to rave about your favorite restaurant? We want you for your restaurant review! Winners will win a \$50 gift certificate to a local eatery. Plus, the winner's review will be printed in a future Readers' Restaurant Guide in What's Up? Magazine.

Restaurant Name _____

Restaurant Location _____

Your Review _____

Name _____

Phone _____

Email _____

Address _____

City _____

Zip _____

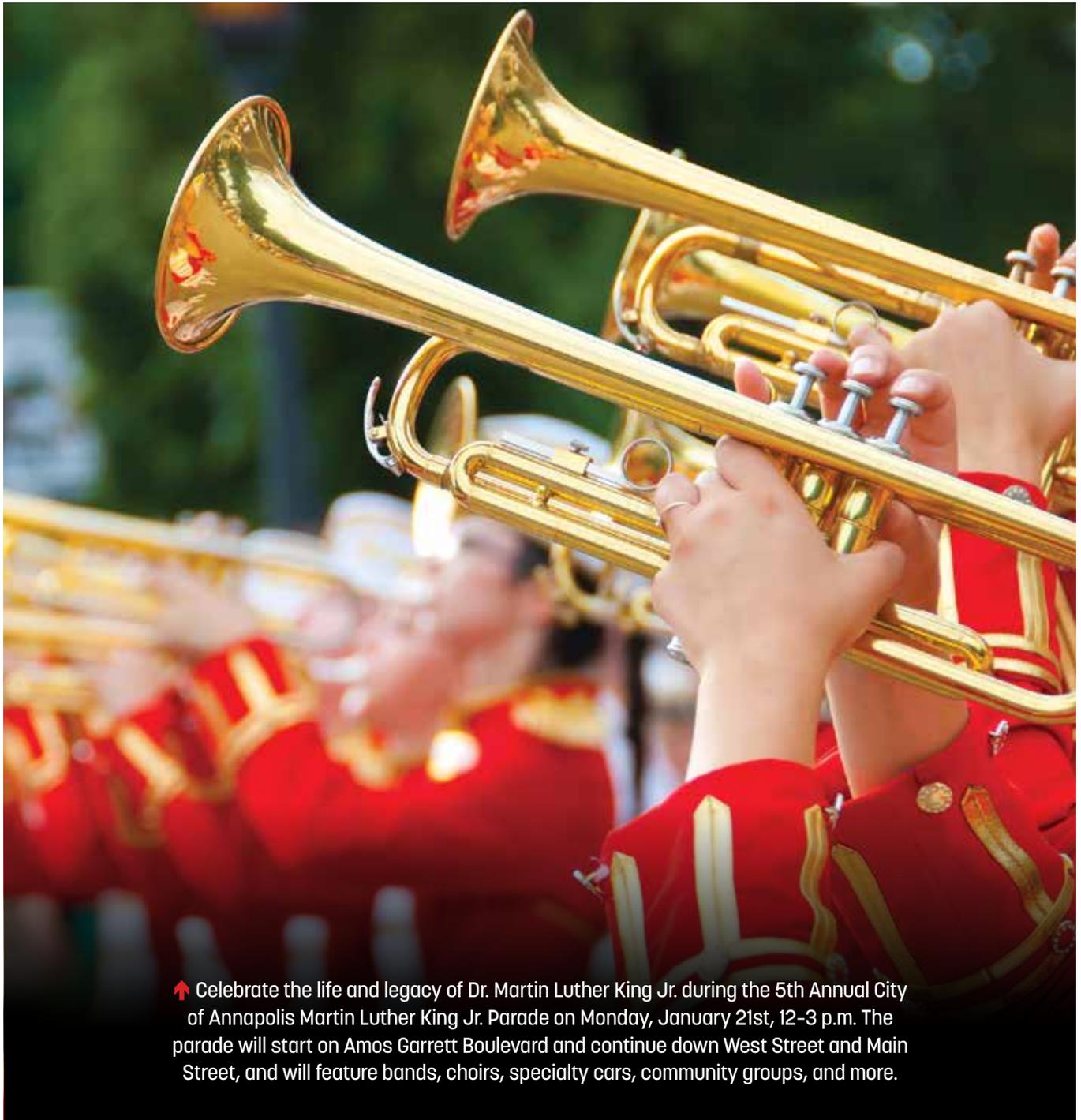
Would you like to sign up for our weekly eNewsletters?

_____ Yes please! _____ No thanks

January Calendar

(F) FAMILY EVENTS (C) CHARITY EVENTS (TIX) AVAILABLE AT WHATSUPTIX.COM

Advertisers listed in red What's Up? Tix event listed in blue



↑ Celebrate the life and legacy of Dr. Martin Luther King Jr. during the 5th Annual City of Annapolis Martin Luther King Jr. Parade on Monday, January 21st, 12–3 p.m. The parade will start on Amos Garrett Boulevard and continue down West Street and Main Street, and will feature bands, choirs, specialty cars, community groups, and more.

Tuesday

1

SPECIAL EVENTS

Video Game Wizards - Transforming Science and Art Into Games at Baltimore Museum of Industry, Baltimore. 10 a.m.-4 p.m. \$7-12. Now through January 31, 2019. 410-727-4808. Thebmi.org

Do Ho Suh: Almost Home at Smithsonian American Art Museum, Washington. 11:30 a.m.-7 p.m. Free admission. Now through January 21, 2019. 202-633-7970. Americanart.si.edu

Kent's Carvers and Clubs: Guides, Gunners and Co-ops at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. \$6-15. Now through March 31, 2019. 410-745-2916. Cbmm.org

Pictures of the Year: 75 Years of the World's Best Photography at Newseum, Washington. 9 a.m.-5 p.m. (Mon.-Thurs.) \$15-25. Now through January 20, 2019. 202-292-6100. Newseum.org

Diane Arbus: A Box of Ten Photographs at Smithsonian American Art Museum, Washington. 11:30 a.m.-7 p.m. Free. Now through January 21, 2019. 202-633-7970. Americanart.si.edu

Exploring the Chesapeake - Mapping the Bay at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. Prices vary. Now through March 17, 2019. 410-745-2916. Cbmm.org

Sense of Humor at National Gallery of Art, Washington. 11 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Free. Now through January 6, 2019. 202-737-4215. Nga.gov

Crowning Glory: Art of the Americas at The Walters Art Museum, Baltimore. 10 a.m.-5 p.m. (Fri.-Sun. and Wed.), 10 a.m.-9 p.m. (Thurs.), closed Mon. and Tues. Free. Now through October 7, 2018. 410-547-9000. Thewalters.org

Subverting Beauty: African Anti-Aesthetics at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Free. Now through June 2, 2019. 443-573-1700. Artbma.org

Luisa Moreno at The National Museum of American History, Washington. 10 a.m.-5 p.m. (Every day). Free. Now through January 2019. 202-633-1000. americanhistory.si.edu

Special Olympics at 50 at The National Museum of American History, Washington. 10 a.m.-5 p.m. (Every day). Free. Now through January 2019. 202-633-1000. Americanhistory.si.edu

A Century of Conservation: The 1918 North American Migratory Bird Treaty at Ward Museum of Wildfowl Art, Salisbury. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). \$7 adult, \$5 seniors, \$3 child and college student with ID, free for members and veterans/active military. Now through February 17, 2019. 410-742-4988. Wardmuseum.org

Kuba: Fabric of an Empire at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Free. Now through January 20, 2019. 443-573-1700. Artbma.org

Sean Scully: Landline at Hirshhorn Museum, Washington. 10 a.m.-5:30 p.m. Free. Now through February 3, 2019. 202-633-1000. Hirshhorn.si.edu

Mark Bradford: Tomorrow is Another Day at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Free. Now through March 3, 2019. 443-573-1700. Artbma.org

Between Worlds: The Art of Bill Traylor at Smithsonian American Art Museum, Washington. 11:30 a.m.-7 p.m. Free. Now through March 17, 2019. 202-633-7970. Americanart.si.edu

Japan Modern: Prints in the Age of Photography at Freer Gallery of Art / Arthur M. Sackler Gallery - Smithsonian Institution, Washington. 10 a.m.-5:30 p.m. Free. Now through January 21, 2019. 202-633-1000. Freersackler.si.edu

Parenting: An Art without a Manual at American Visionary Art Museum, Baltimore. 10 a.m.-6 p.m. (Tues.-Sun.). Prices vary. Now through September 1, 2019. 410-244-1900. Avam.org

John Waters: Indecent Exposure at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Free. Now through January 6, 2019. 443-573-1700. Artbma.org

The Chiaroscuro Woodcut in Renaissance Italy at National Gallery of Art, Washington. 10 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Free. Now through January 20, 2019. Nga.gov

Rafael Lozano-Hemmer: Pulse at Hirshhorn Museum, Washington. 10 a.m.-5:30 p.m. Free. Now through April 28, 2019. 202-633-1000. Hirshhorn.si.edu

Gordon Parks: The New Tide, Early Work 1940-1950 at National Gallery of Art, Washington. 10 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Free. Now through February 18, 2019. Nga.gov

Charline Von Heyl: Snake Eyes at Hirshhorn Museum, Washington. 10 a.m.-5:30 p.m. Free. Now through January 27, 2019. 202-633-1000. Hirshhorn.si.edu

Disrupting Craft: Renwick Invitational 2018 at Smithsonian American Art Museum Renwick Gallery, Washington D.C. 11:30 a.m.-7 p.m. Free. Now through May 5, 2019. 202-633-7970. Americanart.si.edu

Rodarte at National Museum of Women in the Arts, Washington. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). \$10 for adults, \$8 for seniors and students, free for youth under 18. Now through February 10, 2019. 202-783-5000. Nmwa.org

Romare Bearden: Visionary Artist at Reginald F. Lewis Museum of Maryland African American History & Culture, Baltimore. 10 a.m.-5 p.m. (Wed.-Sat.), 12-5 p.m. (Sun.). \$6-8. Now through March 3, 2019. 443-263-1800. Lewismuseum.org

The Annual Members' Exhibition: The Museum at 60 at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). \$3 for non-members, free for children under 12. Now through January 13, 2019. 410-822-2787. Academyartmuseum.org

Anne Arundel Community College Printmaking Club: Moods of Blue at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri., closed Tues.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through January 5, 2019. \$6. 410-222-1777. Fqwp.org

Ambreen Butt - Mark My Words at National Museum of Women in the Arts, Washington. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). \$10 for adults, \$8 for seniors and students, free for youth under 18. Now through April 14, 2019. 202-783-5000. Nmwa.org

Portraits of the World: Korea at Smithsonian National Portrait Gallery, Washington. 11:30 a.m.-7 p.m. Now through November 17, 2019. Free. 202-633-8300. Npg.si.edu

DIS | A Good Crisis at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through November 19th, 2019. Free. 443-573-1700. Artbma.org

Lights on the Bay at Sandy Point State Park, Annapolis. 10 a.m.-5 p.m. \$15-50. Lightsonthebay.org (F) (C)

25th Annual Penguin Swim at Princess Royale Ocean City Hotel, Ocean City. 10 a.m. \$25. 410-641-9671. Aghpen-penguinswim.com (C)

PERFORMING ARTS

The Importance of Being Earnest at Everyman Theatre, Baltimore. 7:30 p.m. Prices vary. 410-752-2208. Everymantheatre.org

MUSIC

Wale & Friends 8th Annual New Year's Day Show at Fillmore Silver Spring, Silver Spring. 8 p.m. \$39.50. 301-960-9999. Fillmoreilver-spring.com

Wednesday

2

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. \$5. 443-842-7000. Marylandlivecasino.com

Time Frames: Contemporary East Asian Photography at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through March 24th, 2019. Free. 443-573-1700. Artbma.org

RiverArts' Member Show at Chestertown RiverArts, Chestertown. 11 a.m.-5:30 p.m. (Tues.-Fri.), 10 a.m.-5:30 p.m. (Sat.), 11 a.m.-3 p.m. (Sun.), 11 a.m.-8 p.m. (first Fridays). Now through January 27th, 2019. Free. 410-778-6300. Chestertownriverarts.net

Preschool Storytime at Discoveries: The Library at the Mall, Annapolis. 10:30 a.m. Free. 410-222-7371. Aacpl.org

PERFORMING ARTS

The Importance of Being Earnest at Everyman Theatre, Baltimore. (See 1/1).

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$49-175. 202-467-4600. Kennedy-center.org

DIS | A Good Crisis at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$49-149. 202-467-4600. Kennedy-center.org

MUSIC

Official Blues Brother Revue at Rams Head On Stage, Annapolis. 8 p.m. \$45. 410-268-4545. Ramsheadonstage.com

SPORTS

Washington Wizards vs. Atlanta Hawks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Thursday

3

SPECIAL EVENTS

Arts and Crafts at Talbot County Free Library, St. Michaels. 10 a.m.-1 p.m. Free. 410-745-5877. Tcfl.org

Chestertown Writers' Group at Kent County Library, Chestertown. 5-6:30 p.m. 410-778-3636. Kentcountylibrary.org

Babies in Bloom at Discoveries: The Library at the Mall, Annapolis. 10:30 a.m. Free. 410-222-7371. Aacpl.org

Knitting for Good at Anne Arundel County Public Library, Odenton. 6:30 p.m. Free. 410-222-7371. Aacpl.org

The Great Movies: Notorious at Anne Arundel County Public Library, Severna Park. 6:15 p.m. Free. 410-222-7371. Aacpl.org

Female Empowerment & Intro to Self Defense at Anne Arundel County Public Library, Broadneck. 6:30 p.m. Free. 410-222-7371. Aacpl.org

PERFORMING ARTS

Elf The Musical at Olney Theatre, Olney. 8 p.m. Prices vary. 301-924-3400. Olneytheatre.org

The Importance of Being Earnest at Everyman Theatre, Baltimore. (See 1/1).

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

The Play That Goes Wrong at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

MUSIC

Ozomatli at 9:30 Club, Washington. 7 p.m. \$30. 202-265-0930. 930.com

SPORTS

Navy Men's Basketball vs. Holy Cross at Alumni Hall, Annapolis. 1 p.m. \$5-10. Navysports.com (F)

Navy Men's Basketball vs. Colgate University at Alumni Hall, Annapolis. 7 p.m. \$5-10. Navysports.com (F)

Friday

4

SPECIAL EVENTS

First Friday at Eastern Interiors at Eastern Interiors, Chestertown. 5-7 p.m. Free. 443-282-0215. Easterninteriors.com

First Friday in Chestertown at Downtown Chestertown, Chestertown. 5-8 p.m. Free. 443-282-0246. Kentcounty.com

Milk and Cookies Reading Club at Kent County Library, Chestertown. 4-5 p.m. Free. 410-778-3636. Kentcountylibrary.org

Babies at Play at Anne Arundel County Public Library, Edgewater. 9:30 a.m. Free. 410-222-7371. Aacpl.org

Storybook Movies at Anne Arundel County Public Library, Odenton. 9:30 a.m. Free. 410-222-7371. Aacpl.org

PERFORMING ARTS

Elf The Musical at Olney Theatre, Olney. (See 1/3).

The Importance of Being Earnest at Everyman Theatre, Baltimore. 10:30 a.m. & 8 p.m. Prices vary. 410-752-2208. Everymantheatre.org

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

The Play That Goes Wrong at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

MUSIC

Bruce in the USA at Rams Head On Stage, Annapolis. 8:30 p.m. \$35. 410-268-4545. Ramsheadonstage.com

Justin Timberlake at Capital One Arena, Washington. 7:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com

Leon Fleisher's Birthday Celebration at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. [Bsomusic.org](#)

Saturday

5

SPECIAL EVENTS

Saturday Wine Tasting at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. [Winecellarsofannapolis.com](#)

American Red Cross Blood Drive at Anne Arundel County Public Library, Edgewater. 9:30 a.m. Free. 410-222-7371. [Aacpl.org](#)

PERFORMING ARTS

Elf The Musical at Olney Theatre, Olney. 2 p.m. & 8 p.m. Prices vary. 301-924-3400. [Olneytheatre.org](#)

The Importance of Being Earnest at Everyman Theatre, Baltimore. 2 p.m. & 8 p.m. Prices vary. 410-752-2208. [Everymantheatre.org](#)

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 & 7:30 p.m. \$49-175. 202-467-4600. [Kennedy-center.org](#)

The Play That Goes Wrong at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. & 8 p.m. \$49-149. 202-467-4600. [Kennedy-center.org](#)

MUSIC

Bruce in the USA at Rams Head On Stage, Annapolis. 8:30 p.m. \$35. 410-268-4545. [Ramsheadonstage.com](#)

Fillmore Flashback at Fillmore Silver Spring, Silver Spring. 8:30 p.m. \$15.50. 301-960-9999. [Fillmoresilver-spring.com](#)

Get the Led Out: Tribute to Led Zeppelin at Rams Head Live, Baltimore. 9 p.m. \$27.50 in advance, \$33 at the door. 410-244-1131. [Ramsheadlive.com](#)

Leon Fleisher's Birthday Celebration at The National Philharmonic Music Center at Strathmore, North Bethesda. 8 p.m. Prices vary. 410-783-8000. [Bsomusic.org](#)

Twelfth Night Concert: Christmas in Amsterdam at Hammond-Harwood House, Annapolis. 6-9 p.m. \$45 for members, \$50 for non-members. [Hammondharwood-house.org](#)

Sunday

6

PERFORMING ARTS

Elf The Musical at Olney Theatre, Olney. 2 p.m. Prices vary. 301-924-3400. [Olneytheatre.org](#)

The Importance of Being Earnest at Everyman Theatre, Baltimore. 2 p.m. Prices vary. 410-752-2208. [Everymantheatre.org](#)

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/5).

The Play That Goes Wrong at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/5).

MUSIC

Herman's Hermits Starring Peter Noone at Rams Head On Stage, Annapolis. 5 p.m. & 8 p.m. \$47.50. 410-268-4545. [Ramsheadonstage.com](#)

Leon Fleisher's Birthday Celebration at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. Prices vary. 410-783-8000. [Bsomusic.org](#)

Monday

7

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum, Easton. 1-3:30 p.m. TBD. 410-822-2787. [Academyart-museum.org](#)

The Garfield Center Presents: Live Playwrights' Society at The Garfield Center for the Arts, Chestertown. 7:30 p.m. Free. [Liveplaywrightssociety.org](#)

Lunch and Learn at Talbot County Free Library, St. Michaels. 12 p.m. Free. 410-745-5877. [Tcfl.org](#)

Monday Movie at Kent County Library, Chestertown. 2-4p.m. Free. 410-778-3636. [Kentcountylibrary.org](#)

Maker Mondays at Anne Arundel County Public Library, Glen Burnie. 6 p.m. Free. 410-222-7371. [Aacpl.org](#)

Tuesday

8

SPECIAL EVENTS

Book Lovers Social at Queen Anne's County Library, Kent Island. 7 p.m. Free. 410-643-8161. [Qaclibrary.org](#)

Preschool Story Time at Kent County Library, Chestertown. 10 a.m. Free. 410-778-3636. [Kentcountylibrary.org](#)

Family Storytime at Discoveries: The Library at the Mall, Annapolis. 6:30 p.m. Free. 410-222-7371. [Aacpl.org](#)

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

MUSIC

Ronnie Spector and the Ronettes at Rams Head On Stage, Annapolis. 8 p.m. \$65. 410-268-4545. [Ramsheadonstage.com](#)

Noname at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 930.com

SPORTS

Washington Capitals vs. Philadelphia Flyers at Capital One Arena, Washington. 7:30 p.m. Prices vary. 202-628-3200. [Capitalonearena.monumentalsportsnetwork.com](#) (F)

Wednesday

9

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. \$5. 443-842-7000. [Marylandlivecasino.com](#)

St. Anne's School Open House at St. Anne's School, Annapolis. 9:30-11 a.m. 410-263-8650. [Stanness-school.org](#)

STEM Story Time at Chesapeake Bay Maritime Museum, St. Michaels. 10:30 a.m. Free. 410-745-5877. [Tcfl.org](#) (F)

Painted Pages: Illuminated Manuscripts, 13th & 18th Centuries at St. John's College Mitchell Gallery, Annapolis. 12-5 p.m. (Tues.-Sun.). Now through February 24th, 2019. Free. 410-626-2656. [Sjc.edu](#)

Ray Hass Photography at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri., closed Tues.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through February 17, 2019. \$6. 410-222-1777. [Fagwp.org](#)

Winter Bingo at Anne Arundel County Public Library, Severn. 6:30 p.m. Free. 410-222-7371. [Aacpl.org](#)

PERFORMING ARTS

Comedian Sean Sarvis, Chocolate & Thomas "Teezus" Terrell Jr. at Rams Head On Stage, Annapolis. 8 p.m. \$20. 410-268-4545. [Ramsheadonstage.com](#)

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/5).

Dancing with the Stars Live! at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. [Mgmnational-harbor.com](#)

SPORTS

Washington Wizards vs. Philadelphia 76ers at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. [Capitalonearena.monumentalsportsnetwork.com](#) (F)

Thursday

10

SPECIAL EVENTS

Informational Session: Middle School at Saint John the Evangelist Catholic School, Severna Park. 6:30 p.m. Free. 410-647-2283. [Stjohnschool.org](#)

Chesapeake Guild at Crofton Smocking Guild at Crofton Community Library, Crofton. 6:30-9 p.m. First two visits free. 410-721-4112. [Chesapeake-treasures.org](#)

Winter Lecture Series: Dr. John F. Morrissey at Annapolis Maritime Museum, Annapolis. 7 p.m. \$10. 410-295-0104. [Amaritime.org](#)

Visual Harmony: Visual Art Interprets Performing Art at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Free. 410-263-5544. [Marylandhall.org](#)

Family Bingo at Anne Arundel County Public Library, Linthicum. 6:30 p.m. Free. 410-222-7371. [Aacpl.org](#)

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

MUSIC

Blackhawk at Rams Head On Stage, Annapolis. 8 p.m. \$49.50. 410-268-4545. [Ramsheadonstage.com](#)

Turangalila -Symphonie at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. [Bsomusic.org](#)

Friday

11

SPECIAL EVENTS

MLM Mastermind at Capitol Financial Partners, Annapolis. 3-5 p.m. First Meeting Free. 703-439-7804. [Annapolismlm.eventbrite.com](#)

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

Cartography at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$20. 202-467-4600. [Kennedy-center.org](#)

Silent Sky at The Colonial Players, Annapolis. 8 p.m. \$23. 410-268-7373. [Thecolonialplayers.org](#)

Thank You, Dad at Theatre Project, Baltimore. 8 p.m. \$21. 410-752-8558. [Theatreproject.org](#)

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. 8 p.m. \$15. 410-810-2060. [Garfieldcenter.org](#)

Washington National Opera: Taking Up Serpents at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$35-45. 202-467-4600. [Kennedy-center.org](#)

MUSIC

Jenn Grinels at Rams Head On Stage, Annapolis. 8 p.m. \$20. 410-268-4545. [Ramsheadonstage.com](#)

The Revivalists at The Anthem, Washington. 8 p.m. \$45-65. 202-888-0020. [Theanthemdc.com](#)

Dan Navarro at Avalon Theatre, Easton. 8 p.m.- 30. 410-770-8000. [Avalonfoundation.org](#)

Badfish A Tribute To Sublime at Fillmore Silver Spring, Silver Spring. 8:30 p.m. Prices vary. 301-960-9999. [Fillmoresilver-spring.com](#)

The Ten Band at Rams Head Live, Baltimore. 8 p.m. \$10 in advance, \$15 at the door. 410-244-1131. [Ramsheadlive.com](#)

Off The Cuff: Turangalila -Symphonie at The National Philharmonic Music Center at Strathmore, North Bethesda. 8:15 p.m. Prices vary. 410-783-8000. [Bsomusic.org](#)

SPORTS

Washington Wizards vs. Milwaukee Bucks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. [Capitalonearena.monumentalsportsnetwork.com](#) (F)

Navy Hockey vs. West Chester at U.S. Naval Academy McMullen Ice Arena, Brigade Sports Complex, Annapolis. 7:30 p.m. \$10 for adults, \$5 for youth, free for Midshipmen. [Usnahockey.com](#) (F)

Saturday

12

SPECIAL EVENTS

Saturday Wine Tasting at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. [Winecellarsofannapolis.com](#)

Second Saturday Art Night Out at Town of St. Michaels. 5 p.m. Free. [Tourtalbot.org](#)

Everyman Theatre Winter Gala 2019 at Everyman Theatre, Baltimore. 5 p.m.-12 a.m. Prices vary. 410-752-2208. [Everymantheatre.org](#)

On Stage

Annapolis:

Silent Sky

Colonial Players of Annapolis ; January 11th through February 2nd, 2019; \$23; Colonialplayers.org; 410-268-7373 *Silent Sky* is the true story of astronomer Henrietta Leavitt, who begins work at the Harvard Observatory in the early 1900s. Unallowed to touch a telescope or express an original idea, she joins a group of women “computers,” charting the stars for a renowned astronomer who calculates projects in “girl hours” and has no time for the women’s probing theories. Henrietta Leavitt explores a woman’s place in society during a time of immense scientific discoveries, when women’s ideas were dismissed until men claimed credit for them.

Baltimore

Thank You, Dad

Theatre Project; January 11th through January 20th, 2019; \$21; Theatreproject.com; 410-752-8558 *Thank You, Dad* is a collection of three short plays based on the life of the Reverend Jim Jones, founder of the deadly religious cult The Peoples Temple.

Fun Home

Baltimore Center Stage; January 17th through February 24th, 2019; Prices vary; Centerstage.org; 410-332-0033 Based on Alison Bechdel’s own best-selling illustrated memoir, this poignant tale harnesses every facet of music and theater to explore and unravel the mysteries of childhood and the surprising secrets that shape a life.

Jerusalem

Fells Point Corner Theatre; January 18th through February 3rd, 2019; \$19-24; Fpct.org St. George’s Day in England, the morning of the county fair, the local drifting soul and pied piper of chaos, Johnny “Rooster” Byron, stirs the souls of his countrymen to forego the comforts of modern suburban life and raise their spirits in the countryside. His children want to spend the day with him, thugs want to teach him a lesson, the authorities want rid of him, but Rooster just wants more out of life.

Charlie and the Chocolate Factory

The Hippodrome Theatre; January 22nd through January 26th, 2019; Prices vary; Francemerrickpac.com; 800-982-2787 Willy Wonka is opening his marvelous and mysterious chocolate factory...to a lucky few. That includes Charlie Bucket, whose bland life is about to burst with color and confection beyond his wildest dreams. He and four other golden ticket winners will embark on a mesmerizing joyride through a world of pure imagination.

D.C.

Kleptocracy

Arena Stage; January 18th through February 24, 2019; Prices vary; Arenastage.org; 202-488-3300 It is one of the most pivotal moments in history—the Soviet Union has collapsed. In the ensuing rampage of hyper-capitalism, the Oligarchs, a new class of robber barons, plunge Russia into a terrifying dark age of chaos and corruption. When the richest and most ruthless Oligarch attempts to reform and open Russian markets to the world, he’s confronted by a young Vladimir Putin who is charting his own path to power.

School of Rock The Musical

National Theatre; January 16th through January 27th, 2019; Prices vary; Thenationaldc.org; 202-628-6161 Based on the hit film, this hilarious new musical follows Dewey Finn, a wannabe rock star posing as a substitute teacher who turns a class of straight-A students into a guitar-shredding, bass-slapping, mind-blowing rock band.

Admissions

Studio Theater; January 16th through February 17th, 2019; Prices vary; Studiotheatre.org; 202-332-3300 When the son of the white progressive-and-proud dean of admissions at a boarding school is waitlisted at his Ivy League dream school, his reaction opens a deep rift between the family’s public values and private actions.

Second Saturday in

Downtown Cambridge at Downtown Cambridge, Cambridge. 5-9 p.m. Free. Downtowncambridge.org

Sound Health: Second Saturdays at The John F. Kennedy Center for the Performing Arts, Washington. 9:30 a.m. & 11:30 a.m. Free. 202-467-4600. Kennedy-center.org

Book Sale at Dorchester County Library, Cambridge. 9 a.m.-1 p.m. Free. 410-228-7331. Visitdorchester.org

Art Walk at Downtown Cambridge. 5 p.m. Free. 410-228-1000. Visitdorchester.org

Family Game Day at Anne Arundel County Public Library, Severna Park. 2 p.m. Free. 410-222-7371. Aacpl.org (F)

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/5).

Cartography at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. & 4 p.m. \$20. 202-467-4600. Kennedy-center.org

Red at Compass Rose Theater, Annapolis. 2 p.m. & 8 p.m. \$25-41. 410-980-6662. Compassrosetheater.org

Silent Sky at The Colonial Players, Annapolis. (See 1/1).

Thank You, Dad at Theatre Project, Baltimore. 3 p.m. & 8 p.m. \$21. 410-752-8558. Theatreproject.org

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. (See 1/1).

Washington National Opera: Three New 20-Minute Operas, part of the American Opera Initiative Festival at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$19-35. 202-467-4600. Kennedy-center.org

MUSIC

80s Night w. The New Romance at Rams Head On Stage, Annapolis. 8:30 p.m. \$20. 410-268-4545. Rams-headonstage.com

The Legwarmers: Ultimate 80’s Experience at Rams Head Live, Baltimore. 9 p.m. \$20. 410-244-1131. Rams-headlive.com

Adriana Lecouvreux at Avalon Theatre, Easton. 1 p.m. \$21. 410-770-8000. Avalonfoundation.org

The British Invasion Experience Dinner Theatre at Wicomico Youth & Civic Center, Salisbury. 5:30 p.m. \$40. 410-548-4900. Wicomicociviccenter.org

Off The Cuff: Turangalia

-Symphonie at Joseph Meyerhoff Symphony Hall, Baltimore. 7 p.m. Prices vary. 410-783-8000. Bsmusic.org

Music Box: Bugs at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m. \$12. 410-783-8000. Bsmusic.org

Jackson Dean at Rams Head On Stage, Annapolis. 1 p.m. \$10. 410-268-4545. Rams-headonstage.com

SPORTS

Washington Capitals vs. Columbus Blue Jackets at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Navy Men’s Basketball vs. Boston University at Alumni Hall, Annapolis. 2 p.m. \$5-10. Navysports.com (F)

Sunday

13

SPECIAL EVENTS

Open Studio: Book Arts Studio at Academy Arts Museum, Easton. 1-4 p.m. TBD. 410-822-2787. Academyart-museum.org

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$49-175. 202-467-4600. Kennedy-center.org

Cartography at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

Silent Sky at The Colonial Players, Annapolis. 2 p.m. \$23. 410-268-7373. Thecolonialplayers.org

Thank You, Dad at Theatre Project, Baltimore. 3 p.m. \$21. 410-752-8558. Theatreproject.org

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. 3 p.m. \$15. 410-810-2060. Garfieldcenter.org

Washington National Opera: Taking Up Serpents at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. \$35-45. 202-467-4600. Kennedy-center.org

MUSIC

Maggie's Celtic Celebration for the New Year at Rams Head On Stage, Annapolis. 4 p.m. \$25. 410-268-4545. Ramsheadonstage.com

Turangalila -Symphonie at The National Philharmonic Music Center at Strathmore, North Bethesda. 3 p.m. Prices vary. 410-783-8000. Bsomusic.org

SPORTS

Washington Wizards vs. Toronto Raptors at Capital One Arena, Washington. 1 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Monday

14

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyart-museum.org

B2C Mastermind at Anne Arundel Chamber of Commerce, Annapolis. 9-11 a.m. First Meeting Free. 703-439-7804. Annapolismmcb2c.eventbrite.com

SPORTS

Washington Capitals vs. St. Louis Blues at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Tuesday

15

SPECIAL EVENTS

Tyler Henry - The Hollywood Medium at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

PERFORMING ARTS

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$29-129. 202-467-4600. Kennedy-center.org

MUSIC

MÃ at 9:30 Club, Washington. 7 p.m. \$30. 202-265-0930. 930.com

Wednesday

16

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m.-4 a.m. \$5. 443-842-7000. Marylandlivecasino.com

St. Michaels Book Club at Talbot County Free Library, St. Michaels. 3:30-5 p.m. Free. 410-745-5877. Tcfl.org

A Symphony Storytime at Anne Arundel County Public Library, Brooklyn Park. 7 p.m. Free. 410-222-7371. Aacpl.org (F)

Author Visit: Laura Kamoie at Anne Arundel County Public Library, Deale. 7 p.m. Free. 410-222-7371. Aacpl.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. 8 p.m. Prices vary. 202-332-3300. Studiotheatre.org

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/15).

School of Rock The Musical at The National Theatre, Washington. 7:30 p.m. Prices vary. 202-628-6161. Thenationaldc.org

MUSIC

The Verve Pipe at Rams Head On Stage, Annapolis. 8 p.m. \$25. 410-268-4545. Ramsheadonstage.com

Thursday

17

SPECIAL EVENTS

Winter Lecture Series: Randolph George at Annapolis Maritime Museum, Annapolis. 7 p.m. \$10. 410-295-0104. Amaratime.org

The Impractical Jokers at Royal Farms Arena, Baltimore. 8 p.m. Prices vary. Royalfarm-arena.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. 7:30 p.m. \$20-49. 410-332-0033. Centerstage.org

Jerusalem at Fells Point Corner Theatre, Baltimore. 8 p.m. \$19-24. Fpct.org

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/15).

Red at Compass Rose Theatre, Annapolis. 7 p.m. \$25-41. 410-980-6662. Compass-rosetheater.org

School of Rock The Musical at The National Theatre, Washington. (See 1/16).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

Thank You, Dad at Theatre Project, Baltimore. (See 1/11).

MUSIC

Vivian Green at Rams Head On Stage, Annapolis. 7 p.m. \$45. 410-268-4545. Rams-headonstage.com

BSO Pulse: Don Deacon at Joseph Meyerhoff Symphony Hall, Baltimore. 8:30 p.m. Prices vary. 410-783-8000. Bsomusic.org

The Wood Brothers at 9:30 Club, Washington. 7 p.m. \$30. 202-265-0930. 930.com

Friday

18

SPECIAL EVENTS

45th Annual East Coast Fishermen's and Aquaculture Trade Expo at Roland E. Powell Convention Center, Ocean City. 11 a.m.-5 p.m. \$15-25. 410-216-6610. Marylandwatermen.com

Super Plunge at Sandy Point State Park, Annapolis. 10 a.m. Prices vary. Plungemd.com (C)

Open House at Saint Andrew's Day School, Edgewater. 9-11 a.m. Free. Standrewsum.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. 8 p.m. \$20-49. 410-332-0033. Centerstage.org

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. 8 p.m. Prices vary. 202-554-9066. Arenastage.org

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. & 7:30 p.m. \$29-129. 202-467-4600. Kennedy-center.org

School of Rock The Musical at The National Theatre, Washington. 8 p.m. Prices vary. 202-628-6161. Thenationaldc.org

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

Thank You, Dad at Theatre Project, Baltimore. (See 1/11).

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. (See 1/11).

West Side Story Reimagined at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$35-40. 202-467-4600. Kennedy-center.org

MUSIC

Lez Zeppelin at Rams Head On Stage, Annapolis. 8:30 p.m. \$39.50. 410-268-4545. Ramsheadonstage.com

Bobby Sanabria MultiVerse Big Band at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$35-40. 202-467-4600. Kennedy-center.org

Credence Clearwater Revival - Chronicle Vol 1 at Avalon Theatre, Easton. 8 p.m. \$40. 410-770-8000. Avalonfoundation.org

False Confessions at Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmoresilverpring.com

Renée Fleming Sings Schubert at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$15-89. 202-467-4600. Kennedy-center.org

Bobby Sanabria MultiVerse Big Band at The John F. Kennedy Center for the Performing Arts, Washington. 9 p.m. \$35-40. 202-467-4600. Kennedy-center.org

The Wood Brothers at 9:30 Club, Washington. 7 p.m. \$30. 202-265-0930. 930.com

The Amity Affliction & Senses Fail at Rams Head Live, Baltimore. 7:15 p.m. \$25 in advance, \$29 at the door. 410-244-1131. Ramsheadlive.com

SPORTS

Washington Capitals vs. New York Islanders at Capital One Arena, Washington. 7:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Saturday

19

SPECIAL EVENTS

Saturday Wine Tasting at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. Winecellarsofannapolis.com

45th Annual East Coast Fishermen's and Aquaculture Trade Expo at Roland E. Powell Convention Center, Ocean City. 10 a.m.-5 p.m. \$15-25. 410-216-6610. Marylandwatermen.com

Cover Your Chin for Charity at Waterfowl Festival Building, Easton. 7:30 p.m. Prices vary. Coveryourchin.com (C)

Engaged & Inspired at Bleu's on the Water, Glen Burnie. 1:30-5:30 p.m. TBA. 410-760-4115. Whatsuptix.com (TIX)

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. (See 1/18).

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. (See 1/18).

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/18).

School of Rock The Musical at The National Theatre, Washington. (See 1/18).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

Thank You, Dad at Theatre Project, Baltimore. 3 p.m. & 8 p.m. \$21. 410-752-8558. Theatreproject.org

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. (See 1/11).

Story District's Top Shelf at Lincoln Center, Washington. 8 p.m. \$35-45. 202-888-0050. Theincolndc.com

MUSIC

Beginnings at Rams Head On Stage, Annapolis. 8 p.m. \$42.50. 410-268-4545. Ramsheadonstage.com

Sibelius Violin Concerto at The National Philharmonic Music Center at Strathmore, North Bethesda. 8 p.m. Prices vary. 410-783-8000. Bsomusic.org

Dylan Scott at Fillmore Silver Spring, Silver Spring. 9 p.m. Prices vary. 301-960-9999. Fillmoresilverpring.com

Cracker and Camper Van Beethoven at 9:30 Club, Washington. 6 p.m. \$25. 202-265-0930. 930.com

Sunday

20

SPECIAL EVENTS

45th Annual East Coast Fishermen's and Aquaculture Trade Expo at Roland E. Powell Convention Center, Ocean City. 10 a.m.-3 p.m. \$15-25. 410-216-6610. Marylandwatermen.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. 2 p.m. Prices vary. 202-332-3300. Studiotheatre.org

Fun Home at Centerstage, Baltimore. 2 p.m. \$20-49. 410-332-0033. Centerstage.org

Jerusalem at Fells Point Corner Theatre, Baltimore. 2 p.m. \$19-24. Fpct.org

Kleptocracy at Arena Stage, Washington. 2 p.m. & 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. \$29-129. 202-467-4600. Kennedy-center.org

School of Rock The Musical at The National Theatre, Washington. 2 p.m. & 7:30 p.m. Prices vary. 202-628-6161. Thenationaldc.org

Silent Sky at The Colonial Players, Annapolis. (See 1/13).

Thank You, Dad at Theatre Project, Baltimore. (See 1/13).

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. (See 1/13).

Passion and Fire: The Music of Spain at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$50-65. 202-467-4600. Kennedy-center.org

Exhibitions



Leaf from a *Shahnameh* (*Book of Kings*), story of Rostam Slays the White Div, Persian, 16th - 17th century, opaque watercolor, gold, and ink on paper, Museum Purchase. Reading Public Museum, Reading, Pennsylvania.

Annapolis

↑ Painted Pages: Illuminated Manuscripts, 13th–18th Centuries

Mitchell Gallery, St. Johns College; January 9th through February 24th, 2019; Free; Sjc.edu; 410-626-2556 Explore the rich pageantry of the Golden Age of handmade manuscripts.

This exhibition includes European and Middle Eastern medieval Bibles, prayer books, psalters, breviaries, and other sacred manuscripts.

Anne Arundel Community College Printmaking Club: Moods of Blue

The Galleries at Quiet Waters Park; Now through January 5th, 2019; \$6; Fqwp.org; 410-222-1777

The Printmaking Club of Anne Arundel Community College (AACC) brings together students, faculty, and professionals who study and practice the various methods of printmaking. The exhibit, *Moods of Blue*, captures subjects as well as moods beyond the mere color.

Ray Haas Photography →

The Galleries at Quiet Waters Park; January 9th through February 17th, 2019; Opening Reception: Sunday, January 13th, 1:30–3:30 p.m.; \$6; Fqwp.org

Throughout his life as math teacher, rancher, and editor, Ray Haas maintained a love of photography. He began as a youngster with a Brownie camera, and continued this hobby until his death in 2012. Many of his photographs were taken here in Maryland or during his summers in North Dakota, and others during trips to Europe. Ray always loved quiet spaces, both natural and historic, that provided a place for contemplation.



Ray Haas, "Evening Sky in North Dakota," Photography, Garden Gallery, Quiet Waters Park

Baltimore:

DIS | A Good Crisis

Baltimore Museum of Art; Now through November 19, 2019; Free; Artbma.org; 443-573-1700 This immersive video installation organized by the New York-based collective DIS invites visitors into critical conversations on the subjects of money, politics, and contemporary media.

↓ Time Frames: Contemporary East Asian Photography

Baltimore Museum of Art; Now through March 24, 2019; Free; Artbma.org; 443-573-1700

More than 40 rarely shown color and black-and-white photographs delve into various concepts of time, from a reflection on a legend or historical event, to a memory, missed moment, or a future imagined and anticipated.



Daido Moriyoama. Tokyo. 2008, printed 2012. Collection of Brenda Edelson, Santa Fe © Daido Moriyoama

Visual Harmony: Visual Arts Interprets Performing Art

Maryland Hall for the Creative Arts; January 10th through March 2nd, 2019; Opening Reception: Thursday, January 17th, 5:30 p.m.; Free; Marylandhall.org; 410-263-5544 From

Degas to Pollack, visual artists have both represented and been motivated by the performing arts. Whether depicting dancer, listening to jazz while painting, or creating sets or costumes for a play, all arts are important and inspiring. MFA and Maryland Hall for the Creative Arts are partnering on an exhibition to celebrate the overlap between visual and performing art.

MUSIC

Sibelius Violin Concerto at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. Prices vary. 410-783-8000. Bsomusic.org

Panic At The Disco at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com

ASAP ROCKY at The Anthem, Washington. 8 p.m. \$50-250. 202-888-0020. Theanthemdc.com

Renée Fleming Sings Schubert at The John F. Kennedy Center for the Performing Arts, Washington. 3 p.m. \$15-89. 202-467-4600. Kennedy-center.org

Starbelle at Rams Head On Stage, Annapolis. 8 p.m. \$20. 410-268-4545. Rams-headonstage.com

Monday

21

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyart-museum.org

Martin Luther King Jr Parade at Downtown Annapolis, Annapolis. 12-3 p.m. Free. Annapolismilkjrp parade.org (F)

MUSIC

Crash Test Dummies 25th Anniversary Tour at Rams Head On Stage, Annapolis. 8 p.m. \$39.50. 410-268-4545. Ramsheadonstage.com

SPORTS

Washington Wizards vs. Detroit Pistons at Capital One Arena, Washington. 2 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Tuesday

22

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

School of Rock The Musical at The National Theatre, Washington. (See 1/16).

Charlie and the Chocolate Factory at The Hippodrome Theatre, Baltimore. 8 p.m. Prices vary. 800-982-2787. France-merrickpac.com

MUSIC

Star Wars: Return of the Jedi at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$34-149. 202-467-4600. Kennedy-center.org

Peter & Jeremy at Rams Head On Stage, Annapolis. 8 p.m. \$39.5. 410-268-4545. Ramsheadonstage.com

SPORTS

Washington Capitals vs. San Jose Sharks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Wednesday

23

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m.-4 a.m. \$5. 443-842-7000. Marylandlivecasino.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. (See 1/22).

School of Rock The Musical at The National Theatre, Washington. (See 1/16).

Charlie and the Chocolate Factory at The Hippodrome Theatre, Baltimore. (See 1/22).

MUSIC

Star Wars: Return of the Jedi at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$34-149. 202-467-4600. Kennedy-center.org

SPORTS

Navy Men's Basketball vs. Lehigh University at Alumni Hall, Annapolis. 7 p.m. \$5-10. Navysports.com (F)

Thursday

24

SPECIAL EVENTS

Annapolis Symphony: Symphony Study- Winter Session at Maryland Hall for the Creative Arts, Annapolis. 7-8:30 p.m. Prices vary. 410-263-0907. Annapolis-symphony.org

Cool Schools Plunge at Sandy Point State Park, Annapolis. 10 a.m.-1 p.m. Prices vary. Plungemd.com (C)

Winter Lecture Series: John Page Williams at Annapolis Maritime Museum, Annapolis. 7 p.m. \$10. 410-295-0104. Amaritime.org

Baltimore Boat Show at Baltimore Convention Center, Baltimore. 10 a.m.-8 p.m. \$14 for adults, free for children 12 and under. Baltimoreboat-show.com (F)

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. (See 1/17).

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/17).

School of Rock The Musical at The National Theatre, Washington. (See 1/16).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

Charlie and the Chocolate Factory at The Hippodrome Theatre, Baltimore. (See 1/22).

MUSIC

Baltimore Symphony Youth Orchestras Chamber Concert at Joseph Meyerhoff Symphony Hall, Baltimore. 7 p.m. \$10 general, \$5 for students and seniors (60+). 410-783-8000. Bsomusic.org

Rodgers and Hammerstein at The National Philharmonic Music Center at Stratmore, North Bethesda. 8 p.m. Prices vary. 410-783-8000. Bsomusic.org

Scotty McCreery at Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmoresilverpring.com

Jesse McCartney at Rams Head Live, Baltimore. 8 p.m. \$28 in advance, \$30 at the door. 410-244-1131. Rams-headlive.com

Star Wars: Return of the Jedi at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$34-149. 202-467-4600. Kennedy-center.org

Kacey Musgraves at The Anthem, Washington. 8 p.m. \$55-150. 202-888-0020. Theanthemdc.com

Super Diamond at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 930.com

SPORTS

Washington Wizards vs. Golden State Warriors at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Friday

25

SPECIAL EVENTS

Police Plunge at Sandy Point State Park, Annapolis. 10 a.m. Prices vary. Plungemd.com (C)

Baltimore Boat Show at Baltimore Convention Center, Baltimore. 10 a.m.-8 p.m. \$14 for adults, free for children 12 and under. Baltimoreboat-show.com (F)

Corporate Plunge at Sandy Point State Park, Annapolis. 1 p.m. Prices vary. Plungemd.com (C)

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. (See 1/18).

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. (See 1/18).

School of Rock The Musical at The National Theatre, Washington. (See 1/18).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

Charlie and the Chocolate Factory at The Hippodrome Theatre, Baltimore. (See 1/22).

MUSIC

Rodgers and Hammerstein at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. Bsomusic.org

An Evening with Brandy at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$39-139. 202-467-4600. Kennedy-center.org

GUSTER at 9:30 Club, Washington. 8 p.m. \$37 for one night, \$65 for two nights. 202-265-0930. 930.com

Saturday

26

SPECIAL EVENTS

Bosom Buddies Ball at Westin Annapolis Hotel, Annapolis. 5:30p.m. Prices vary. Bosombuddiescharities.com (C)

Saturday Wine Tasting at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. Winecellarsofannapolis.com

Baltimore Boat Show at Baltimore Convention Center, Baltimore. 10 a.m.-8 p.m. \$14 for adults, free for children 12 and under. Baltimoreboat-show.com (F)

Pee Wee & Family Plunge at Sandy Point State Park, Annapolis. 11 a.m. Prices vary. Plungemd.com (F) (C)

Polar Bear Plunge at Sandy Point State Park, Annapolis. 10 a.m. Prices vary. Plungemd.com (F) (C)

PERFORMING ARTS

Comedian Tom Papa at Rams Head On Stage, Annapolis. 8 p.m. \$37.50. 410-268-4545. Ramsheadonstage.com

Annapolis Opera: The Three Little Pigs at Maryland Hall for the Creative Arts, Annapolis. 11 a.m. \$16. 410-263-5544. Marylandhall.org (F)

Admissions at Studio Theatre, Washington. 2 p.m. & 8 p.m. Prices vary. 202-332-3300. Studiotheatre.org

Fun Home at Centerstage, Baltimore. 2 p.m. & 8 p.m. \$20-49. 410-332-0033. Centerstage.org

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. 2 p.m. & 8 p.m. Prices vary. 202-554-9066. Arenastage.org

School of Rock The Musical at The National Theatre, Washington. (See 1/18).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

Charlie and the Chocolate Factory at The Hippodrome Theatre, Baltimore. 2 p.m. & 8 p.m. Prices vary. 800-982-2787. France-merrickpac.com

MUSIC

NSO Music for Young Audiences: Banda Magda at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. \$20. 202-467-4600. Kennedy-center.org

Rodgers and Hammerstein at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. Bsomusic.org

Neko Case at Lincoln Theater, Washington. 8 p.m. \$46. 202-888-0050. Thelincolndc.com

David Sánchez: CARIB at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$30-40. 202-467-4600. Kennedy-center.org

NSO Music for Young Audiences: Banda Magda at The John F. Kennedy Center for the Performing Arts, Washington. 11 a.m. \$20. 202-467-4600. Kennedy-center.org

An Evening with Brandy at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$39-139. 202-467-4600. Kennedy-center.org

GUSTER at 9:30 Club, Washington. 8 p.m. \$37 for one night, \$65 for two nights. 202-265-0930. 930.com

Sunday

27

SPECIAL EVENTS

What's Up? Bridal Expo 2019 at The Byzantium Event Center, Annapolis. 1-4 p.m. \$15. 410-266-6287. Whatsuptix.com (TIX)

Baltimore Boat Show at Baltimore Convention Center, Baltimore. 10 a.m.-5 p.m. \$14 for adults, free for children 12 and under. Baltimoreboat-show.com (F)

PERFORMING ARTS

Admissions at Studio Theatre, Washington. 2 p.m. & 7 p.m. Prices vary. 202-332-3300. Studiotheatre.org

Fun Home at Centerstage, Baltimore. 2 p.m. & 7:30 p.m. \$20-49. 410-332-0033. Centerstage.org

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/20).

Kleptocracy at Arena Stage, Washington. (See 1/20).

School of Rock The Musical at The National Theatre, Washington. (See 1/20).

Silent Sky at The Colonial Players, Annapolis. (See 1/13).

Charlie and the Chocolate Factory at The Hippodrome Theatre, Baltimore. 1 p.m. & 6:30 p.m. Prices vary. 800-982-2787. France-merrickpac.com

A Night of Entertainment featuring Oz Pearlman at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. 410-900-1150. Modell-lyric.com

MUSIC

Gaelic Storm at Rams Head On Stage, Annapolis. 1 p.m. & 8 p.m. \$40. 410-268-4545. Ramsheadonstage.com

Rodgers and Hammerstein at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. Prices vary. 410-783-8000. Bsomusic.org

NSO Music for Young Audiences: Banda Magda at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. \$20. 202-467-4600. Kennedy-center.org

King Princess at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 930.com

NSO Music for Young Audiences: Banda Magda at The John F. Kennedy Center for the Performing Arts, Washington. 4 p.m. \$20. 202-467-4600. Kennedy-center.org

MUSIC

Rainbow Kitten Surprise at 9:30 Club, Washington. 7 p.m. \$35. 202-265-0930. 930.com

Tuesday
29

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

American Ballet Theatre: Harlequinade at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$39-150. 202-467-4600. Kennedy-center.org

Fun Home at Centerstage, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. (See 1/22).

MUSIC

Rainbow Kitten Surprise at 9:30 Club, Washington. 7 p.m. \$35. 202-265-0930. 930.com

Washington Performing Arts presents Jeremy Denk, piano at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$55. 202-467-4600. Kennedy-center.org

Wednesday
30

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m.-4 a.m. \$5. 443-842-7000. Marylandlivecasino.com

School Open House at Saint John the Evangelist Catholic School, Severna Park. 9 a.m.-8 p.m. Free. 410-647-2283. stjohnspschool.org

Open Mic Night at The Garfield Center for the Performing Arts, Chestertown. 7:30 p.m. Free. Garfieldcenter.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. 12 p.m. & 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

The Phantom Tollbooth at Todd Performing Arts Center, Wye Mills. 7 p.m. \$20 for adults, \$10 for children. 410-822-299. Avalonfoundation.org

MUSIC

HYMN: Sarah Brightman in Concert at The Hippodrome Theatre, Baltimore. 8 p.m. Prices vary. 800-982-2787. France-merrickpac.com

SPORTS

Washington Wizards vs. Indiana Pacers at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Thursday
31

SPECIAL EVENTS

Winter Lecture Series: James G. Gibb at Annapolis Maritime Museum, Annapolis. 7 p.m. \$10. 410-295-0104. Amaritime.org

Annapolis Symphony: Symphony Study- Winter Session at Maryland Hall for the Creative Arts, Annapolis. 7-8:30 p.m. Prices vary. 410-263-0907. Annapolis-symphony.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

American Ballet Theatre: Harlequinade at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/29).

Fun Home at Centerstage, Baltimore. (See 1/17).

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/17).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

MUSIC

Amen Dunes at 9:30 Club, Washington. 10 p.m. \$20. 202-265-0930. 930.com

Poppy (NEW DATE) at 9:30 Club, Washington. 6 p.m. \$25. 202-265-0930. 930.com

Respighi Pines of Rome at The National Philharmonic Music Center at Strathmore, North Bethesda. 8 p.m. Prices vary. 410-783-8000. Bsomusic.org

Raissa Katona Bennett, Vocalist at Gibson Center for the Arts, Chestertown. 7:30 p.m. Prices vary. 410-778-7839. Washcoll.edu

Trifonov plays Beethoven's "Emperor" at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$15-89. 202-467-4600. Kennedy-center.org

FIND MORE EVENTS AT WHATSUPMAG.COM/CALENDAR

Monday
28

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyart-museum.org

22nd ANNIVERSARY

Crunchies

Natural Pet Foods

THANKS TO ALL OF OUR LOYAL CUSTOMERS FOR VOTING US BEST OF WEST COUNTY

NOW CARRYING...

Bravo, Steve's Raw Food, Nature's Variety and Primal Lines of Raw Frozen Foods. Over 20 lines of dry, can & freeze dried foods for dogs and cats, treats, toys and supplies.



Charlie

HOME DELIVERY

Gift Certificates Available

410-721-5432 | petfoods@aol.com
2421 Crofton Lane, Ste. 11 | Crofton, MD
MON-FRI 10am-8pm | SAT 10am-5pm | SUN Closed

West County Best of West County 2012, 2013, 2014, 2017, 2018

www.crunchies.com

mani toes

NAIL BAR & MOBILE SPA



We are a family-owned company with over 20 years of experience in the beauty industry. Our company was created to bring the luxury and convenience of the spa to you. You can come to our salon or we can visit you in your home or office. Our nail bar and mobile spa treatments deliver great relaxation and rejuvenation, along with the latest, classic techniques in laser hair removal, manicures, pedicures, polygel, dipping powder, acrylic, waxing, facial, eyelash extensions, microblading, makeup, massage and mobile spa. We also offer services for groups and corporate events. Currently, we provide our mobile services up to 30 miles from Gambrills, Maryland, with plans to expand.

We feature premium natural and non-toxic products to help nurture your mind, body, and spirit. We specialize in group and private parties. Our Mani Toes® Spa Event Specialist can put together numerous service combinations from our menu, or custom tailor your services to help you plan the perfect get-together.

331 Gambrills Rd, Ste 6 & 7 • Gambrills, Maryland 21054
410-923-2652 • www.manitoes.com



Passion for Pediatric Dentistry,
Compassion for our Patients,
& Peace of Mind for their Parents.

-Dr. Scott Lawrence & Dr. Jenfan Weng



The Pediatric Dental Specialists
LAWRENCE & WENG

Conveniently located at the junction of routes 50 & 3/301

301.262.0242 • tpdsdds.com
16900 Science Dr, Suite 115 • Bowie, MD 20715

EXPERIENCE THE JOY

of backyard bird feeding at Wild Birds Unlimited Nature Shop

- Certified bird feeding experts
- Premium bird seed
- Feeders with lifetime warranties
- Exclusive advanced pole system
- Nature themed gifts & educational events

20% OFF
one item with this ad



The Village at Waugh Chapel
1304 Main Chapel Way
Gambrills, MD 21054
410-451-6876
www.wbu.com/gambrills

Wild Birds Unlimited Nature Shop



Where's Wilma?

FIND WILMA AND WIN!

Happy 2019! We're celebrating the start of a new year with a new look! Journey with Wilma as she shows you around our new and improved magazine layout. Take a pit-stop at the redesigned Private School Guide, and don't forget to check out the "Mental Health in Maryland" article. Pop some champagne because 2019 is going to be great!

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 this month's winner: Caitlin Quinn of Gambrells, who won a gift certificate to O'Learys Seafood Restaurant!

Mail entries to: Where's Wilma? West County, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions



I FOUND WILMA ON PG. _____ Advertiser _____
 _____ Advertiser _____
 _____ Advertiser _____

Name _____

Phone _____

Address _____

E-mail address _____

What is your age bracket? (Circle one) <25 25-34 35-44 45-54 55+

Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles! Yes, please! _____ No, thanks _____

Entries must be received by January 31st, 2019. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? West County.

Annapolis Area Christian School.....	37
Annapolis Dermatology Assoc.....	1B
Anne Arundel Community College.....	47
Archbishop Spalding High School.....	LIE
Arundel Federal Savings Bank.....	19
Baltimore Washington Medical Center.....	BC
Beall Funeral Home.....	15
Blackwall Barn & Lodge.....	96
Boys' Latin School.....	57
CPE Clinic LLC.....	35
Center For Fine Dentistry.....	41
Chesapeake Eye Care Management, P.C.....	1
Ciminelli's Landscape Services Inc.....	83
Crunchies Natural Pet Foods.....	111
David's Natural Market.....	96
Fichtner.....	83
Harvest Thyme Modern Kitchen & Tavern.....	96
Holy Trinity Episcopal Day School.....	LIE
Hunan L'Rose.....	96
Indian Creek School.....	42, LIE
Johnson Lumber Co.....	85
Kenwood Kitchens.....	78
Key School.....	52
Mamma Roma.....	101
Mani Toes.....	111
Maryland Oral Surgery Associates.....	5
Monsignor Slade Catholic School.....	57
Montessori International Children's House.....	46
Naval Academy Athletic Assn.....	66
Naval Academy Primary School.....	57
Odenton Station Dental.....	1F
Scarborough Capital/Greg Ostrowski.....	7
School of the Incarnation.....	46
Severn School.....	47
St. Martin's In the Field Episcopal School.....	LIE
St. Anne's School of Annapolis.....	46, LIE
St. Vincent Pallotti High School.....	66
Stone Circle Associates.....	57
The Melting Pot.....	101
The Pediatric Dental Specialists.....	111
Turning Point Foundations of Wellness.....	110
What's Up? Bridal Expo.....	3
What's Up? Look Event.....	86
Wild Birds Unlimited.....	111
Wimsey Cove Framing & Fine Art Framing.....	110



ANNAPOLIS DERMATOLOGY
ASSOCIATES



LISA RENFRO, M.D.



EMMA LANUTI, M.D.



THOMAS MESKEY, M.D.



RACHEL QUINN, NP



REID RALEIGH, PA-C



JIM HEINS, PA-C



RACHEL McDONALD, PA-C



KAITLYN AYERLE, PA-C



Danielle Reddinger, LE

THE SKINCARE STUDIO AT



ANNAPOLIS DERMATOLOGY
ASSOCIATES

OFFERING COSMETIC SERVICES
AND SKINCARE PRODUCTS
TO ADDRESS
ALL OF YOUR CONCERNS.

MOST AWARDS AND RECOGNITIONS OF THE REGION'S DERMATOLOGISTS

2002 MEDICAL PARKWAY, SUITE 630 ANNAPOLIS, MD 21401 667-225-6661

ANNAPOLISDERMATOLOGY.COM



When it comes to fighting heart disease, award-winning cardiac care is only a heartbeat away.

The specialists at University of Maryland Baltimore Washington Medical Center use advanced treatments to care for a range of heart conditions, including heart failure, coronary disease, and heart attacks. We're also partnered with the University of Maryland Medical Center — the #1 choice for heart surgery in the state.

Together, we're helping hearts beat stronger. **Be a part of something greater.**



UNIVERSITY of MARYLAND
BALTIMORE WASHINGTON
MEDICAL CENTER

Find a heart specialist that's right for you.
Call **410-553-2962** or visit **umbwmc.org/heart**

Member of the University of Maryland Heart Network