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WHAT'S UP? MEDIA MARCH / APRIL 2019



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**On the Cover:** Home is where the heart is and we hope to inspire yours with this month's home-themed issue. Design by August Schwartz. Contact *What's Up? West County* online at [whatsupmag.com](http://whatsupmag.com)  
 ♻️ Please recycle this mag.

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MAY 2019

Best of West County  
Restaurant Results!  
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Philanthropy Calendar  
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**Managing Editor**

Tom Worgo (x1137)

**Community Editor**

Caley Breese (x1103)

**Entertainment Editor**

Cate Reynolds (x1129)

**Editorial Interns**

Catherine Rohsner, Andrew Reed

**Contributing Editors**

Kelsey Casselbury

**Staff Writers**

Diana Love, Frederick Schultz

**Contributing Writers**

Anirban Basu, Janice Booth, Marsha Perry

**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)

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Nicholas Gullotti (x1101)

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# e-contents



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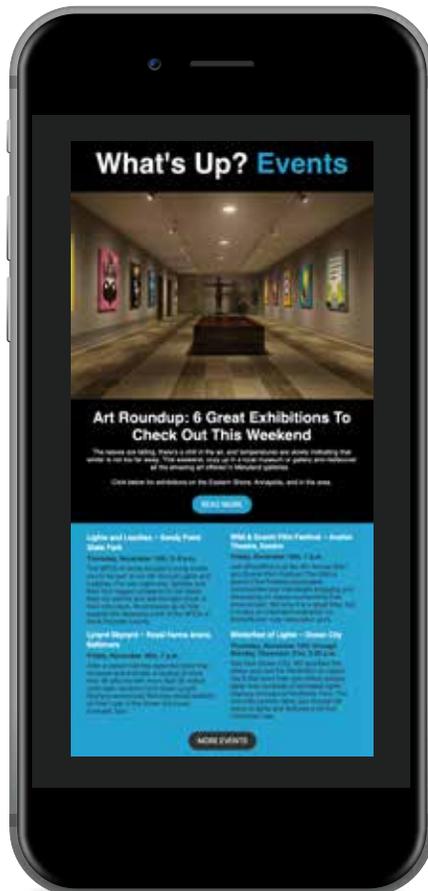
Brides-to-be and grooms, don't forget to check out [whatsupmag.com/weddings](http://whatsupmag.com/weddings) and our bi-annual Weddings Magazine for local guidance and inspiration, including our always-popular Trend Watch and Real Weddings!

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You already trust the What's Up? Media team to provide you with a monthly calendar; now, you can rely on us for simple, secure, and convenient ticketing purchases. Search our database for a night out, or contribute your own and take advantage of our community outreach, only at [whatsuptix.com](http://whatsuptix.com).



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1

## The Look 2019

What's Up? Media  
The Westin Annapolis Hotel  
6:00pm - 9:00pm | \$18



23

## Annapolis Oyster Roast & Sock Burning

Annapolis Maritime Museum  
12:00pm - 4:00pm | \$25-85



3

## Murder Mystery Dinner Party

The Republican Women of Anne Arundel County (RWAAC)  
Primo Pasta  
2:00pm - 6:00pm | \$80



9

## Music 4 Maryland featuring Noah Guthrie & Priddy Music Academy

Music 4 More  
Metropolitan Kitchen & Lounge  
7:00pm - 12:00am | \$30



23

## Blue Jeans and Bling

South Shore Elementary School PTA  
Anne Arundel County Fairgrounds  
6:00pm - 10:00pm | \$20-280

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](http://whatsuptix.com).

# From the publisher



ing a good possibility as a rewarding lifestyle. If a total lifestyle change isn't for you right now, another article I love is the one on gardening with kids. This time, the results are more personal but just as meaningful. Perhaps, just growing one tomato plant will give you and your child or grandchild a wonderful memory. That can be priceless.

This is the time of year when so many of us start new projects in our homes. We showcase new trends in furnishings, colors, and styles to give you more inspiration. Or, if by chance, you decide to leave the old

**"It is a very hopeful season for me. It promises good times ahead with many opportunities to be outside enjoying the more laid back and seemingly freer lifestyle."**

have good news. March 20th is the first day of Spring! Whether or not the weather cooperates, officially it will be spring. What that means to me is longer, warmer days with fewer gray skies and bluer. It is a very hopeful season for me. It promises good times ahead with many opportunities to be outside enjoying the more laid back and seemingly freer lifestyle. Fun fact: According to the *Farmers' Almanac*, this is the month that worms come out of the ground, which is, I guess, why we see so many pictures of robins with their beaks filled with the poor worms. In fact, the full moon in March is called the worm full moon!

behind and find another place to live, we have many pictures of homes for sale and the real estate agents to help you find them. Sometimes I think of this section of the magazine as a "dream book."

So, there are bound to be at least a few good sunny days this month. My wish for you is that you can find time to take some summer furniture and maybe a glass or two of something delicious outside and enjoy the moment. Just think, this is only the beginning. We have the rest of the spring and summer ahead of us!

The features in this issue of What's Up? have the air of new things happening and fun on the horizon. I love the story of the new farm families. This is a way of life that seemed doomed but now—with a little ingenuity and help from the state Department of Agriculture, local universities, and private organizations—is again becom-

Veronica Tovey,  
President + Publisher

# Out on the TownE

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## ← Ignite Annapolis

Head to Maryland Hall for the Creative Arts on Thursday, March 14th for Ignite Annapolis, a fast-paced series aimed at building community and sparking discussion by entertaining, inspiring, and enlightening the audience. The event will feature 16 thought-provoking speakers, each presenting for five minutes and sharing their personal and professional passions. Proceeds will go to *The Capital Gazette* Memorial Scholarship Fund benefiting students of the University of Maryland's Philip Merrill College of Journalism. Tickets are \$10. For more information, visit [Marylandhall.org](http://Marylandhall.org).

## Hospice of the Chesapeake Annual Gala →

Join Hospice of the Chesapeake Foundation in celebrating "40 Years of Caring for Life" during its annual gala Saturday, March 16th, 5:30-11 p.m. at Live! Casino & Hotel in Hanover. This elegant and fun-filled evening will feature dinner, drinks, auctions, and dancing. Proceeds will help support Hospice of the Chesapeake's vital programs. Tickets are \$275 per person. For more information, visit [Hospicechesapeake.org](http://Hospicechesapeake.org).

Photo by Allison Harbaugh, Sugar Farm Productions



## Widespread Panic

Since forming their original lineup in 1986, Widespread Panic has released 12 studio albums and 43 live albums, selling over three million copies worldwide. Their loyal fan base has helped them break attendance records at popular venues across the country, and the band is eager to continue delivering great music and high-energy performances. Widespread Panic will be performing at The Theater at MGM National Harbor Friday, March 15th through Sunday, March 17th, 8 p.m. For more information, visit [Mgmnationalharbor.com](http://Mgmnationalharbor.com).



Photo by Andy Tennille

## Annapolis St. Patrick's Day Parade →

Now in its seventh year, the Annapolis St. Patrick's Day Parade has become the largest and most popular parade in the city. This year's parade is Sunday, March 10th, 1 p.m. It will travel down West Street, clockwise around Church Circle, down Main Street, around Randall/Compromise Circle, ending on Randall Street. This year's beneficiary is Warrior Events, a local non-profit organization dedicated to enriching the lives of wounded veterans. For more information, visit [Naptownevents.com](http://Naptownevents.com).



## ← BLACK BEARS HOCKEY

Head over to the Piney Orchard Ice Arena to cheer on the Maryland Black Bears at one of their six home games this month. The Black Bears will take on the Jamestown Rebels Friday, March 1st and Saturday, March 2nd; the Northeast Generals Friday, March 8th and Saturday, March 9th; and the New Jersey Titans Friday, March 15th and Saturday, March 16th. All games are at 7:45 p.m. Ticket prices vary. For more information, visit [Marylandblackbears.com](http://Marylandblackbears.com).

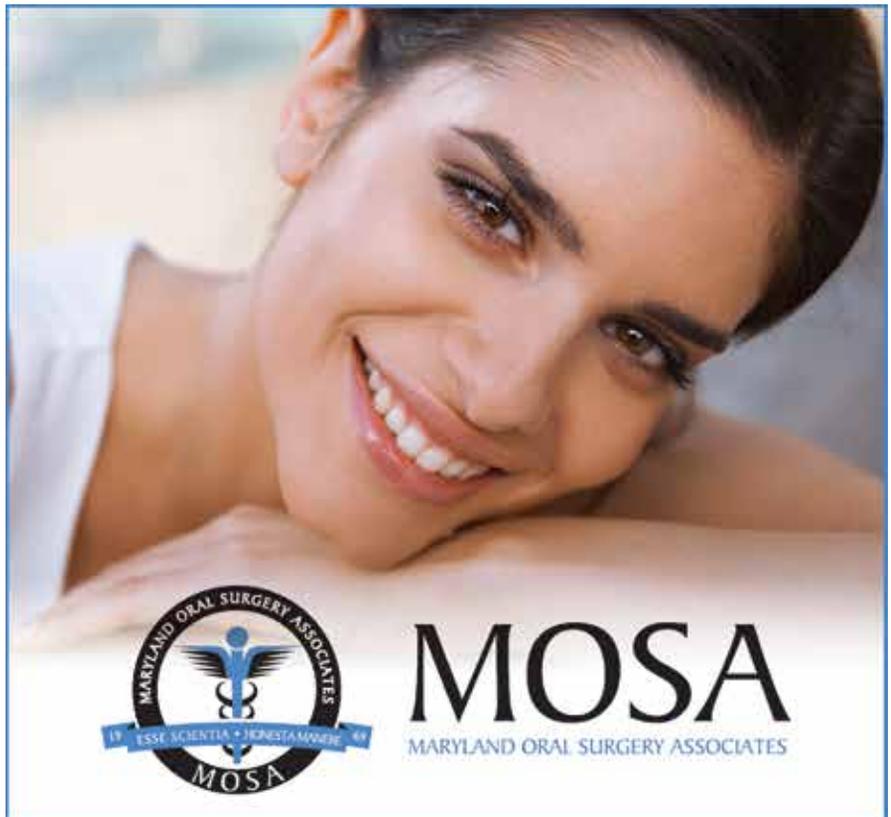
# Spirit of Community Awards Dinner

Join the Central Maryland Chamber in recognizing the accomplishments of outstanding citizens during the Spirit of Community Awards Dinner Monday, March 25th, 6–9 p.m. at Live! Event Center at Live! Casino & Hotel. This event recognizes local educators, business partners, military service members, and public safety officers from the fire, police, and sheriff's departments. Ticket prices vary. For more information, visit [Centralmarylandchamber.org](http://Centralmarylandchamber.org).



## FLEETWOOD MAC

For more than 50 years, Fleetwood Mac has been creating and performing music for audiences across the globe, selling more than 100 million records. The Grammy Award-winning band, featuring a line-up of Mick Fleetwood, John McVie, Stevie Nicks, Christine McVie, and newcomers Mike Campbell and Neill Finn, recently kicked off a North American tour. Fleetwood Mac will be performing at Capital One Arena on Tuesday, March 5th, 8 p.m. and Royal Farms Arena on Sunday, March 24th, 8 p.m. Ticket prices vary. For more information, and to purchase tickets, visit [Capitalonearena.com](http://Capitalonearena.com) or [Royalfarmsarena.com](http://Royalfarmsarena.com).



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## ← BLACK TIE AND DIAMONDS GALA

Join the Rotary Club of Annapolis for its annual Black Tie and Diamonds Gala on Saturday, March 2nd, 6–11 p.m. at The Hotel Annapolis. Dress your best and enjoy cocktails and hors d'oeuvres, peruse the silent auction, and bid on special items, great trips, and a signature diamond piece from Zachary's Jewelers at the live auction. The gala includes a sit-down dinner and dancing. Tickets are \$150 per person and \$1,500 for a table of 10. Proceeds from the event will benefit Partners In Care. For more information, visit [Annapolisrotary.org](http://Annapolisrotary.org).



## ↑ ANNAPOLIS OPERA: CARMEN

Bizet's *Carmen* has everything you want in an opera: a twisting tale, passion, deceit, and incredible melodies from the fiery "Habanera" to the "Toreador Song."

Bizet's final work is known worldwide and has become one of the most popular and frequently performed operas. Starring mezzo-soprano Cassandra Velasco as Carmen, *Carmen* comes to Maryland Hall for the Creative Arts on Friday, March 15th, 8 p.m. and Sunday, March 17th, 3 p.m. Ticket prices vary. For more information, visit [Annapolisopera.org](http://Annapolisopera.org).

## Ninth Annual Annapolis Oyster Roast & Sock Burning

Celebrate the coming of spring with a unique Annapolis tradition: tossing your old winter socks into a bonfire. Annapolis Maritime Museum's ninth annual Oyster Roast & Sock Burning will be Saturday, March 23rd, 12–4 p.m. Admission includes unlimited raw and roasted oysters, live music, admission to the Museum's exhibits, and a chance to enter the oyster-shucking competition. General admission tickets are \$25, and the "People's Choice" ticket is \$85 and features samples of oyster cuisine from 12 premier Annapolis restaurants. Tickets can be purchased at [Whatsuptix.com](http://Whatsuptix.com).



## BLUE JEANS AND BLING

Join the South Shore Elementary School (SSES) PTA on Saturday, March 23rd, 6–10 p.m. for its largest fundraising event of the year, Blue Jeans and Bling. Held at the Anne Arundel County Fairgrounds, this fun-filled evening will feature a live and silent auction, mechanical bull, food from Mission BBQ, a bake-off, and live music. Proceeds from the event will support the SSES PTA and its mission to connect the home, school, and community, and to enrich every child's learning experience. Tickets are \$20 for SSES teachers and staff, \$30 general admission, and \$280 for a reserved table for eight. For more information, and to purchase tickets, visit [Whatsuptix.com](http://Whatsuptix.com).

## FOREIGNER

Known for popular songs like “Feels Like The First Time,” “Cold As Ice,” and “Long, Long Way From Home,” Foreigner has earned 10 multi-platinum albums and 16 top-30 hits. The legendary rock band will be performing some of their greatest anthems on Friday, March 22nd, 8 p.m. at Live! Casino & Hotel in Hanover. Ticket prices vary. For more information, and to purchase tickets, visit [Livecasinohotel.com](http://Livecasinohotel.com).

## Annapolis Film Festival

Calling all movie-lovers! The Annapolis Film Festival returns for its seventh year Thursday, March 21st through Sunday, March 24th. Enjoy four days of panels, events, parties, and over 70 films, including diverse shorts, documentaries, and feature films. Festival-goers will also have the chance to socialize and converse with local and international artists and moviemakers. The venues will include Maryland Hall for the Creative Arts, Asbury United Methodist Church, St. John's College, and Annapolis Elementary School. Tickets are \$145. For more information, visit [Annapolisfilmfestival.com](http://Annapolisfilmfestival.com).



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## Vine Arts

On November 10th, The Vineyards at Dodon hosted The Arc Central Chesapeake Region's annual Vine Arts event.

Attendees enjoyed a locally sourced lunch, wine tastings, and either a tour of the vineyards or the opportunity to capture the beautiful location through painting, sculpting, or photography. Proceeds benefited the many Arc programs.



Photography by Wil Scott **1.** Sue Gallant, Lisa Bennan, Martha McDowell, Laura Auslim **2.** Jonathon Rondeau, CEO, Debby Daugherty, Stuart Pittman **3.** Deb Watson, Artist, Sen. Ed Reilly **4.** Kathy Creighton, Event Founder, Jonathon Rondeau, CEO



TOWNE SOCIAL

# Nutcracker Tea

For two Sundays in December, the 2nd and 9th, What's Up? Media transformed the Hotel Annapolis into a holiday wonderland for its annual Nutcracker Tea. Families at the sold-out event experienced a high tea, breakfast or lunch, live performances of *The Nutcracker* by Maryland Performing Arts Center, and story time with Santa and Mrs. Claus. A portion of the event proceeds supports local charities.

Photography by Stephen Buchanan 1. Gianna Ferrara, Kennedy Lykudis, Adriana Ferrara, and Berkeley Lykudis 2. Mia Groff, Nya Groff, Chloe Chaloot, and Lilly Baker 3. A dancer performs a portion of *The Nutcracker* 4. Jennifer and Elizabeth Thibedeau 5. Emma, Andrea, and Grace Shove 6. Ranie and Piper Pipkin



TOWNE SALUTE

# Lise Crafton

## Magothy River Association

By Caley Breese

**A**lthough Lise Crafton isn't originally from Anne Arundel County, she's made it her home for the past 10 years, living along the Magothy River in Severna Park, on a piece of property that's been in her husband Jim's family for over 100 years.

"He really was my introduction to the Magothy River," Crafton says. "I grew up in Harford County, playing on a lot of creeks and in the woods when I was growing up, but really didn't have any knowledge of this part of Maryland."

**"It is really cool because when you start, you realize how small the environmental community is in Anne Arundel County. It's broad, but it is a small family."**

Crafton is from the rural town of Jarrettsville, and worked in product development for Hunt Valley-based McCormick & Company until retiring in 2015. Now, being neighbors with the Magothy River and the Magothy River Association (MRA) President Paul Spadaro, the 62-year-old Crafton knew she couldn't pass up the opportunity to become an active member with the organization.

### What does the Magothy River Association do?

The Magothy River Association is just such a cool organization. They've got their hands into everything. They are an environmental organization and certainly dedicated to maintaining the health of the river, and most of our projects really have to do with that. A lot of us [volunteers] are involved in the Marylanders Grow Oysters program and have oysters hanging off our docks as a way to filter the water.

Paul got me involved in the floating garden project, which dovetails really nicely with my Master Gardener background. It's about educating people to see what

a difference those emergent plants can make, even in a small area. We started to publish the *Floating Gardener* newsletter a couple of years ago. It's been great, and it's a way for them [MRA] to connect and communicate [with the public].

### How did you become involved with the organization?

We live on the Magothy River and I've always had an environmental bent, so it just seemed like a cool thing to do. My husband didn't grow up on the Magothy, but he was down here every weekend. He has memories of when the grasses were all over the place, and when you just went down to the dock and scooped up a soft crab for dinner. I found his memories inspiring. Paul says the same thing. If we get people in the right mindset, or the same mindset, we can maybe recapture some of that.

All of this converged when we moved down here. I've been a Master Gardener for 10 years and have volunteered with MRA for 10 years. It is really cool because when you start, you realize how small the environmental community is in Anne Arundel County. It's broad, but it is a small family. It's like there are all these little interconnections. If you get involved in one thing, it's pretty easy.

### In what ways do you contribute to the floating garden project?

With the help of the college [Anne Arundel Community College], we are able to identify plants that would thrive

in certain areas. The plants get started in the greenhouse and get a little bit of root mass going, and then we just stick them in these floating gardens and launch them off people's piers or bulkheads.

From that point on, the plants are using the nutrients in the river as their food. It's almost like Miracle-Gro. They're using that to grow and as a result, it increases the level of oxygen, but it also makes this really great habitat. All the roots and stuff that hang down in the water, when you look underneath these things, is astounding. That's where all the little fish are. That's where little crabs are hanging out. It's like this little town. That's really the purpose of them; not just to help filter the water, but to create habitat.

The one negative of the floating gardens in the last couple of years is we were using Styrofoam as the flotation device. Styrofoam is about as un-environmentally friendly as you can get. That was another thing that we put Jim to work on when he retired. He and I have been trying to develop an alternative system that's more environmentally friendly. Along with Paul, we've built several new variations on a theme and float-tested them last summer, with the idea that this year, we can start producing those and getting those out to folks to replace the Styrofoam ones.

**Tell me about the *Floating Gardener* newsletter you started in 2015.**

We have a pretty big distribution list. I'm going to say

we're up to about 275 folks. It includes people in the state government, county government, and the DNR. I think we've got some folks on there from SERC [Smithsonian Environmental Research Center].

In the last couple of years, we've dedicated a lot of issues to sharing the science behind it. It comes out at the beginning of the growing season and the end of the growing season. The last couple of years, we have had a big sale of the floating gardens at the farmers' market, so the newsletter comes out at that time to support people that are getting them for the first time. A lot of times, people have questions about, "Now what do I do with this stuff in the fall?" So, we put out another issue then. A lot of the content is basic science-type stuff. Some of it lately has been about what's been going on in other parts of the world. We're trying to keep people interested and inspired. You're a small part of something bigger that's going on out there.

**What do you hope the Magothy River Association can accomplish in the future?**

We would love to have younger people get involved, but it's so hard because when you're young, you've got school, work, and kids to raise. One of my hopes would be to figure out a way to maybe chunk this up in small periods of time. Even if you don't have the time to dedicate to pursue some of the things in as much depth, there are ways to participate, and I think just being able to communicate to people that this is your river, and even if it's on a small scale, there are things that you can do to help maintain and improve the health of the river.

*For more information, visit [magothyriver.org](http://magothyriver.org)*

Do you have a volunteer to nominate? Send What's Up? an email to [cbreese@whatsupmag.com](mailto:cbreese@whatsupmag.com).



# DIGITAL DEMAND

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# Chartwell Foundation Donated \$5,000 to Hospice of the Chesapeake

The Chartwell Foundation donated \$5,000 to the Pasadena-based Hospice of the Chesapeake in December as part of its annual giving campaign. Hospice of the Chesapeake has received this donation for the past 13 years. The Chartwell Foundation was founded in 2006 with the goal to award grants and raise funds for local nonprofit organizations for charitable and educational purposes. Since its inception, the Chartwell Foundation has raised or granted over \$500,000.



Left to right: Chartwell Foundation Board President Steve Lombardo; Hospice of the Chesapeake Major Gifts Director Lynne Davidson; Hospice of the Chesapeake CEO Ben Marcantonio; and Chartwell Foundation Board Vice President Joe Flynn. Photo by Elyzabeth Marcussen

## Capital Gazette Staff Honored as TIME's Person of the Year

In December, *TIME* magazine announced that the staff of *The Capital* newspaper in Annapolis were one of the honorees in its 2018 "Person of the Year" issue. On June 28th, a gunman opened fire in the *Capital Gazette* newsroom, killing five staff members. The magazine applauded the *Gazette's* decision to put out a newspaper the day after the tragedy, which reflects their dedication to the Annapolis community and journalism. Symbolic of the *TIME's* theme "The Guardians and the War on Truth," the staff was chosen as representation of the broader fight of journalists around the world.



Capital Gazette staff. Photo by Moises Saman—Magnum Photos for TIME



Photo by Mary Bowren

## ARTIST EBBY MALMGREN DONATES COLLECTION

Local award-winning artist Ebby Malmgren donated more than 200 pottery pieces from her personal collection to the Anne Arundel Community College (AACC) Holiday Ceramics Club Sale. All of the ceramic art was sold, and the club earned nearly \$4,800, which benefits AACC's ceramics studio and its educational programs. In addition to pottery and ceramics, Malmgren has also worked in fields such as poetry, writing, printing, and bookbinding. Some of her work has been featured in various exhibitions, such as the Chaney Gallery of the Maryland Hall for the Creative Arts, and she has led discussions at the Mitchell Gallery at St. John's College in Annapolis.

Photo by Lisa Masson



### **ANNE HARRINGTON JOINS BOARD AT ANNAPOLIS MARITIME MUSEUM & PARK**

The Annapolis Maritime Museum & Park (AMMP) announced that Anne Harrington was elected to serve on its board of directors. Harrington, an Annapolis resident, works as a real estate agent with Coldwell Banker in downtown Annapolis. In 2003, she co-founded the nonprofit organization The Box of Rain Foundation, which recently merged with AMMP. Harrington also served on the Commissioning Committee of the USS Sioux City. As a board member, Harrington will continue to contribute to the Box of Rain program.



Photo courtesy of Chesapeake Bay Trust

### **New Chesapeake Bay License Plate Design Unveiled**

The Chesapeake Bay Trust and the Maryland Department of Transportation Motor Vehicle Administration (MDOT MVA) unveiled Maryland's new license plate in October. The new design includes the blue crab and the Chesapeake Bay Bridge, along with the phrase "Protect the Chesapeake" written across the bottom. The Chesapeake Bay license plate is available for \$20, and sales benefit environmental restoration projects, community engagement in natural resources, and funding for outdoor education programs for students in kindergarten through 12th grade. For more information, visit BayPlateMe.com.

**Do you have community or business news to publicize? Send What's Up? an email at [cbreese@whatsupmag.com](mailto:cbreese@whatsupmag.com).**

# Getting Married?

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TOWNE ATHLETE

# Rachel Fleig

## Chesapeake High School Field Hockey

By Tom Worgo

**C**hesapeake High's Rachel Fleig never misses a chance to lend a helping hand. Fleig goes out of her way to mentor fellow students and younger children in field hockey, a sport she'll be playing at Appalachian State in North Carolina on a scholarship.

She also worked out with Chesapeake students throughout her four years of high school in Unified bowling and bocce. Fleig gets the most satisfaction helping special needs students who participate in Unified sports. "It's so amazing to help them when they don't know how to do something," says Fleig, who also ran outdoor track during her sophomore and junior years. "Just seeing their faces light up. It just makes you feel like a better person. After long days at school, just to be able to hang out with them, it makes you appreciate things more."

Chesapeake field hockey coach Joan Johnson appreciates how generous Fleig is with her time. She's always eager to pass along her field hockey knowledge. Johnson says Fleig is almost like her assistant coach. "Rachel will have new players come to her house to help them with stick skills or anything they need to improve on," Johnson explains. "These are brand new kids

that have never played before. She will send an email out to everybody in the program saying, 'Does anybody want to play today? I am going to my field.' She will do that all year long."

The field Johnson is referring to is a 30-by-30 square foot plot in Fleig's backyard in Pasadena. Johnson fondly describes Fleig as a "field hockey nut."

"She always has a stick in her hand," Johnson says of the year-round player. "She just practices, practices, practices in season and out of season. She always wants to do more."

Fleig has learned a lot about the sport by just watching games—at any level. "If there is a college team playing close by or another high school team or a club team, she will go see them play," Johnson says. "She will also hit college games on the weekends—Towson, Maryland, or Georgetown."

Fleig's varsity field hockey accomplishments at Chesapeake are impressive. The four-year starter and three-year co-captain led the Cougars in scoring every season and finished as the school's all-time leader in goals (72) and assists (50). She earned Field Hockey Coaches Association of Maryland All-State honors as both a junior and senior.

"What makes her such a good player is her stick work," Johnson says. "She has the best hands in the county. The hands on her stick move like magic. She is often double and triple teamed. People just watch her and say, 'Wow. Look at that. How did she get through that?'"

Fleig has had some memorable games. With Chesapeake trailing 2-0 to Arundel during her junior year, Fleig scored two goals in the last 15 minutes and another one in overtime to lift the Cougars to a 3-2 win. She also had a hat trick in a 3-2 conquest of South River last fall.

The 5-foot-5 Fleig received as much notoriety for her stellar play in the USA Field Hockey Futures program and competing for the Gaels and Freedom field hockey clubs. USA Field Hockey named her a National Futures Championship selection twice and AAU Junior Olympic selection once. On top of that, Fleig led the Junior Premier Indoor League in scoring three times playing for the Gaels. "We play teams from up and down the East Coast and some of the best teams in the country," says Johnson, who doubles as the Gaels' coach.

Fleig's next big field hockey challenge will be playing at Appalachian State. She signed a National Letter of Intent in November and was also aggressively recruited by Virginia, James Madison, and Old Dominion. "I'm getting ready for the Division I level," says Fleig, who carried a 3.5 grade-point average at Chesapeake and plans to major in mass communications. "I run four or five days a week. I have a personal trainer. I am doing cardio, powerlifting, and dead squatting. It takes a toll on you, but I want to get used to it, so once I get to college I really can start working out and building body mass."

Do you have a local athlete to nominate? Send What's Up? an email to [tworgo@whatsupmag.com](mailto:tworgo@whatsupmag.com).

# Maryland Home Values Increasing Despite Drop in Sales

## Hasn't Yet Reached Pre-recession Levels

By Anirban Basu

**A** *Washington Post* article from 2006 about Maryland's housing market provides a glimpse of how people viewed real estate before the subprime-loan crisis and 2008 recession. The author wrote about the robust housing market, highlighting house and townhouse prices in the suburban counties appreciating nearly 25 percent over the previous year. Median home sale prices were \$337,350 with Howard, Montgomery, and Frederick counties ranking among the best performing. Condominium prices were also on the rise, increasing 35.5 percent over the previous year. The article closed with a grim hint of what was to come in just a few months. The article quoted a realtor who had concerns about buyers taking on too much debt: "You have to realize you are not going to have 25 percent appreciation forever."

The state has come a long way in 12 years. The House Price Index (HPI) is a broad measure of home prices for single-family houses compiled by the U.S. Federal Housing Finance Agency. It shows what home values were like compared to other points in time. The HPI for Maryland hit its highest point in the second quarter of 2007. By the beginning of 2008, the official start of the Great Recession, it had only fallen 3.5 percent. Eighteen months later, it had dropped 18.3 percent, and it kept dropping. At its lowest point in the second quarter of 2011, the home price index was 25.3 percent below its peak.

Since then, however, the market has recovered nicely. The economic expansion, now entering its 11<sup>th</sup> year, has pumped new life in real estate. While not fully recovered from its highest point in 2007, the home price index is just 9.5 percent off its record high, a testament to how far the state's real estate market has come. That being said, the state has lagged compared to the rest of the country. National HPI peaked around the same time as Maryland, but fell by 18.9 percent by the second quarter of 2011. It has since recovered and is 13.9 percent higher than its previous peak. It should be noted, however, that the national HPI is lower overall.



Data published by the Maryland REALTORS shows that the real estate market was down in September, the last month for which there is data. Home sales across the state were down 10.8 percent compared to the same time the previous year, with only three out of 24 jurisdictions showing positive growth. Moreover, none of those three counties had more than 100 sales in the month. The drop in overall home sales could be a result of the Federal Reserve's recent interest rate hikes, a response to an economy that's picked up steam in recent months. With 4.2 percent GDP growth in the second quarter of 2018, followed by a 3.5 percent growth in the next quarter, the Fed increased interest rates in September, with one more rate hike planned in December.

In late November, however, Fed Chairman Jerome Powell commented that the Fed's key benchmark interest rate is near the neutral rate, the point at which the Fed would stop raising rates. Many market analysts had predicted the Fed would continue its rate increases into next year, with two or three more hikes in 2019.

Though home sales might have been down across the state, average and median home sale prices had increased on a year-over-year basis. Average home sale price in Maryland rose to \$332,532, a 4.9 percent increase. The largest increase came in Talbot County, where the average home sale price rose by 64.9 percent. Caroline County (+14.7 percent) and Washington County (+10.1 percent) also saw significant increases. Median home sale prices rose 3.6 percent across the state. Caroline County and Washington County again saw some of the highest increases at 19.5 and 10.1 percent, respectively. Queen Anne's County also saw significant improvement, rising 10.8 percent over the past 12 months. Anne Arundel County's median sale price decreased 1.2 percent for the year, although average prices remain up 3.3 percent.



### About Anirban Basu

Anirban Basu is Chairman & CEO of Sage Policy Group, Inc., an economic and policy consulting firm headquartered in Baltimore, Maryland. In 2014, Maryland Governor Larry Hogan appointed him Chair of the Maryland Economic Development Commission. 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.

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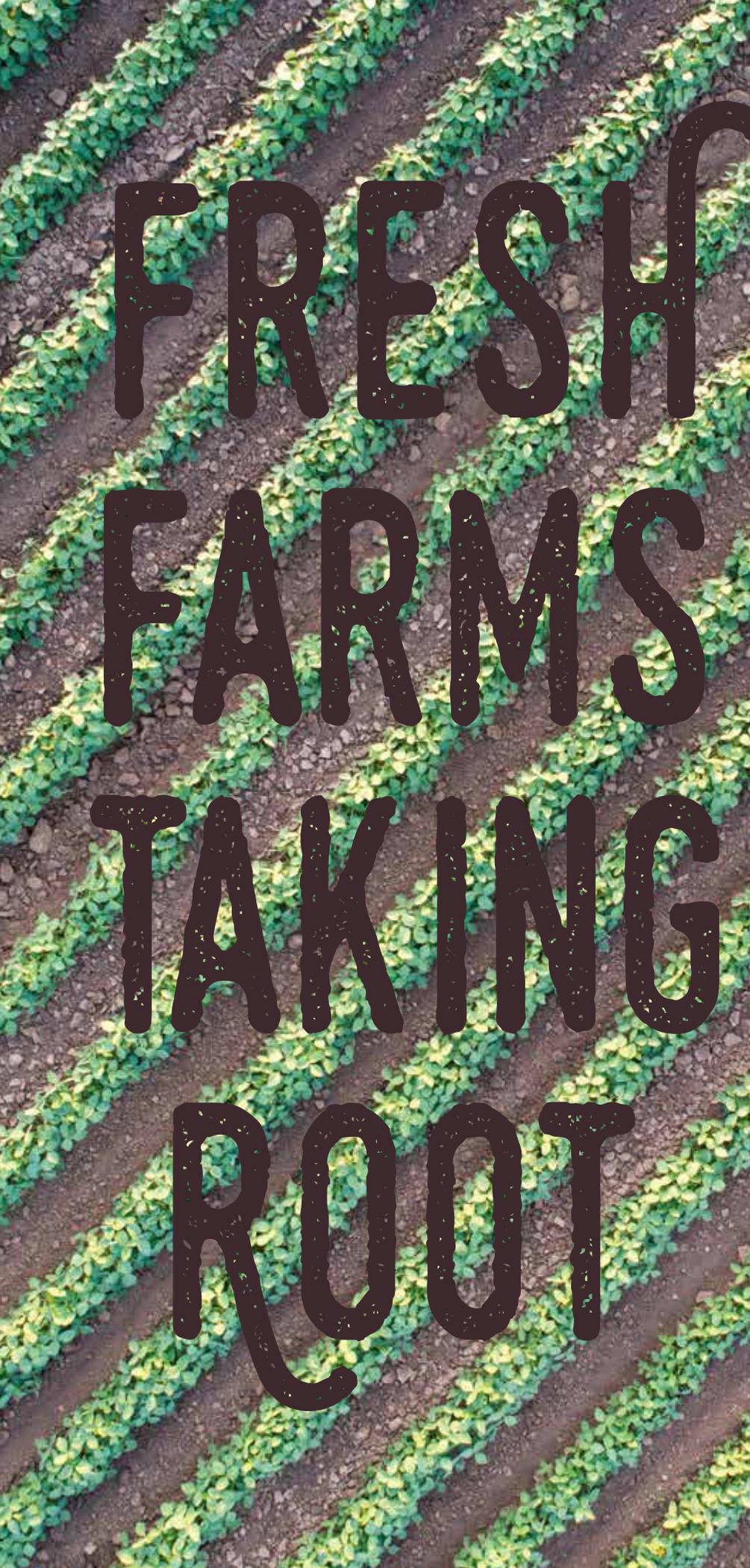
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# HOW PUBLIC INCENTIVES AND BEGINNING FARMERS ARE NURTURING MARYLAND'S AGRICULTURE

*By Janice F. Booth*

*Photography by Stephen Buchanan*

Meghan Ochel and Erik DeGuzman are passionate about farming; it's what they do. They met in 2011 while shopping at a farmers' market. Meghan was working in public health for the federal government; Erik was a civil engineer draftsman. But beneath their professional exteriors, they discovered a shared passion for farming. And from their meeting, *Dicot Farm* in Waldorf, Charles County, was born. (Appropriately, a dicot is a single seed producing two, tiny leaves.)

Neither Ochel nor DeGuzman had any background in farming, so they connected with organizations dedicated to encouraging and supporting beginning farmers, Future Harvest CASA (Chesapeake Alliance for Sustainable Agriculture) and the Accokeek Foundation. They saved money, got married, and began to work on other farms, learning from experts in the profession. Eventually, the young couple bought a farm of their own, where DeGuzman devotes himself full-time to agriculture, while Ochel keeps her job in the city as a safety net.

From 2015 to 2017, they have doubled their certified organic vegetable production, focusing on specialty salad greens and offering food-prep demonstrations and samples, along with recipes—all to educate their customers. Their organic vegetable

production is now year-round. And they've added restaurants to their satisfied customer base. Ochel and DeGuzman attribute much of their success to the practical, beginning-farmer training that has been available to them through federal and state-supported organizations.

## FOOD FOR THOUGHT

Those programs that *Dicot Farm* acknowledges for encouraging and supporting them have been established and funded, primarily, by federal and state mandates. They include the Future Harvest CASA, National Young Farmers Coalition (NYFC), the Beginning Farmer Advisory Group to the USDA, the Beginning Farmer and Rancher Development Program, the University of Maryland Extension Collaborative for Beginning Farmer Success, and Urban Farm Free School—to name a few. These programs reach out to both urban and rural populations, looking for citizens who might be interested in farming as a way of life. The programs might offer free workshops on what it takes to start farming, or they might survey the farming community to learn more about the problems and concerns of modern-day farm families. Some of these programs serve as conduits between farmers and legislators, keeping the government agencies aware of the needs of farmers.

Feeding our country healthy, safe food is a fundamental responsibility of government. Protecting the land, the crops, and those who farm that land requires planning, funding, and programs. Since 1933, the federal government has passed Farm Bills to set agriculture policies and ensure the funding that legislation demands. Not only must the government protect the quality of the nation's food, but it must guarantee that the food supply is plentiful.

Diversifying the farms that supply grain, soybeans, livestock, and vegetables protects the food supply from monopolies and massive harvest

failures. When 10 percent of the farms control 70 percent of the farmland, our food supply is vulnerable. In 1910, there were about seven million farms, cultivating approximately a billion acres. But by 2002, only about two million farms cultivated that same acreage. But policies are changing, and the government is encouraging and supporting small and beginning farms by making educational and financial support available.

Has this effort to diversify the farms and encourage new farmers been effective? Is there "new blood" in agriculture? According to the most recent Census of Agriculture in 2012, only 22 percent of farms in the United States were "beginning farms" (a farm operated by one principal farmer for less than 10 years). Of those new farmers, 37 percent were 55 years or older, while only 19 percent were younger than 35 years. In fact, the average age of all principal farm operators was just over 58.

## SECURING THE FOOD SUPPLY

"So, what's the problem?" you may be asking.

"The time is now for our country to help young farmers defy the odds, preserve farming as a livelihood, and revitalize our nation's rural economy," asserts Lindsey Lusher Shute, executive director and co-founder of the National Young Farmers Coalition (NYFC), in a 2017 report.

According to the recent Agriculture & Applied Economics report, there are still three critical challenges facing beginning farmers, which are access to: (1) farmland, (2) capital, and (3) farming expertise. In response to the first two problems, land and capital, in 1980, Congress mandated the Farm Credit System specifically to help young and beginning farmers. Since then, Farm Bills have included funding for training programs for farmers and rangers and authorization to move land from the Conservation Reserve Program to farmland for beginning farmers.

Former U.S. Deputy Secretary of Agriculture, Dr. Kathleen Merrigan notes, "Things are changing in American agriculture, and our perceptions and policies need to keep pace...it's no longer Old MacDonald of storybook fame. Rather, it's Ms. MacDonald, a college graduate who didn't grow up on the farm and considers her farming practices to be sustainable or organic."

In 2017, the NYFC called for farm policies in the 2018 Farm Bill that will address:

- (1) land access and affordability, (2) helping young farmers manage student debt, (3) increasing a skilled, agricultural workforce, (4) enabling investments in on-farm conservation, (5) improving young farmers' credit, savings and risk management opportunities, and (6) addressing racial inequity among farmers.

Urban Farm Free School (UFFS) is one of those programs. Sponsored in part by the University of Maryland Extension, the UFFS works to bring farming back to local communities, many of which are urban food deserts where supermarkets and grocery stores are in short supply and offer limited fresh produce.

To kindle an interest in farming, UFFS offers five free courses over a three-month period; the topics include drip irrigation, self-care in a sometimes dangerous and stressful career, marketing, farm insurance and business structuring, and farm finances. Men and women of various ages and levels of experience, like Meghan and Erik, rush from their day jobs in Washington, D.C. and Baltimore to attend these two-hour schools as they examine the possibilities of farming and prepare to become farmers.

Erik DeGuzman and Meghan Ochel met in 2011 at a farmers' market and discovered a shared passion for fresh ingredients and farming, which not only ignited their relationship, but also their new farm, *Dicot Farm* in Waldorf. It has become a second career for the couple, who now harvest organic vegetables, which are sold to local restaurants.







## KEEPING IT IN THE FAMILY

Gary Palmer's first career as a professional firefighter in Washington, D.C. was stressful but fulfilling. "I loved being a fireman," he says. "When I retired, I was looking for a way to work for myself, building independence for my family and me." With that plan in mind, in 2015, Palmer bought 23 acres of land and established *Holiday Memories Farm* in West River, Anne Arundel County, to raise Christmas trees, fruit trees, vegetables, laying hens, and flowers.

"My uncles were farmers," Palmer says. "Now, my daughters and sons are working with me on our farm." Ashleigh Palmer and Kelcie (Palmer) Ca'Nerenb, along with Shannon (Palmer) Pierson, and Zeke Pierson work planting trees and vegetables, and gathering fruit and eggs alongside their dad. Gary's son, Justin is an active D.C. fireman, but he helps out on the farm when the work piles up, handling a lot of the carpentry chores. Everyone's involved, and that's exactly what Gary had hoped for.

The Palmer family farm demonstrates that America's investment in reinvigorating local farms can succeed. Like Ochel and DeGuzman on *Dicot Farm*, Palmer has taken advantage of free training and informational programs through Future Harvest CASA and the Anne Arundel County Economic Development Corporation.

Future Harvest CASA has been a powerful force in the restoration of a viable farming system in a five-state region: Maryland, Delaware, Virginia, West Virginia, and the District of Columbia.

Future Harvest CASA's mission is to provide education, networking, and advocacy to help build a sustainable Chesapeake foodshed, where food flows from farm and fishery to table in ways that strengthen farming and the regional food economy, protect

our land, water, and air, and provide healthy, nutritious food that sustains the region's communities and cities.

At one of the Future Harvest CASA's marketing seminars, Palmer was urged to think about how *Holiday Memories Farm* could make memories all year long, not only at Christmas time. That led the Palmers to introduce "Sunflower Sundays," planting sunflowers that they sell at their roadside stand. Then came eggs and chickens—no idea which came first! Soon, Kelcie was offering fresh eggs every week for members of the farm's Community Supported Agriculture (CSA).

CSAs began about 25 years ago as a way to enhance small farmers' visibility and bottom line by having the local consumers share the risks as well as the benefits of farming. Consumers commit to buy various produce in specific quantities. The farmer agrees to raise crops and livestock in a sustainable and responsible manner.

*Holiday Memories Farm* takes advantage of the opportunities that are out there for beginning farmers. They have applied for and received a grant from the Natural Resources Conservation Service (NRCS), an agency of the Department of Agriculture, to construct a "high tunnel"—an unheated, hooped greenhouse that allows a farmer to extend the growing season by protecting crops like flowers and vegetables. That extends the farm's growing season and thus the income stream, and allows for environmentally responsible production methods, such as drip irrigation. Another grant, this time from the Southern Maryland Agricultural Development Commission, made possible the Palmers' expansion into blueberry farming—very popular with their CSA members.

And so it goes. Given opportunities, encouragement, and support, farming becomes a viable career path, even when you start down that path a bit later in life.

For Gary Palmer (foreground, furthest right), founding *Holiday Memories Farm* in West River brought independence and stress-relief from his first career as a D.C. firefighter, as well as his family together. Several generations of Palmers help operate and manage all aspects of the farm.

## NO MATTER YOUR AGE, THERE'S ROOM ON THE FARM

"I'm 71 years old, and farming lets me stay active, physically and intellectually, ten hours a day, every day," Dean Snyder asserts. *Coops and Crops Farm* is Dean's retirement dream.

His first career, the ministry, began in 1968 as pastor to a small United Methodist congregation. "Theology helps me to understand the deepest truths of the universe. Farming helps me understand the deepest truths of the natural world. It's a perfect fit." When he retired in 2013 after serving as the pastor of the bustling Foundry United Methodist Church in Washington, D.C., Snyder began shepherding a smaller flock in Kent County's Kennedyville. His wife, Jane Malone, works remotely in environmental health policy for a national organization focused on radon risk reduction.

On *Coops and Crops'* six acres, Snyder and Malone raise free-range chickens for eggs, Oberhasli goats for milk and cheese, Certified Naturally Grown (CNG) vegetables, as well as "value-added" canned goods—condiments, tomato paste, marmalades, jellies, and jams. All of which they sell at two regional farmers' markets. They've taken advantage of workshops and training sessions offered by the University of Maryland Extension: Beginning Farmer Success, the Bionutrient Food Association, and other programs.

The mission of the Cooperative Extensions, including the one with which Snyder and Malone are involved, is to provide support and education to farmers, specifically in the areas of agricultural research, technology, policy, and education. In 2012, the

Married to each other and their retirement dream, Jane Malone and Dean Snyder founded *Coops and Crops Farm* in Kennedyville, raising free-range chickens, goats, and organic vegetables. The couple learned how to develop their farm through workshops offered by the University of Maryland Extension: Beginning Farmer Success.





University of Maryland Extension established “Beginning Farmer Success” in cooperation with the USDA.

The program’s mission is “to increase the number of beginning farmers and acreage farmed by them in Maryland.” Working with nonprofits like Future Harvest CASA, this program supports farms like *Coops and Crops*, offering free seminars, as well as mentoring and training programs on all aspects of the business of agriculture.

## IT’S NOT THE SIZE OF THE FIELDS; IT’S THE SIZE OF THE DREAM THAT MAKES A FARMER

Size really doesn’t matter to J.J. Minetola and his wife, Cristina. They’ve been farming two acres in Davidsonville, Anne Arundel County, for three years now, and business is booming. *Mise En Place Farm* has a

niche market, and supplies specialty microgreens to that market. The farm’s name reflects that clarity of their vision; *Mise En Place* is French for “putting everything in place.”

For 20 years, Minetola’s first career as a chef was all consuming. A highlight of his day was examining the fresh produce as it was delivered. “It was like Christmas morning every day, opening farmers’ produce boxes. Finally, I knew I wanted to fill my own produce boxes.”

In their kitchen garden, the Minetolas began experimentally growing microgreens that he used in his recipes. Microgreens are the young, tender shoots of greens like cilantro, arugula, and sunflower. They found that they could grow and harvest sprouts with exceptional flavor and appearance. *Mise En Place Farm* grew from those tiny sprouts. The Minetolas, and their son, Dean, adopted a new career—farming. While their acreage

Matt Barfield of Chesterfield Heirloom in Pittsfield stands proudly in one of several greenhouses that comprise he and his wife Stephanie’s 12-acre market garden, which grows 40 varieties of heirloom and gourmet vegetables and herbs.

and produce are small, their plan for their farm is not. In barely three years, they’ve added two greenhouses and a caterpillar (or hoop) tunnel, which allow *Mise En Place Farm* to supply restaurants and their individual customers with product year-round. In addition to microgreens, last summer *Mise En Place Farm* added tomatoes. Their commercial and farmers’ market customers bought all the tasty tomatoes they could produce.

## EVERYTHING OLD IS NEW AGAIN

Another young family who’ve thrown their hearts into small scale, big returns farming is Stefanie and Matt Barfield of *Chesterfield Heirloom* farm in Wicomico County’s Pittsville. The Barfields along with their sons,

Grayson and Jacob, manage a 12-acre market garden, where they raise more than 40 varieties of heirloom and gourmet vegetables and herbs. Like the Minetolas of *Mise En Place Farm*, the Barfields discovered their love of farming in their own kitchen garden. Their own palates were their guides, as they explored their interest in unique varieties of produce. Most of their vegetables are pre-1940 varieties with names like Bull Nose Peppers, originally raised in the gardens of Monticello, and Ozette Fingerling Potatoes, brought to the New World by Spanish explorers. Their produce reflects the research and passion that went into rediscovering these delicious varieties of vegetables. *Chesterfield Heirlooms* farm is a labor of love.

All this confirms the surveys of the U.S. Department of Agriculture's latest Census on Agriculture. The number of young farmers (under 35) is increasing, and almost 70 percent of these young farmers have college degrees.

Beginning farmers are curious, creative, and brave; they're working around problems they confront:

- The problem: Land is expensive; their solution: grow microgreens and specialty crops.
- The problem: Income stream is uncertain; their solution: keep one member of the farm family employed beyond the farm.
- The problem: Lack of background in agriculture; their solution: take advantage of the training programs directed specifically at beginning farmers.
- The problem: Trouble breaking into the big business model of producer-client contracts; the solution: turn to direct marketing through Farm-To-Table, farmers' markets, CSAs, and produce clubs.

There's always a work-around if you're a farmer.

J.J. Minetola and his son Dean, together with wife/mom Cristina, operate *Mise En Place Farm* in Davidsonville, which became an extension of J.J.'s first career as a chef. Today, the farm produces specialty microgreens to commercial and farmers' market customers.





# WHAT'S UP?'S 2019 SUMMER CAMPS YOU SHOULD KNOW

## ACADEMY ART MUSEUM SUMMER CAMPS

Location: 106 South Street, Easton. Contact: 410-822-2787; academyartmuseum.org. Constance Del Nero, Director of Children's Education & Community Programs. Dates/Times: Weekly from last week of June through third week of August. Most camps run 2-3 hours. Ages: PreK-12th grade. Cost: Varies by program; most camps are \$100-150. Academy Art Museum offers interesting and creative camps for every age range. From pre-school summer-themed offerings to tween and teen paper-making and plastic sculpture, there is something for everyone. The Museum's signature Kaleidoscope Camp—a perennial favorite—consists of multi-media projects, while other camps focus on building basic art skills, such as drawing and painting. New 2019 camps offer high school students advanced drawing, batik, and digital media expertise.

## ANNAPOLIS AREA CHRISTIAN SCHOOL SUMMER PROGRAMS

Location: 109 Burns Crossing Road, Severn. Contact: 410-519-5300, x3150; AACSONLINE.ORG/summerprograms. Cedrick Dickens, Summer Programs Director, summer@aacsonline.org. Dates/Times: June 10th-August 2nd, 9 a.m.-4 p.m.; half day and extended day options available.

Ages: 3½ to 18. Cost: \$190-300/week. With 40+ programs to choose from, Annapolis Area Christian School Summer Programs encourage you to find out more and see how they can meet your family's needs. Traditional day program, academic camps, creative arts, and sports camps such as basketball, soccer, volleyball, field hockey, football, tennis, dance cheer, sports training, teen leadership development, science, coding, drones, and STEM are offered. Tours are available by appointment.

## CITY OF ANNAPOLIS RECREATION AND PARKS SUMMER CAMPS

Location: Varies based on camp. Contact: 410-263-7958; ANNAPOLIS.GOV/recreation. Kathryn Owings, Sports Supervisor, KAOwings@annapolis.gov. Dates/Times: June 24th-August 30th. Ages: 4-15. Cost: Varies based on camp. Annapolis Recreation and Parks is excited to introduce new camps for summer 2019! Activities will include traditional day camps with field trips while special interest camps will include sports, STEAM, stand up paddle boarding, and much more! Please visit annapolis.gov/recreation for more information. Follow us on Facebook and Twitter to stay up-to-date on camp announcements!

## ANNE ARUNDEL COMMUNITY COLLEGE'S KIDS IN COLLEGE

## MMER CAMPS

Location: 101 College Parkway, Arnold. Contact: 410-777-1182; AAC.EDU/kic. Dates/Times: June-August; half and full day options available; before and after care available. Ages: K-12th grade. Cost: Varies by program. Programs offered include but are not limited to: traditional day camps, academic classes, sports, performance, general interest, art, culinary, dance, engineering, magic, math, robotics, science, technology, and theater. Please see website or call Kids in College at number listed for more information.

## ARCHBISHOP SPALDING SUMMER CAMPS

Location: 8080 New Cut Road, Severn. Contact: 410-969-9105; Archbishop-spalding.org/camps. Spalding offers a wide variety of summer programs, including academic and athletic camps. For more information, including dates, times, ages, and pricing for each camp, please visit the website or call the number above.

## ECO ADVENTURES

Location: 216 Najoles Road, Suite 600, Millersville. Contact: 410-987-1300; Eco-adventures.org. Tina Hayden, Programs Coordinator. Dates/Times: Eco Sampler: June 17th-21st. Walk on the Wildside: June 24th-28th. Harry Potter Wizarding World: July 8th-13th. Art on the Wildside: July 15th-19th. Animal Training & Career: July 22nd-26th. Wilderness Survival: July 29th-August 2nd. Harry Potter Hogwarts Camp: Aug 12th-17th. Marine Biology Sea Camp: August 19th-23rd. Summer Fun Kindergarten Camp: September 3rd-6th. One-day camps are also available during

the week of July 4th. Ages: Varies by camp. Please see website. Cost: One-day camp: \$85-95; Full day (9 a.m.-4 p.m.): \$340-375; Mini camps (9 a.m.-1:30 p.m.): \$205. "Experience the Extraordinary." That is exactly what our summer camps embody! Our 2019 summer camp lineup offers a variety of camps, from animal training to Harry Potter, to Art on the Wildside to marine biology. You'll quickly see we have something for everyone. Each camp is highly personalized and designed to get kids excited about our natural world with daily activities such as animal interactions, games, experiments, crafts, guest speakers, fossil digs, field trips, creative snacks, and more! When we get through with them, they may never WANT to come home!

## IDEAS SUMMER CAMP

Location: 3112 Arundel on the Bay Road, Annapolis (St. Anne's School of Annapolis). Contact: 844-516-2267; Ideassummercamps.com. Dates/Times: June 17th-August 9th; free extended care available 7:30 a.m.-5:30pm. Ages: 3-12. Cost: Starting at \$335/week. IDEAS Summer Camp Programs are the finest in the Annapolis area. Safety, fun, creativity, friendships, and learning are the overall goals of the summer. At IDEAS, we offer unique programming for the entire family. From basic arts and crafts to multi-sport camps or from Minecraft™ and to our Ravin' Rockets Camp, our summer camp programs continue to grow each and every year as we introduce new programming, weekly themes, and a variety of technology, sports, arts, innovation, and FUN!

Our approach and philosophy is based on child enrichment with a primary focus on enjoyment and character building. Our goal is to ensure each camper is constantly exposed to an incredible team of camp counselors through positive energy, self-confidence, and a lead-by-example approach.

## INDIAN CREEK SCHOOL SUMMER CAMP PROGRAM

Location: 680 Evergreen Road, Crownsville; 1180 Anne Chambers Way, Crownsville. Contact: 410-923-3660; Indiancreekschool.org. Kelly Bryant, Summer Camp Director, kbryant@indiancreekschool.org. Dates/Times: June-July. Ages: 3-18. Cost: Varies. Traditional day camps, performing arts camps, blended learning camps, athletic camps on two beautiful Crownsville campuses.

## KIDSHIP SAILING

Location: 7001 Bembe Beach Road, Annapolis. Contact: 410-267-7205; Annapolissailing.com/youth-sailing. info@annapolissailing.com. Dates/Times: Week-long camps starting June 10th; full- and half-day options available. Ages: 5-15, all skill levels. Cost: \$295/week for half-day; \$495-645/week for full day. With the lowest student to instructor ratio around, KidShip provides a fun and non-competitive environment for kids to grow as sailors and have a summer they'll never forget! Campers come away with sailing skills, confidence, and a smile. Call or email with any questions.

## MACC SPORTS CAMPS

Location: 2485 Davidsonville Road, Gambrills. Contact: 410-451-5110; Themacc.org/sports-camps. Rob Wagler, sports@themacc.org.

Dates/Times: Basketball: July 8th-11th (ages 7-14). Golf and Volleyball: July 15th-18th (ages 7-14). Tennis: July 22nd-25th (ages 7-14). Ambassadors Soccer: July 30th-August 3rd (ages 6-14). Multi-sport: August 5th-8th (ages 5-7). Ages: Varies by camp. Cost: \$50 per camp (Soccer all-day camp is \$150); \$30 for each additional camp. MACC sports camps are designed to give young players an opportunity to learn basic skills in a fun, positive, and encouraging environment. In addition to excellent coaching, we provide a daily life-related "Team Talk" geared toward communicating the truths of God's Word. Each day includes technical and tactical instruction for campers, focusing on the necessary skills to advance in their given sport. Match play and special competitions bring promise and excitement to the program.

## MYLAW SUMMER LAW ACADEMY

Location: University of Maryland Francis King Carey School of Law, Baltimore. Contact: 667-210-2517 Mylaw.org. Dates/Times: June 24th-27th, 8:30 a.m.-4:30 p.m. Ages: 10th-12th grade. Cost: \$300 The 4th Amendment and Forensic Evidence is week-long camp filled with presentations, tours, and field trips that connect the youth with constitutional law professors, criminal trial lawyers, public defenders, the Baltimore City Police Department Forensic Science and Evidence Division, the Maryland Forensic Medical Center at the University of Maryland BioPark's chief medical examiner, and other guest speakers and tours. It's a great opportunity for students who are

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Session 1: Girls' Performance Camp

### July 9 - July 11

Girls' Mini Camp

Offered to campers enrolled in both Sessions 1 & 2

### July 11 - July 14

Session 2:

Boys' Training Camp, Girls' Position Camp

### July 25 - July 27

Girls' Team Camp

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considering a career in forensics or the law, or who enjoy the thrill of crime scene investigation! Cost includes lunch, materials, and a T-shirt. Please visit the website listed above for this summer's application.

**NAVY ATHLETICS SUMMER CAMPS**

Location: U.S. Naval Academy, Annapolis. Contact: 410-293-5845; Navysports.com (click on "Camps" tab). Dates/Times: June–August. Ages: Varies by camp and program. Cost: Varies by camp and program

**2019 NAVY BASEBALL CAMPS**

Location: U.S. Naval Academy, Annapolis. Contact: 410-293-2831; Navysports.com. Paula Roche, proche@usna.edu. Dates/Times: Summer Elite Showcase: June 18th–19th (current

high school players). Little League Day Camp: July 15th–18th (ages 8–12). National Leadership Futures Overnight Camp (Day option available): July 20th–24th (rising 8th, 9th, and 10th graders). Overnight Leadership Training Camp: July 27th–31st (rising 11th and 12th graders). Visit website for full details. Ages: Varies by program. Cost: Varies by program

**NAVY VOLLEYBALL CAMPS**

Location: U.S. Naval Academy, Annapolis. Contact: 410-293-5845; Navysports.com. navyvballcamp@hotmail.com. Dates/Times: Girls' Performance Camp #1: July 6th–9th, \$625 (ages 12–18). Girls' Mini Camp: July 9th–11th, \$240 (ages 12–18). Girls' Position Training Camp #2: July 11th–14th, \$625 (ages 12–18). Boys' Training

Camp: July 11th–14th, \$625 (ages 10–18). Girls' Team Camp: July 25th–27th (high school). Visit website for full details. Ages: Varies by program. Cost: Varies by program

**PONGOS LEARNING LAB**

Location: 2141 Priest Bridge Drive, Suite 8, Crofton. Contact: 301-789-1815 ext. 4; Pongoslearninglab.com. Chrissy Rey, President and Founder. Dates/Times: Camps begin week of June 17th and run through August. Ages: K–8th grade; however, some camps are open to students up to 12th grade. Cost: \$280–315, plus lab fees. We will cover a wide range of STEAM topics this summer, including video production, animation, game design, robotics, and coding. The first and last week of camp is Gamer Club, which

gives kids a chance to have some fun while working on their teamwork and sportsmanship skills. For the rest of the summer, kids will spend most of their days at camp learning the subject for the week, or working on related projects or challenges.

**SEVERN SCHOOL SUMMER PROGRAMS**

Location: Varies. Contact: 410-647-7701 x 2344; Severnschool.com/summerprograms. Laurie Wachs, Summer Program Director, lwachs@severnschool.com. Dates/Times: June 24th–August 2nd, 9 a.m.–3 p.m.; Extended Care Program is available before and after camp on the Chesapeake Campus only. Ages: 3 ½ years old–5th grade (day camp); 5th–10th grade (specialty camps on Teel Campus). Cost:

\$250/week (day camp); \$300/week (specialty camps on Teel Campus). Day Camp and Specialty camps are available for campers entering grades 1–5 at our Chesapeake Campus. Specialty camps at the Teel Campus, including our Community Enrichment Program, are offered at the Teel Campus. Various sports camps are also available. Please visit website for details.

**ST. MARGARET'S DAY SCHOOL CAMP**

Location: 1605 Pleasant Plains Road, Annapolis. Contact: 410-757-2333; Stmargaretsdayschool.org. Tricia Hallberg McVeigh, St. Margaret's Day School Director. Dates/Times: June 10th–21st; July 8th–19th; July 22nd–26th; July 29th–August 9th. Ages: 2–10 years old. Cost: \$55–175/week.

Join us from June to August at our fun-filled day camp! Every two weeks we will have a new, exciting camp theme with crafts, projects, games, science explorations, and more. Culminating activities and field trips for ages 4 and up at the end of each theme. Summer 2019 themes: Animal Planet, The Magic of Science, Build It Design It Lego, and Ahoy St. Margaret's Pirates!

**SUMMER AT KEY**

Location: 534 Hillsmere Drive, Annapolis. Contact: 443-321-2575; Keyschool.org/summer. Jane Flanagan, Director of Summer Programs, jflanagan@keyschool.org. Dates/Times: June 17th–August 9, 9 a.m.–3:30 p.m. with before and after care available; half and full day options available.



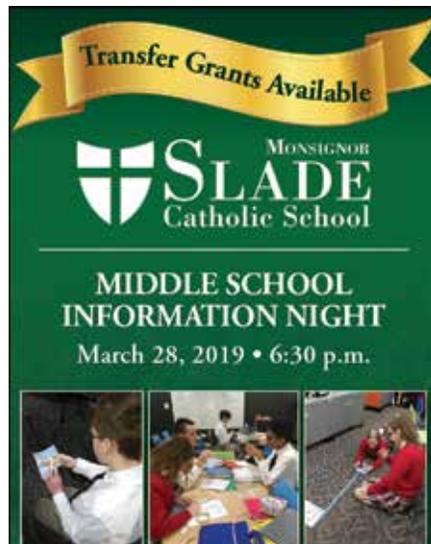
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For more information visit:  
[archbishopspalding.org](http://archbishopspalding.org) or 410-969-9105  
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 Ages 8-12 60' Diamond  
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 \$645 DAY  
 Rising 8th, 9th and 10th graders  
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\*Age exceptions can be made in special circumstances. Contact us!

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[navysports.com/sports/2018/5/23/camps-navy-baseball-camps.html.aspx](http://navysports.com/sports/2018/5/23/camps-navy-baseball-camps.html.aspx)  
 Email questions to [proche@usna.edu](mailto:proche@usna.edu)  
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Location: 213 N. Talbot Street, St. Michaels. Contact: 410-745-4947; Cbmm.org/summercamps. Laurel Seeman, Programs Administrative Assistant, lseeman@cbmm.org. Dates/Times: Varies by program. Ages: 4–15. Cost: Varies by program. Explore the magic of the Chesapeake Bay's people, animals, traditions, and environment! Weekly camp offerings rotate between age groups, with an emphasis on a fun, hands-on learning environment that includes on-the-water and environmental activities, stories, games, crafts, and other creative projects. Scholarships available. For more information and to register, please visit the website.

**SUMMER-IN-THE-FIELD AT ST. MARTIN'S**

Location: 375-A Benfield Road, Severna Park. Contact: 410-647-7055; Stmartins-md.org. Dates/Times: June 17–21; June 24–28; July 8–12; July 15–19; July 22–26; half and full day options available, as well as before and after care. Ages: 3–13. Cost: \$199–369/week. Led by Club SciKidz, a variety of one-week enrichment camp offerings including courses in technology, cooking, science, and art. Come explore and have fun!

**CAMP SUMMIT**

Location: 664 East Central Avenue, Edgewater. Contact: 410-

798-0005; Thesummit-school.org. Dates/Times: July 1st–26th, 8:30 a.m.–3 p.m. (closed July 4th); extended care available. Ages: Students entering grades 1st–8th. Cost: \$2,230/student; discount available for Summit students. Camp Summit offers a nurturing environment where students build self-confidence and get the academic boost they need for back-to-school success. Campers avoid summer learning loss while having fun and making new friends. Morning academics followed by afternoon fun! Details and applications available online.

**THE SUMMIT SCHOOL SPECIALTY CAMPS**

Location: 664 East Central Avenue, Edgewater. Contact: 410-798-0005; Thesummit-school.org. Dates/Times: Executive Function: August 5th–9th, 9 a.m.–12 p.m. (rising 8th, 9th, and 10th graders); August 12th–16th, 9 a.m.–12 p.m. (rising 5th, 6th, and 7th graders). EmPOWER™: August 5th–9th, 1–4 p.m. (rising 8th, 9th, and 10th graders); August 12th–16th, 1–4 p.m. (rising 5th, 6th, and 7th graders). Ages: Students entering grades 5th–10th. Cost: \$480/student. Make sure your child is ready for back to school success! In addition to Camp Summit, a month-long academic and recreation camp in July, The Summit School offers specialty academic camps including Executive Function and EmPOWER Writing. Executive Function tackles organization, time management, and study skills. Take home resources that can be used in every class. Benefit from follow-up sessions to check in on progress and help set up a suc-

cessful school year. EmPOWER™ helps students learn strategies to meet academic writing demands. Develop the skills necessary for effective writing from strong essays to research reports. Details and applications available online.

**WEST RIVER SAILING CLUB SAILING SCHOOL**

Location: 4800 Riverside Drive, Galesville. Contact: Learn2sail-wrsc.com. Heidi Bay, Director of Education, wrscjuniorfleet@gmail.com. Dates/Times: For ages 5–7: Session II: July 8th–12th, 12:30–3 p.m.; Session III: July 22nd–26th, 12:30–3 p.m. For ages 8 and up: Session I: June 17th–28th, 8:30 a.m.–3 p.m.; Session II: July 1st–12th (no sailing school on July 4th or 5th), 8:30 a.m.–3 p.m.; Session III: July 15th–26th, 8:30 a.m.–3 p.m.; Session IV: July 29th–August 19th (no sailing school on July 30th). Ages: 5–18; adult classes also offered (please see website). Cost: \$193 and up; Prices vary by session (please see website). We've been teaching sailing since 1953. Learn not only through drills but creative activities, like an adventure sail, treasure hunt, or a game of Jeopardy. Our instructors instill a respect for the water while teaching the techniques and skills to sustain a lifelong passion of sailing. Each session culminates with a special activity of lunch at High Island or watch the horseshoe crabs hatch their young at Round Bay while never forgetting the most important part: FUN!



MACC Sports Camps are designed to give young players an opportunity to learn basic skills in a fun, positive and encouraging environment. In addition to excellent coaching, we provide a daily life-related "Team Talk" geared toward communicating the truths of God's Word.

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# Visionaries Among Us

By Frederick Schultz

The people we salute here come from diverse backgrounds, disciplines, and vocations, but they all share a common characteristic. Each in some way has made or is making where we live—and how we live—better. Collectively, they have changed or are now changing how we look at art, how we teach, what we eat, where we work, how we preserve what we have, the ways we care for each other and honor our past, and what we can do to make it all, not just good enough, but the best it can be.

*Frederick Schultz has been in magazine publishing his entire career, from editorial assistant to editor-in-chief and most everything in between. His 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).*



“Enthusiastic, passionate, dedicated, energetic, and tireless.” This is how Paul Spadaro describes his work as an advocate for the environment—most notably as president of the Magothy River Association. One of his first jobs, as a surveyor in Yorktown, New York, led him to assist in saving a wetland where a local developer sought to build a housing development. Through his expert testimony, the inappropriate use of the wetlands was denied. After Spadaro moved south to Maryland, he taught solar energy classes at Anne Arundel Community College and proceeded to look for volunteer opportunities to improve the environment.

Spadaro remembers the promise and enthusiasm of the first Earth Day in 1972. He believed then that people could make a difference to improve the environment through grassroots efforts, and his optimism has not changed. The environmentalist’s uncanny knack for bringing together local and federal government agencies, volunteers, and community organizations has even drawn the attention of the World Bank.

Spadaro is a “forward thinker,” he says, “always looking to and working for the future.” When he needs to make a decision regarding which projects to pursue, such as his recent efforts with volunteers to deploy “reef balls” in the Magothy River, he asks, “Will this help the river?” It already has.

# PAUL SPADARO



# JOSIE

URREA

Pinning down Josie Urrea is hard. A senior at Severna Park High School, she is the 45th student member, with full voting rights, of the Anne Arundel County Board of Education, where she is focusing on school safety and mental health. All the while she's looking ahead in her pursuit of a commission from the U.S. Naval Academy, where she's aiming to major in computer engineering and minor in Mandarin Chinese.

Mandarin Chinese? How did she arrive at that? "I've already studied it for four years in school but want to continue it because of my fascination with the culture," she says. "The language also opens up service learning, traveling, and job opportunities in my future that tie into the Navy. In school, I enjoy taking rigorous math, science, and STEM classes as well as being an active member and current president of my school's Model UN [United Nations]."

Urrea has wanted to attend the Naval Academy since middle school stating that "it's a place that challenges you to be the best teammate and leader you can while providing you with opportunities to see the world." She would also be the first in her Hispanic family to start a legacy at the Academy.

"Implicit bias," she told us, is one problem she hopes to confront for the rest of her life. How does she intend to do it? "Having the tough conversations around diversity and culture are necessary to learn about different people. Once these conversations become normalized, we build open-mindedness and empathy toward others that lead to understanding where people's perspectives originate. In this way, I hope we one day grow toward a more inclusive environment."

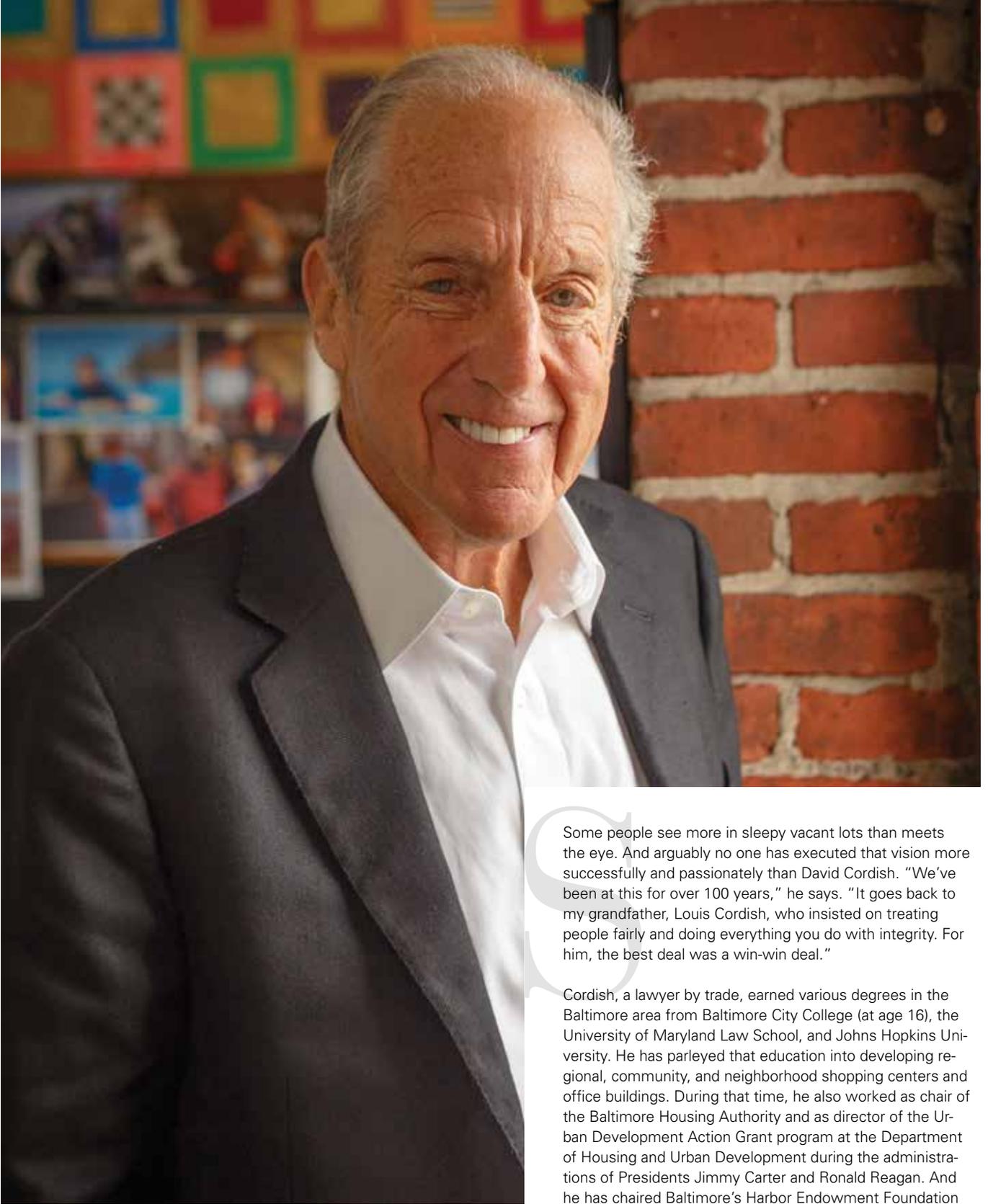


If only we could have interviewed Addie Clash Travers and talked to her about her ancestor, Harriet Tubman. Called “the Moses of her people,” Tubman was a “conductor” of the Underground Railroad in the mid-19<sup>th</sup> century. In the dark of night, she secretly helped slaves escape—estimated to total some 300—from the south across marshland on Maryland’s Eastern Shore to the Mason-Dixon Line and freedom. Some sources have quoted abolitionist Quaker Thomas Garrett as having said, “If she had been a white woman, she would have been heralded as the greatest woman of her age.” In fact, the prospects seemed in favor of replacing Andrew Jackson with Tubman on the \$20 bill, that is, until the 2016 presidential election.

Acknowledging Harriet Tubman’s roots in Dorchester County, about 12 miles southeast of Cambridge in the Bucktown area, had mostly eluded historians. But we can all thank “Miss Addie,” as she was known, for leading the way to correct that slight. A strong-willed “retired businesswoman and civic leader” born in Bucktown in 1913 and descended from the Ross family (the name of Tubman’s parents), she established “Harriet Tubman Day” in 1970 and served as vice president of the Harriet Tubman Association; a predecessor and inspiration to the establishment of Harriet Tubman Underground Railroad Visitor Center, the Harriet Tubman Museum, and the Harriet Tubman Scenic Byway. She was “the lady to contact” about anything on the subject. “I didn’t have no black history in school,” she once said, so she relied on accounts from the “older folks,” promising then and there to keep Harriet Tubman’s legacy alive.

# KINDER

## FAMILY



# DAVID

S. CORDISH

Some people see more in sleepy vacant lots than meets the eye. And arguably no one has executed that vision more successfully and passionately than David Cordish. “We’ve been at this for over 100 years,” he says. “It goes back to my grandfather, Louis Cordish, who insisted on treating people fairly and doing everything you do with integrity. For him, the best deal was a win-win deal.”

Cordish, a lawyer by trade, earned various degrees in the Baltimore area from Baltimore City College (at age 16), the University of Maryland Law School, and Johns Hopkins University. He has parleyed that education into developing regional, community, and neighborhood shopping centers and office buildings. During that time, he also worked as chair of the Baltimore Housing Authority and as director of the Urban Development Action Grant program at the Department of Housing and Urban Development during the administrations of Presidents Jimmy Carter and Ronald Reagan. And he has chaired Baltimore’s Harbor Endowment Foundation and served as a pro bono consultant and mediator for Johns Hopkins, Loyola College, and Stevenson University.

Currently, however, he is most proud of bringing the “Live!” brand to Anne Arundel County, for which he sees “tremendous opportunities.” The new hotel seems to excite Cordish the most: “We are so proud to have recently opened the flagship Live! Hotel at Live! Casino...the first hotel in the country to carry the Live! brand. It was especially exciting and a tremendous honor to be introducing this concept in our family’s hometown.”

People with disabilities, from a simple sprained ankle to completely debilitating diseases, can have a hard time navigating the challenging world. And they often encounter others who have no concept of what it's like to cope with such hardship.

Enter, Karen-Ann Lichtenstein. Over the past 45 years, she has been committed to educating Marylanders—the business sector and the community at large—concerning the inclusion of people with disabilities. She is the embodiment of the mission statement of The Coordinating Center: “To partner with people of all ages and abilities and those who support them in the community to achieve their aspirations for independence, health, and meaningful community life.”

An unrelenting and strong advocate and champion for those who are disabled and have complex needs, she served for more than 25 years as president/ CEO of the center. Lichtenstein has overseen dramatic growth of the organization, headquartered on Veterans Highway in Millersville, from its comparatively humble beginnings serving 50 children with the most complex medical needs and moving them from hospitals to home, to numbers that have grown currently to more than 10,000 people of all ages, disabilities, medically complex needs, and social determinants of health.

“My vision for the center’s future,” she says, “is to continue its incredible work to ensure that people of all ages and abilities have equitable access to achieve optimal quality health, affordable housing, and meaningful community life.” Now Lichtenstein is handing over the reins of the center and looks forward to seeing her vision continue and thrive.



# KAREN-ANN

## LICHTENSTEIN

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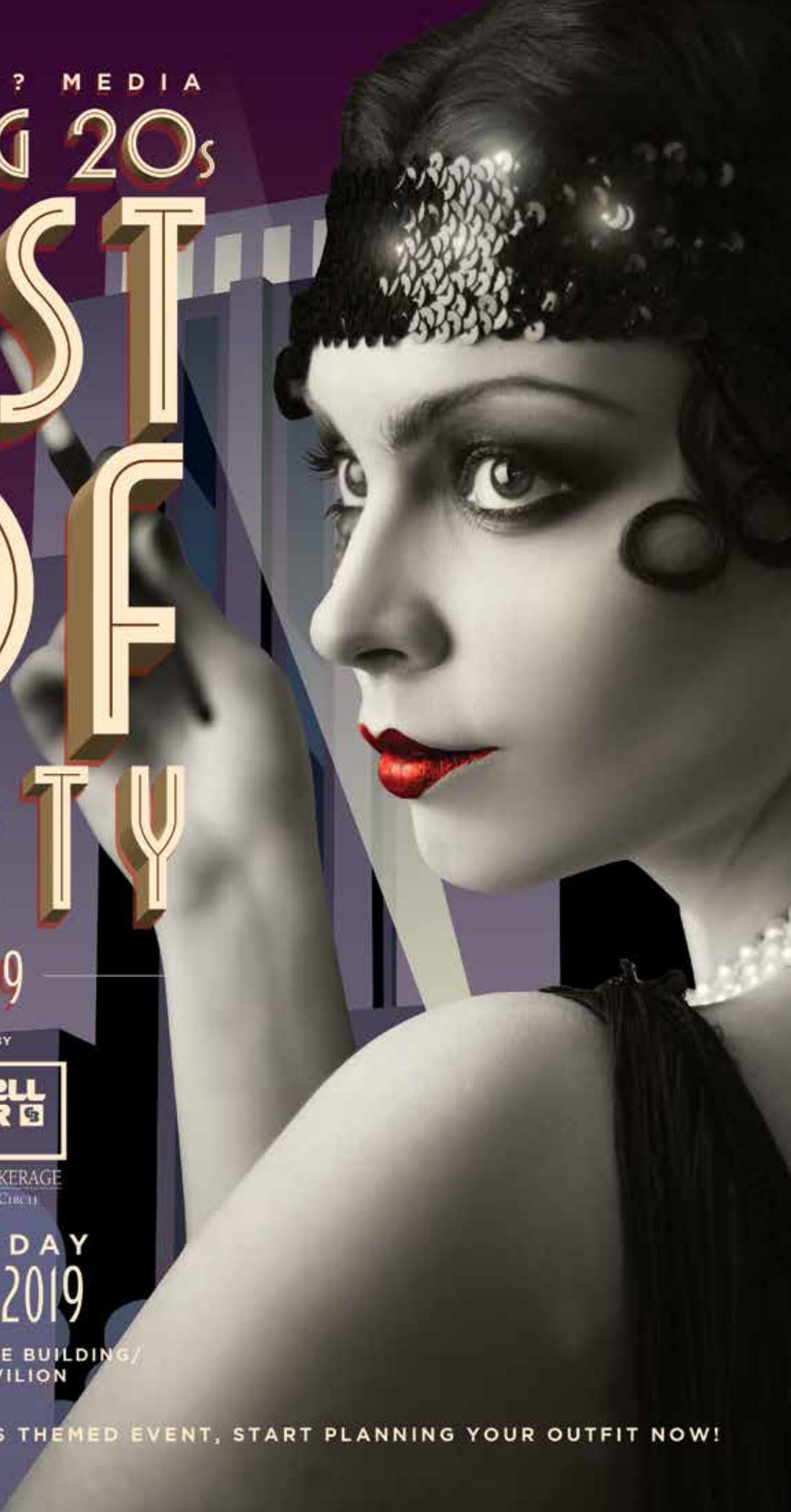
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# YOU DESERVE TO BE INFORMED



## Did political subterfuge undermine informing West County citizenship about Crofton-area development plans?

**By Marsha Perry | Photography by Stephen Buchanan**

Late in the summer of 2015, I learned that development plans, for land known by Crofton residents as the “front yard,” had been submitted, and were moving rather rapidly through the County Department of Planning and Zoning. The property abutted Route 3 North and was part of the original 1964 Crofton Planned Unit Development (PUD), the first in Anne Arundel County. The property was zoned Open Space and served through the years, among other uses, as an extra practice field for Crofton sports.

The owner of the property is also the owner of the Crofton Country Club, and Golf Course property and from time to time, he announced his intent to build townhouses and/or a hotel-conference center on the actual course and clubhouse properties. In an apparent attempt to show the power of land ownership and possible uses of the property, he used it to grow tobacco, then corn, and graze goats. All of these could be “enjoyed” from our kitchen window. Then, in 1988, during comprehensive rezoning and in an attempt to protect the golf course

property and Crofton’s rapidly diminishing open space properties, a binding agreement was entered into between the Crofton Civic Association Board of Directors and the property owner. This was negotiated by longtime Crofton resident, Bob Duckworth, who at the time was president of the CCA board.

With strong county support, the agreement, as it is commonly called, was set to preserve the golf course open space for the next 50 years. In exchange, C3 zoning was given to the owner for the acreage known as our front yard *and also* for the property west of Route 3, now the site of the rapidly developing Riverwalk, which will soon have more than 200 housing and commercial units. The property abuts the Little Patuxent River, one of the Maryland state-designated Scenic Rivers and is thus guaranteed certain special protections under the Department of Natural Resources. The Hogan company is the developer of the Riverwalk property, as well as the applicant builder for the Enclave on Crofton’s front yard.

Residents' first notice of what was going to happen "across the street" at Riverwalk came when acres of trees were cut down, the land flattened, and concrete poured. All this was done with virtually no public notification. Hogan had applied to the county for, and been granted, numerous modifications, some of which excused them from holding public information meetings. The approval of modifications had become a common practice by the Office of Planning and Zoning. From 2014 to 2018, developers were excused from 371 community meetings that should have happened but didn't because of the granting of modifications. Route 3 residents had had no way of knowing what was happening to their neighborhood. Daily traffic generated from Riverwalk is estimated to be more than 2,000 cars that will use Route 3 and the failing state road intersections at Route 450, Crawford Boulevard, and Route 424.

When asked to comment about the high volume of modification approvals during that four-year period, the County's Planning and Zoning Officer, Philip Hager, offered his take. "I have been with the county for 17 months and when I came onboard, I noticed there were a number of things that struck me as immediately problematic. One of those was the fact that we were giving modifications to skip community meetings and some of the engagement processes. So, it really was difficult for citizens to be fully engaged and to have a complete picture of what was going on with development proposals. And that's one of the things that we changed immediately. Over the past 12 months, we've cut the modification applications in half. Just the applications. And we've cut the number of modifications granted in half."

Prior to Hager's appointment, however, Crofton residents had been lulled to sleep, believing that The Agreement would stop the perpetual threats of losing open space land. Residents believed that this open space was secure for the next 50 years because of the supposed protections of the County Code. As a former history teacher, I should have been more alert to the lessons historically learned by others in similar situations. In fact, the golf course and front yard properties were *not* secure.

My experience as Director of Planning and Zoning for the CCA led me to believe that the front yard site, which is a filled-in former gravel pit could not possibly be built on. As a FEMA designated floodplain, it also has wetlands and hydric soils. Fewer



Crofton's "Front Yard," which abuts Route 3 has long been the subject of potential development. Though zoned C3, perched, and planned for residential units tentatively called "The Enclave," the property was eventually deemed too small and with too many environmental constraints to develop

reporters regularly attended CCA Board meetings. Our communities were thus well-informed about what was planned in the western part of the county.

If we had legal "standing" on a piece of property, we got involved and spent countless hours listening to, doing research on, and testifying for or against development plans. Our issues focused on land conservation, wastewater treatment, school capacity, traffic and other quality of life issues. I will remember the mornings and evenings when CCA Board members sat in lawn chairs at the intersections of Route 3 with 450 and 424, counting car and truck traffic. During red light stops, we would ask drivers, if possible, what was their intended destination. Then, like now, we could not rely on a timely traffic study to be conducted by the state. We formed an advisory group to the Department of Public Works to ascertain the effect of any possible development that would overload our smelly sewage treatment plant. We attended Board of Education meetings when our schools were threatened. We went door to door, gathering school attendance information. We regularly invited elected officials to public meetings to answer our questions and explain their intentions. We did not wait for them to contact us. We did this as we joined with the Greater Odenton Improvement Association, The Forks of the Patuxent, the Davidsonville Civic Association [DACA], and organizations as far north on Route 3 as the Greater Severna Park Council. The idea was to join together, so that all communities that would be affected by Route 3 development would be made aware of existing or rumored plans. It worked. The impact was that there were moratoriums put on building until there was adherence

than seven buildable acres were not enough acreage for the previously pitched hotel and conference center.

The Development would also require land acquisition for a sewer easement. Thus, the owner applied to the county for a variance to permit only residential use on the site. At the variance hearing with the county's zoning hearing officer, testimony was given that hotel development was not feasible and that residential units would be more reflective of Crofton. The variance was granted. Yet, once actual residential plans were put on paper, it was clear that there were insurmountable problems in such planned use of this property, including steep slopes, lack of adequate ingress, egress, parking, noise abatement, public safety issues, traffic and intersection difficulties, sewer easements, and destruction of specimen trees. It was simply too much development on too small a piece of property with too many environmental constraints. Yet, the plans had spent almost two years in county offices before any Route 3 corridor residents knew about them. Residents had been kept in the dark about what was happening at Riverwalk across the street, and now in the dark about the front yard.

The lesson learned was that communities couldn't be complacent and uninvolved. County developers and elected officials had worked in tandem without public input.

In the early days of Crofton, we had had numerous ways to get information. We had newspaper coverage. At first it was on a monthly basis and then we had a weekly paper. The first being the *Crofton News Courier* and then the *Crofton Blade*. There was also the *Annapolis Capital* and *Capital*

to the Adequate Facilities Law, which tied development to the adequacy of public utilities, roads, and schools. Community needs and interests were finally becoming paramount to the plans of land developers.

In 2019, we are facing these same issues as we did in the last quarter of the previous century. What have we learned and what can be done that can help us now? Is it too late? No, it is not. I do not believe so.

Business pressures and the change of ownership of the *Capital-Gazette* newspapers has brought limited local news coverage by our only local newspaper. Combine this with a lack of transparency by the county on development issues, and it is now challenging to get information to West County residents.

Committed local environmental organizations were born in the 1970s and '80s and were quite effective in keeping us informed while working with county and state officials. Elected leaders such as State Senator Gerry Winegrad and County Council Member Virginia Clagett were effective stewards of the environment and they, with the newly energized environmental groups, kept communities involved and educated. In the '70s, counties south of Anne Arundel and Howard sued us for the pollution of the Patuxent River by our poorly designed wastewater treatment plants. They won the suit. We learned that what we do in our homes, on our properties, on our roads, and our public lands affect others up and down the Chesapeake Bay watershed.

What is possible in 2019 and in the years to come? The Anne Arundel County Code is designed to be our protector. If is it not working for us as it should, we must urge its change through County Council action. What we have learned is that the Code is clear in its requirements to protect our quality of life, yet developers request relief from its provisions.

Anne Arundel County is now in the middle of its 10-year update and revision process for its Master Plan—a county-wide general development plan that addresses residential, recreational, commercial, and environmental land uses and quality of life issues. Hager says public input is of utmost importance to the process. “In our early phases of the planning kick off, we did aggressive listening sessions and public outreach. And in that process alone, we did more public engagement than we did during the entire phase of the 2009 plan. We had an opportunity for the public to let us know



what they liked, what they didn't like, what was making them concerned, what was making them happy.

“We have a Citizens Advisory Committee that's been meeting roughly every two weeks for several months. And they're going to continue to meet and provide us with input. They'll help us frame certain pieces of the plan. They'll also comment on and edit pieces of the plan as staff drafts the plan. They are going to be our advocates as well, when we take it to the Planning Advisory Board, and then, when we take it to the County Council, we would expect the Citizens Advisory Committee to also be championing the plan at that particular phase.”

Hager does want to clarify, though, that the Master Plan is not a zoning plan per se. “People often mistake that the plan is about zoning. And they sometimes misname the plan as a zoning plan. In fact, that's not the case. Zoning isn't even mentioned in the plan. What is mentioned is land use.

Land use is critically important. There's a number of different analyses that take place as part of the development of the plan. And we develop carrying capacities and holding capacities. We then indicate what sort of land use impacts some of these land use designations are going to have on things like water and sewer or transportation or public schools or things like that.

“When we're finished, we'll end up with a map that will identify our existing land use and our future designated land use, which is what our plan would be moving forward for the next couple of decades. And then, what happens during the implementation phase, after the plan is adopted, is that the land use map gets compared to our existing zoning map. And where there's a delta between the land use and the zoning, then that becomes the nexus for a bill that the Council will take under consideration and we will change our official zoning map to come into conformance with the land use map that we designate.



The Riverwalk residential development is currently being built by Hogan Companies along Route 3, opposite the Crofton Triangle. It has been a controversial build with longtime Crofton residents expressing environment, traffic, and quality of life concerns.

“And the whole idea is, do we have enough industrial land? Do we have enough commercial land? Do we have enough residentially zoned land? And, do we have the type of residentially zoned land that we need in the right quantities in the right locations? So that’s the purpose of all these different analyses that take place as part of the development of a countywide development plan.”

In addition to following this plan’s progress, I suggest that community organizations—whether it is homeowner associations, service groups like Kiwanis and Rotary, local chambers of commerce, communities of faith, or, even garden clubs—focus on organizing so that someone is responsible for keeping the group informed of possible changes in development in their neighborhood, which could negatively or positively have an effect on their interests and quality of life. Issues run the gamut from small stream preservation to portable classrooms at our schools. The power of a

coalition of residents who represent these groups would be impressive and useful. Unlike the ’60s and ’70s when we had to go to the basement of the Arundel Center and stand for a painful amount of time to get information, a simple click of a home computer to the Anne Arundel County web site will give daily information on plans that have been submitted and their status.

What we have learned in our opposition to the planned development of our front yard applies to the entire county. This is not just a West County issue. Our work has exposed problems that are not unique to Crofton. These problems apply to Pasadena, Shady Side, Mayo, Russet, and the Annapolis Neck. These are County-wide issues.

Change can only happen if we stay informed and active. County residents share common concerns. Two of the state’s nine scenic rivers flow through our County on their way to the Bay. The environment can’t vote. It can’t write letters nor can it make phone

calls to elected officials, nor be a witness, nor testify at County Council or Board of Education meetings. For the good of the entire county we have no excuse for not exploring the information available to us and when necessary *do* something about it... whatever that might be.

The newly-elected County Council and County Executive are said to be stewards of the environment. Hopefully, they ensure that the Code protects our quality of life and will reflect and protect our needs. Campaign contributions from developers cannot be prohibited, but they can be exposed and limited when they have development issues pending. I am sorry that public meetings might be a burden on developers, but their developments are a permanent burden to us when they destroy our landscapes.

We the people are the stewards of our county. The more we do together, the better for *all* of us.

# FROM HIGH POINT TO YOUR HOME

A review of interior design and décor trends that swept the home industry's most prestigious biannual exposition, High Point Market

By Diana Love

## GLOBAL GLAM →

More and more, people are aspiring to make their homes into elegant sanctuaries that take them away periodically from the chaotic world outside. This sanctuary includes the sense and the memory of their most exquisite lifestyle moments through texture, manufacturing, and artistry. Decorators are finding inspiration in their client's international travels or simply in their dreams of travel. Global glam trends reflect the creation of a personal narrative; a context in which memories will be showcased and new meaningful memories will be made. Global glam is heavily inspired by a spirit of wanderlust and the dream of an interesting escape, but without the jet lag.

## NATURAL ELEMENTS →

This trend highlights pieces that incorporate natural materials, organic shapes, and earthy motifs. It plays with shapes and patterns found in nature, and relies on the use of organic items as the medium for wall art and design accessories. Adding natural elements like natural stone, raw wood and muted grey, warm beige and brown colors soften a room, and adds a touch of playfulness, tactility, warmth and individuality to a design. Prevailing elements in this organic trend include stone forms, tree trunks and knotted roots.

Wicker and rattan are around every corner of Spring style. Wicker can be defined as any pliable twigs, plaited or woven to make items such as furniture and baskets. Although typically made of willow, nouveau wicker comes in many forms, some relying on sustainable materials and international artisanry. Nostalgic styles like peacock chairs give a nod to the past but are updated for both interior and exterior spaces.

Inspired by the indoor/outdoor beach, boating or waterfront lifestyle, raw and bleached natural materials, simple organic forms, and '70s inspired earthenware lighting and accessories are used to create a casual mix that is almost effortless in placement and coordination with other decor, yet still refined.







Balanced combination of color and material allows geometric elements to pop, transforming wall decor, accessories, chandeliers and furniture into striking works of art. The advantage and benefit of working angles, arcs and strong shapes into decor is the element of energy and dynamism that can invigorate living and working spaces.

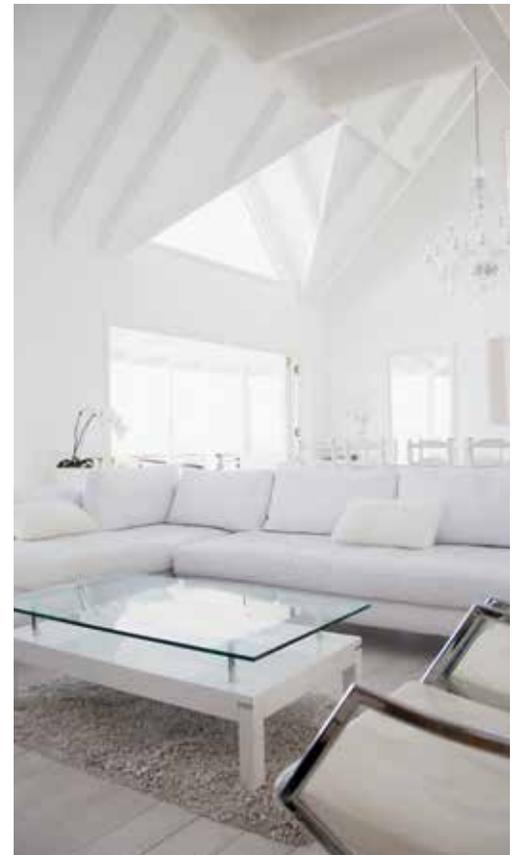
## GEOMETRICS & ANGLES ↑

Playing with shapes, angles, and arcs has always offered designers an effortless way to add a creative edge to design projects. Technology begs decorators to use these shapes in 3D illusion wallcovering, resin and brass hardware, sculptural lighting, and statement furniture pieces. Use of geometric shapes is an entree to clever artistry that makes the most of pattern and texture, lines and forms. That energy can flow from your decor into your life. Additionally, while these forms technically have no artistic boundaries, they still lie well within the comfort zone. Trends create buzz by marrying the latest to the greatest and that is exactly what this particular trend will do.



## ← CURATED CURVES

Whether inspired by an archival piece of furniture, a classic architectural form, or an Art Deco piece of jewelry, curvilinear design reflects the marriage of a strong Continental European influence and a universal passion for reviving bygone eras. Curves will reign supreme in furnishings, lighting, art, and interiors.



## WHITE ↑

Reflecting light off water, shades of brightness, and the clouds, white incorporates easily into interior or exterior spaces. As new, high-tech fabrics minimize the maintenance so long associated with white, decorators can use it with confidence. White furnishings give the artist freedom to paint the walls in trendy dark hues or muted natural tones. White plaster and textural gesso finishes are abundant in this season's decor. These finishes reflect an attention to detail and artisanal crafting that can only be achieved by hand. Plaster provides a depth and luminosity that shifts with the light, quietly transforming the look and feel of room or even an item in it. White is a classic and clean look that is so much more interesting than shades of neutral beige, and it is here to stay.

## PATTERN PARTY →

Much like we are seeing in fashion right now, pattern play is going strong for home interiors in 2019. Expect to see textiles where geometric meets organic, earthy palettes pop with bright electric accents, and bold patterns that are embracing a mismatched style. This look may seem peculiar on its own, but paired together in a composition, it becomes a visual feast for the eyes. Assortments will have an explosion of pastel, such as over-scaled furniture with light wood finishes and pastel upholstery. Avoid badly printed patterns reminiscent of kitchen drapes circa 1973.



## ← INDIVIDUALISM

Wall art, carpeting, case goods, and decor can all tell a very personal story that reflects the life and times of the homeowner, not necessarily the interior decorator. This trend celebrates the individual who is living a full and creative life and wants to showcase that daily and expressively. Furniture and art collections are inspired by family heritage, travel, and personal perspective.



# Home Resource Guide Spring 2019

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## Art & Décor

**Nancy Hammond Editions**  
192 West Street, Annapolis  
410-295-6612  
[nancyhammondeditions.com](http://nancyhammondeditions.com)

**Wimsey Cove Framing & Fine Art Printing**  
209 Chinquapin Round Road, Ste. 101, Annapolis  
410-956-7278  
[marylandframing.com](http://marylandframing.com)

## Building Design/ Construction/ Materials

**Ally Homes**  
237 Pidco Road,  
Reisterstown  
410-709-1884  
[allyhomes.net](http://allyhomes.net)

**Drawing Board, Inc**  
1918 Forest Drive,  
Annapolis  
410-267-7273  
[thedrawingboardinc.com](http://thedrawingboardinc.com)

**Friel Lumber Company**  
100 Friels Place,  
Queenstown  
410-827-8811  
[friellumber.com](http://friellumber.com)

**James L. Graves Construction**  
750 Route 3 South,  
Ste. 2A, Gambrills  
410-721-9619  
[jameslgravesconstruction.com](http://jameslgravesconstruction.com)

**The J.F. Johnson Lumber Company**  
8200 Veterans Highway,  
Millersville  
410-987-5200  
3120 Solomons Island  
Road, Edgewater  
410-956-0400  
[johnsonlumber.biz](http://johnsonlumber.biz)

**Lundberg Builders, Inc.**  
314 Main Street,  
Stevensville  
410-643-3334  
[lundbergbuilders.com](http://lundbergbuilders.com)

**Purple Cherry Architects**  
1 Melvin Avenue, Annapolis  
410-990-1700  
[purplecherry.com](http://purplecherry.com)

**Spire Architecture**  
Annapolis  
410-212-6790  
[spirearch.com](http://spirearch.com)

**Timberlake Design Build**  
240-547-0104  
[timberlakedb.com](http://timberlakedb.com)

## Carpentry

**Warren's Wood Works, Inc.**  
8708 Brooks Drive, Easton  
410-820-8984  
[warrenswoodworks.com](http://warrenswoodworks.com)

## Cleaning Services

**Bello's Cleaning**  
1230 Gemini Drive,  
Annapolis  
443-837-4034  
[belloscleaning.com](http://belloscleaning.com)

**D&P Carpet Cleaning**  
443-942-0664  
[dpcarpet.com](http://dpcarpet.com)

## Flooring

### **Bay Carpets, Cabinets & Floors**

300 Centreville Road,  
Queenstown  
410-820-7288  
baycarpets.com

## Heating, Ventilating, Air Conditioning

### **Griffith Energy Services**

Locations across  
Maryland  
888-721-5707  
griffithenergyservices.com

## Home Appraisal/ Finance/Titling

### **Arundel Federal Savings Bank**

Locations in Annapolis,  
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Pasadena, and more  
410-768-7800  
arundelfederal.com

### **Atlantic Prime Mortgage**

77 West Street, Ste. 310,  
Annapolis  
800-204-1283  
atlanticprimemortgage.com

### **Church Circle Title & Escrow**

23 West Street, 2nd Floor,  
Annapolis  
410-269-6488  
cctitle.net

### **Eagle Title**

Liff Walsh & Simmons  
181 Harry S Truman  
Parkway, Ste. 200  
Annapolis  
410-266-9500  
eagletitlellc.com  
liffwalsh.com

### **Essex Bank**

Locations in Annapolis,  
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1-800-443-5524  
essexbank.com

### **JBS & Company, LLC**

101 Log Canoe Circle, Suite  
1, Stevensville  
410-415-9764  
jbs-cpa.com

### **Matt Nader**

First Home Mortgage  
900 Bestgate Road, Suite  
206, Annapolis  
240-882-8006  
firsthome.com

### **May Appraisal Services**

7410 Baltimore-Annapolis  
Blvd., Glen Burnie  
410-766-4433  
mayappraisalservice.com

### **Mid Maryland Title Company, LLC**

200 Westgate Circle,  
Ste. 102, Annapolis  
410-573-0017  
midmdtitle.com

### **Severn Bank**

Locations in Annapolis,  
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Severna Park, and more  
410-260-2000  
Severnbank.com

### **U.S. Bank: Paul Sullivan**

1910 Towne Centre Blvd,  
Ste. 250, Annapolis  
410-533-8558  
mortgage.usbank.com/  
paul-sullivan-annapolis-md

### **Virginia Partners Bank/ Maryland Partners Bank**

2661 Riva Road, Building  
1000, Suite 1035,  
Annapolis  
240-776-6110  
vapartnersbank.com

## Home Remodeling

### **California Closets**

910 Bestgate Road,  
Annapolis  
410-247-8088  
californiaclosets.com

### **Mid Atlantic Expos**

703-476-8422  
midatlanticexpos.com

## Interior Design & Furnishings

### **Higgins & Spencer**

902 South Talbot Street,  
St. Michaels  
410-745-5192  
higginsandspencer.com

## Kitchen, Bath, Stone/Tile

### **ApplianceLand**

2045 West Street,  
Annapolis  
410-897-1000  
applianceland.com

### **314 Design Studio, LLC**

Lundberg Builders, Inc.  
314 Main Street,  
Stevensville  
410-643-4040  
314designstudio.com

### **Cabinet Discounters**

910-A Bestgate Road,  
Annapolis  
410-702-4685  
9500 Berger Road,  
Columbia  
410-793-1265  
cabinetdiscounters.com

### **Compass Stone & Tile Studio**

302 Harry S Truman  
Parkway, Annapolis  
410-224-0700  
cst-studio.com

### **Friel Kitchen & Bath Design Center**

102 Olde Point Road,  
Chester  
410-827-8811  
friellumber.com

### **Kenwood Kitchens**

1415 Forest Drive,  
Annapolis  
443-458-5484  
kenwoodkitchens.com

### **Ready to Sell Renovations**

4 Virginia Avenue,  
Edgewater  
410-320-7348  
r2sr.com

### **Stuart Kitchens Inc.**

2335-B Forest Drive,  
Annapolis  
410-761-5700  
Locations across  
Maryland  
stuartkitchens.com

## Landscaping, Hardscaping & Outdoor Services

### **Bartlett Tree Experts**

8274 Lokus Road, Suite  
113, Odenton  
410-305-0353  
Locations across Anne  
Arundel County  
bartlett.com

### **Ciminelli's Landscape Services, Inc.**

18301 Central Avenue,  
Bowie  
410-741-9683  
ciminellislandscape.com

### **Deck Ready**

Reisterstown  
410-941-3894  
deckready.net

### **Coastal Deck and Fence, LLC**

P.O. Box 539, Mayo  
443-223-9518  
coastaloutdoorspaces.com

### **Fence & Deck Connection**

8057 Veterans Highway,  
Millersville  
410-969-4444  
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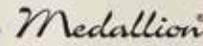
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# Home & Garden

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# Neo Eco in 2019

ECO-FRIENDLY TRENDS  
FOR YOUR HOME,  
INSIDE AND OUT

By Diana Love

**O**ver-consumption, rampant development, and climate change are changing our world

in the space of just three generations. You can do your part to Save the Earth one decision at a time, both inside your home, and out. Eco-friendly design offers long-term environmental, social, and economic value to your property. Here are a few structural, interior design, and landscaping trends for 2019.

## Biophilic Design

Biophilia means love for nature. Biophilic design centers on the notion that can bring occupants closer to nature while also tangibly increasing health and wellness through structural design. Studies show that incorporating direct or indirect elements of nature into the built environment can reduce stress, blood pressure levels, and heart rates, while increasing productivity, creativity, and well-being. A biophilic design could include the use of reclaimed or raw woods, stairs to encourage moving, rooms set aside for





recuperating or even napping, excellent air quality and airtight ventilation, low VOC paints and stains, and maximization of natural light over artificial light. Some of the best and most progressive buildings in the world combine the theories of sustainability and biophilic design. The results are inspiring and can be applied to home design, sometimes more inexpensively than you might think.

◀ **Example:** The Chesapeake Bay Foundation's Brock Center in Virginia is an excellent example of biophilic design. The building exists in concert with its natural surroundings, with minimal impact on the surrounding land, air, creeks, river, and the Chesapeake Bay. Every aspect of the center—its location, materials, construction, utilities, operation, and use—meets the strictest environmental standards, resulting in the least impact possible.

## Multi-Use Space

Buildings and even homes designed with multiple use rooms in mind reduce the need for new or more substantial construction. Many offices are also considering different types of work and collaboration when building, resulting in multi-functional lobbies and adaptable workspaces. At LinkedIn World Headquarters in San Francisco, the lobby plays triple duty as a Privately Owned Public Open Space (POPOS), a coffee cafe, and a meeting space, as well as the entry to corporate offices.

## Resilient Structures

Climate change is at the forefront of designers' minds as coastal cities increasingly face the challenges of rising water tables and hard-hitting storms. Annapolis and Anne Arundel County are ground zero for these concerns. Durable materials and the use of non-toxic materials that won't pollute water, air and soil are critical considerations for builders. Prefab homes built to withstand strong winds, with fire resistant cladding materials, and battery systems that preserve electricity in case of power outages can help mitigate the severe financial damage that natural disasters can wreak on property owners. A notable example would be the home on the Florida coast that withstood Hurricane Michael when all surrounding properties were leveled.

## Reduce, Reuse, Recycle

Innovation is the name of the game in architecture and design. The best approach to addressing environmentally friendly building starts with innovation and creativity. We need more resilient and more sustainable buildings and homes, highly-adaptable designs and to use technological advancements. All-electric homes home, replace with electricity: induction range cooktops replace gas stoves, heat pump water heaters replace gas ones, and radiant heating and cooling create moist warmth while replacing gas furnaces. These innovations can lead to significant improvements in energy use,

since there are various ways of recycling and preserving electric power through solar and water mechanisms.

The wide application of recycled materials will continue in 2019, with a focus on the repurposing of used materials, re-fabricated textiles, and salvaged wood. From window coverings and carpets to paneling and tiling, repurposed materials are being made into products that tell a story, are authentically interesting, and also live up to the goal of all three R's. Common examples include shiplap paneling or home bars made from old barn wood.

## Eco-Friendly Landscape Design

Today, going green and being sustainable is not limited to the inside only. A perfect and intensely green grass lawn is so passé, while native and low-maintenance plants are haute current. With drought-tolerant plants, shrubs and trees that naturally thrive in your home's climate zone, you can save water, avoid using pesticides and fertilizers, and support local wildlife. Chesapeake friendly landscape designs include rain gardens and xeriscapes.

## An Abundance of Greenery

From gardens and potted plants to walls and roofs, there's no part of a home that can't be made green. While houseplants add a splash of energizing green to the home interior, green roofs, and walls bring these traits plus a bit of insulation and stormwater mitigation to the exterior of homes. Plants make a home or workspace feel warm and healthy, can improve thermal performance, and increase air quality. Homeowners can create an abundance of green in every possible way, from private gardens to small oasis on patios and balconies. Vertical gardens and interesting topiaries are quite popular and can bring stunning visual appeal.

## Nature Inspired Interior Design

In 2019, the eco-friendliness of a home will be measured by its nature-oriented design. Architects will maximize the home's orientation to the natural landscape, design elements will consider the angle and direction of the sun, grading that impacts how water moves around the primary structures, and roofing materials and insulation that retain or expel heat.

Home décor will embrace earthy tones, natural wood in every hue, and organic textiles, and will introduce a sense of natural



tranquility to living spaces. Natural wood finishes, raw wood, reclaimed wood, and even tree roots will be used for furniture and decorations, while porcelain tile, another eco-friendly option, will embrace a wood-like design. Mixed organic materials create a deep, layered look; combined with recycled, artisanal, and handcrafted decorations, the sense that the outside has been preserved and praised inside, the home can translate into more eco-friendly lifestyle decisions.

## Water Efficiency

Water efficiency has always been the siren call for environmentalists, who continuously look for innovative investments and inventions that optimize water consumption in buildings and houses. With the growing scarcity of natural resources and fresh drinking water around the world, it's imperative that every homeowner equips their home with water conservation features. From water-saving toilets, faucets, and showerheads to efficient appliances, to geothermal wells, rain cisterns for drinking water, waterless toilets, and irrigation-free land-





scaping, architectural design in 2019 will continue to hyper-focus on water and how we use it. The goal is to bring down water and sewer bills, reduce stormwater runoff, and to improve water quality in our streams, rivers and the Bay.

↓ **Example:** At Chesapeake Bay Foundation's Phillip Merrill Center in Annapolis, cisterns capture rainwater for use in irrigation, fire suppression, hand-washing, mop sinks, gear washing, and laundry. Re-using rainwater reduces the need to draw from groundwater wells or municipal water systems, and decreases runoff to the adjacent Bay and Black Walnut Creek. Water consumption at the Merrill Center is 90 percent less than a conventional building.

## Heating and Cooling

Summers are hotter, and according to scientists, so are the winters. One area that designers will especially focus on is how to efficiently heat and cool homes and offices. Insulation materials and methods will be increasingly innovative. Focus will be on creating airtight spaces decorated with furniture and accessories that contribute to comfortable interior temperatures. Ventilation systems will boast the cleanest air possible. Bamboo floors over radiant heat systems covered with eco-friendly carpets are a great example. According to the Department of Energy, heat gain and loss through windows are responsible for 25–30 percent of residential heating and cooling energy use. Reclaimed wood or sustainably manufactured wooden plantation shutters covering air-tight, energy efficient windows that maximize natural light, warm the home on cold days, and keep out the heat of summer will feature prominently in 2019. Windows will be large and airy, the perfect focal point for interior design, but highly efficient.



## Sunlight

Telecommuting and increasing workloads mean that we are all increasingly confined to our homes and desks. We're spending more time on screens than ever before, and that measurement is not going down despite all reports that advocate for a reduction. 2019 design trends aim to make our work spaces airier, healthier, and more open to natural sunlight than ever before. Designs will feature thoughtfully placed large or even floor length windows and doors, skylights and automated, programmed blinds. Windows may be covered in energy efficient coatings that forego decorative treatments. Alternatively, windows without these coatings will make the use of innovative interior designs relying on UV blocking shades. Example: mechanized rolling shades with UV blocking that can be set on timers—many companies make this.

# No Kidding?

GARDENING WITH KIDS CAN  
BE FUN FOR EVERYONE

By Janice F. Booth

Spring is just around the corner, or at least most of us hope so. With the wild winds of March upon us and April's rain close behind, it's time to review our plans for our gardens—and our gardeners.

Perhaps you're a gardening mom, dad, granddad, or grandmother. Maybe you have young children or even pre-adolescents in your neighborhood. Investing time in the garden with the children in your life may prove fun, and a lifelong gift for the children and for you. Let me offer some suggestions for gardening with children.

Before we get to specific ideas for garden projects with children of different ages and with different interests, let me list some basic pointers that will be useful if you undertake sharing your interest in gardens with children:

**"A picture is worth a thousand words,"** says the old adage. In this age of Google, when you can get a picture of anything within 30 seconds, introducing children to gardens is much easier if you show rather than tell children about the garden—what a seed looks like when it sprouts, how much soil a seedling needs around it, what a weed looks like. Show, don't tell, applies to activities too. On your knees among the children or elbow to elbow with your young gardener is the best place to really teach children about plants and planting.

**Let's all get dirty!** Relax, enjoy the mess of soil, water, and curious children.

**You'll need the real deal—tools that is.** Avoid the plastic tool set from the local Dollar Store. Provide a trowel, a watering can, and a pair of gloves that will fit the size and strength of your young gardener. (Be sure to have enough tools for all the children to avoid conflict. They can use Sharpies to decorate the handles of their own trowels.)

**Most children have short attention spans.** Be flexible; have lots of little things to look at or do for those first few garden adventures. Instead of asking a 10-year-old to plant eight seedlings in a row, you might suggest she plant a seedling, dig a few holes for future planting, look for some slender twigs to hold identification signs, and design a sign with an index card and a few crayons or colored pencils.

**Young children need instant gratification—**sometimes we all do. Try a quick-growing vegetable such as radishes, which are ready to eat in three or four days. Or, plant seeds with the little gardener, but pick-up some seedlings, a couple of inches tall, to plant alongside the seeds. Maybe you can even find an almost-mature plant of the same variety for immediate satisfaction for your young tomato farmer.

**"Farm to table"** can work with kids too. You might plan a meal or a dish with your little gardeners. If one child plants lettuce, another raises a tomato plant, and a third harvests cucumbers, you've got a salad for lunch to which everyone has contributed.



NOW THAT WE HAVE A FEW BASIC PRECEPTS, LET ME DIVIDE MY SUGGESTIONS INTO THREE GROUPS →

- 1** Ideas for gardening with pre-adolescents
- 2** Ideas for gardening with little people
- 3** Ideas for gardening with children who have special needs



**1** Those high-energy **8 to 12-year olds** may be a challenge, but a garden is a great place for these youngsters to hang out, when the house is too small, and the world is too large. Taking out some frustration by pulling weeds, or getting some gratification from harvesting your own, tender carrots, or satisfying your romantic nature by creating a fairy garden where only you are in charge may be a real lifesaver.

**FOR OUR GROWNUP SENSIBILITIES, LET'S REVIEW SOME OF THE USEFUL KNOWLEDGE PRE-TEENS CAN LEARN IN THE GARDEN:**

Number one, **self-reliance**. Once you've introduced the basics and given over a portion of the flower beds or a plot of soil, step away from the project—unless, of course, you have the good fortune to be invited by your 10-year-old to help her set up the fairy castle under the Japanese maple. Or, you may find your 12-year-old complaining at lunch that slimy slugs are crawling around his tomato plant. "What do you think I should do to get rid of them, Grandpa?"

Number two, **basic biology and horticulture**. (Great preparation for high school.) While making those identification signs, they'll learn the common plants' names and information such as edible vs. inedible, sun vs. shade loving, moist vs. dry. They'll learn about food production and preservation, germination, erosion, and insect infestations and treatments.

Number three, the value of **patience and observation**. Children develop these qualities over time, with practice. Gardening provides a perfect activity for developing these skills.

**HERE ARE A FEW PROJECTS YOU MIGHT INTRODUCE TO YOUR YOUNG GARDENER:**

**A Butterfly Garden:** Offer a portion of the garden where some wildness can be tolerated. Your young gardener can research types of butterflies common to our region. Then, determine what kinds of plants will entice those butterflies to stop by and deposit cocoons. Among favorites for butterflies are asters, lavender, milkweed, clover, and violets. My neighbor has had success luring swallowtails to her yard with fennel plants. We've had fun watching the cocoons and emerging butterflies.

**Art Projects:** If fussing about in the dirt doesn't seem to interest your youngsters, suggest she or he decorate the garden. Some easy

creations might be preparing staked signs for the plants and trees in the garden. Building a birdbath or feeder could be fun. (Remind your young builder to research the depth of birdbath water; you don't want to drown the thirsty birds. And, be sure the birdbath is designed to be reasonably safe from marauding squirrels and cats. Gathering interesting flatware, old jewelry or metal scraps to create a wind chime, then figuring out where and how to hang the wind chime will intrigue some pre-teens. Or, build a scarecrow. Halloween is always in season for this age group. The old clothes box and wood scrap pile have just the makings of a fine, scary guard for those flower or vegetable plots.



**2** Young children, **2 to 7-year olds**, are usually more enthusiastic about mucking about in the dirt. The trick is to corral their energy and curiosity, so they begin to acquire some appreciation for gardens. The useful skills and knowledge you'll be imparting might include: developing the child's attention span, gross and fine motor skills, simple problem solving, and outcome predictions. The projects for this age group are short-term and straightforward.



**FLOWER POOL OR FLOWER BOX:**

Depending on your available space, use a kiddie pool or a wooden or plastic storage box as the container for vegetables and flowers.

Decide on a location which has some sunlight every day and where it will be easy to water the plants. Punch a few drain holes (not too large) in the container's bottom.

In the bottom, layer pebbles and sand; then cover that layer with garden soil. (Avoid putting soil too deep. The container will be very heavy, and in a rainstorm, the plants could wash out, over the sides.) Dampen the soil.

Encourage your gardeners to "plan" what they want to plant and where they will plant. Draw a simple diagram marking where holes should be dug. If your little gardener is interested, he or she could draw pictures of the anticipated plants.

Together, choose seed packets at the hardware store. Check to see if the seeds need to be soaked before planting. (Perhaps you can buy seedlings of the same plants. It's fun to have the immediate gratification of seeing the growing plant.)

From this point, it's a matter of watering, observing, talking about what is growing, pulling out any little weeds that might find their way into the garden box.

Take time for daily observations with the little gardeners. You can encourage them to illustrate the growth and measure the sizes. Eventually, there may be flowers to pick or vegetables to harvest.

**POTATO SPROUTS & ROOT CUTTINGS:**

This is a great precursor to the ubiquitous science projects you'll soon be undertaking with your little gardener.

Choose a wide, low jar or glass, one for each rooting or sprout. Fill the jar with water.

Select a chubby potato, some branches of herbs such as rosemary or mint, or forsythia or willow twigs.

If you're doing the potato, cut the spud in half. Poke toothpicks around the diameter, about 1/2 inch below the cut surface. The toothpicks will serve as scaffolding to hold the potato just immersed part way into the water. (Don't let the potato fall into the water. It won't sprout if it's underwater.)

If you're doing the twigs, simply put the bunch of twigs in the jar. They can be a variety, which makes it fun to identify which is the mint and which the willow.

Put the jar in a sunny window or shelf. Watch that enough water remains in the jar.

Within a week or so, you'll begin to see green shoots pop up from the eyes of the potato, or small hair roots grow out from the immersed branches.

Over the next week, watch as the new growth transforms potato sprouts or branches. Drawing and talking about what is occurring makes a fun project even better.

Finally, you can plant the potato and the branches in pots or in flowerbeds. They'll grow into handsome, mature plants, no doubt.

Of course, there are lots of other activities to do with small children. You'll find ones that are interesting to you as well as to your little gardeners.



**3** Finally, a few thoughts on gardening with **special needs children**. Gardening helps improve everyone's motor skills, creativity, and self-confidence. And that's particularly important for people with special needs. When you're gardening, stress and anxiety seem to melt away, and if there are other gardeners about, it's easy to talk about the weather or the sprouting potatoes. These benefits are particularly important for those with developmental and learning disabilities.



**ANY GARDEN PROJECT WILL WORK; ONLY A FEW SAFETY PRECAUTIONS AND ADJUSTMENTS MIGHT BE NECESSARY.**

Use tables to hold pots and flower boxes so gardeners in wheelchairs can work in the soil.

Work as a team; keep the ratio high; one helper to one gardener is best.

Avoid tight schedules and time constraints. Easy, repetitive tasks are perfect.

Use pictures to explain processes, and take lots of pictures of the projects.

Choose sturdy equipment and materials.

Avoid crowding the gardeners. Leave lots of space between each gardener's plot.

When all the seeds are sown, and all the flowers planted, you and the children will have lots of shared laughs and solved problems to reflect upon—together.

For additional projects and plans, visit [whatsupmag.com](http://whatsupmag.com). There you'll find step-by-step instructions for how to build a wormery, birdhouse, or toad house.

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HOME REAL ESTATE

# West Annapolis

By Diana Love

**W**est Annapolis features a mix of homes, both old and new, in a variety of architectural styles. Founded around the turn of the 20th century and defined by a neatly organized grid of streets, the highly coveted neighborhood stretches from Rowe Boulevard to Wardour and along Weems Creek to the Severn River. Monterey Avenue runs parallel to Weems Creek. While the properties along this road were once primarily modest waterfront bungalows, most have been renovated or reconstructed into much larger houses. This house is unique because, while it is indeed one of the larger homes, it was built in the early 1990s, making it one of the older homes on its side of the street.

The builder took great care to every detail as he sought to replicate the historic Allen House of Deerfield, Massachusetts. Architecturally, the home is a typical New England saltbox style design with three stories in the front, a long sloping roof, and one story in the back. A winding front sidewalk leads down a slight slope to a wide front stoop. Protected from the street view by a variety of evergreens and deciduous trees, the home is especially charming for its simple lines and overall feeling of cozy warmth.

The home is deceptively large; in fact, because it is situated deep back onto the nearly half-acre lot, its full size is almost impossible to discern at first glance. The front door welcomes guests into a foyer well-lit with natural light. Floors throughout the main level and upstairs are wide-plank reclaimed barn wood from Pennsylvania.



Chief among the most attractive aspects of the property are high ceilings, traditional trim, and the well-thought out design of multiple living spaces. These include a garage, basement with a storage room, laundry and in-law suite; formal dining room, kitchen, two living rooms, and an office on the main floor; master bath and two bedrooms on the second floor; and a lofty suite on the third.

On the main level, natural light filters in through over-sized windows in every room. The backside of the house has views through paned patio doors to Weems Creek, just a hundred yards or so down a trail and through the trees. The kitchen features an eat-in breakfast table for six, a homework station, and modern appointments like a stainless steel refrigerator and commercial grade Viking range with matching hood. Just off the kitchen, a cozy sitting room or playroom with views through floor-to-ceiling windows to the exterior landscape features convenient access to the upstairs.

The second level features a master suite with a full bath,

plenty of closet space, a fireplace, and a private sleeping porch. Pocket doors lead to a laundry room that looks like it came straight from a designer's magazine. Two other bedrooms and an office share a bath and round out the upstairs space. The loft on the third level has a private full bath and is spacious enough to be a man cave, lady loft, or sleepover room.

"We were looking for a home in Eastport that could accommodate our three young boys, but we just couldn't find the amount of space that we need," the new owner says. "We wanted walkability to downtown, proximity to the shops and restaurants on Annapolis Street, to be conveniently close to Route 50, and to attend West Annapolis Elementary School. This home offered us all of that, plus a ton of cozy charm."

**Buyer's Agent:** Travis Martz, Martz & Associates, Direct: 240-426-5675, Email: [Travis@martzlegal.com](mailto:Travis@martzlegal.com)

**Listing Agent:** Michele Deckman, The Tower Team, Coldwell Banker Residential Brokerage, Direct: 410-353-3703, Email: [michele.deckman@cbmove.com](mailto:michele.deckman@cbmove.com)

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# Health & Beauty

70 ON THE RUN | 71 SLEEP PARALYSIS  
74 FRESH LOOK | 77 PRODUCTS WE LOVE *plus more!*



# On the Run: Fueling Up

By Kelsey Casselbury

Maintaining a healthy diet for everyday life is one thing. Eating for fuel during half-marathon training is quite another. If you haven't noticed yet, training for a road race—particularly one as long as 13.1 miles—can take over a good portion of your life, and that includes planning your snacks and meals for optimal performance.

## SAY NO WAY TO NO-CARB

While limiting carbohydrate intake might be an ideal way to eat on a regular basis, runners *need* carbohydrates. This particular macronutrient turns into glycogen, which your muscles stores for fuel during those long runs. However, you want to make sure you're eating good carbohydrates, not just empty calories—that includes sweet potatoes, whole grains, and plenty of fruit.

During a long run (say, 8 to 10 miles or longer), you want to bring a source of easy carbs along for the ride. There are products for this, such as sports gels or beans. You can also tuck a baggie of raisins, dried fruit, gummy bears, or mini-marshmallows into your pocket (no need to feel guilty about sugar this one time).

## TIME IT RIGHT

When you eat matters nearly as much as *what* you eat, both before and after a long run. About two to three hours beforehand, eat a full meal that has carbs, protein, and a little fat—say, a turkey sandwich on whole-grain bread with a slice or two of cheese. After the run, you want to get some carbs in within the hour, such as an orange or, the runner's best-kept secret, a glass of chocolate milk.

## ABOVE ALL, HYDRATE

Forgetting to fuel up properly might make you tire out in the middle of your long run, but not hydrating properly is downright dangerous. Here's what you need to know:

1. Drink at least 16 ounces of water two hours before you start a long run.
2. Every 20 or so minutes, drink six-to-eight more ounces of fluid.
3. If you're running for an hour or less, water is a great choice. In fact, it's a better option than sports drinks.
4. After an hour, start incorporating sports drinks to replenish electrolytes, including the sodium that's dripped out in your sweat. Dilute the drink with water or test out different options to see how the formulas affect your stomach.



## MARCH'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 started in the January issue and will continue through April's issue of *What's Up? Annapolis/Eastern Shore* 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 9	WEEK 10	WEEK 11	WEEK 12
<b>MON</b>	Strength	Strength	Strength	Strength
<b>TUES</b>	4 miles	4.5 miles	4.5 miles	5 miles
<b>WEDS</b>	Rest or Cross	Rest or Cross	Rest or Cross	Rest or Cross
<b>THURS</b>	2 miles	2.5 miles	2 miles	2.5 miles
<b>FRI</b>	Rest	Rest	Rest	Rest
<b>SAT</b>	8.5 miles	9 miles	9.5 miles	<b>10K Race</b>
<b>SUN</b>	Stretch	Stretch	Stretch	Stretch

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





HEALTH & BEAUTY HEALTH

# The Nightmare of Sleep Paralysis

By Kelsey Casselbury

Imagine the terror: You wake up, but you can't move. There seems to be something (or *someone*) sitting on your chest. You try to open your mouth to make a noise, but nothing comes out—mostly because your mouth hasn't moved a muscle.

Such is the waking nightmare of awareness during Sleep Paralysis (SP). Typically, when you slip into REM sleep, your brain uses a bunch of neurotransmitters to keep your body from moving, so you don't act out your dreams. When there's a glitch in that neuro-matrix, though, your brain wakes up but your body doesn't switch back on—and you can't move a muscle.

That would be scary enough, but on a cognitive level, the effects of sleep paralysis go deeper. The amygdala, which is the part of your brain that controls fear, goes into fight-or-flight mode, and because you're still kind of asleep, you might experience dream-like hallucinations (and they tend to be scary ones, like black shadowy figures lurking at the end of the bed). Although the experience is usually over in just a few seconds or a few minutes, the fright can feel like an eternity.

## A DARK HISTORY OF SLEEP PARALYSIS

Accounts of sleep paralysis go all the way back to the 17th century, when Dutch physician Isbrand Van Diembroeck recounted an experience. There's even a famous 1782 painting, Henry Fuseli's "The Nightmare," which features an ogre sitting on a woman's chest that is said to depict the condition. Likely, though, humans endured sleep paralysis for centuries before the without any real awareness of what was going on. Experts say that about 40 percent of people have experienced sleep paralysis at least once, but some suffer from regular occurrences. Sleep paralysis isn't dangerous—but it is extremely distressing.

## WHO'S AT RISK?

There might be a genetic component, but researchers aren't entirely sure about that. If your parents deal with SP, though, there's a chance you're going to, as well. Experts do know, however, that if you've been skimping on sleep or feeling ultra-stressed, you're at a higher risk of sleep paralysis. The condition could also link to narcolepsy, a sleep disorder that affects your brain's sleep-wake cycle.

## BANISHING THE NIGHTMARE

There's little to be done, medically speaking, to stop sleep paralysis from happening. So it's up to the person experiencing the nightmare to make small habit changes that can decrease the likelihood at night. This might mean taking more time to relax before bed, minimizing sleep interruptions, and above all, remember that it's fear ruling your mind during a bout of sleep paralysis—the more you understand what's going on, the less scary the experience is in the end.

# POTS

THE LIFE-ALTERING YET  
UNDER-DIAGNOSED DISEASE

By Kelsey Casselbury



Have you ever gotten a little light-headed when you stand or sit up too quickly? Imagine if that occurred all the time—but to the point where you faint when you move from lying down to standing too fast. Such is the life of people who suffer from Postural Orthostatic Tachycardia Syndrome (POTS), a rare and under-diagnosed dis-

ease that affects a person's blood flow and nervous system. About 500,000 people in the U.S. suffer from POTS, according to the Rare Clinical Diseases Research Network, the majority of whom are women between the ages of 13 and 50.

When POTS symptoms—a racing heart rate, chest pain, dizziness, fainting, and either high or low blood pressure—appear for the first time, the experience can be terrifying. The condition makes itself most known when a person quickly changes body position and their heart rate skyrockets. In many cases, they will faint if they don't return to sitting and lying down immediately. For most people, the autonomic nervous system keeps blood pressure on an even keel in all body positions. For those with POTS, the nervous system fails to tell the blood vessels in the lower half of the body to tighten when they stand, and the blood flow to the brain doesn't happen as it should. This leads to a feeling of lightheadedness, at a minimum, or passing out.

However, there are other indicators lurking in the background that a person (or even a doctor) might not realize are related to the disease. These include feeling incredibly tired, suffering “brain fog,” or experiencing flu-like symptoms. These can show up when you're feeling stressed or, unexpectedly, after you've had a big meal because your intestines need more blood flow for digestion, diverting it away from other parts of your body that need it, too.

For people with severe cases of POTS, the disease can be life-altering. What's more, not much is known about the condition, given its rarity, so doctors might not recognize it well enough to give a diagnosis—and those who suffer are told that it's a severe bout of anxiety and the symptoms are all in their head. Those who are properly diagnosed can improve over time with a tailored treatment plan that usually includes daily exercise—the lightest of which can be grueling at first—a high-salt diet, and at least 60 to 80 ounces of water per day.

# Health Report



## Peanut Allergies at Birth More Than Doubled Since 2001

Infants born with a peanut allergy have more than doubled since 2001, say researchers with the American College of Allergy, Asthma, and Immunology (ACAAI). In the early part of the millennium, data from the Centers for Disease Control and Prevention (CDC) show that 1.7 percent of babies were born with a peanut allergy; in 2017, 5.2 percent were born with the same allergy.

Researchers also revised the total number of children with a peanut allergy upward, noting that around 2.2 percent of children and adolescents in the U.S.—to the tune of 1.25 million—suffer from the allergy. In previous decades, the number of kids with peanut allergies hovered around one percent.

Milk allergies are also on the rise, affecting 1.9 percent of kids in the U.S. Although milk is the most common food allergy for children under age five, they're likely to outgrow it by the time they reach age 18.

## Smoking Rates Hit Record Lows

When it comes to cigarette smoking, the rates continue to improve, falling to 14 percent of Americans in 2017—a whopping 67 percent lower than it was in 1965. “This new all-time low in cigarette smoking among U.S. adults is a tremendous public health accomplishment—and it demonstrates the importance of continued proven strategies to reduce smoking,” Robert Redfield, CDC director, says in an agency news release.

However, one in five adults in the U.S. still use a tobacco product, killing more than 480,000 people annually, while 16 million have a tobacco-related illness. In addition to cigarettes, the most common tobacco product, 3.8 percent smoke cigars or cigarillos, 2.8 percent use e-cigarettes, 2.1 percent use smokeless tobacco, and one percent use a pipe, water pipe, or hookah.

Cigarette smoking has been the leading cause of death from cancer in the U.S. for more than 50 years, notes Norman Sharpless, MD, director of the U.S. National Cancer Institute. Entirely eliminating smoking would decrease cancer deaths over time by one-third, he says.



# The Parisian Art of Cleansing

COMMONPLACE IN FRANCE, MICELLAR WATERS HAVE CROSSED THE POND TO MAKE A SPLASH HERE

By Kelsey Casselbury

It looks like regular water, and it feels like regular water—so what’s all the fuss about micellar water, a type of facial cleanser that’s now showing up in shampoos?

First, let’s get the pronunciation issues out of the way: it’s my-*sell*-er water, named after the microscopic spheres, micelles, that form when all the molecules come together. (Did you know that beauty could become such a lesson in high school chemistry?) These molecules are called surfactants, and they draw dirt and oil away from your skin like a magnet while still being gentle to the sensitive epidermis of your face. In fact, micellar water is so light and gentle that you don’t even have to wash it off afterward, eliminating an entire step from your nightly skincare routine.

Here’s the key, though: Micellar water doesn’t take the place of your regular facial cleanser. It gets rid of makeup and dirt, but you should still use a gentle non-soap facial cleanser to get the grime that’s tucked deeper into your



pores. Plus, don’t fall for the scam that is micellar water cleansing wipes—they won’t do as well as regular micellar water applied with a cotton pad. They can be more irritating to sensitive skin.

That’s all great news for your face—but now micellar water is showing up in shampoo. Can it have the same effect on your hair? Reportedly, the answer is yes! When in shampoos, micellar water performs the same duties of pulling out the excess oil while still leaving the strands soft and full of moisture. Because it’s shampoo, though, you still have to rinse the micellar water out of your hair.

French women reportedly use micellar water because their tap water is so harsh on the skin. Luckily, Marylanders don’t necessarily have that same problem—but those Parisians just might be onto something here.



HEALTH & BEAUTY HEALTH

# Fresh Look

## RHUBARB

By Kelsey Casselbury

### Strawberry Rhubarb Lemonade

Serves 6

4 cups water

2 1/2 cups fresh rhubarb, trimmed, chopped

1 cup strawberries, stems removed, halved

1 cup sugar

5 lemons, juiced

2 limes, juiced

4 cups ice



**Directions:** Combine the water, rhubarb, strawberries, and sugar in a medium saucepot over high heat. Bring the mixture to a boil and cook for five minutes. Remove the mixture from the heat and use the back of a spoon to crush the fruit in the pot. Set aside for 10 minutes to let it rest. Strain the mixture through a sieve, using the spoon to press firmly against the strainer to get as much liquid out as possible. Discard the solids and cool the mixture in the fridge. In a pitcher, combine the strawberry-rhubarb mixture, lemon juice, and lime juice and stir to combine. Add the ice, and garnish with fresh rhubarb, strawberries, and slices of lemon and lime. Serve immediately.

You might know rhubarb best for its regular inclusion in a sugary-sweet pie, but this spring *vegetable* has a lot more applications (and more nutritious ones at that) than just dessert. Yes, you read that right—the U.S. Department of Agriculture classifies rhubarb as a fruit, but it's botanically a vegetable (how confusing!) You can eat the stalks, which have a strong, tart flavor (and why it's often cooked as a dessert with lots of sugar), but not the acidic, toxic leaves at the top.

Admittedly, for produce, rhubarb isn't that rich in nutrients. It's a decent source of vitamin K, giving you about 30 percent of the total recommended daily amount in each serving, and it's high in fiber, with two grams per serving. While the vitamin C content in rhubarb won't compete with some other types of fruit, such as strawberries or citrus, it does have a moderate amount.

However, what rhubarb *does* offer is antioxidants, which are those compounds that protect you against the damaging effects of free radicals. This includes polyphenols and anthocyanins, the antioxidant that gives rhubarb its pinkish-red hue, as well as proanthocyanidins. What does all this scientific jargon mean? In short, rhubarb has plenty of nutritional benefits, despite its lack of micronutrients.

Experiment with rhubarb beyond dessert with the lemonade recipe shared here, or by cooking it into a topping for chicken or fish. Simmer bite-sized pieces of the stalks in a saucepot with around 1/3 cup of orange juice, a little honey, and some dried rosemary until the rhubarb is soft. Drain it, and then mix the fruit with softened butter and spread it on a cooked chicken breast.



# Right As Rain

WHEN IT'S RAINING, EVEN POURING, YOUR OUTERWEAR DOESN'T HAVE TO BE TOTALLY BORING

By Kelsey Casselbury

When rain is in the forecast, there's no need to resort to an unflattering windbreaker or bulky poncho—a stylish rain jacket is all you need to stay both dry and fashion-forward until the sun comes out again.

## In the Trenches

Don't discount the classic trench coat, first made popular by iconic brand Burberry in the 1920s after World War I officers wore them in the trenches (hence the name). It's still made of gabardine, a water-resistant, breathable fabric invented by founder Thomas Burberry. Fun fact: Explorer George Mallory wore a Burberry gabardine jacket on his first attempt climbing Mount Everest in 1924. For an updated look on your classic trench, ditch the belt it came with and tie a colorful belt around your waist to cinch it in.

## Seeing Clearly

When designers showed their spring collections, clear or somewhat-transparent rain jackets were all over the runway. See-through raincoats have a bonus that you might not have even considered—after all that thought you put into your daily outfit, transparent outerwear lets the world see your fashion choices in spite of the outdoor showers.

## Bold and Beautiful

While classic, neutral pieces are a safe and always stylish choice, rain jackets also offer an opportunity to have a little fun. Channel your inner child with a bright yellow coat, a surprisingly popular color year in and year out, according to the folks at Joules, a British clothing company known for its outerwear. Bold, bright patterns are always on the table, too, whether it's a fun floral or nautical-inspired stripes, a Maryland favorite.

Coast Waterproof Jacket in Navy / Boutique, Joules USA, \$139.95, Joulesusa.com

# Reap the Heart Healthy Benefits of What You Sow

Did you know that 610,000 people in the United States die of heart disease every year? That's one in every four deaths, according to the Centers for Disease Control and Prevention (CDC). And did you know that every year about 735,000 Americans have a heart attack?

Many factors contribute to these statistics. High blood pressure, high cholesterol, and smoking are all key risk factors for heart disease. But there are other factors like diabetes, excessive alcohol use, obesity, physical inactivity and poor diet that also take a toll.

Regarding the last three—obesity, exercise, and diet—gardening could help you tackle these risk factors at the same time while engaging in an activity that just requires a little bit of patience in exchange for a healthier life.

“The trend in our society has been towards what is expedient, what is convenient and what is fast,” says Salvatore Lauria, MD, cardiologist at Anne Arundel Medical Group (AAMG) Cardiology Specialists. “Gardening provides somewhat of a counter-balance by slowing things down and getting back to what’s more natural, more organic, and ultimately, healthier.”

Lauria practices the healthy lifestyle changes he preaches to his patients. He himself lives in a rural neighborhood where he grows his own produce and raises chickens. And although Lauria also leads a busy lifestyle, he enjoys using this time to slow down and harvest healthier, fresher food.

## 610,000

PEOPLE IN THE UNITED STATES DIE  
OF HEART DISEASE EVERY YEAR

## Clean Eating

When you buy frozen food or eat at restaurants regularly—especially fast-food restaurants—you end up consuming more processed foods. Yes, it's convenient to have someone cook for us because of our busy schedules. But in doing what's easy, you pay the price of eating a lot of things that you don't know about.

“That speaks to the benefit of growing it yourself,” Lauria says. “When you plant your own produce—such as green peppers, carrots, kale, beets, and spinach—you know what you're eating. Plus, there's a sense of satisfaction that comes in knowing that you put all the effort into growing it yourself.”

You also get to choose the fertilizers you want to use, whether they are organic or not. When you garden, you're in control of when to harvest your own food. Vegetables that ripen in your garden tend to have more nutrients and antioxidants compared to the ones you buy in a store.



## No Gym? No Problem

It can be physically demanding. But between weeding, planting, and harvesting, you're getting a full-body workout and possibly getting more squatting done than at the gym, Lauria says. “Be mindful of staying well hydrated,” he adds. “But also know that just the act of gardening itself is a healthy habit to develop.”

Besides, backyard gardening can inspire you to learn more about the food you eat and help you make better choices about what you put on your plate. By being more aware of your choices, you'll likely be eating more vegetables and fruits in general.

## You'll Become Your Family's Snack Connoisseur

This is just an added bonus, really. Instead of buying snack bags at the grocery store, full of trans fat, sodium, and sugar, you can turn to your very own veggies. You can dry your carrots, beets, or kale and divide portions into small bags as snacks for the week.

This, in turn, can help you save money. Snacks labeled as organic or as containing less sodium

tend to be more expensive. “Grab a few veggies from your backyard, dry them or bake them, bag them, and you're done,” Lauria says. “No need to keep spending money on snacks that you can make yourself at home, and you control the ingredients used.”

It sounds laborious, but in reality, it's really simple. Anyone can grow his or her own tomatoes, peppers, cucumbers, and other basic kitchen crops in their backyard. Growing your own food, with no additives, and using organic practices is a healthier way to go for you and your heart, according to Lauria. In addition, it provides a healthy balance to the hectic-paced lifestyle you may sometimes lead, and it gives you the satisfaction of knowing that you put the effort into creating our own produce.

## Year-Round Crops

Planting crops can be done at any time, but there are fruits and vegetables that taste better when they're in season. Here's a list of the best crops to plant year-round, according to Maryland's Best, a program managed by the Maryland Department of Agriculture:

**Cucumbers • Herbs • Lettuces  
Mushrooms • Tomatoes  
Spinach • Onions • Radishes**

“Reap the Heart Healthy Benefits of What You Sow” is provided by Anne Arundel Medical Center.

# Products We Love

THIS MONTH'S PICKS FROM THE BEAUTY BUZZ TEAM

By Caley Breese

Check out the latest and greatest hair, skin, makeup, and grooming products, reviewed by our Beauty Buzz team (and the occasional What's Up? staff member!)



1.

"This is the most lightweight tinted moisturizer that I have ever tried. It feels like you don't have anything on your face. I love a tinted moisturizer that is light, paraben-free, and affordable. This fits all of my requirements."

—Beauty Buzz Member Mandy Owens, 40, Annapolis



2.

"This 3-in-1 eye treatment is giving me visible results with puffiness under my eyes. My skin just drinks it up. It wakes you up in the morning, and you can see results and less puffiness around the eyes."

—Beauty Buzz Member Terrie Boucher, 60, Crownsville



3.

"Not only is the scent FANTASTIC, but it goes on very smooth, no residue, no clumps, and feels really great on the skin. It also lasts ALL day. Everybody should buy this...the whole world should smell like this."

—Beauty Buzz Member Jillian Amodio, 28, Annapolis



4.

"This product has very good coverage and holds your eyebrows in place while giving them a fuller look, thanks to the microfibers, and it doesn't flake during the day. If you are looking for a formula that doesn't contain parabens, this is a great option."

—Beauty Buzz Member Carolina Rauch, 28, Annapolis



2

## REVITALITE EYELID & DARK CIRCLE CORRECTOR BY DERMELECT

\$49/0.5 fl. oz., [dermelect.com](http://dermelect.com)

Correct and conceal those pesky undereye bags and puffiness with this 3-in-1 treatment, formulated with multi-peptides and soy protein. This lightweight cream moisturizes and tightens the skin around the eyes for a brighter, more well-rested look. To use, massage product onto clean, dry skin around the undereye, brow bone, and eyelid.



1

## ENERGIZE UNIVERSAL SKIN TINT BY ARROW

\$22/1 fl. oz., [birchbox.com](http://birchbox.com)

Give your complexion a radiant boost on those no-makeup makeup days. This oil-free, tinted serum offers sheer, lightweight coverage and evens out discoloration. With nourishing ingredients like ginseng and green tea extract, this vegan, gluten-free formula will leave your skin feeling hydrated and energized. To use, gently blend a small amount to your face after moisturizing.



4

## BROWFOOD TINTED BROW ENHANCING GELFIX BY LASHFOOD

\$24/0.27 fl. oz., [lashfood.com](http://lashfood.com)

Condition, tint, and sculpt your brows to perfection with this buildable gel formula and dual-sided brush. Short bristles control preciseness for thin brows, while long bristles provide easy application for thicker brows. Formulated with Nano-Peptide Complex, this gel rejuvenates brows while providing lightweight, all-day wear. Use alone or over a brow pencil or powder.



3

## COCONUT OIL DEODORANT BY KOPARI

\$14/2 oz., [koparibeauty.com](http://koparibeauty.com)

Your armpits will receive the pampering they deserve when you use this aluminum-free deodorant, infused with coconut oil, coconut water, and sage oil. And don't sweat it! The non-toxic formula glides on smoothly, and hydrates and soothes underarms, while offering a refreshing sweet coconut milk scent. The best part? No sticky white residue leftover on your pits.





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# Dining

80 REVIEW | 82 GUIDE

Branzino at  
Blackwall  
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*Clockwise:* Beef Short Rib, Branzino, Blackwall Barn and Lodge, Chocolate Bread Pudding

DINING REVIEW

# A Country Lodge Gem

By Rita Calvert

Photography by Stephen Buchanan

**A**s we pulled into the Blackwell Barn and Lodge, its classic rural architecture welcomed us. It featured fresh white clapboard along with board-and-batten siding complementing stacked stone lit with oversized lanterns and chandeliers. Our sense of hospitality continued with a host staff that was eager to show us around. They offered us a variety of seating options within either of their fireplace dining rooms.

We opted for the choice seat of the house with the four wing-back chairs cozying up to a round table by the main dining room fireplace....but it was a tough choice, given the very different and pretty winter white decor by the other fireplace, complete with delightful faux fur wraps and blankets

for chilly nights. Design continues for the table tops as many food items are served on their respective wooden platters or earthy pottery plates and bowls.

What could be more appropriate at fireside than a classic cocktail, like my companion's choice: an Old Fashioned. It had a new twist: smoked sugar cubes and a skewer of dark cherries with Bulleit bourbon and sour cherry bitters. But I'm getting ahead of myself about that choice, as there were many to consider, including a nice menu of au courant cocktails such as a Maple Nut Manhattan with Knob Creek Smoked Maple Bourbon, a dirty martini with cherry pepper hot sauce and stuffed olives, as well as several refreshing-sounding fruit drinks. There also was a page of adult hot chocolate variations with a bar of chocolate melted in

the milk and a connoisseur's selection of the unique ole smoky moonshine pours. The drink menu also featured an impressive list of draught beers and a very pleasing range of domestic and imported wines by the glass and bottle. The drinks were more than inviting for happy hour, dinner, dessert, and after-dinner drinks.

Our server, Ryan, was engaging, humorous, and responsive to our many questions, returning promptly with Chef Michael Wagner's input if he was unsure of an ingredient or prep technique we inquired about. Ryan knew just how to be attentive throughout our meal, even as the dining room became busier.

The young, yet accomplished, Wagner (a Culinary Institute of America graduate) is on a quest to support local farms and convey them as partners, giving us the benefit of knowing where our food originates. His contemporary concepts also satisfy with everything being made from scratch—biscuits, chive butter, salad dressings, soups, desserts and foods to share around the table for a sense of community. Customary



dishes fill the menu along with novel twists: sinfully rich crab dip served in a crab-shaped crock with a finish of flambéed cognac; southern fried Quail starter with hickory-smoked butter; a take on the currently popular chicken waffle; and even pulled pork mac and cheese. The menu items also lend a sense of rustic comfort as you would find in a lodge: a single meatball that is a classic eight ounces veal, pork, and beef cooked slowly in marinara or beef short rib pot roast.

We browsed the very sizable array of starter choices, including soups, several salads, and options like mussels, crab dip, and other temptations. We gave strong thought to the Domestic Charcuterie plate, which is a mix of three cured meats alongside swiss, blue, and a local cheddar cheeses with dried fruits, nuts, and crostini, on the main starter menu. The novel toasts and flatbread choices all sounded intriguing. One example is the mushroom toast with buttery garlic wild mushrooms, thyme and herbed ricotta spread. But we opted to split the Kale and grilled salmon entrée salad. It was excellent.



fresh herbs. Our server Ryan called it the perfect Sunday dinner. It was. It can be hard to find truly meaty tender short ribs these days. These, however, were delightful, in presentation and flavor. Served in a wide homey pottery bowl, the fragrance alone promised satisfaction. The meat had that deep beefy taste we all long for in a just-right sauce. It was not a thick flour-like gravy that others pass off as a worthy sauce. The farm-fresh vegetables are much more than an after-thought. The butternut squash purée gave a light, colorful touch along with mushrooms full of the meat sauce flavor, and, the roasted baby carrots.



The accompanying roasted beets, mango, candied walnuts, and lemon-poppy-seed vinaigrette were a perfect combo.

Lighter eaters might wish to choose from the “handheld” menu selections of burgers and other meat or fish choices, like mahi-mahi tacos and crab cake sandwiches. We zeroed in on the main entrees. The Branzino I ordered arrived wrapped in the crinkly roasted parchment package that it was baked in. It was a treat to open the present and see a long thin fish filet on a visually styled vegetable bed of carrots, zucchini, new potatoes, and white wine chive butter.

My companion chose the Beef Short Rib Pot Roast with Butternut Squash Purée, roasted farmers market vegetables, and

We couldn't wait to look over the dessert selections, albeit we were nicely full. We split the dark cherry chocolate bread pudding. Now, bread pudding is fairly common, but this was creative. A large square of delicious chocolate with the perfect balance between crusty edges and mousse-like custard interior, swathed with excellent cherries and cream.

We capped the meal with a classic Irish coffee. Wow! Almost a thermos full! It was easy to declare it capable of warming you to the toes even miles from the fire.

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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

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## Crofton/ Gambrills

### Allison's Restaurant

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

### The Big Fish Grille

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

### Blue Dolphin Seafood Bar & Grill

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

### Bonefish Grill

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

### Christopher's

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

### Coal Fire

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

### 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 \$ 🍷 🍷 \*

### Fuji Modern Asian Cuisine & Sushi Lounge

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

### Genghis Grill

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

### The Greene Turtle

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

### Houlihan's

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

### 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 \$ 🍷 🍷

### 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 \$ 🍷 🍷

### Namaste Indian Cuisine

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

### Nautilus Diner & Restaurant

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

### 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 \$\$ ☎ 🍷

### 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 \$ 🍷 🍷

### 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; Thaiatwaughchapel.com; Thai; lunch, dinner \$ 🍷 🍷

### V N Noodle House

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

## NAMASTE INDIAN CUISINE

"This place has great options and very good vegetarian food." —Areej Haris

## Hanover

### DuClaw Brewing Company

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

### George Martin's Grillfire

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

### Little Spice Thai Restaurant

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

### 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 \$\$\$ ☎ 🍷 🍷

### 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 \$\$ 🍷 🍷 \*

## Millersville / Glen Burnie

### Broken Oar Bar & Grill

864 Nabbs Creek Road, Glen Burnie; 443-818-9070; Brokenoarbarandgrill.com; American; lunch, dinner, Sunday brunch \$\$ 🍷 🍷 🍷

### Gina's Cantina

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

### The Grill at Quarterfield Station

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

### Hella's Restaurant and Lounge

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

### 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 \$

## BROKEN OAR BAR & GRILL

"The burgers are great and reasonably priced." —Carol T. Walsh

### Libations

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

### Mi Pueblo

7556 Ritchie Hwy, Glen Burnie; 410-590-1616; Mipueblo1.com; Mexican; Lunch, Dinner \$-\$\$, 🍷

### Sunset Restaurant

625 Greenway, Glen Burnie; 410-768-1417; Sunstetrestaurant.com; Italian, seafood; lunch, dinner \$\$ 🍷 🍷

### 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 Thai 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 \$\$ 🍷

### 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; Mammaromas.com; Italian, catering; dinner \$\$ 🍷 🍷 🍷

### 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 \$ 🍷

### Perry's Restaurant & Cocktail Lounge

1210 Annapolis Road, Odenton; Perrys-restaurant.com; 410-674-4000; American, Greek; lunch, dinner \$ 🍷 🍷 🍷

### Riconcito Mexicano

1103C Annapolis Rd, Odenton; Rinconcito-mexicanoinc.com; 410-305-0882; Mexican; lunch, dinner \$ 🍷 🍷

### 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 \$\$\$ ☎ 🍷 🍷

### The Hideaway

1439 Odenton Road, Odenton; Hideawayodenton.com; 410-874-7300; Barbeque; brunch, lunch, dinner, catering \$\$ 🍷 🍷 🍷

### 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 \$\$ ☎ 🍷 🍷 \*

### Café Mezzanotte

760 Ritchie Highway, Severna Park; 410-647-1100; Cafemezzanotte.com; Italian; lunch, dinner \$\$ ☎ 🍷 🍷 🍷 \*

### Casa Della Nonna

8141 Telegraph Road, Severn; 410-551-8000; Casadellanonnamd.com; Italian; lunch, dinner \$ 🍷

### 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 \$ 🍷 🍷

### ORCHARD CAFÉ

**"Great, affordable food and very friendly staff." –Lois Bischoff WINNER!**

### 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 \$\$\$ ☎ 🍷 🍷 🍷 \*

### Blackwall Hitch

400 6th Street, Annapolis; 410-263-3454; 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 \$\$ ☎ 🍷 🍷 🍷 \*

## Annapolis Area & Beyond

### Bean Rush Café

1015 Generals Highway, Crownsville; 410-923-1546; Beanrushcafe.com; Café, coffeehouse; breakfast, lunch \$ 🍷 🍷 \*

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Facebook.com/TheHideawayOdenton



**Davis' 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 Asateague 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; Milanopizzaoferownsville.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**

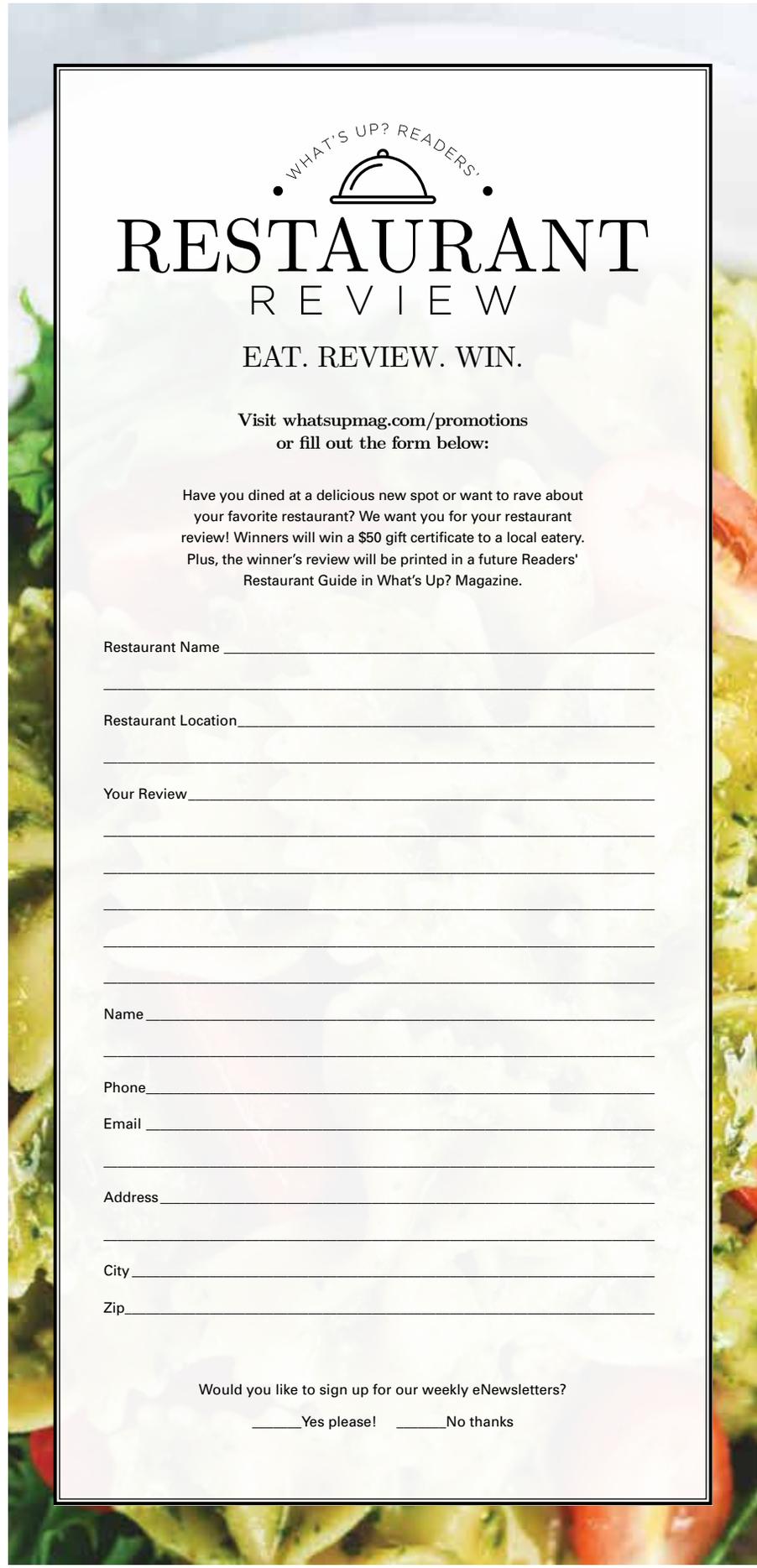
1773 Generals Highway, Annapolis; 410-849-8058; Ramsheadroadhouse.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$

**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 \$\$\$



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# March 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 Maryland's heritage, culture, and arts in Annapolis and Anne Arundel County during Maryland Day Weekend Friday, March 29th through Sunday, March 31st. More than 20 historical and educational locations will open their doors for free or just \$1, offering special programs and activities for the whole family. For a full list of events, visit [Marylandday.org](http://Marylandday.org).

Friday

1

## SPECIAL EVENTS

**The Look at The Westing** at Annapolis Hotel, Annapolis. 6-9 p.m. \$18. 410-266-6287. [Whatsuptix.com](http://Whatsuptix.com) (TIX)

**First Friday in Chestertown** at Downtown Chestertown, Chestertown. 5-8 p.m. Free. 443-282-0246. [Kentocounty.com](http://Kentocounty.com)

**Unique Dishes of Istanbul** at Whole Foods Market Annapolis, Annapolis. 6:30-8:30 p.m. \$45.00 per person. 410-573-1800.

**Monster Jam** at Royal Farms Arena, Baltimore. 7 p.m. Prices vary. 410-347-2020. [Royalfarmsarena.com](http://Royalfarmsarena.com) (F)

**WWE Live Road to Wrestlemania** at Wicomico Youth & Civic Center, Salisbury. 7:30 p.m. \$15. 410-548-4900. [Wicomicoivcccenter.org](http://Wicomicoivcccenter.org)

**Votes for Women: A Portrait of Persistence** at Smithsonian National Portrait Gallery, Washington. 11:30 a.m.-7 p.m. daily. Now through January 5th, 2020. Free. 202-633-8300. [Npg.si.edu](http://Npg.si.edu)

**Matthew Moore: Post-Socialist Landscapes** 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 April 7th, 2019. 410-822-2787. [Academyartmuseum.org](http://Academyartmuseum.org)

**Recent Acquisitions** 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 April 7th, 2019. 410-822-2787. [Academyartmuseum.org](http://Academyartmuseum.org)

**Drawing** 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.). Now through March 31st, 2019. Free. 410-778-6300. [Chestertownriverarts.net](http://Chestertownriverarts.net)

**Kent's Carvers and Clubs: Guides, Gunners and Co-Ops** at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. \$6-15. Now through March 31st, 2019. 410-745-2916. [Cbmm.org](http://Cbmm.org)

**Exploring the Chesapeake - Mapping the Bay** at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. Prices vary. Now through March 17th, 2019. 410-745-2916. [Cbmm.org](http://Cbmm.org)

**Between Worlds: The Art of Bill Traylor** at Smithsonian American Art Museum, Washington. 11:30 a.m.-7 p.m. daily. Free. Now through March 17th, 2019. 202-633-7970. [Americanart.si.edu](http://Americanart.si.edu)

**Rafael Lozano-Hemmer: Pulse** at Hirshhorn Museum, Washington. 10 a.m.-5:30 p.m. daily. Free. Now through April 28th, 2019. 202-633-1000. [Hirshhorn.si.edu](http://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 5th, 2019. 202-633-7970. [Americanart.si.edu](http://Americanart.si.edu)

**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 14th, 2019. 202-783-5000. [Nmwa.org](http://Nmwa.org)

**Portraits of the World: Korea** at Smithsonian National Portrait Gallery, Washington. 11:30 a.m.-7 p.m. daily. Now through November 17th, 2019. Free. 202-633-8300. [Npg.si.edu](http://Npg.si.edu)

**Cindy Fletcher Holden** at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through March 31st, 2019. \$6. 410-222-1777. [Fqwp.org](http://Fqwp.org)

**Section 14: The Other Palm Springs** at The National Museum of the American Indian, Washington. 10 a.m.-5:30 p.m. daily. Now through January 2020. Free. 202-633-1000. [Americanindian.si.edu](http://Americanindian.si.edu)

**How We Live with Nature: The Student Art Show** at Ward Museum of Wildfowl Art, Salisbury. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). Now through April 14th, 2019. \$7 for adults, \$5 for seniors, \$3 for children and college students. 410-742-4988. [Wardmuseum.org](http://Wardmuseum.org)

**Parenting: An Art without a Manual** at American Visionary Art Museum, Baltimore. 10 a.m.-6 p.m. (Tues.-Sun.), closed Mon. Prices vary. Now through September 1st, 2019. 410-244-1900. [Avam.org](http://Avam.org)

**Esther & The Dream of One Loving Human Family** at American Visionary Art Museum, Baltimore. 10 a.m.-6 p.m. (Tues.-Sun.), closed Mon. Now through March 1st, 2024. Prices vary. 410-244-1900. [Avam.org](http://Avam.org)

**Subverting Beauty: African Anti-Aesthetics** at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.), closed Mon. and Tues. Free. Now through June 2nd, 2019. 443-573-1700. [Artbma.org](http://Artbma.org)

**Mark Bradford: Tomorrow is Another Day** at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Free. Now through March 3rd, 2019. 443-573-1700. [Artbma.org](http://Artbma.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 3rd, 2019. 443-263-1800. [Lewismuseum.org](http://Lewismuseum.org)

**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](http://Artbma.org)

**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](http://Artbma.org)

**Woven Words: Decoding the Silk Book** 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. Now through April 28th, 2019. Free. 410-547-9000. [Thewalters.org](http://Thewalters.org)

**Monsters & Myths: Surrealism and War in the 1930s and 1940s** at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through May 26th, 2019. Free. 443-573-1700. [Artbma.org](http://Artbma.org)

**Wil Scott: Monochrome** at Maryland Theatre for the Performing Arts, Annapolis. Free. Now through March 31st, 2019. 410-626-6055. [Mtpa-annapolis.org](http://Mtpa-annapolis.org)

**Visual Harmony: Visual Art Interprets Performing Art** at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through March 2nd, 2019. Free. 410-263-5544. [Marylandhall.org](http://Marylandhall.org)

**New Hope** at What's Up? Media Gallery, Annapolis. 8 a.m.-6 p.m. (Mon.-Fri.) Now through April 12th, 2019. Free. 410-266-6287. [Whatsupmag.com](http://Whatsupmag.com)

## MUSIC

**Midweek Concert: Peter and the Wolf** at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m. Prices vary. 410-783-8000. [Bsomusic.org](http://Bsomusic.org) (F)

**National Symphony Orchestra: Shaham & Mozart** at The John F. Kennedy Center for the Performing Arts, Washington. 11:30 a.m. & 8 p.m. Prices vary. 202-467-4600. [Kennedy-center.org](http://Kennedy-center.org)

**Blood Orange** at Rams Head Live!, Baltimore. 8 p.m. \$27 in advance, \$32 day of show. 410-244-1131. [Ramsheadlive.com](http://Ramsheadlive.com)

**Quinn XCII: From Tour With Love with Ashe & Christian French** at Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. [Fillmoresilverpring.com](http://Fillmoresilverpring.com)

**KANSAS** at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. Prices vary. 410-900-1150. [Modell-lyric.com](http://Modell-lyric.com)

**Jon Cleary Trio** at Rams Head On Stage, Annapolis. 8 p.m. \$25. 410-268-4545. [Ramsheadonstage.com](http://Ramsheadonstage.com)

**Cole Escola** at 9:30 Club, Washington. 6 p.m. \$20. 202-265-0930. [930.com](http://930.com)

**Annapolis Symphony Orchestra: Moonlight & Movie Music** at Annapolis Symphony, Annapolis. 8 p.m. Prices vary. 410-263-0907. [Annapolis-symphony.org](http://Annapolis-symphony.org)

## PERFORMING ARTS

**JQA** at Arena Stage, Washington. 8 p.m. Prices vary. 202-554-9066. [Arenastage.org](http://Arenastage.org)

**Man of La Mancha** at Compass Rose Theater, Annapolis. 8 p.m. \$25-41. 410-980-6662. Compass-rosetheater.org

**Oil** at Olney Theatre, Olney. 7:45 p.m. Prices vary. 301-924-3400. Olneytheatre.org

**The Women of Lockerbie** at Bowie Theatre, Bowie. 8 p.m. \$17-22. 301-805-0219. Botheatre.com

**Finding Neverland** at The National Theatre, Washington. 8 p.m. Prices vary. 202-628-6161. Thenationalaldc.org

**Once** at Olney Theatre, Olney. 8 p.m. Prices vary. 301-924-3400. Olneytheatre.org

**Richard The Third** at Shakespeare Theatre Company, Washington. 8 p.m. Prices vary. 202-547-1122. Shakespearetheatre.org

**The Heiress** at Arena Stage, Washington. 8 p.m. Prices vary. 202-554-9066. Arenastage.org

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. 8 p.m. \$23. 410-268-7373. Thecolonialplayers.org

**The Effect** at Fells Point Corner Theatre, Baltimore. 8 p.m. Prices vary. Fpct.org

**The Washington Ballet Presents The Sleeping Beauty** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Jonathan Van Ness and Friends** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$29-174. 202-467-4600. Kennedy-center.org

## Saturday

# 2

### SPECIAL EVENTS

**Four Centuries Walking Tour** at City Dock, Annapolis. 1:30 p.m. \$20 for adults, \$10 for children ages 3-11, free for children age 2 and under. 410-268-7601. Annapolis-tours.com

**Saturday Wine Tasting** at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. Winecellars-ofannapolis.com

**Annapolis Rotary Annual Black Tie & Diamond Gala** at Loews Annapolis Hotel, Annapolis. 6-11 p.m. 150. 410-507-6020. Annapolisrotary.org (C)

**Annapolis Restaurant Week** at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. Downtownannapolispartnership.org

**Chester Gras 2019** at Chester Gras, Chestertown. 12-4 p.m. TBA. Townofchestertown.com

**Monster Jam** at Royal Farms Arena, Baltimore. 1 p.m. & 7 p.m. Prices vary. 410-347-2020. Royalfarmsarena.com

### MUSIC

**The Kooks** at Rams Head Live!, Baltimore. 8 p.m. \$30 in advance, \$35 day of show. 410-244-1131. Ramsheadlive.com

**Mardi Gras Dance Party w/ Dixie Power Trio** at The Mainstay, Rock Hall. 7:30 p.m. \$20. 410-639-9133. Mainstayrockhall.org

**Kasim Sultan's Utopia** at Rams Head On Stage, Annapolis. 8 p.m. \$39.50. 410-268-4545. Ramsheadonstage.com

**Bob Sima** at Rams Head On Stage, Annapolis. 12 p.m. \$22.50. 410-268-4545. Ramsheadonstage.com

**Deerhunter** at 9:30 Club, Washington. 6 p.m. \$25. 202-265-0930. 930.com

**Dirt Monkey** at 9:30 Club, Washington. 10 p.m. \$20. 202-265-0930. 930.com

**Annapolis Symphony Orchestra: Moonlight & Movie Music** at Annapolis Symphony, Annapolis. 8 p.m. Prices vary. 410-263-0907. Annapolis-symphony.org

**Flutes Fatale!** at Unitarian Universalist Church of Annapolis, Annapolis. 8 p.m. \$15, free for youth age 16 and under. 410-266-8044. Uuannapolis.org

### PERFORMING ARTS

**The Washington Ballet Presents The Sleeping Beauty** at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. & 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Peter and the Wolf** at Joseph Meyerhoff Symphony Hall, Baltimore. 11 a.m. Prices vary. 410-783-8000. Bsomusic.org (F)

**Peter and the Wolf Luncheon** at Joseph Meyerhoff Symphony Hall, Baltimore. 12 p.m. Prices vary. 410-783-8000. Bsomusic.org (F)

**George Lopez: The Wall** at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. Prices vary. 410-900-1150. Modell-lyric.com

**Jonathan Van Ness: Road to Beijing** at The Hippodrome Theatre, Baltimore. 7 p.m. Prices vary. 800-982-2787. France-merrickpac.com

**Gaetano Donizetti La Fille du Régiment** at Avalon Theatre, Easton. 1 p.m. \$21. 410-822-0345. Avalonfoundation.org

**JQA** at Arena Stage, Washington. (See 3/1).

**Man of La Mancha** at Compass Rose Theater, Annapolis. 2 p.m. & 8 p.m. \$25-41. 410-980-6662. Compassrosetheater.org

**Oil** at Olney Theatre, Olney. (See 3/1).

**The Women of Lockerbie** at Bowie Theatre, Bowie. (See 3/1).

**Finding Neverland** at The National Theatre, Washington. 2 p.m. & 8 p.m. Prices vary. 202-628-6161. Thenationalaldc.org

**Once** at Olney Theatre, Olney. 2 p.m. & 8 p.m. Prices vary. 301-924-3400. Olneytheatre.org

**Richard The Third** at Shakespeare Theatre Company, Washington. 2 p.m. & 8 p.m. Prices vary. 202-547-1122. Shakespearetheatre.org

**The Heiress** at Arena Stage, Washington. 2 p.m. & 8 p.m. Prices vary. 202-554-9066. Arenastage.org

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. (See 3/1).

**The Effect** at Fells Point Corner Theatre, Baltimore. (See 3/1).

### SPORTS

**Navy Men's Lacrosse vs Bucknell** at Navy-Marine Corps Memorial Stadium, Annapolis. 3 p.m. Prices vary. 1-800-874-6289. Navysports.com (F)

**Navy Women's Lacrosse vs Florida** at Navy-Marine Corps Memorial Stadium, Annapolis. 11 a.m. Free. 1-800-874-6289. Navysports.com (F)

## Sunday

# 3

### SPECIAL EVENTS

**Yoga and Whiskey** at Sagamore Spirit Distillery, Baltimore. 10-11:30 a.m. \$20. 410-624-7488. Sagamore-spirit.com

**Monster Jam** at Royal Farms Arena, Baltimore. 1 p.m. Prices vary. 410-347-2020. Royalfarmsarena.com (F)

**Murder Mystery Dinner Party at Primo Pasta, Pasadena.** 2-6 p.m. \$80. Whatsuptix.com (TIX)

**Dan Banerick: Design Principles of the Pros** at Chesapeake Bay Foundation, Annapolis. 3 p.m. \$60 in advance, \$65 at the door. Cbf.org

**Naval Academy Primary School Open House** at Naval Academy Primary School, Annapolis. 1 p.m. Free. Naps.napschool.com

**Annapolis Restaurant Week** at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. Downtownannapolispartnership.org

**A Hawk's Tail: Falcon Demonstration** at Conquest Beach Park, Centreville. 10 a.m.-12 p.m. \$15. Qac.org

### MUSIC

**Zhu** at Rams Head Live!, Baltimore. 8 p.m. \$30 in advance, \$35 day of show. 410-244-1131. Ramsheadlive.com

**Jacques** at Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmoresilverpring.com

**Gaby Moreno** at Rams Head On Stage, Annapolis. 8 p.m. \$21.50. 410-268-4545. Ramsheadonstage.com

**Citizen Cope** at 9:30 Club, Washington. 7 p.m. \$45. 202-265-0930. 930.com

### PERFORMING ARTS

**The Washington Ballet Presents The Sleeping Beauty** at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. & 7 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**JQA** at Arena Stage, Washington. 2 p.m. & 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

**Man of La Mancha** at Compass Rose Theater, Annapolis. 2 p.m. \$25-41. 410-980-6662. Compass-rosetheater.org

**Oil** at Olney Theatre, Olney. 1:45 p.m. Prices vary. 301-924-3400. Olneytheatre.org

**The Women of Lockerbie** at Bowie Theatre, Bowie. 2 p.m. \$17-22. 301-805-0219. Botheatre.com

**Finding Neverland** at The National Theatre, Washington. 2 p.m. & 7:30 p.m. Prices vary. 202-628-6161. Thenationalaldc.org

**Once** at Olney Theatre, Olney. 2 p.m. Prices vary. 301-924-3400. Olneytheatre.org

**Richard The Third** at Shakespeare Theatre Company, Washington. 7 p.m. Prices vary. 202-547-1122. Shakespearetheatre.org

**The Heiress** at Arena Stage, Washington. 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. 2 p.m. \$23. 410-268-7373. Thecolonialplayers.org

**The Effect** at Fells Point Corner Theatre, Baltimore. 2p.m. Prices vary. Fpct.org

### SPORTS

**Washington Wizards vs. Minnesota Timberwolves** at Capital One Arena, Washington. 6 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

## Monday

# 4

### SPECIAL EVENTS

**Annapolis Restaurant Week** at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. Downtownannapolispartnership.org

### MUSIC

**Young Concert Artists Presents Soo-Been Lee, violin** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$20-45. 202-467-4600. Kennedy-center.org

## Tuesday

# 5

### SPECIAL EVENTS

**Half Pint Kids Club: Pancake Animal Faces** at Whole Foods Market Annapolis, Annapolis. 11-11:45 a.m. \$5.00 per child. 410-573-1800. (F)

**Annapolis Restaurant Week** at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. Downtownannapolispartnership.org

### MUSIC

**WET and Kilo Kish** at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 930.com

**Fortas Chamber Music Concerts: Shai Wosner and Orion Weiss** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$45. 202-467-4600. Kennedy-center.org

**A Boogie Wit da Hoodie with Don Q & Trap Manny** at Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmoresilver-spring.com

**An Evening With Fleetwood Mac** at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. Capitalonearena.com

### PERFORMING ARTS

**JQA** at Arena Stage, Washington. 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

**Richard The Third** at Shakespeare Theatre Company, Washington. 7:30 p.m. Prices vary. 202-547-1122. Shakespearetheatre.org

**Richard The Third** at Shakespeare Theatre Company, Washington. (See 3/5).

**The Heiress** at Arena Stage, Washington. (See 3/3).

### SPORTS

**Navy Men's Lacrosse vs Princeton** at Navy-Marine Corps Memorial Stadium, Annapolis. 4 p.m. Prices vary. 1-800-874-6289. Navysports.com (F)

## Wednesday

# 6

### SPECIAL EVENTS

**Karaoke Live!** at Rams Head Center Stage, Hanover. 8 p.m. \$5. 443-842-7000. Marylandlivecasino.com

**Carvel Hall: "A Showplace of Colonial Charm"** at William Paca House and Garden, Annapolis. 12-2 p.m. Free for HA Docents and Docents-in-Training, \$5 HA Members and Volunteers; \$10 General Admission. Annapolis.org

**Annapolis Restaurant Week** at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. Downtownannapolispartnership.org

### MUSIC

**George Winston** at Francis Scott Key Auditorium, St. John's College, Annapolis. 8 p.m. \$40-55. 410-268-4545. Ramsheadonstage.com

**One Ok Rock** at Rams Head Live!, Baltimore. 7:30 p.m. \$29.50 in advance, \$35 day of show. 410-244-1131. Ramsheadlive.com

**Chelsea Cutler** at 9:30 Club, Washington. 7 p.m. - \$20. 202-265-0930. 930.com

**Washington Performing Arts presents Steven Isserlis, cello** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. - \$55. 202-467-4600. Kennedy-center.org

**Christopher Cross: "Take Me As I Am" Tour 2019** at Rams Head On Stage, Annapolis. 8 p.m. \$59.50. 410-268-4545. Ramsheadonstage.com

**Ronnie Hastings, Composition: Rock n' Roll - Senior Recital** at Gibson Center for the Arts, Chestertown. 7:30 p.m. Free. 410-778-7839. Washcoll.edu

**PERFORMING ARTS**

**JQA** at Arena Stage, Washington. (See 3/5).

**Oil** at Olney Theatre, Olney. (See 3/3).

**Queen of Basel** at Studio Theatre, Washington. 8 p.m. Prices vary. 202-332-3300. Studiotheatre.org

**Once** at Olney Theatre, Olney. (See 3/1).

**Richard The Third** at Shakespeare Theatre Company, Washington. 12 p.m. Prices vary. 202-547-1122. Shakespearetheatre.org

**The Heiress** at Arena Stage, Washington. 12 p.m. & 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

**WORLD STAGES: Cirkus Cirkör: Limits** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$19-75. 202-467-4600. Kennedy-center.org

**SPORTS**

**Washington Wizards vs. Dallas Mavericks** at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

**Navy Women's Lacrosse vs Boston College** at Navy-Marine Corps Memorial Stadium, Annapolis. 7 p.m. Free. 1-800-874-6289. Navysports.com (F)

Thursday

7

**SPECIAL EVENTS**

**AACC College Fair** at Anne Arundel Community College, Arnold. 6-8 p.m. Free. 410-777-1999. Aacc.edu

**Ladies Night Out** at Downton Cambridge, Cambridge. 4-7 p.m. Free. Downton-cambridge.org

**Annapolis Restaurant Week** at Downtown Annapolis, Annapolis. 9 a.m. - Prices vary. Downtownannapolis-partnership.org

**BIG INK** at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through April 26th, 2019. Free. 410-263-5544. Marylandhall.org

**Making Our Mark: Washington Print Club** at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through April 21st, 2019. Free. 410-263-5544. Marylandhall.org

**Artwork by Joanne S. Scott: 60 Year Retrospective** at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through April 26th, 2019. Free. 410-263-5544. Marylandhall.org

**Winter Speaker Series: Towns in the Colonial Chesapeake** at Chesapeake Bay Maritime Museum, St. Michaels. 2-4 p.m. \$7.50. 410-745-2916. Cbmm.org

**MUSIC**

**Max Weinberg's Jukebox** at Rams Head On Stage, Annapolis. 8:30 p.m. \$55. 410-268-4545. Ramsheadonstage.com

**Graveyard and Uncle Acid & The Deadbeats** at Rams Head Live!, Baltimore. 7 p.m. \$25 in advance, \$30 day of show. 410-244-1131. Ramsheadlive.com

**JJ Grey & Mofro** at 9:30 Club, Washington. 7 p.m. \$30. 202-265-0930. 930.com

**National Symphony Orchestra: Eschenbach returns with Glorious Bruckner / Acclaimed cellist Kian Soltani plays Haydn** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$15-89. 202-467-4600. Kennedy-center.org

**Heart & Music** at Oxford Community Center, Oxford. 6 p.m. \$25 for adults, \$10 for students. Forallseasonsinc.org (C)

**The Honey Dewdrops** at Avalon Theatre, Easton. 7 p.m. \$25. 410-822-0345. Avalonfoundation.org

**Mid-Atlantic Symphony Orchestra Spring Concert** at Easton Church of God, Easton. 7:30 p.m. \$45. 410-289-3440. Midatlanticsymphony.org

**PERFORMING ARTS**

**WORLD STAGES: Cirkus Cirkör: Limits** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$19-75. 202-467-4600. Kennedy-center.org

**JQA** at Arena Stage, Washington. (See 3/1).

**Man of La Mancha** at Compass Rose Theater, Annapolis. 7 p.m. \$25-41. 410-980-6662. Compassrosetheater.org

**Oil** at Olney Theatre, Olney. (See 3/1).

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

**Once** at Olney Theatre, Olney. (See 3/1).

**The Heiress** at Arena Stage, Washington. (See 3/1).

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. (See 3/1).

Friday

8

**SPECIAL EVENTS**

**MLM Mastermind** at Capital Financial Partners, Annapolis. 3-5 p.m. First Meeting Free. 703-439-7804. Annapolismlm.eventbrite.com

**Interactive Story Time** at Rockbridge Academy (K-3 Campus), Crownsville. 10 a.m. - Free. 410-923-1171. Rockbridge.org (F)

**Annapolis Restaurant Week** at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. Downtownannapolispartnership.org

**Rise Up: Stonewall and the LGBTQ Rights Movement** at Newseum, Washington. 9 a.m.-5 p.m. (Mon.-Sat.), 10 a.m.-5 p.m. (Sun.). Now through January 5th, 2020. Prices vary. 202-292-6100. Newseum.org

**Workforce Inclusion Talks - Lunch & Learn** at The Talbot County Chamber of Commerce, Easton. 12 p.m. Free for Chamber members. 410-269-1883. Thearccoc.org

**MUSIC**

**Broken Arrow: A Tribute to Neil Young** at Rams Head On Stage, Annapolis. 8 p.m. \$20. 410-268-4545. Ramsheadonstage.com

**Saved by the 90s with The Bayside Tigers** at Rams Head Live!, Baltimore. 7 p.m. \$12.50 in advance, \$15 day of show. 410-244-1131. Ramsheadlive.com

**Scheherazade** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. Bsmusic.org

**NEA Jazz Master Dianne Reeves** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$49. 202-467-4600. Kennedy-center.org

**West Coast High 2019 ft. Cypress Hill and Hollywood Undead with Demrick** at Fillmore Silver Spring, Silver Spring. 7:30 p.m. Prices vary. 301-960-9999. Fillmoresilver-spring.com

**James Bay** at The Anthem, Washington. 8 p.m. \$45-75. 202-888-0020. Theanthemdc.com

**An Evening with The Mavericks** at Lincoln Theater, Washington. 8:30 p.m. \$45-55. 202-888-0050. Thelincoldc.com

**Heart & Music** at Oxford Community Center, Oxford. 8 p.m. \$25 for adults, \$10 for students. Forallseasonsinc.org (C)

**AACC Music Faculty Recital** at Anne Arundel Community College, Arnold. 7:30 p.m. \$10 general admission, \$7 for AACC faculty/staff/seniors/active military/groups, free for students. 410-777-2457. Aacc.edu

**PERFORMING ARTS**

**Guided Rehearsal: Faust** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$15. 202-467-4600. Kennedy-center.org

**JQA** at Arena Stage, Washington. (See 3/1).

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/1).

**Oil** at Olney Theatre, Olney. (See 3/1).

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

**Love, Loss and What I Wore** at St. Peter's Fellowship Hall, Salisbury. 7 p.m. \$10. Communityplayersofsalisbury.org

**The Women of Lockerbie** at Bowie Theatre, Bowie. (See 3/1).

**Once** at Olney Theatre, Olney. (See 3/1).

**Richard The Third** at Shakespeare Theatre Company, Washington. (See 3/1).

**The Heiress** at Arena Stage, Washington. (See 3/1).

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. (See 3/1).

**The Effect** at Fells Point Corner Theatre, Baltimore. (See 3/1).

**SPORTS**

**Washington Capitals vs. New Jersey Devils** at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Saturday

9

**SPECIAL EVENTS**

**Saturday Wine Tasting** at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. Winecellarsofannapolis.com

**Four Centuries Walking Tour** at City Dock, Annapolis. 1:30 p.m. \$20 for adults, \$10 for children ages 3-11, free for children age 2 and under. 410-268-7601. Annapolistours.com

**Beginner Level Amateur Radio Training** at Anne Arundel Radio Club, Davidsonville. 8:30 a.m.-12 p.m. Free. W3vpr.org

**The 2019 Annapolis St. Patrick's Hooley** at Loews Annapolis Hotel, Annapolis. 6-10 p.m. Prices vary. Naptownevents.com

**Gigi's Playhouse Masquerade Gala** at The Byzantium Event Center, Annapolis. 7-11 p.m. Prices vary. Gigisplayhouse.org/Annapolis (C)

**Annapolis Restaurant Week** at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. Downtownannapolispartnership.org

**Chesapeake Christian School "Field of Dreams" 2019 Dinner and Silent Auction** at Chesapeake Christian School, Easton. 5:30 p.m. \$25 in advance, \$35 after February 15th. 410-310-8742. Chesapeakechristian.org

**MUSIC**

**Dr. Dog** at Rams Head Live!, Baltimore. 9 p.m. \$20-25 in advance, \$30 day of show. 410-244-1131. Ramsheadlive.com

**Scheherazade** at The National Philharmonic Music Center at Strathmore, North Bethesda. 8 p.m. Prices vary. 410-783-8000. Bsmusic.org

**Sophie Buskin** at The Mainstay, Rock Hall. 8 p.m. \$18. 410-639-9133. Mainstayrockhall.org

**The Motet** at 9:30 Club, Washington. 8 p.m. \$20. 202-265-0930. 930.com

**National Symphony Orchestra: Eschenbach returns with Glorious Bruckner / Acclaimed cellist Kian Soltani plays Haydn** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$15-89. 202-467-4600. Kennedy-center.org

**NEA Jazz Master Dianne Reeves** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$49. 202-467-4600. Kennedy-center.org

**Whiskey Myers - Die Rockin' Tour with Bones Owens** at Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmoresilver-spring.com

**Robyn** at The Anthem, Washington. 7 p.m. \$55-75. 202-888-0020. Theanthemdc.com

**Alice Smith** at Lincoln Theater, Washington. 8 p.m. \$35. 202-888-0050. Thelincoldc.com

**Heart & Music** at Oxford Community Center, Oxford. 8 p.m. \$25 for adults, \$10 for students. Forallseasonsinc.org (C)

**High Voltage** at Avalon Theatre, Easton. 8 p.m. \$25. 410-822-0345. Avalonfoundation.org

**Music 4 Maryland featuring Noah Guthrie & Priddy Music Academy** at Metropolitan Kitchen & Lounge, Annapolis. 7 p.m. \$30. 443-257-2582. Whatsuptix.com (C) (TIX)

**PERFORMING ARTS**

**Washington National Opera: Eugene Onegin** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Comedian Jeff Richards of SNL** at Rams Head On Stage, Annapolis. 7 p.m. \$25. 410-268-4545. Ramsheadonstage.com

**WORLD STAGES: Cirkus Cirkör: Limits** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$19-75. 202-467-4600. Kennedy-center.org

**Jared Freid** at The John F. Kennedy Center for the Performing Arts, Washington. 9 p.m. 202-467-4600. Kennedy-center.org

**John Crist: The Human Being Tour** at Modell Performing Arts Center at the Lyric, Baltimore. 2:30 p.m. & 7:30 p.m. Prices vary. 410-900-1150. Modell-lyric.com

# On Stage

## Annapolis

### The Merry Wives of Windsor

Colonial Players of Annapolis; Now through March 23rd, 2019; \$23; Colonialplayers.org; 410-268-7373 Set in the free-wheeling, conspicuous consumption-driven, suburban lifestyle of the 1980s, this Shakespearean comic farce will feature all the music, fashion, and cultural references of the 1980s, but with the language and characters that we love.

### Pride and Prejudice

Annapolis Shakespeare Company; March 16th through April 1st, 2019; Prices vary; Annapolisshakespeare.org; 410-415-3513 Annapolis Shakespeare Company's adaptation of the beloved Jane Austen classic romantic comedy will delight everyone with its sharp and clever dialog, and the enduring theme of how perceptions and misperceptions shape romance.

### Man of La Mancha

Compass Rose Theater; March 1st through March 31st, 2019; \$25-41; Compassrosetheater.org; 410-980-6662 The Legend of Don Quixote. Whether he is battling real giants or tilting at windmills, his search for the right keeps us dreaming of conquering evil forever.

## Baltimore

### Henry IV, Part II

Chesapeake Shakespeare Company; March 15th through April 7th, 2019; Prices vary; Chesapeakehakespeare.com; 410-244-8570 *Henry IV* tells the spellbinding chronicle of the roguish Prince Hal, who is pulled between the magnetic, funny, and dissolute Falstaff and his dutiful and despondent father, King Henry.

### Dinner with Friends

Everyman Theatre; March 12th through April 7th, 2019; Prices vary; Everymantheatre.org Like any culinary trend, relationships are destined to evolve over time—but can the recipe of friendship retain its zest if the key ingredients begin to change? A fabulous dinner at the home of food writers Gabe and Karen proves hard to swallow when Beth drops the bomb that husband Tom wants out of their 12-year marriage. Suddenly, both couples find themselves grappling with questions of loyalty, individuality, and commitment.

## D.C.

### JQA

Arena Stage; March 1st through April 14th, 2019; Prices vary; Arenastage.org; 202-554-9066 Complicated, passionate, and difficult, John Quincy Adams was a brilliant diplomat, ineffectual one-term president and congressman known for his eloquence, arrogance, and integrity. This unique, highly-theatrical play imagines key confrontations between JQA and some of America's most dynamic figures: George Washington, Andrew Jackson, Frederick Douglass, Abraham Lincoln, his own father, John Adams, and more.

### A Bronx Tale

National Theatre; March 26th through March 31st, 2019; \$54-114; Thenationaldc.org; 202-628-6161 Broadway's hit crowd-pleaser takes you to the stoops of the Bronx in the 1960s, where a young man is caught between the father he loves and the mob boss he'd love to be.

### Queen of Basel

Studio Theatre; March 3rd through April 7th, 2019; Prices vary; Studiotheatre.org; 202-332-3300 A bold and Spanish-infused take on Strindberg's *Miss Julie*, set in the back kitchen of a Miami hotel during a night of debauchery. *Queen of Basel* offers a clear-eyed and chilling look at the limits of freedom in the face of American realities of citizenship, race, gender, and class.

## West County

### The Women of Lockerbie

Bowie Theatre; March 1st through March 17th, 2019; \$17-22; Bctheatre.com; 301-805-0219 *The Women of Lockerbie* takes place seven years after the 1988 disaster in which an American airliner was destroyed over Lockerbie, Scotland, apparently by a terrorist bomb. The Livingstons have come to Lockerbie for a memorial service that is being held for the families of the victims. They meet the women of Lockerbie who are determined to convert an act of hatred into an act of love by washing and returning the clothes to the victims' families.

## Oil

Olney Theatre Company; Now through March 31st, 2019; Prices vary; Olneytheatre.org; 301-924-3400 This genre-busting American premiere follows mothers and daughters over two centuries, from the dawn of the age of oil in 1889 to its "peak-oil" demise sometime in the not-too-distant future. In five separate but connected playlets, a single mother named May defies the odds to provide for her daughter Amy by any means necessary. From Cornwall to Tehran, London, Baghdad, and back, the mother-daughter power struggle evolves and shifts, even as the resources that fuel it (and the rest of the world) begin to dwindle.

**The Classic Rock Experience: Dinner and a Show** at Wicomico Youth & Civic Center, Salisbury. 5 p.m. \$35 in advance, \$40 at the door. 410-548-4900. Wicomicoiviccenter.org

**JQA** at Arena Stage, Washington. 2 p.m. & 8 p.m. Prices vary. 202-554-9066. Arenastage.org

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/2).

**Oil** at Olney Theatre, Olney. (See 3/1).

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

**The Women of Lockerbie** at Bowie Theatre, Bowie. 2 p.m. & 8 p.m. \$17-22. 301-805-0219. Bctheatre.com

**Once** at Olney Theatre, Olney. (See 3/2).

**Richard The Third** at Shakespeare Theatre Company, Washington. (See 3/2).

**The Heiress** at Arena Stage, Washington. (See 3/2).

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. (See 3/1).

**The Effect** at Fells Point Corner Theatre, Baltimore. (See 3/1).

## SPECIAL EVENTS

**Open Studio: Book Arts Studio** at Academy Arts Museum Of Easton, Easton. 1-4 p.m. TBD. 410-822-2787. Academyartmuseum.org

**Yoga and Whiskey** at Sagamore Spirit Distillery, Baltimore. 10 -11:30 a.m. \$20. 410-624-7488. Sagamore-spirit.com

**Tubman Trail and Swamps Haunted Tour** at Long Wharf Dock, Cambridge. 1:30 p.m. \$35. Chesapeakeghosts.com

**Annapolis Restaurant Week** at Downtown Annapolis, Annapolis. 9 a.m. Prices vary. Downtownannapolispartnership.org

**Under Armour KELLY St. Patrick's Day Shamrock 5K** at Downtown Baltimore, Baltimore. 1:15 p.m. \$50. Charmcityrun.com

**Annapolis St. Patrick's Day Parade** at Downtown Annapolis, Annapolis. 1 p.m. Free. Naptownevents.com (F)

**ChillFest 2019** at Doubletree Hotel, Annapolis. 1-4 p.m. \$25 for adults, \$10 for children. Friendsilns.org (C)

**Drawing in Tintoretto's Venice** at National Gallery of Art, Washington. 10 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Free. Now through May 26th, 2019. Nga.gov

**40th Anniversary Gala** at Annapolis Waterfront Hotel, Annapolis. 4:30-9 p.m. Prices vary. 410-224-5644. Ballet-maryland.org

## MUSIC

**Scheherazade** at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. Prices vary. 410-783-8000. Bsomusic.org

Sunday

10

**Heart & Music** at Oxford Community Center, Oxford. Washington. 8 p.m. \$25. 202-888-0050. TheLincolnCo.com

**AURORA** at Lincoln Theater, Washington. 8 p.m. \$25. 202-888-0050. TheLincolnCo.com

**An Intimate Evening of Songs with Graham Nash** at Avalon Theatre, Easton. 7 p.m. \$60-125. 410-822-0345. Avalonfoundation.org

**Mid-Atlantic Symphony Orchestra Spring Concert** at Community Church, Ocean Pines. 3 p.m. \$45. 410-289-3440. Midatlanticsymphony.org

**PERFORMING ARTS**

**JQA** at Arena Stage, Washington. (See 3/3).

**Henry IV, Part I** at Chesapeake Shakespeare Company, Baltimore. 2 p.m. Prices vary. 410-244-8570. ChesapeakeShakespeare.com

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/3).

**Oil** at Olney Theatre, Olney. (See 3/3).

**Queen of Basel** at Studio Theatre, Washington. 2 p.m. Prices vary. 202-332-3300. Studiotheatre.org

**The Women of Lockerbie** at Bowie Theatre, Bowie. (See 3/3).

**Once** at Olney Theatre, Olney. (See 3/3).

**Richard The Third** at Shakespeare Theatre Company, Washington. 2 p.m. Prices vary. 202-547-1122. Shakespearetheatre.org

**The Heiress** at Arena Stage, Washington. 2 p.m. Prices vary. 202-554-9066. Arenastage.org

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. (See 3/3).

**The Effect** at Fells Point Corner Theatre, Baltimore. (See 3/3).

**SPORTS**

**Washington Capitals vs. Winnipeg Jets** at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

**SPECIAL EVENTS**

**Open Portrait Studio** at Academy Arts Museum Of Easton, Easton. 1 p.m.-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

**MUSIC**

**Robert Cray Band** at Rams Head On Stage, Annapolis. 8 p.m. \$72.50. 410-268-4545. Ramsheadonstage.com

**J Boog** at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 930.com

**Jethro Tull** at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

**SPORTS**

**Washington Wizards vs. Sacramento Kings** at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Tuesday  
**12**

**SPECIAL EVENTS**

**Premier Planning Group Seminar** at Café Bretton, Severna Park. 6:30 p.m. Free. 443-837-2520. Premierplanninggroup.com

**Half Pint Kids Club: Mini Waffle Sandwiches** at Whole Foods Market Annapolis, Annapolis. 11 a.m. \$5 per child. 410-573-1800. (F)

**MUSIC**

**Robert Cray Band** at Rams Head On Stage, Annapolis. 8 p.m. \$24.50. 410-268-4545. Ramsheadonstage.com

**Josh Dukes and Dylan Foley** at Talbot County Senior Center, Easton. 12 p.m. Free. 410-822-2869. Talbotcountymd.gov

**Travis Scott: Astroworld - Wish You Were Here Tour 2** at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. Capitalonearena.com

**Trevor Hall** at 9:30 Club, Washington. 6:30 p.m. \$28. 202-265-0930. 930.com

**Fortas Chamber Music Concerts: Tokács Quartet with Garrick Ohlsson** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$45. 202-467-4600. Kennedy-center.org

**PERFORMING ARTS**

**Sundance Institute - Theater from the Middle East and North Africa: Jogging** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$15. 202-467-4600. Kennedy-center.org

**JQA** at Arena Stage, Washington. (See 3/6).

**Dinner with Friends** at Everyman Theatre, Baltimore. 7:30 p.m. Prices vary. Everymantheatre.org

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

Wednesday  
**13**

**SPECIAL EVENTS**

**Karaoke Live!** at Rams Head Center Stage, Hanover. 8 p.m. \$5. 443-842-7000. Marylandlivecasino.com

**Stroke Support Group** at Bowie Senior Center, Bowie. 1 p.m.-3 p.m. Free. 301-552-8144. Dchweb.org

**St. Anne's School Open House** at St. Anne's School, Annapolis. 9:30-11 a.m. Free. 410-263-8650. Stannesschool.org

**Premier Planning Group Seminar** at Café Bretton, Severna Park. 6:30 p.m. Free. 443-837-2520. Premierplanninggroup.com

**Spring Fling- Lemons are a Thing** at Whole Foods Market Annapolis, Annapolis. 6:30 p.m. 8:30 p.m. \$45. 410-573-1800.

**Homeschool: People of London Town** at Historic London Town and Gardens, Edgewater. 10 a.m.-12 p.m. \$8 for members, \$10 for non-members. 410-222-1919. Historiclondontown.org (F)

**MUSIC**

**Adrian Belew** at Rams Head On Stage, Annapolis. 8 p.m. \$35. 410-268-4545. Ramsheadonstage.com

**Smallpools** at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 930.com

**Sundance Institute - Theater**

**from the Middle East and North Africa: Jogging** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$15. 202-467-4600. Kennedy-center.org

**The Noise Presents NOTHING MORE - The Truth Tour with Of Mice and Men, Badflower & Palisades** at Fillmore Silver Spring, Silver Spring. 6:30 p.m. Prices vary. 301-960-9999. Fillmoreshill.com

**Hozier: Wasteland, Baby! Tour** at The Hippodrome Theatre, Baltimore. 8 p.m. Prices vary. 800-982-2787. France-merriepac.com

**PERFORMING ARTS**

**JQA** at Arena Stage, Washington. 12 p.m. & 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

**Henry IV, Part II** at Chesapeake Shakespeare Company, Baltimore. 8 p.m. Prices vary. 410-244-8570. ChesapeakeShakespeare.com

**Dinner with Friends** at Everyman Theatre, Baltimore. (See 3/12).

**Oil** at Olney Theatre, Olney. (See 3/1).

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

**SPORTS**

**Washington Wizards vs. Orlando Magic** at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Thursday  
**14**

**SPECIAL EVENTS**

**Chesapeake Treasures Smocking Guild** at Crofton Community Library, Crofton. 6:30 p.m.-9 p.m. First two visits free. 4107214112. chesapeake-treasures.org

**Annapolis Striders March Social** at Annapolis Market House, Annapolis. 6:30-8:30 p.m. Free. Annapolisstriders.org

**Women in William Paca's Life** at William Paca House and Garden, Annapolis. 10 a.m.-12 p.m. Free for HA docents and docents-in-training, \$5 for HA members and volunteers, \$10 for general admission. Annapolis.org

**Ignite Annapolis #4** at Maryland Hall for the Creative Arts, Annapolis. 6:30 p.m. \$10. 410-263-5544. Marylandhall.org

**Discover St. Anne's School** at St. Anne's School, Annapolis. 9:30-11 a.m. Free. 410-263-8650. Stannesschool.org

**MUSIC**

**TUSK: The Ultimate Fleetwood Mac Tribute** at Rams Head On Stage, Annapolis. 8 p.m. \$38. 410-268-4545. Ramsheadonstage.com

**Appalachian Spring** at The National Philharmonic Music Center at Strathmore, North Bethesda. 8 p.m. Prices vary. 410-783-8000. Bsmusic.org

**National Symphony Orchestra: Baroque & Beyond** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$15-89. 202-467-4600. Kennedy-center.org

**3 Generaciones Tour ft: Oscar D Leon, Guaco, La Melodia & Annybell** at Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmoreshill.com

**Bert Kreischer** at Lincoln Theater, Washington. 4 p.m. & 10:30 p.m. \$37.50. 202-888-0050. TheLincolnCo.com

**PERFORMING ARTS**

**WORLD STAGES: The Last Supper** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$15-35. 202-467-4600. Kennedy-center.org

**Henry IV, Part II** at Chesapeake Shakespeare Company, Baltimore. (See 3/13).

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/7).

**Dinner with Friends** at Everyman Theatre, Baltimore. (See 3/12).

**Oil** at Olney Theatre, Olney. (See 3/1).

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. (See 3/1).

**SPORTS**

**The Original Harlem Globetrotters Fan Powered World Tour** at Wicomico Youth & Civic Center, Salisbury. 7 p.m. \$19. 410-548-4900. Wicomicociviccenter.org (F)

Friday  
**15**

**SPECIAL EVENTS**

**Irish Bingo** at Chesapeake Bay Environmental Center, Grasonville. 5:30-9:30 p.m. \$35 in advance, \$40 at the door. Bayrestoration.org (C)

**Artists Respond: American Art and the Vietnam War, 1965-1975** at Smithsonian American Art Museum, Washington. 11:30 a.m.-7 p.m. daily. Free. Now through August 18th, 2019. 202-633-7970. Americanart.si.edu

**Tiffany Chung: Vietnam, Past is Prologue** at Smithsonian American Art Museum, Washington. 11:30 a.m.-7 p.m. daily. Free. Now through September 2nd, 2019. 202-633-7970. Americanart.si.edu

**MUSIC**

**Appalachian Spring** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. Bsmusic.org

**Mike Gordon** at 9:30 Club, Washington. 8 p.m. \$30. 202-265-0930. 930.com

**Legends of Hip-Hop** at Royal Farms Arena, Baltimore. 8 p.m. Prices vary. 410-347-2020. Royalfarmsarena.com

**National Symphony Orchestra: Baroque & Beyond** at The John F. Kennedy Center for the Performing Arts, Washington. 11:30 a.m. \$15-89. 202-467-4600. Kennedy-center.org

**Nicholas Payton: Afro-Caribbean Mixtape** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$30-40. 202-467-4600. Kennedy-center.org

**Joe Bonamassa** at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. Prices vary. 410-900-1150. Modell-lyric.com

**Van Hunt** at Avalon Theatre, Easton. 8 p.m. \$25. 410-822-0345. Avalonfoundation.org

**10 Summers Presents: The Debut Tour with Ella Mai with Kiara Ledé & Lucky Daye** at Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmoreshill.com

**Widespread Panic** at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

**PERFORMING ARTS**

**WORLD STAGES: The Last Supper** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$15-35. 202-467-4600. Kennedy-center.org

**Chris D'Elia: Follow The Leader Tour** at Live! Casino & Hotel, Hanover. 8 p.m. Prices vary. 443-842-7000. Livecasinohotel.com

Monday  
**11**

# Exhibitions

## Annapolis

### New Hope

**What's Up? Media; Now through April 12th, 2019; Free admission; Whatsupmag.com; 410-266-6287** What's Up? Media, in partnership with the Arts Council of Anne Arundel County, invites Anne Arundel County residents to take part in its newest exhibition, *New Hope*. Artists were given the title of the exhibit, but used their own creative imagination to interpret what the theme meant to them.

### Cindy Fletcher Holden

**The Galleries at Quiet Waters Park; Now through March 31st, 2019; \$6; Fqwp.org; 410-222-177** A 1983 graduate of Maryland Institute of Art, Cindy Fletcher Holden is an Annapolis native and owner of Fletcher Art Studio, specializing in paintings, wall murals, and lettering. In this exhibit are oil paintings, both large and small. The large paintings are celebrations of color, composition, and objects that define our life, work, or home. The small paintings are inspired by a two-year sailing adventure that included two ocean crossings and three continents.

### BIG INK

**Maryland Hall for the Creative Arts; March 7th through April 26th, 2019; Opening reception: March 14th, 5:30-7 p.m.; Free; Marylandhall.org; 410-263-5544** BIG INK is assembling a giant portable printing press at Maryland Hall for the sole purpose of helping artists print these woodblocks, some of which can reach nearly 4 x 8 feet in dimension. An exhibition of archived BIG INK prints, as well as those printed at Maryland Hall in March will be on display.

### Making Our Mark: Washington Print Club

**Mitchell Gallery, St. Johns College; March 7th through April 21st, 2019; Free; Sjc.edu; 410-626-2556** The artists, eight regionally prominent printmaking artists, became friends and colleagues in the 1990s and early 2000s, as members of the Washington Printmakers Gallery. They have been active in the D.C. area for many years, producing hand-pulled prints in traditional and state-of-the-art techniques, from woodcut and etching to solar plate and paper lithography. The show, consequently, features several varieties of printmaking, although each artist has contributed pieces in other media.

### Artwork by Joanne S. Scott: 60 Year Retrospective

**Maryland Hall for the Creative Arts; March 7th through April 26th, 2019; Opening reception: March 16th, 5:30-7 p.m.; Free; Marylandhall.org; 410-263-5544** Joanne S. Scott was one of the cofounders of Maryland Hall for the Creative Arts in 1978. Her career as an artist and poet spans 60 years and includes mediums from acrylic and watercolor to lithography, etching, and other printmaking techniques. This retrospective reflects Scott's love of the outdoors. Her poetry, which will be showcased in the exhibition, was inspired by her time spent in Annapolis raising her family and sailing its waters. The book was illustrated by her late husband David.

### Wil Scott: Monochrome

**Maryland Theatre for the Performing Arts; Now through March 31st, 2019; Free; Mpta-annapolis.org; 410-626-6055** This is the first exhibition of Wil Scott's evocative work in black, white, and monochrome.

## D.C.

### Drawing in Tintoretto's Venice

**National Gallery of Art; March 10th through May 26th, 2019; Free; Nga.gov; 202-737-4215** This is the first exhibition to focus specifically on Tintoretto's work as a draftsman. *Drawing in Tintoretto's Venice* provides new ideas about his evolution as a draftsman, about the dating and function of the so-called sculpture drawings, and about Tintoretto's place in the Venetian tradition.

### Ursula von Rydingsvard: The Contour of Feeling

**National Museum of Women in the Arts; March 22nd through July 28th, 2019; \$10 for adults, \$8 for seniors and students, free for youth under 18; Nmwa.org; 202-783-5000** Monumental wood sculptures by Ursula von Rydingsvard (b. 1942, Deensen, Germany) evoke the grandeur and power of nature. They simultaneously bear evidence of the artist's meticulous process of cutting, shaping, and assembling thousands of cedar blocks. *The Contour of Feeling* focuses on von Rydingsvard's artistic development since 2000 and her continued commitment to experimentation.

### Votes for Women: A Portrait of Persistence

**National Portrait Gallery; Now through January 5th, 2020; Free; Npg.si.edu; 202-633-8300** Through portraiture, biography, and material culture, the exhibition examines the contributions of the radical women in antislavery societies; women activists of the late nineteenth century; the "New Woman" of the turn of the century; and the militant suffragists of the 1910s.

### Rise Up: Stonewall and the LGBTQ Rights Movement

**Newseum; March 8th through January 5th, 2020; Prices vary; Newseum.org; 202-292-6100** *Rise Up: Stonewall and the LGBTQ Rights Movement* is an exhibit that will explore the modern gay rights movement in the United States, and marks the 50th anniversary of a June 1969 police raid of the Stonewall Inn in New York's Greenwich Village. The exhibit explores what happened at the Stonewall Inn and how it gave rise to a 50-year fight for civil rights for LGBTQ Americans.

### Artists Respond: American Art and the Vietnam War, 1965 to 1975

**Smithsonian American Art Museum; March 15th through August 18th, 2019; Free; American.si.edu; 202-633-7970** *Artists Respond: Art and America's War, 1965 to 1975* explores artistic reactions to the Vietnam War created during the height of the U.S. intervention in Southeast Asia.

### Tiffany Chung: Vietnam, Past is Prologue

**Smithsonian American Art Museum; March 15th through September 2nd, 2019; Free; American.si.edu; 202-633-7970** The Smithsonian American Art Museum has invited internationally acclaimed artist Tiffany Chung to present work that responds to the Vietnam War, and its legacy on the culture and population of the United States. Based in painstaking primary research, *Vietnam, Past Is Prologue* is broad and richly textured, illuminating both the war's scale and the personal stakes of people affected by it.

**Opera Insight Series:**

**Pre-Performance Talk: Carmen Conversations** at Maryland Hall for the Creative Arts, Annapolis. 6:30 p.m. Prices vary. 410-280-5640. Annapolisopera.org

**Annapolis Opera: Carmen** at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. Prices vary. 410-280-5640. Annapolisopera.org

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. 8 p.m. Prices vary. 410-415-3513. Annapolisshakespeare.org

**Henry IV, Part II** at Chesapeake Shakespeare Company, Baltimore. (See 3/13).

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/1).

**Dinner with Friends** at Everyman Theatre, Baltimore. 8 p.m. Prices vary. Everymantheatre.org

**Oil** at Olney Theatre, Olney. (See 3/1).

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

**Love, Loss and What I Wore** at Salisbury Wicomico Art Council, Salisbury. 7 p.m. \$10. Communityplayersofsalisbury.org

**The Women of Lockerbie** at Bowie Theatre, Bowie. (See 3/1).

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. (See 3/1).

**The Effect** at Fells Point Corner Theatre, Baltimore. (See 3/1).

**SPORTS**

**Washington Wizards vs. Charlotte Hornets** at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Saturday  
**16**

**SPECIAL EVENTS**

**Four Centuries Walking Tour** at City Dock, Annapolis. 10:30 a.m. 8:1:30 p.m. [daily]. \$20 for adults, \$10 for children ages 3-11, free for children age 2 and under. 410-268-7601. Annapolistours.com

**Hospice of the Chesapeake's 40th Anniversary Gala** at Maryland Live! Casino, Hanover. 5:30 p.m.-11 p.m. \$275. Hospicechesapeake.org (C)

**Beginner Level Amateur Radio Training** at Anne Arundel Radio Club, Davidsonville. 8:30 a.m.-12 p.m. Free. w3vpr.org

**18th Annual Eagle Festival** at Blackwater National Wildlife Refuge, Cambridge. 9 a.m.-4 p.m. \$3-\$25 per vehicle. Friendsofblackwater.org (F)

**Farm to Table Pizza Night** at Crow Vineyard & Winery, Kennedyville. 5-8 p.m. \$25. 302-304-0551. Crowvineyardandwinery.com

**White Marsh Park Fishing Derby** at White Marsh Park, Centreville. 8:30-11 a.m. \$5. Qac.org

**B.I.G. Book Sale** at B.I.G. Warehouse, Annapolis. 8 a.m.-2 p.m. 410-757-2785. Big-books.org (C)

**MUSIC**

**Appalachian Spring** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. Bsmusic.org

**Teenage Fanclub** at 9:30 Club, Washington. 8 p.m. \$30. 202-265-0930. 930.com

**Kelly Clarkson** at Royal Farms Arena, Baltimore. 7 p.m. Prices vary. 410-347-2020. Royalfarmsarena.com

**National Symphony Orchestra: Baroque & Beyond** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$15-\$9. 202-467-4600. Kennedy-center.org

**Crossroads Club: Nate Smith + KINFOLK with Van Hunt** at The John F. Kennedy Center for the Performing Arts, Washington. 9 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Let Freedom Sing** at Lincoln Theater, Washington. 4 p.m. 8 p.m. \$25-\$65. 202-888-0050. Theincolndc.com

**Bach's St. John Passion** at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. \$18-\$1. 410-263-1906. Maryland-hall.org

**DC101 Presents: The Interupters with Masked Intruder, Ratboy** at Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmoresilverpring.com

**Widespread Panic** at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

**PERFORMING ARTS**

**WORLD STAGES: The Last Supper** at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. 8:30 p.m. \$15-\$35. 202-467-4600. Kennedy-center.org

**Washington National Opera: Faust** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**JQA** at Arena Stage, Washington. (See 3/9).

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. 8 p.m. Prices vary. 410-415-3513. Annapolisshakespeare.org

**Henry IV, Part I** at Chesapeake Shakespeare Company, Baltimore. (See 3/10).

**Henry IV, Part II** at Chesapeake Shakespeare Company, Baltimore. (See 3/13).

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/2).

**Dinner with Friends** at Everyman Theatre, Baltimore. 2 p.m. 8 p.m. Prices vary. Everymantheatre.org

**Oil** at Olney Theatre, Olney. 1:45 8:7:45 p.m. Prices vary. 301-924-3400. Olneytheatre.org

**Queen of Basel** at Studio Club, Washington. 2 p.m. 8 p.m. Prices vary. 202-332-3300. Studioteatre.org

**The Women of Lockerbie** at Bowie Theatre, Bowie. (See 3/1).

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. (See 3/1).

**The Effect** at Fells Point Corner Theatre, Baltimore. (See 3/1).

**SPORTS**

**Washington Wizards vs. Memphis Grizzlies** at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Sunday  
**17**

**SPECIAL EVENTS**

**Yoga and Whiskey** at Sagamore Spirit Distillery, Baltimore. 10-11:30 a.m. \$20. 410-624-7488. Sagamore-spirit.com

**St. Patrick's Day in St. Michaels** at Town of St. Michaels. 12 p.m. TBA. Strmichaelsmd.gov (F)

**MUSIC**

**Blue Miracle's St. Paddy's Day Bash** at Rams Head On Stage, Annapolis. 7 p.m. \$20. 410-268-4545. Rams-headonstage.com

**Weezer X Pixies** at Royal Farms Arena, Baltimore. 7 p.m. Prices vary. 410-347-2020. Royalfarmsarena.com

**The Washington Chorus presents St. Patrick's Day Celebration** at The John F. Kennedy Center for the Performing Arts, Washington. 3 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Widespread Panic** at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

**Celtic Woman Ancient Land** at The Hippodrome Theatre, Baltimore. 3 p.m. Prices vary. 800-982-2787. France-mer-rickepae.com

**The Hedgelawn Series presents Saxophonist Tae Ho Hwang** at The Mainstay, Rock Hall. 4 p.m. \$15. 410-639-9133. Mainstayrockhall.org

**Jonathan McReynolds** at 9:30 Club, Washington. 7 p.m. \$20. 202-265-0930. 930.com

**PERFORMING ARTS**

**Washington National Opera: Eugene Onegin** at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Opera Insight Series: Pre-Performance Talk: Carmen Conversations** at Maryland Hall for the Creative Arts, Annapolis. 1:30 p.m. Prices vary. 410-280-5640. Annapolisopera.org

**Annapolis Opera: Carmen** at Maryland Hall for the Creative Arts, Annapolis. 3 p.m. Prices vary. 410-280-5640. Annapolisopera.org

**JQA** at Arena Stage, Washington. 2 p.m. Prices vary. 202-554-9066. Arenastage.org

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. 8 p.m. Prices vary. 410-415-3513. Annapolisshakespeare.org

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/3).

**Dinner with Friends** at Everyman Theatre, Baltimore. 2 p.m. 8:7 p.m. Prices vary. Everymantheatre.org

**Oil** at Olney Theatre, Olney. (See 3/3).

**Queen of Basel** at Studio Theatre, Washington. 2 p.m. 8:7 p.m. Prices vary. 202-332-3300. Studioteatre.org

**The Women of Lockerbie** at Bowie Theatre, Bowie. (See 3/3).

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. (See 3/3).

**The Effect** at Fells Point Corner Theatre, Baltimore. (See 3/3).

Monday  
**18**

**SPECIAL EVENTS**

**Rockbridge Academy Open House** at Rockbridge Academy, Millersville. 8:30 a.m. Free. 410-923-1171. Rockbridge.org

**MUSIC**

**In The Vane of Crosby, Stills & Nash** at Rams Head On Stage, Annapolis. 7 p.m. \$100. 410-268-4545. Rams-headonstage.com

**PERFORMING ARTS**

**Washington National Opera: Faust** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**SPORTS**

**Washington Wizards vs. Utah Jazz** at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Tuesday  
**19**

**SPECIAL EVENTS**

**Half Pint Kids Club: Fruit & Cracker Flowers** at Whole Foods Market Annapolis, Annapolis. 11 a.m. \$5 per child. 410-573-1800. (F)

**PERFORMING ARTS**

**Literary House & Sophie Kerr Series: Living Writers - A Reading by Lidia Yuknavitch** at Rose O'Neill Literary House, Chestertown. 4:30 p.m. Free. Kentcounty.com

**Akiko Kitamura's Cross Transit** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**JQA** at Arena Stage, Washington. (See 3/5).

**Dinner with Friends** at Everyman Theatre, Baltimore. (See 3/12).

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

Wednesday  
**20**

**SPECIAL EVENTS**

**Karaoke Live!** at Rams Head Center Stage, Hanover. 8 p.m. \$5. 443-842-7000. Marylandlivecasino.com

**MUSIC**

**T-Pain** at Rams Head Live!, Baltimore. 8 p.m. \$26. 410-244-1131. Ramsheadlive.com

**Massive Attack** at The Anthem, Washington. 8 p.m. \$55-\$95. 202-888-0020. Theanthemdc.com

**Reckless Kelly** at Rams Head On Stage, Annapolis. 8 p.m. \$29.50. 410-268-4545. Ramsheadonstage.com

**PERFORMING ARTS**

**Washington National Opera: Eugene Onegin** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Sundance Institute - Theater from the Middle East and North Africa: Love, Bombs & Apples** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**José González & The String Theory** at Lincoln Theater, Washington. 8 p.m. \$45. 202-888-0050. Theincolndc.com

**JQA** at Arena Stage, Washington. (See 3/5).

**Dinner with Friends** at Everyman Theatre, Baltimore. 1 p.m. 8:7:30 p.m. Prices vary. Everymantheatre.org

**Oil** at Olney Theatre, Olney. (See 3/1).

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

**SPORTS**

**Washington Capitals vs. Tampa Bay Lightning** at Capital One Arena, Washington. 7:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Thursday  
**21**

**SPECIAL EVENTS**

**Annapolis Film Festival** at Maryland Hall for the Creative Arts, Annapolis. 12-10 p.m. \$145. Annapolisfilmfestival.com

**MUSIC**

**Fortas Chamber Music Concerts: Benjamin Beilman in Recital** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$45. 202-467-4600. Kennedy-center.org

**Norm Macdonald** at Lincoln Theater, Washington. 7 p.m. \$35. 202-888-0050. Thelincoldnc.com

**Ball in the House** at Avalon Theatre, Easton. 8 p.m. \$25. 410-822-0345. Avalonfoundation.org

**Meek Mill** at The Anthem, Washington. 8 p.m. \$49.50-75. 202-888-0020. Theanthemdc.com

**Jungle** at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 930.com

**Walker Hayes with Filmore** at Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmoresilver-spring.com

**PERFORMING ARTS**

**Sundance Institute - Theater from the Middle East and North Africa: Love, Bombs & Apples** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Brian Regan** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**JQA** at Arena Stage, Washington. (See 3/1).

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/7).

**Dinner with Friends** at Everyman Theatre, Baltimore. (See 3/12).

**Oil** at Olney Theatre, Olney. (See 3/1).

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. (See 3/1).

**SPORTS**

**Washington Wizards vs. Denver Nuggets** at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Friday  
**22**

**SPECIAL EVENTS**

**Annapolis Film Festival** at Maryland Hall for the Creative Arts, Annapolis. 12-10 p.m. \$145. Annapolisfilmfestival.com

**Compass Regional Hospice's Annual Gala** at Annie's Steakhouse, Grasonville. 6:30 p.m. TBA. 443-262-4106. Compassregionalhospice.org (C)

**Potomac Youth Conference** at Wicomico Youth & Civic Center, Salisbury. 5 p.m. TBA. 410-548-4900. Wicomicociv-center.org

**Caroline County Chamber of Commerce 2019 Senior Expo** at Chesapeake College, Wye Mills. 10 a.m.-2 p.m. Free. 443-239-0307. Carolinechamber.org

**Ursula von Rydingsvard: The Contour of Feeling** 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 July 28th, 2019. 202-783-5000. Nmwa.org

**MUSIC**

**Foreigner: The Hits on Tour** at Live! Casino & Hotel, Hanover. 8 p.m. Prices vary. 443-842-7000. Livecasinohotel.com

**Gagol Bordello** at Rams Head Live!, Baltimore. 9 p.m. \$31.50 in advance, \$37 day of show. 410-244-1131. Ramsheadlive.com

**Harry Potter and the Order of the Phoenix in Concert** at Joseph Meyerhoff Symphony Hall, Baltimore. 7:30 p.m. Prices vary. 410-783-8000. Bsmusic.org (F)

**NEA Jazz Master Kenny Barron** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$39. 202-467-4600. Kennedy-center.org

**Rubix Kube 80s Tribute** at Rams Head On Stage, Annapolis. 8:30 p.m. \$29.50. 410-268-4545. Rams-headonstage.com

**Railroad Earth** at 9:30 Club, Washington. 7 p.m. \$28. 202-265-0930. 930.com

**PERFORMING ARTS**

**Washington National Opera: Faust** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Brian Regan** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. - Prices vary. 202-467-4600. Kennedy-center.org

**Whose Live Anyway?** at Mod-ell Performing Arts Center at the Lyric, Baltimore. 8 p.m. Prices vary. 410-900-1150. Modell-lyric.com

**JQA** at Arena Stage, Washington. (See 3/1).

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. (See 3/15).

**Henry IV, Part II** at Chesapeake Shakespeare Company, Baltimore. (See 3/13).

**Dinner with Friends** at Everyman Theatre, Baltimore. (See 3/15).

**Oil** at Olney Theatre, Olney. (See 3/1).

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. (See 3/1).

**SPORTS**

**Washington Capitals vs. Minnesota Wild** at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Saturday  
**23**

**SPECIAL EVENTS**

**RiverArts Reclaimed Runway** at Rock Hall Volunteer Fire Department, Rock Hall. 5 p.m. \$50-100. Chestertownriver-arts.net (C)

**Farm to Table Pizza Night** at Crow Vineyard & Winery, Kennedyville. 5-8 p.m. \$25. 302-304-0551. Crowvineyard-winery.com

**Annapolis Film Festival** at Maryland Hall for the Creative Arts, Annapolis. 12 p.m.-10 p.m. \$145. Annapolisfilmfestival.com

**Annapolis Oyster Roast and Sock Burning** at Annapolis Maritime Museum, Annapolis. 12-4 p.m. \$25 for general admission, \$85 for people's choice. 410-295-0104. Whatsuptix.com (TIX)

**Beginner Level Amateur Radio Training** at Anne Arundel Radio Club, Davidsonville. 8:30 a.m.-12 p.m. Free. W3vpr.org

**Potomac Youth Conference** at Wicomico Youth & Civic Center, Salisbury. 9 a.m. TBA. 410-548-4900. Wicomicociv-center.org

**Blue Jeans and Bling** at Anne Arundel County Fairgrounds, Crownsville. 6 p.m. \$20-280. Whatsuptix.com (C) (TIX)

**MUSIC**

**Harry Potter and the Order of the Phoenix in Concert** at The National Philharmonic Music Center at Strathmore, North Bethesda. 3:30 p.m. Prices vary. 410-783-8000. Bsmusic.org (F)

**Renée Fleming VOICES: Jamie Barton** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$29-69. 202-467-4600. Kennedy-center.org

**Dior Ashley Brown** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$20-25. 202-467-4600. Kennedy-center.org

**Windersson Nunes** at Lincoln Theater, Washington. 8 p.m. \$35. 202-888-0050. Thelincoldnc.com

**Gladys Knight** at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

**Delbert McClinton** at Rams Head On Stage, Annapolis. 8:30 p.m. \$69.50. 410-268-4545. Ramsheadonstage.com

**A Tribute to Charlie Byrd Featuring Chuck Redd** at The Mainstay, Rock Hall. 8 p.m. \$25. 410-639-9133. Mainstayrockhall.org

**Railroad Earth** at 9:30 Club, Washington. 7 p.m. \$28. 202-265-0930. 930.com

**Washington Performing Arts presents: San Francisco Symphony** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. - Prices vary. 202-467-4600. Kennedy-center.org

**PERFORMING ARTS**

**Washington National Opera: Eugene Onegin** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**JQA** at Arena Stage, Washington. (See 3/9).

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. (See 3/16).

**Henry IV, Part I** at Chesapeake Shakespeare Company, Baltimore. (See 3/10).

**Henry IV, Part II** at Chesapeake Shakespeare Company, Baltimore. (See 3/13).

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/2).

**Dinner with Friends** at Everyman Theatre, Baltimore. (See 3/16).

**Oil** at Olney Theatre, Olney. (See 3/16).

**Queen of Basel** at Studio Theatre, Washington. (See 3/16).

**The Merry Wives of Windsor** at The Colonial Players, Annapolis. (See 3/1).

**SPORTS**

**Washington Wizards vs. Miami Heat** at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

**Navy Women's Lacrosse vs Bucknell** at Navy-Marine Corps Memorial Stadium, Annapolis. 3 p.m. Free. 1-800-874-6289. Navysports.com (F)

**Navy Men's Lacrosse vs Lehigh** at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m. Prices vary. 1-800-874-6289. Navysports.com (F)

Sunday  
**24**

**SPECIAL EVENTS**

**Yoga and Whiskey** at Sagamore Spirit Distillery, Baltimore. 10-11:30 a.m. \$20. 410-624-7488. Sagamore-spirit.com

**Annapolis Film Festival** at Maryland Hall for the Creative Arts, Annapolis. 12-10 p.m. \$145. Annapolisfilmfestival.com

**MUSIC**

**Harry Potter and the Order of the Phoenix in Concert** at Joseph Meyerhoff Symphony Hall, Baltimore. 3:30 p.m. Prices vary. 410-783-8000. Bsmusic.org (F)

**An Evening With Fleetwood Mac** at Royal Farms Arena, Baltimore. 8 p.m. Prices vary. 410-347-2020. Royalfarm-sarena.com

**Washington Performing Arts presents Christina & Michelle Naughton, pianos** at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. \$45. 202-467-4600. Kennedy-center.org

**The Rippingtons** at Rams Head On Stage, Annapolis. 5:30 p.m. & 8:30 p.m. \$39.50. 410-268-4545. Rams-headonstage.com

**Nils Frahm** at 9:30 Club, Washington. 7 p.m. \$30. 202-265-0930. 930.com

**Music Celebrations International Presents 2019 John Philip Sousa Band Festival** at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**PERFORMING ARTS**

**Washington National Opera: Faust** at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**JQA** at Arena Stage, Washington. (See 3/3).

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. (See 3/17).

**Henry IV, Part II** at Chesapeake Shakespeare Company, Baltimore. 2 p.m. Prices vary. 410-244-8570. Chesapeake-shakespeare.com

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/3).

**Dinner with Friends** at Everyman Theatre, Baltimore. (See 3/17).

**Oil** at Olney Theatre, Olney. (See 3/3).

**Queen of Basel** at Studio Theatre, Washington. (See 3/17).

**SPORTS**

**Washington Capitals vs. Philadelphia Flyers** at Capital One Arena, Washington. 12:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Monday  
**25**

**SPECIAL EVENTS**

**Spirit of Community Awards Dinner** at Live! Casino & Hotel, Hanover. 6-9 p.m. TBA. 410-672-3422. Centralmarylandchamber.org

**MUSIC**

**Meow Meow + Thomas Lauderdale** at Lincoln Theater, Washington. 8 p.m. \$35. 202-888-0050. Thelincolndc.com

**Maggie Rogers** at 9:30 Club, Washington. 7 p.m. TBD. 202-265-0930. 930.com

**Ariana Grande: Sweetener World Tour** at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. Capitalonearena.com

**PERFORMING ARTS**

**Washington National Opera: Eugene Onegin** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**TU Dance & Bon Iver's Come Through** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. Prices vary. 202-467-4600. Kennedy-center.org

*Tuesday*

**26**

**SPECIAL EVENTS**

**Half Pint Kids Club: English Muffin Breakfast Fruit Pizza** at Whole Foods Market Annapolis, Annapolis. 11 a.m. \$5 per child. 410-573-1800. (F)

**Decorative Arts for Docents** at William Paca House and Garden, Annapolis. 10 a.m.-12 p.m. Free for HA docents and docents-in-training, \$5 for HA members and volunteers, \$10 for general admission. Annapolis.org

**MUSIC**

**Maggie Rogers** at 9:30 Club, Washington. 7 p.m. TBD. 202-265-0930. 930.com

**Fortas Chamber Music Concerts: Morgenstern Trio** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$45. 202-467-4600. Kennedy-center.org

**Washington Capitals vs. Carolina Hurricanes** at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.com. monumentalsportsnetwork.com (F)

**Russia Chamber Orchestra** at Francis Scott Key Auditorium - St. John's College, Annapolis. 7 p.m. Free. 410-263-2371. Sjc.edu

**PERFORMING ARTS**

**A Bronx Tale** at The National Theatre, Washington. 7:30 p.m. \$54-114. 202-628-6161. Thenationaldc.org

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

*Wednesday*

**27**

**SPECIAL EVENTS**

**Karaoke Live!** at Rams Head Center Stage, Hanover. 8 p.m. \$5. 443-842-7000. Marylandlivecasino.com

**BWELL Seminar Series: Breathe In, Breathe Out: Staying Healthy with COPD** at Leo & Lysbeth Courtney Conference Center, Glen Burnie. 6:30 p.m. Free. Umbwmc.org/copdtalk2019

**MUSIC**

**Lil Mosey** at 9:30 Club, Washington. 7 p.m. \$22.50. 202-265-0930. 930.com

**Gabriel Kahane - Book of Travelers: 8980** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$45. 202-467-4600. Kennedy-center.org

**Jake E. Lee's Red Dragon Cartel** at Rams Head On Stage, Annapolis. 8 p.m. \$35. 410-268-4545. Rams-headonstage.com

**PERFORMING ARTS**

**Washington National Opera: Faust** at The John F. Kennedy Center for the Performing Arts, Washington. 2:30 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**JQA** at Arena Stage, Washington. (See 3/5).

**Dinner with Friends** at Everyman Theatre, Baltimore. (See 3/12).

**A Bronx Tale** at The National Theatre, Washington. (See 3/26).

**Oil** at Olney Theatre, Olney. (See 3/1).

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

*Thursday*

**28**

**SPECIAL EVENTS**

**The Cadillac Three** at Union Jack's, Annapolis. 10 p.m. \$12. 410-266-5681. Unionjacksannapolis.com

**National Symphony Orchestra: Glass's Itaipu & Auerbach's ARCTICA** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**KC Jazz Club: Mary Halvorson's Code Girl** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Jawbreaker** at The Anthem, Washington. 8 p.m. \$45-75. 202-888-0020. Theanthemdc.com

**PERFORMING ARTS**

**Bill T. Jones/Arnie Zane Company: Analogy Trilogy** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Jersey Boys** at Wicomico Youth & Civic Center, Salisbury. 7:30 p.m. Prices vary. 410-548-4900. Wicomicociviccenter.org

**JQA** at Arena Stage, Washington. (See 3/1).

**Henry IV, Part II** at Chesapeake Shakespeare Company, Baltimore. 7:30 p.m. Prices vary. 410-244-8670. Chesapeake-shakespeare.com

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/7).

**Dinner with Friends** at Everyman Theatre, Baltimore. (See 3/12).

**A Bronx Tale** at The National Theatre, Washington. (See 3/26).

**Oil** at Olney Theatre, Olney. (See 3/1).

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

**SPORTS**

**Washington Nationals Home Opener vs. New York Mets** at Nationals Park, Washington. 1:05 p.m. 202-675-6287. Nationals.com (F)

*Friday*

**29**

**SPECIAL EVENTS**

**Discovering Croatian Rustic Cuisine** at Whole Foods Market Annapolis, Annapolis. 6:30-8:30 p.m. \$45. 410-573-1800.

**Fifth Annual Welcome Home Vietnam Veterans Day** at Hilton Baltimore BWI Airport Hotel, Linthicum Heights. 4-7 p.m. Free for veterans and one guest, \$30 for extra guests and community attendees. Hspicechesapeake.org

**Maryland Day Weekend** at Downtown Annapolis. 10 a.m. Prices vary. Marylandday.org (F)

**MUSIC**

**Big Wild - Superdream Tour** at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 930.com

**KC Jazz Club: Tyshawn Sorey** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Big Bad VooDoo Daddy** at Rams Head On Stage, Annapolis. 8 p.m. \$57.50. 410-268-4545. Ramsheadonstage.com

**Caitlin Patton and Sammy Marshall in a benefit for NMF and CRC** at The Mainstay, Rock Hall. 7:30 p.m. \$30. 410-639-9133. Mainstayrockhall.org

**Annapolis Symphony Orchestra: Cosmic Depth** at Annapolis Symphony, Annapolis. 8 p.m. Prices vary. 410-263-0907. Annapolis-symphony.org

**Music of Bach, Handel, and Others** at Francis Scott Key Auditorium - St. John's College, Annapolis. 8 p.m. Free. 410-263-2371. Sjc.edu

**PERFORMING ARTS**

**Washington National Opera: Eugene Onegin** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Bill T. Jones/Arnie Zane Company: Analogy Trilogy** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**VOYAGERS: A Dance Among The Planets** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**DEMO by Damian Woetzel** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. - \$39-49. 202-467-4600. Kennedy-center.org

**Jo Koy** at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. Prices vary. 410-900-1150. Modell-lyric.com

**JQA** at Arena Stage, Washington. (See 3/1).

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. (See 3/15).

**Henry IV, Part II** at Chesapeake Shakespeare Company, Baltimore. (See 3/13).

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/1).

**Dinner with Friends** at Everyman Theatre, Baltimore. (See 3/15).

**A Bronx Tale** at The National Theatre, Washington. 8 p.m. \$54-114. 202-628-6161. Thenationaldc.org

**Oil** at Olney Theatre, Olney. (See 3/1).

**Queen of Basel** at Studio Theatre, Washington. (See 3/6).

**A Flea in Her Ear** at Church Hill Theatre, Church Hill. 8 p.m. 410-556-6003. Churchhill-theatre.org

*Saturday*

**30**

**SPECIAL EVENTS**

**Self Watering Bottle Planter** at Chesapeake Arts Center, Brooklyn Park. 11 a.m.-2 p.m. Free.

**Beginner Level Amateur Radio Training** at Anne Arundel Radio Club, Davidsonville. 8:30 a.m.-12 p.m. Free. W3vpr.org

**Daffodil Festival** at Town of St. Michaels. 10 a.m. TBA. Stmichaelsinbloom.org (F)

**Maryland Day Flag-Raising Ceremony** at Susan Campbell Park, Annapolis. 10 a.m. Free. Marylandday.org (F)

**History and Haunts Paranormal Expo** at The Heritage Society of Essex and Middle River, Baltimore. 10 a.m.-4 p.m. \$10. 443-579-5266.

**Faith Filled Women Conference** at Wicomico Youth & Civic Center, Salisbury. 10 a.m. \$60. 410-548-4900. Wicomicociviccenter.org

**Maryland Day Weekend** at Downtown Annapolis. 10 a.m. Prices vary. Marylandday.org (F)

**MUSIC**

**Big Bad VooDoo Daddy** at Rams Head On Stage, Annapolis. 8 p.m. \$23.50. 410-268-4545. Rams-headonstage.com

**Boogie Trio** at 9:30 Club, Washington. 8 p.m. \$22. 202-265-0930. 930.com

**National Symphony Orchestra: Glass's Itaipu & Auerbach's ARCTICA** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**KC Jazz Club: Amir ElSaffar and Two Rivers Ensemble** at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$20-35. 202-467-4600. Kennedy-center.org

**Pete Kilpatrick Band** at Avalon Theatre, Easton. 8 p.m. \$25. 410-822-0345. Avalonfoundation.org

**Gary Clark Jr.** at The Anthem, Washington. 8 p.m. \$45-150. 202-888-0020. Theanthemdc.com

**Annapolis Symphony Orchestra: Cosmic Depth** at Annapolis Symphony, Annapolis. 8 p.m. Prices vary. 410-263-0907. Annapolis-symphony.org

**Phil Wiggins and House Party** at The Mainstay, Rock Hall. 8 p.m. \$22. 410-639-9133. Mainstayrockhall.org

**PERFORMING ARTS**

**Washington National Opera: Faust** at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**Bill T. Jones/Arnie Zane Company: Analogy Trilogy** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**VOYAGERS: A Dance Among The Planets** at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. & 4 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**DEMO by Damian Woetzel** at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$39-49. 202-467-4600. Kennedy-center.org

**Richard Wagner Die Walküre** at Avalon Theatre, Easton. 12 p.m. \$21. 410-822-0345. Avalonfoundation.org

**JQA** at Arena Stage, Washington. (See 3/9).

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. (See 3/16).

**Henry IV, Part I** at Chesapeake Shakespeare Company, Baltimore. (See 3/10).

**Henry IV, Part II** at Chesapeake Shakespeare Company, Baltimore. (See 3/13).

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/2).

**Dinner with Friends** at Everyman Theatre, Baltimore. 2 p.m. & 8 p.m. Prices vary. Everymantheatre.org

**Dinner with Friends** at Everyman Theatre, Baltimore. (See 3/16).

**A Bronx Tale** at The National Theatre, Washington. 2 p.m. & 8 p.m. \$54-114. 202-628-6161. Thenationaldc.org

**Oil** at Olney Theatre, Olney. (See 3/16).

**Queen of Basel** at Studio Theatre, Washington. (See 3/16).

**Love, Loss and What I Wore** at Salisbury Wicomico Art Council, Salisbury. 7 p.m. \$10. Communityplayersofsalisbury.org

**A Flea in Her Ear** at Church Hill Theatre, Church Hill. (See 3/29).

**SPORTS**

**Navy Women's Lacrosse vs Holy Cross** at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m. Free. 1-800-874-6289. Navysports.com (F)

**Washington Nationals vs. New York Mets** at Nationals Park, Washington. 1:05 p.m. 202-675-6287. Nationals.com (F)

Sunday  
**31**

**SPECIAL EVENTS**

**Yoga and Whiskey** at Sagamore Spirit Distillery, Baltimore. 10 a.m. \$20. 410-624-7488. Sagamorespirit.com

**Daffodil Festival** at Town of St. Michaels. 10 a.m. TBA. Stmichaelsinbloom.org (F)

**Get Pumped for Pets Run and Fun Walk** at Terrapin Park, Stevensville. 9 a.m. \$25-45. Getpumpedforpets.org (F) (C)

**ArtFest Open House 2019** at Maryland Hall for the Creative Arts, Annapolis. 1 p.m. Free. 410-263-5544. Maryland-hall.org

**Maryland Day Weekend** at Downtown Annapolis. 10 a.m. Prices vary. Marylandday.org (F)

**MUSIC**

**Chris Tomlin** at Royal Farms Arena, Baltimore. 6 p.m. Prices vary. 410-347-2020. Royalfarmsarena.com

**I'm With Her with Verona Quartet** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$29-49. 202-467-4600. Kennedy-center.org

**Where We Lost Our Shadows** at The John F. Kennedy Center for the Performing Arts, Washington. 5 p.m. \$29. 202-467-4600. Kennedy-center.org

**Mariah Carey** at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

**VOYAGERS: A Dance Among The Planets** at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. & 4 p.m. Prices vary. 202-467-4600. Kennedy-center.org

**for KING & COUNTRY burn the ships** at Wicomico Youth & Civic Center, Salisbury. 6 p.m. Prices vary. 410-548-4900. Wicomicociviccenter.org

**PERFORMING ARTS**

**JQA** at Arena Stage, Washington. 6 p.m. Prices vary. 202-554-9066. Arenastage.org

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. (See 3/17).

**Henry IV, Part II** at Chesapeake Shakespeare Company, Baltimore. (See 3/24).

**Man of La Mancha** at Compass Rose Theater, Annapolis. (See 3/3).

**Dinner with Friends** at Everyman Theatre, Baltimore. (See 3/17).

**A Bronx Tale** at The National Theatre, Washington. 2 p.m. & 7:30 p.m. \$54-114. 202-628-6161. Thenationaldc.org

**Oil** at Olney Theatre, Olney. (See 3/3).

**Queen of Basel** at Studio Theatre, Washington. (See 3/17).

**A Flea in Her Ear** at Church Hill Theatre, Church Hill. 2 p.m. 410-556-6003. Churchhill-theatre.org

**SPORTS**

**Washington Nationals vs. New York Mets** at Nationals Park, Washington. 1:35 p.m. 202-675-6287. Nationals.com (F)

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# Where's Wilma?

## FIND WILMA AND WIN!

Spring is just around the corner, which means warmer weather and longer days are upon us! Start thinking about summer plans for the kids, and follow Wilma as she takes you on a tour of the 2019 Summer Camp Guide, where you can find some awesome camps for all ages and interests. Thinking about some home renovations while the kids are away? Check out the Home Resource Guide to find some of the best professionals in the area to help you with your home projects. Then, read up on the latest trends in "From High Point to Your Home" for some decorating inspo. As your springtime creativity blossoms, and new projects and ideas begin to bloom, don't forget to stop and smell the flowers every once in a while!

Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at [whatsupmag.com/promotions](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to this month's winner: John E. Spohr** 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](http://whatsupmag.com/promotions)



**I FOUND WILMA ON PG.** \_\_\_\_\_ Advertiser \_\_\_\_\_  
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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 March 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.

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Fichtner.....	67
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Hospice of the Chesapeake.....	22
Hunan LRose.....	78
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Johnson Lumber Co.....	65
Kenwood Kitchens.....	BC
Little Treasury Jewelers.....	1
Mani Toes.....	95
Maryland Oral Surgery Associates.....	11
Mid Atlantic Community Church.....	37
Monsignor Slade Catholic School.....	34
Naval Academy Primary School.....	35
Navy Baseball Camp.....	36
Navy Volleyball Camp.....	33
Odenton Station Dental.....	3
On The Green Inc.....	95
Pongos Learning Lab.....	35
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**SEMINAR SPEAKER**



**Stuart Jacobs, MD**

Pulmonologist,

University of Maryland Baltimore  
Washington Medical Center

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**BREATHE IN,  
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Join UM BWMC Pulmonologist, Stuart Jacobs, MD, as he offers insight on how to manage obstructive pulmonary disease (COPD) on a day-to-day basis and slow the progression of the disease. Treatment options will be discussed and a question and answer session will follow.

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