

WHAT'S UP?

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# WEST COUNTY



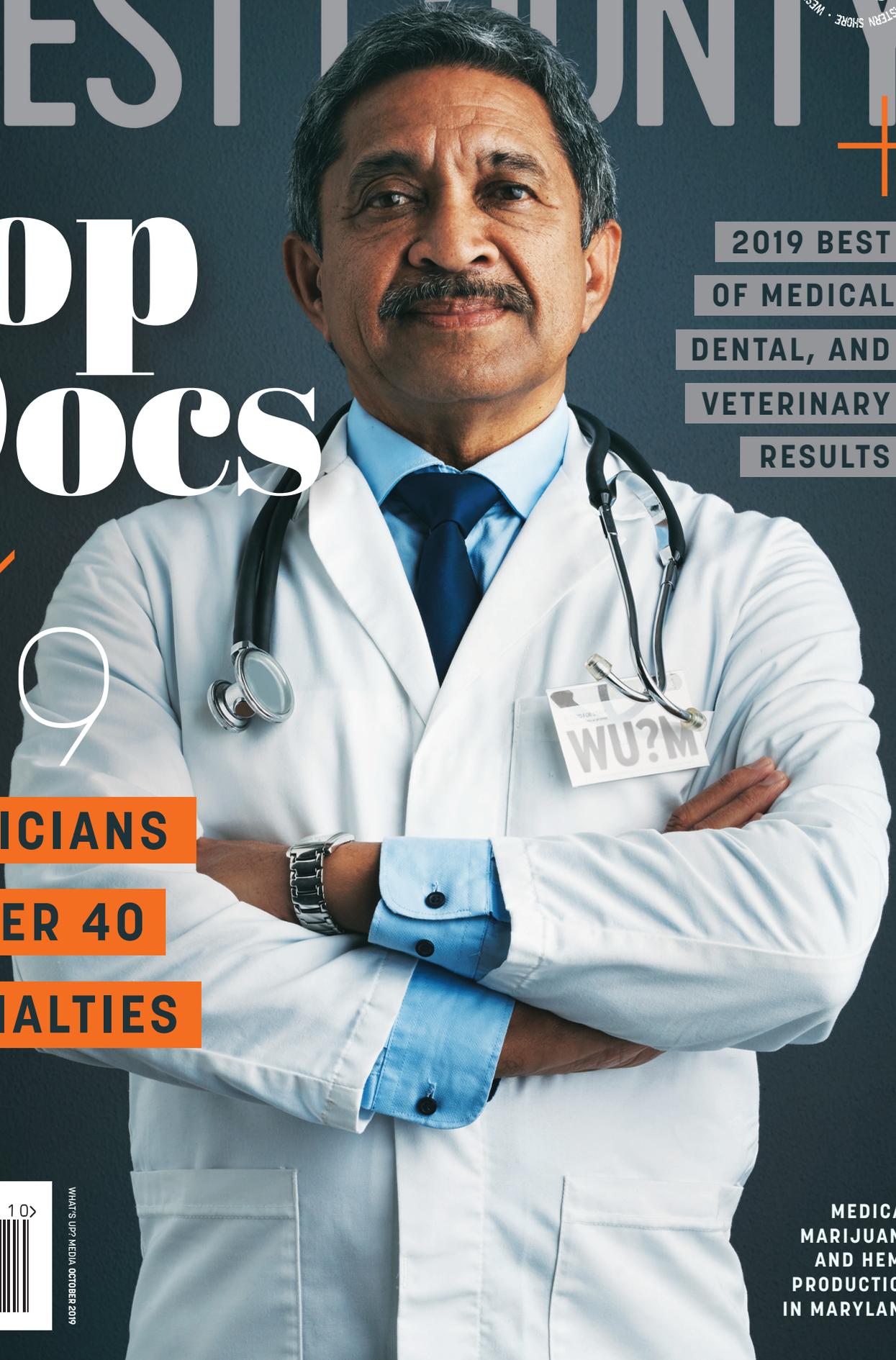
# Top Docs

2019 BEST  
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DENTAL, AND  
VETERINARY  
RESULTS



# 129

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SPECIALTIES



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WHAT'S UP? MEDIA OCTOBER 2019

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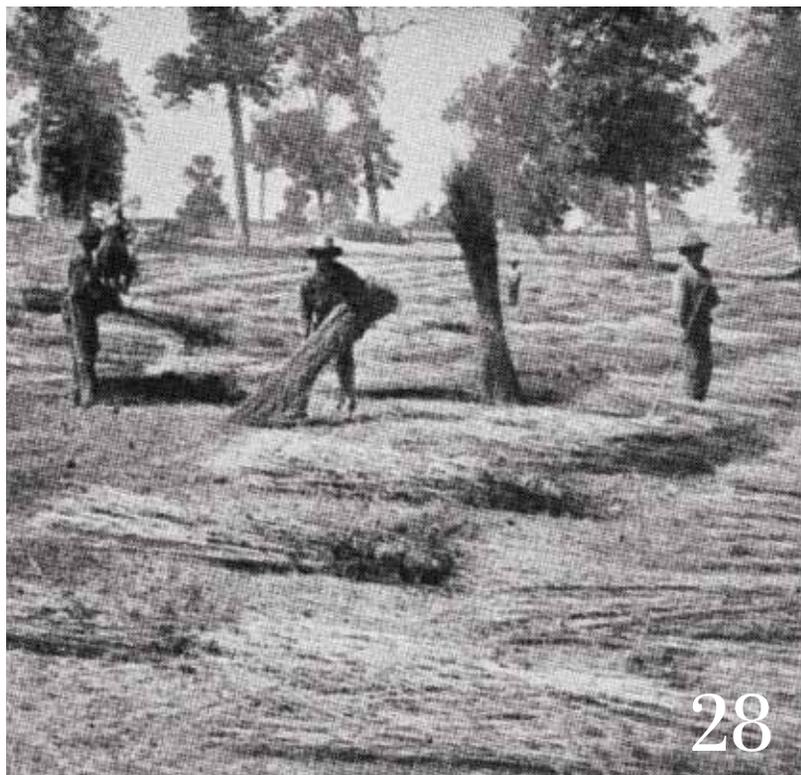


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**On the Cover:** More than 100 medical professionals earn Top Doc honors. Design by August Schwartz. Contact *What's Up? West County* online at [whatsupmag.com](http://whatsupmag.com). Please recycle this magazine.

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# WEST COUNTY

**Publisher & President**

Veronica Tovey (x1102)

**Editorial Director**

James Houck (x1104)

**Chief Operating Officer**

Ashley Raymond (x1115)

**Chief Marketing Officer**

Mia Cranford (x1122)

**Community Editor**

Caley Breese (x1103)

**Entertainment Editor**

Cate Reynolds (x1129)

**Contributing Editors**

Kelsey Casselbury

**Staff Writers**

Diana Love, Frederick Schultz

**Contributing Writers**

Janice Booth, Rita Calvert, Nicole Duran,

Lisa Lewis, Tom Worgo

**Staff Photographer**

Steve Buchanan

**Contributing Photographers**

Scot Henderson, Jennifer Madino,

Ted Mueller, Wil Scott

**Art Director**

August Schwartz (x1119)

**Graphic Designers**

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

**Web Content Specialist**

Brian Saucedo (x1116)

**Production Manager**

Nicholas Gullotti (x1101)

**Senior Account Executive**

Kathy Sauve (x1107)

**Account Executives**

Debbie Carta (x1110), Beth Kuhl (x1112),

Rick Marsalek (x1124), Nina Peake (x1106),

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**Special Events Director**

Melanie Quinn (x1132)

**Finance Manager**

Deneen Mercer (x1105)

**Bookkeeper**

Heather Teat (x1109)

**Administrative Assistant**

Kristen Awad (x1126)

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**Home Grown, Locally Owned:** This issue of *What's Up? West County* employs more than 40 local residents.

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# October contents

COMING UP IN  
**NOVEMBER 2019**  
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### What's Up? Online

Whatsupmag.com recently underwent some major changes. While we're still working out some kinks, we're excited to bring you a new and improved online experience. Digital Advertising space is now more valuable than ever. For more information, please visit [whatsupmag.com/advertise](http://whatsupmag.com/advertise) and reserve your spot today!



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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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UPCOMING **OCTOBER** EVENTS ON

# whatsuptix.com

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## NAMI Anne Arundel's Second Annual Mental Health Gala

**NAMI Anne Arundel**  
Crowne Plaza Annapolis Hotel  
6:00pm - 10:30pm | **\$100**

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## Space Exploration Series

**Mary Edwardine Bourke Emory Foundation**  
Cult Classic Brewing Company  
6:00pm - 9:00pm | **\$18 - \$25**



← 20

## DOGTOBERFEST Homebrew Fall Festival

**Dogwood Acres Pet Retreat**  
Annapolis Maritime Museum  
2:00pm - 6:00pm | **\$35**



↑ 25

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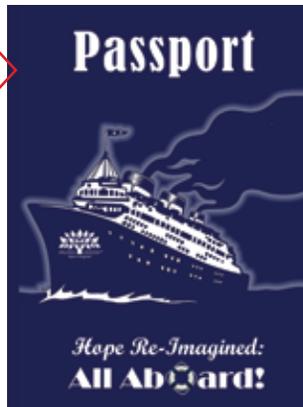
## Chesapeake BaySavers Annual Environmental Legislative Summit

**Chesapeake BaySavers**  
Historic Charles Carroll House & Gardens  
6:00pm - 10:00pm | **FREE**

19 →

## Hope Re-Imagined: All Aboard! Gala

**Arundel Lodge**  
Crowne Plaza Annapolis Hotel  
6:30pm - 10:30pm | **\$125 - \$240**



## Ravens Roost #18 Designer Bag Bingo Fundraiser

**Ravens Roost #18**  
Elks Lodge #2266  
5:30pm - 10:00pm | **\$25**

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).

# editor *From the*



Of course, the health of a community begins with the health of its individual citizens. And this October issue, that you hold in your hands, has a few keys to help in this regard. The big project unveiled within is the biennial Top Docs peer-review survey. Local doctors—several thousand of them—were surveyed for their doctor recommendations in more than 40 specialties. The results are a testament to the quality of care that you can access in our region. To that end, you—our readers—also had a voice about which doctors are the best. The annual Best of Medical, Dental, and Veterinary results also appear in this issue. This list differs from Top Docs in that it represents *your* selections. Both lists are go-to resources for care providers at the ready to optimize your health (and your pets’).

Back to that national lens. Another topic that recently made headlines was that of deaths and disease seemingly caused by vaping—perceived to be associated with medical marijuana oil or nicotine cartridges. It’s a topic that hits (no pun intended) close to home as both vaping and medical marijuana are legal in Maryland and have seen an uptick in use and sales. Despite the obvious association of lung disease with smoking of any kind, marijuana is a proven remedy for a variety of ailments, from chronic pain to post traumatic stress disorder. Please read about the economics of this industry, myriad medical benefits, and State Legislature’s future in the article “Power Flower,” before passing judgement. Ditto for trendy CBD oil and America’s new cash crop, hemp, in the article “Hemp Blows the Barn Doors Open.” If you’re feeling the least bit stressed, you’ll read about more than a few forms of relief.

Alas, it’s now October and if there’s ever a time to celebrate community spirit (and spirits), it’s this month. We look forward to fall festivals, football tailgates, long walks in crisp weather, evenings around the fire pit, and all that those northeasterly fall breezes seem to signify. It’s my favorite time of year to enjoy the outdoors, unplug, explore, celebrate, engage community, and remember what makes this region so vibrant.

We’re all in this together...this life, so this season I think I’ll refocus my lens to see the good of the people, for my own health and that of others. There’s a lot of great stories to make and tell, after all.

**James Houck,**  
Editorial Director

A handwritten signature in black ink, appearing to read 'James Houck', written over a large, stylized, loopy flourish.

**A**s I type this letter, the lens through which I’m seeing the national landscape has been focused on difficult and challenging topics that seem to propagate intellectual division among us citizens. There was a national Democratic debate that addressed how best to rehabilitate the American dream in the eyes of the left, the same day that our president visited Baltimore to discuss his version of doing so (supporters and protesters clashed—video circulated of people screaming profanities and spitting at each other). This occurred on the same day that most of the Clean Water Act was repealed by the Environmental Protection Agency (the irony is not lost). Recently, the City of Annapolis unveiled a historic marker in remembrance of several lynchings that occurred in the city and state in the 1800s through, as late as, 1933—a stark reminder that we’re only one lifetime removed from those atrocities. All of this important, but controversial, engaging, but stressful, and, overall, mentally taxing.

Through national and social media filters, it can be difficult to see past the headline making stories....to see the good in the world and the many positive actions and influences of everyday citizens that collectively make our nation and communities such beautiful places to live, work, and play. But those stories do exist. They occur daily and all around us—they’re why we’re in business as a local magazine. I’m also a believer that unplugging and disengaging from our newsfeeds, if only briefly, clears the fog of prejudice, releases us from echo chambers, and heightens our awareness of each other and immediate surroundings. It’s healthy for both body and mind.

# Out on the **TownE**

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## ↑ **United States Sailboat Show**

Sailors from across the globe gather on miles of docks in beautiful downtown Annapolis during the 50th United States Sailboat Show, taking place Thursday, October 10th through Monday, October 14th, 10 a.m. This iconic show is recognized as the world's largest and most prestigious sailboat show. Climb aboard and explore new models from virtually every major sailboat manufacturer, talk to industry experts, and discover the latest in boating products and services. Ticket options for adults range from \$18-48. Tickets are \$5 for children seven and older, and free for children six and under. For more information, visit [Annapolisboatshows.com](http://Annapolisboatshows.com).



Photo by Josh Davidson



## ↑ More Than Pink Walk

The Race for the Cure is now the More Than Pink Walk! Join Komen Maryland for the 2019 More Than Pink Walk on Sunday, October 13th, 7 a.m. at Columbia Gateway. The Walk will focus on communicating Komen's efforts beyond breast cancer awareness, and energizing the community around the lifesaving work made possible by Komen supporters. Participants can choose between a one- or three-mile route. After the walk, enjoy food, music, and activities. Registration is \$30 for adults and \$15 for ages 18 and under. Proceeds will benefit local breast health programs and research. For more information, visit [Komenmd.org](http://Komenmd.org).



## ↓ WINE ON THE WATER

Enjoy unlimited samplings from dozens of area wineries during Wine On The Water on Saturday, October 19th and Sunday, October 20th, 12 p.m.–5 p.m. at Kurtz's Beach. The festival will feature over 100 wine varieties, live entertainment from local musicians, tasty offerings from local vendors, and art and craft vendors selling unique and handmade goods. Proceeds from the event will benefit University of Maryland Baltimore Washington Medical Center's Tate Cancer Center. Ticket prices range from \$20–50 and include on-site parking and a souvenir wine glass. For tickets and more information, visit [Wineonthewaterfest.com](http://Wineonthewaterfest.com).



## FALL HARVEST FESTIVAL

Join the Friends of Kinder Farm Park for its annual Fall Harvest Festival on Saturday, October 12th, 10 a.m.–4 p.m. Enjoy a day of family-friendly activities including games, hay rides, pony rides, pumpkin painting, scarecrow making, antique sawmill demonstrations, blacksmithing demonstrations, and Kinder Farmhouse tours. The festival will also feature a pumpkin patch, local artisan booths, food and snack vendors, and farm animals. Admission to the event and parking is free. Tickets are needed to participate in the various activities, and can be purchased for \$1 at ticket stands located throughout the venue. For more information, visit [Kinderfarmpark.org](http://Kinderfarmpark.org).

## Maryland Black Bear Hockey

Head to Piney Orchard Ice Arena and cheer on the Maryland Black Bears during one of their home games this month. The Black Bears will play the Johnstown Tomahawks on Friday, October 11th, 7 p.m. and Saturday, October 12th, 7:45 p.m. and the Wilkes-Barre/Scranton Knights on Friday, October 25th and Saturday, October 26th, 7:45 p.m. Tickets range from \$10–17. For more information, and to purchase tickets, visit [Marylandblackbears.com](http://Marylandblackbears.com).



Pick the perfect pumpkin, get lost in a corn maze, and enjoy other fall activities with the whole family at one of these Maryland farms:

**GREENSTREET GARDENS**

391 West Bay Front Road, Lothian; 410-897-9500; Greenstreetgardens.com; 10:30 a.m.-5 p.m. (Sat. & Sun.); Corn maze, hay rides, pumpkin patch, jumping pillow, petting zoo, tire obstacle course

**HOMESTEAD GARDENS**

743 West Central Avenue, Davidsonville; 410-798-5000; Homesteadgardens.com; 11 a.m.-6 p.m. (Sat.); 11 a.m.-5 p.m. (Sun.); Corn maze, pony rides, jumping pillow, pumpkin patch, hay rides, pipe slide

**KNIGHTONGALE FARM**

3924 Solomons Island Road, Harwood; 410-510-9784; Knightongalefarm.com; 10 a.m.-5 p.m. (Sat. & Sun.); Pumpkin patch, petting zoo, corn maze, pony rides, hay rides

**MARYLAND SUNRISE FARM**

100 Dairy Lane, Gambrills; 240-398-6430; Mdcornmaze.com; 6:30-10 p.m. (Fri.); 10 a.m.-7 p.m. (Sat.); 11 a.m.-7 p.m. (Sun.); 10 a.m.-4 p.m. (Wed. 10/9); 10 a.m.-10:30 p.m. (Fri. 10/18); 10 a.m.-4 p.m. (Tues. 10/22); Pumpkin patch, petting zoo, corn maze, pony rides

**Y WORRY FARMS**

1501 Rossback Road, Davidsonville; 410-451-2855; 1-8 p.m. (Mon.-Fri.); 10 a.m.-8 p.m. (Sat. & Sun.); Pumpkin patch, corn maze

**MONTPELIER FARMS**

1720 Crain Highway North, Upper Marlboro; 410-320-0464; Montpelierfarms.com; 5-11 p.m. (Fri.); 10 a.m.-11 p.m. (Sat.); 11 a.m.-7 p.m. (Sun.); Pumpkin patch, corn maze, pumpkin chunkin', scarecrow workshop

**QUEEN ANNE FARM**

18102 Central Avenue, Mitchellville; 301-249-2427; Queenannefarm.com; 10 a.m.-5 p.m. (Mon.-Thurs.); 10 a.m.-6 p.m. (Fri.-Sun.); Pumpkin patch, petting zoo, hay rides

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Sunday, November 17

12-2 p.m.

**indiancreekschool.org**



WHAT'S UP? MEDIA

# *nutcracker Tea*

December 8<sup>th</sup>  
(three seatings)

10am, 2pm, 5:30pm at Graduate Annapolis



Fill your tea cup with holiday cheer as you experience the beauty and magic of Christmas! Enjoy a delicious high tea and scrumptious buffet as you watch excerpts from *The Nutcracker* come to life on stage. To top it all off, there will be a visit and story time with Santa and Mrs. Claus. Don't miss out on this holiday tradition.

**Tickets are on sale at [whatsuptix.com](http://whatsuptix.com)**

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## Homestead Gardens Fall Festival ↓

Homestead Gardens' annual Fall Festival is back! This family-friendly event takes place on the grounds of Homestead Gardens' Davidsonville nursery and showroom. Pick the perfect pumpkin at the pumpkin patch, get lost in the two-acre corn maze, check out the jumping pillow and pipe slide, enjoy hay rides and pony rides, and stop by the barnyard to meet the goats, alpacas, and pigs. Finish your day with delicious food and beverages, including the famous Homestead apple cider doughnut. Admission is \$12 per person, and free for children three and under. The festival is open Saturdays, 11 a.m.–6 p.m. and Sundays, 11 a.m.–5 p.m. through Sunday, October 27th. For more information, visit [Homesteadgardens.com](http://Homesteadgardens.com).



## GIGI'S PLAYHOUSE GOLF TOURNAMENT

Enjoy a day on the green while supporting a great cause during GiGi's Playhouse Annapolis' inaugural golf tournament on Monday, October 7th, 9 a.m. at Crofton Country Club. In addition to an 18-hole round of golf, the day will feature lunch and dinner provided by The All American Steakhouse, happy hour festivities, and an awards banquet. Registration is \$150 for an individual golfer and \$550 for a foursome. Proceeds will support GiGi's Playhouse's free, lifechanging therapeutic and educational programs for individuals with down syndrome and their families. For more information, and to register, visit [Gigisplayhouse.org/Annapolis](http://Gigisplayhouse.org/Annapolis).

**FOR MORE EVENTS**

VISIT OUR CALENDAR ON PG. 97 OR GO TO [WHATSUPMAG.COM](http://WHATSUPMAG.COM)

Photo by Frank Tewey



## ↑ UNITED STATES POWERBOAT SHOW

Spend a weekend exploring over 650 powerboats during the United States Powerboat Show, taking place Thursday, October 3rd through Sunday, October 6th in the historic seaport of Annapolis. Check out the latest powerboats, fishing boats, pontoons, and cruisers from a variety of manufacturers, make side-by-side comparisons, and chat with industry representatives. Plus, enjoy exhibits, shopping, drink tastings, and live entertainment. Ticket options for adults range from \$18–48. Tickets are \$5 for children seven and older, and free for children six and under. For more information, visit [Annapolisboatshows.com](http://Annapolisboatshows.com).

## Art @ The Park

Enjoy a weekend celebrating the arts during Art @ the Park on Saturday, October 19th and Sunday, October 20th, 10 a.m.–5 p.m. at Quiet Waters Park. Now in its 29th year, the festival will feature over 60 unique artists who will be displaying and selling their art work. The event will also include live music, art demonstrations, and plenty of food and drinks. Park admission fee is \$6 per vehicle per day. All proceeds will benefit activities and programs at Quiet Waters Park. For more information, visit [Fqwp.org](http://Fqwp.org).

Photo by Friends of Quiet Waters Park



## ← LIFELINE100

Join Anne Arundel County Police, Anne Arundel County Recreation & Parks, and Bicycle Advocates for Annapolis & Anne Arundel County on Sunday, October 6th for the sixth annual Anne Arundel County Lifeline100 bicycle event. Held at Kinder Farm Park, this community event offers a unique, organized ride experience for cyclists of all ages and abilities. The 15- and 30-mile routes take place on paved trails, while the 65- and 100-mile routes occur on local, scenic roads. Children ages 4–10 can learn bike safety at the free Bike Rodeo. All proceeds go to local nonprofits including the Crisis Response System, Recreation Deed for Special Needs, and BikeAAA. For more information, visit [Lifeline100.com](http://Lifeline100.com).



TOWNE SOCIAL

## Governor's 12th Annual Buy Local Cookout

On the evening of July 18th, Governor Larry Hogan and First Lady Yumi Hogan welcomed more than 150 guests to the grounds of the Government House in Annapolis for a special cookout promoting Maryland-grown produce, meats, and craft beverages, and the culinary creations of more than 25 vendors. The event served as the kickoff to the statewide "Buy Local Challenge," which encourages all Marylanders to eat at least one locally grown, harvested, or produced product each day of the Buy Local Challenge Week, which is always the last full week of July.

Photography courtesy Governor's Office 1. The Geckos perform at the cookout 2. Family poses with Governor Hogan, Cal Ripken, Jr., and Laura Ripken 3. Governor Hogan and Maryland Secretary of Agriculture Joseph Bartenfelder deliver remarks to the crowd 4. Mar-Del Watermelon Association President Dawn Collins, 2019 Mar-Del Watermelon Queen Summer Thomas, and Mar-Del Watermelon Queen Coordinator Terra Eby 5. James Houck, Governor Hogan, and Rick Marsalek 6. Governor Hogan with Randall Ainsworth



# The right start is **KEY**



**Y**our child's mindset toward school is formed during the early childhood and elementary years. With an emphasis on inquiry-based learning and purposeful play, Key's First and Lower School programs (2.5 year-olds–Grade 4) actively engage children to question, explore, investigate, and make decisions as they construct foundational content knowledge. In doing so, Key's program produces happy and inquisitive students, well-prepared for future academic endeavors.

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- An inquiry-based learning environment that promotes curiosity, builds analytical thinking skills, and fosters a love for learning
- A multi-sensory phonics approach to early literacy and language skills
- Enhanced learning experiences through meaningful technology integration
- Formal science program taught by science specialists
- Classes in music, library, art, life skills, and physical education taught by discipline specialists
- Experience in Key's Nature Explore Classroom, Build It Lab, Treetop Science Room, Thinkering Studio, and Maker Spaces

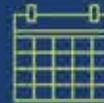
## First & Lower School STEAM Initiatives



BUILD IT LAB  
RIGAMAJIG STATION  
THINKERING STUDIO  
MAKER SPACES



NATURE EXPLORE  
OUTDOOR CLASSROOM  
TREETOP SCIENCE ROOM  
iEXPLORE:  
Coding  
Dreambox Math  
Architecture



FLEXIBLE ENROLLMENT OPTIONS  
(KEY-WEE – PRE-K)  
AFTER SCHOOL PROGRAM  
FREE BEFORE CARE  
(K-GRADE 4)  
TRANSPORTATION AVAILABLE

## OPEN HOUSE

SATURDAY, OCTOBER 26  
10 a.m. – 12 p.m.

FIRST SCHOOL  
(2.5 years – Kindergarten)  
LOWER SCHOOL  
(Grades 1-4)

[KEYSCHOOL.ORG/OPENHOUSE](https://KEYSCHOOL.ORG/OPENHOUSE)



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

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# College Prep is **KEY**



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

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

#### KEY GRADUATES ARE:

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

## OUTCOMES 2019

- Over 82% of the Class of 2019 received merit scholarships
- 81% will attend "Most/Highly/Very Competitive" colleges/universities
- 25% of the Class of 2019 scored 1430+ on the SATs; Class Mean of 1313
- 11% earned National Merit Scholarship Recognition (national avg. < 1%)
- 35% intend to pursue STEM-related studies including engineering, computer science, marine and environmental science, pre-health/vet, and architecture.
- 24% will attend Research 1 Universities
- 98% of alumni parents surveyed would recommend Key to a friend, colleague or family member.
- Visit [keyschool.org/Classof2019](https://keyschool.org/Classof2019) for a complete list of college acceptances and matriculations.

## OPEN HOUSE

**SATURDAY, NOVEMBER 2**  
10 a.m. - 12:30 p.m.

**MIDDLE SCHOOL**  
(Grades 5-8)

**UPPER SCHOOL**  
(Grades 9-12)

[KEYSCHOOL.ORG/OPENHOUSE](https://keyschool.org/openhouse)



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

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1 2



3

### TOWNE SOCIAL

## Kegs & Corks

On August 17th, craft beer and wine enthusiasts flocked to Anne Arundel County Fairgrounds in Crownsville for Kegs & Corks, an event celebrating Maryland breweries and wineries. In addition to the beverages from 30 vendors, guests enjoyed live music, dancing, and local food. Proceeds from the event were donated to Special Olympics Maryland.

Photography by Stephen Buchanan **1.** Bill and Julie Lenz **2.** Monica Jones and Charlane Grayson **3.** Richard Kin and Helena Chung **4.** Barakat Shakir and Stefany FM **5.** Mike Valeika, Ryan Smith, Sam Schenback, and Mike Weaver **6.** Ashley Carpenter and Terrance Marshall



4



5



6



Photography by Dave Harp

TOWNE SALUTE

# Sandy Cannon-Brown

## Chesapeake Film Festival

By Caley Breese

**A**lthough Sandy Cannon-Brown started her career in print journalism, she found her true calling in filmmaking when she anchored the news in Austin, Texas, for a period of time, saying that anchoring gave her a “taste of video and moving pictures in addition to just words on paper.”

Cannon-Brown is an independent environmental filmmaker with more than three decades of experience. She received her B.A. in communications and M.A. in film and video from American University, where she also taught filmmaking

for 10 years. In 1985 she founded VideoTakes, a video production company based out of the D.C. and Arlington, Virginia, area.

Cannon-Brown has been involved with the Chesapeake Film Festival for more than a decade, both as a filmmaker and a volunteer. Last year, she decided she wanted to contribute more to the event and served as vice president of the annual festival. This year, she returns to the board as the development chair. In addition to helping with fundraising and identifying filmmakers for the festival, she was in charge of planning this year’s Heroes gala. The gala, which was held in August, celebrated the filmmakers and stars of the films.

“Sandy is an integral part of the festival, working with development, communications, programming, filmmaking, and just about everything else,” Chesapeake Film Festival Vice President Nancy Tabor says. “She is an unsung hero and definitely goes above and beyond the normal call of duty.”

We spoke with Cannon-Brown about her filmmaking experience, the festival, and her time spent volunteering.

### What sort of content do you focus on in your films?

I’ve been in the Chesapeake Bay watershed for a long time now—about 35 years—and have loved being part of the water recreation. It’s very special to me; it’s my back yard. Because of that, I try to use my talents to do what I can to help keep it healthy and make sure that the rivers and the water

**“As a filmmaker, I know that we don’t make films just to make films. We make them to be shown and to be discussed, and we make them so that they are a tool for making change in this world.”**

around here are usable by people for generations to come.

The last few years, I’ve had the wonderful opportunity to partner with writer Tom Horton and photographer Dave Harp, who have been covering environmental stories about the Chesapeake Bay for about 40 years. Together, we’ve started making films that relate to the bay and to the environmental health of the bay. The first film we did together was called *Beautiful Swimmers Revisited*, which celebrated the book *Beautiful Swimmers* by William W. Warner. It was a Pulitzer Prize-winning book that’s all about crab and crab management on the bay. We did one on climate change, which we call *High Tide in Dorchester*. And we did [a film] on Smith Island called *An Island Out of Time*, which shows an island that is threatened by erosion. These films have all been shown in the past at the Chesapeake Film Festival.

### What do you enjoy most about volunteering with the Chesapeake Film Festival?

As a filmmaker, I know that we don’t make films just to make films. We make them to be shown and to

be discussed, and we make them so that they are a tool for making change in this world. It's very satisfying to help other filmmakers find a forum for their films and to give them a chance to share it with the community. It's a wonderful place for filmmakers [and] for people who love films because early October is usually a beautiful time on the Eastern Shore. We hope that they will partake in the excitement over here of being out on the water and going to some of our wonderful restaurants and venues that we have. It's just very exciting to be a part of this.

**What can people expect at this year's festival?**

The 2019 festival will have about 62 films that will be shown in three cities [Easton, Cambridge, and Oxford]. The films are coming from all different places. They're coming through our artistic director, Cid Collins Walker, who went to Sundance [Film Festival] this year. She was able to identify five or six films that we're bringing to our little festival on the Eastern Shore. I'm very active in the Environmental Film Festival in Washington, D.C., so I went to that festival in March, where I also had a film that was being screened, and picked out a couple of films that just wowed me to share with people over here. We have films coming from these very prestigious festivals with very well-known, experienced, and exciting filmmakers that come with them to talk to our audience.

It's really an opportunity to give a community that may not get even as far as D.C.

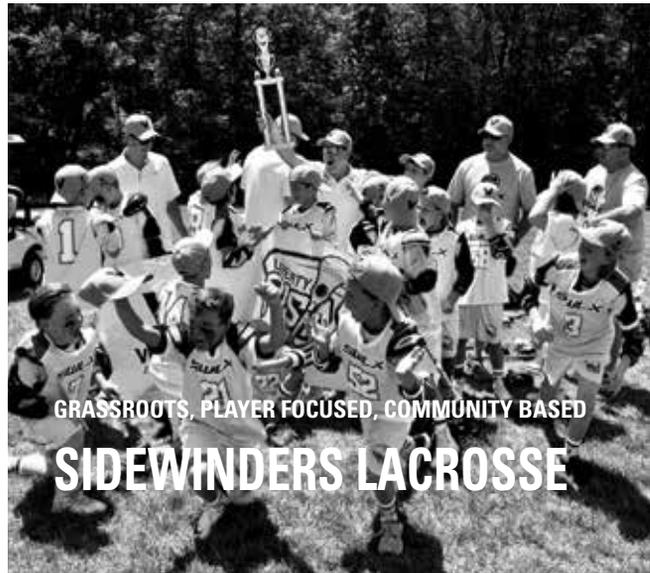
or Baltimore to see some of these great films. It has more of a neighborhood feel. You're with your friends, you're having the opportunity to chat with the filmmakers, and to have a real festival experience.

**Do you have any advice for people interested in volunteering in their communities?**

It's very important if people want to see their community grow and see their community thrive. On the Eastern Shore, we have more than 500 worthy organizations that are doing things to make a difference in people's health and their quality of life and the environment. There's an opportunity for everybody to get off of their chair, get out there, and be part of that; to do something good for your own community, and that's what I'm trying to do. I volunteer for a couple of other organizations, too, and it just makes you feel [like] more of a family [and] a community if you can participate and help secure a good future for that community.

*The 2019 Chesapeake Film Festival runs October 3rd-10th. For more information on the Chesapeake Film Festival, visit [chesapeakefilmfestival.com](http://chesapeakefilmfestival.com).*

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



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## Corks for a Cause Raises \$10,000 for BWMC Foundation ↓

The second annual Corks for a Cause raised nearly \$10,000 in support of the University of Maryland Baltimore Washington Medical Center Foundation. The event, which was hosted by Homestead Gardens and Fishpaws Marketplace, was held in June at Homestead Gardens' Severna Park location. More than 100 attendees gathered in the outdoor garden center and enjoyed tastings of 30 different wines, donated by Fishpaws, and cuisine provided by area restaurants and caterers.

Photo by Rebekah Lindner



### BROTHERS SERVICES RECEIVES TWO AWARDS

Brothers Services, a home improvement contractor headquartered in Hampstead, recently received the 2019 Regional Contractor of the Year award in the Residential Interior Under \$75,000 category. The Contractor of the Year Awards are presented yearly by the National Association of the Remodeling Industry, and recognize excellence in remodeling as demonstrated in 48 different categories. Additionally, *Remodeling* magazine named Brothers Services as the number one most successful full-service remodeler in the region. Brothers ranked eighth in the nation among more than 500 companies that were evaluated. Brothers Services specializes in roofing and interior and exterior remodeling. The company has a showroom at the Annapolis Towne Centre.



Left to right: Annapolis Mayor Gavin Buckley, John Cosby, Jenny Nelson, and Rick Nelson. Photo courtesy of Annapolis Sailing School

## ↑ Annapolis Sailing School Celebrates 60 Years

Annapolis Sailing School celebrated its 60th year at its Bembe Beach location in July. The 175 guests enjoyed a barbeque meal, cake, congratulatory remarks from Annapolis Mayor Gavin Buckley, presentations of \$2,500 donations to Brendan Sailing and Chesapeake Region Accessible Boating (CRAB), and more. The school was founded by Jerry Woods and was the first recreational sailing school for adults in the nation. In November 2014, Annapolis Sailing School was purchased by Rick and Jenny Nelson. In the past five years, the school has updated and expanded its fleet, introduced paddleboards and kayaks for rent, and improved the school's property. For more information on Annapolis Sailing School and its programs, visit [annapolissailing.com](http://annapolissailing.com).



Left to right: Kathy Burk, Kim Lawson, and Pam Finlay. Photo by Reggie Hayes

### ATLANTIC MAINTENANCE GROUP BECOMES OFFICIAL SPONSOR OF THE MARYLAND BLACK BEARS' BEAR PATROL

The Maryland Black Bears have partnered with the Atlantic Maintenance Group for the 2019–2020 hockey season. Atlantic Maintenance sponsors the Maryland Black Bears' new program Bear Patrol, which consists of youth hockey players around the central Maryland region who provide assistance on and off the field for the Black Bears. This partnership allows local hockey players to improve their ice-skating skills and gain valuable hockey knowledge. Atlantic Maintenance Group is a full-service landscape, asphalt, and concrete maintenance company based out of Glen Burnie.

Photo by Sophia Macalluso at SMAC Photo



## RUTABAGA OPENS IN CROFTON

Rutabaga, a juice bar and eatery, opened in Crofton's Carver Square on Route 3 North in April. This is the second restaurant for owners Stacey Fink and Jim Heywood, who opened their West Annapolis location in October 2015. The husband and wife team were inspired by their life in Adelaide, South Australia, and wanted to make healthy, plant-based food more accessible and readily available. Rutabaga offers superfood smoothies, cold-pressed juice, smoothie bowls, various toasts, a daily selection of plant-based grab-and-go sandwiches, salads, desserts, and more.



Left to right: CFAAC President and CEO Mary Spencer; Hospice of the Chesapeake Chief Advancement Officer Shauna Chabot; Chaney Foundation Vice President R.G. Lare; Hospice of the Chesapeake President and CEO Ben Marcantonio; and CFAAC Grants Manager Kristen Krall. Photo by Elizabeth Marcussen

## ↑ Chesapeake Kids Receives New Funding

Hospice of the Chesapeake raised nearly \$135,000 at its 11th annual Fashion for a Cause, which was held in June at Porsche Annapolis. The event attracted 350 guests to raise money and awareness for Chesapeake Kids, a program that supports children who are living with and affected by severe illness and loss. Andi Hauser, host of WUSA9's *Great Day Washington*, emceed the event, and food and beverages were provided by Carpaccio Tuscan Kitchen, Sailor Oyster Bar, Vida Taco Bar, and more. Additionally, in July, the Chaney Foundation awarded a \$15,000 grant to Chesapeake Kids in support of their services. The grant is funded by the Chaney Enterprises Foundation Fund at the Community Foundation of Anne Arundel County.

## MAMMA ROMA OWNER RAISES FUNDS FOR WREATHS ACROSS AMERICA

Mamma Roma owner Rino Romeo will be selling polos from now until December 10th to raise funds for the 2019 Wreaths Across America. Each shirt is \$25 and can be purchased at Mamma Roma in Odenton. Wreaths Across America is dedicated to remembering and honoring fallen veterans by holding wreath-laying ceremonies at more than 1,600 locations around the nation, including Arlington National Cemetery. This year's Wreaths Across America Day will be held on Saturday, December 14th. Romeo will be laying wreaths at Cheltenham Veterans Cemetery in Cheltenham in Prince George's County.



## ← ON THE GREEN GIVES BACK BY VOLUNTEERING

Employees from On The Green, a lawn care company located in Odenton, volunteered at Renewal & Remembrance at the Arlington National Cemetery in July. Renewal & Remembrance, which is organized by the National Association of Landscape Professionals (NALP), honors fallen servicemen and servicewomen and their spouses at their final resting spot by enhancing the grounds of the national burial site. More than 400 professionals volunteered their time by mulching, upgrading sprinklers, planting, pruning, liming and aerating soil, and more.

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

Photo by Rick Connolly





**TOWNE ATHLETE**

# Eniola Adeleke

Glen Burnie High School  
Soccer, Indoor & Outdoor Track

By Tom Worgo

**S**enior Eniola Adeleke could be the busiest student at Glen Burnie High. She's active in eight clubs, plays three varsity sports, and ranks number one in her class with a weighted 4.47 GPA. Adeleke also organizes three school blood-drives three a year.

"What she has accomplished is impressive," Glen Burnie Athletic Director Kyle Hines says. "Sometimes, it's hard to fathom. She plays sports for us year round, and doing so many other things. She can't have much time for herself."

Adeleke's time-management skills are top notch. They have to be with her mountain of activities. She's a member of several clubs and organizations, including the African American Honor Society, the National Society of High School Scholars, the Captain's Club, and the Interact Club.

The 17-year-old Adeleke also serves as secretary of the National Honor Society, treasurer of the National Math Honor Society, vice president of the Science Honor Society, and treasurer of the Student Government Association, all while excelling in soccer and indoor and outdoor track.

"I like to do things as soon as I can," Adeleke says. "So, I have the extra time in case I need to go back to certain things. I compartmentalize things to make sure everything gets done. I think that really works for me."

Working at summer camps means as much to Adeleke as any of her school activities. She volunteered for two summers at two different camps: Prince George's Community College and Jeffers Hill Elementary School in Columbia. "I really like doing the camps—especially with the elementary kids," Adeleke says. "I just love to teach some things and see them learn so much."

Adeleke's track and soccer coaches say she is eager to assist teammates in any way she can, so it should come as no surprise that she wants to be a pediatric surgeon. She volunteered at both the Anne Arundel Medical Center and MedStar Harbor Hospital in Baltimore.

**"I like to do things as soon as I can. So, I have the extra time in case I need to go back to certain things. I compartmentalize things to make sure everything gets done. I think that really works for me."**

Duke, Stanford, and Emory universities top her list of colleges. "I really have a passion for helping people," Adeleke explains. "You couple that with my interest in science and I just felt being a doctor would be the perfect fit for me."

Adeleke puts as much time into sports as she does her off-the-field activities. She's received more recognition in track than soccer.

Adeleke made the Anne Arundel County public schools First Team All-County as a sophomore in indoor and outdoor track. Running a leg on the county champion 800 (indoors) and 400-meter relay teams (outdoors) that qualified for the state meet netted her those honors.

"She always wants to get better," says Ashley Kelso, head coach of the girls indoor and outdoor track teams at Glen Burnie. "When she finishes a race, she wants to know how she can improve."

Adeleke finished fifth in the county in the 300-meter hurdles last spring. She'll do that event and also the 55- and 100-meter hurdles and possibly some sprints this school year.

“I felt that was a warm-up season,” Adeleke says of running the 300-meter hurdles for the first time. “I didn’t have all the techniques down. Now, I know them, I think I will do much better.”

Kelso adds, “I don’t know how she is going to be at the top of the field if you look at her times. She’s been beating people who have running all four years.” Kelso raves about Adeleke’s leadership. She’s a three-year co-captain. It’s clear teammates really listen to her.

“She is fierce and a natural leader,” Kelso says. “She doesn’t take kindly to people slacking. She wants to push people. It makes the whole team rise up.”

On the soccer field, the 5-foot-7 midfielder has been a two-year starter for the Gophers. She’s a standout offensive and defensive player while serving as a co-captain this fall. “I liked her aggressiveness and speed,” recalls Dave Sauble, who coached the Glen Burnie girls soccer team last year. “She was just quick and could run forever, too. Once you got the ball to her, she would be steps ahead of everybody. Defensively, she could get back and cover when someone else couldn’t, and she would score when she had opportunities.”

Hines says Adeleke is modest about her accomplishments and not one to call attention to herself. “You’d never know she does all these things unless you sat down and really asked here,” Hines explains. “She will greet you with a warm smile every time you see her. She is so nice and so personable. She is not one to show off or brag. It’s not her mentality. She is very humble.”

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

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# POWER FLOWER

Medical marijuana in Maryland today and what the future holds for this economically enticing state industry

By Nicole Duran

Almost three years after launching, Maryland's medical marijuana industry is growing and maturing.

However, its growth, at least on the supply-side, is strictly limited by the state. The General Assembly capped the number of growers, processors, and dispensaries when it allowed sales to begin December 1st, 2017. Licenses are available for 22 growers, 28 processors, and 102 dispensaries. As of June 2019, the Old Line State has 18 growers, 18 processors, and 77 dispensaries. 



# AS OF JUNE 2019, THE OLD LINE STATE HAS **18 GROWERS, 18 PROCESSORS, AND 77 DISPENSARIES**

The ways in which patients can take in cannabis increased this year, after Governor Larry Hogan signed “edibles” into law in the spring. Cannabis in food-form was originally banned. That is not to say that marijuana-infused brownies or gummy bears are on the shelves of local dispensaries now. The Maryland Medical Cannabis Commission is in the process of writing the complex regulations for medical cannabis’ manufacturing and sale. It is not expected to finish until year’s end. It cost the state \$297,000 to start the edibles program and required the commission to initially hire three more staffers.

A lot is at stake. Health experts worry about everything from the extra sugar and fat calories that accompany many edibles to how enticing candy laced with cannabis is to minors to ensuring that such products don’t lead to overdoses. Regulators aim to standardize dosage. For example, requiring a batch of brownies to deliver the same amount of active drug—tetrahydrocannabinol, THC—throughout. The industry understands that “safety is paramount,” according to the Medical Cannabis Trade Association. Numerous states have set 10 milligrams of THC as the maximum amount per edible.

Currently, Maryland’s 67,000 certified medical cardholders can get their marijuana in a wide variety of forms—tinctures, salves, tablets, patches, cartridges, flowers, topically—in addition to traditional smoking or the recent trend of vaping. That’s only a little more than 1 percent of Maryland’s population. States with more mature programs see a 2–4 percent cardholding population; therefore, the commission expects the state’s number to more than double soon.

Cardholders are protected from criminal sanctions—although marijuana is still illegal at the federal level and U.S. authorities can prosecute anyone for marijuana use and possession. To stay within state law, cardholders must buy from a licensed Maryland dispensary and may possess a maximum of 120 grams of marijuana flower—four ounces—or 36 ounces of THC product. They can’t share their cannabis or cross state lines with it.

The Maryland General Assembly decriminalized the possession of small amounts of cannabis back in 2012. It is only punishable by fine now for Marylanders caught with cannabis who don’t have a valid medical card.

Beyond the headline-changing law allowing edibles, this year the General Assembly increased legal protections for academic institutions and medical facilities to research the therapeutic uses and health effects of cannabis. And, Congress fully legalized hemp. It enacted restrictions on advertising. For example, products cannot target minors. Ads cannot show anyone using cannabis or make unsubstantiated therapeutic claims either. It established rules for how many and what kind of industry licenses one person can hold. And, the law bars licensees from selling their rights until they’ve been in business at least three years.

The state also responded to complaints about lack of minority representation in the cannabis businesses by offering 14 new licenses for minority owners—four for growing and 10 for processing—after a disparity study showed that minorities and women were shut out of the budding industry. No African American-owned company won an initial license in 2017 out of the 160 applications for the new licenses.



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MARYLAND’S **67,000**  
CERTIFIED MEDICAL  
CARDHOLDERS CAN  
GET THEIR MARIJUANA  
IN A WIDE VARIETY OF  
FORMS—**TINCTURES,  
SALVES, TABLETS,  
PATCHES, CARTRIDGES,  
FLOWERS, TOPICALLY—**  
IN ADDITION TO  
TRADITIONAL **SMOKING**  
OR THE RECENT TREND  
OF **VAPING**

Today, there is 57 percent participation of minorities and females in the state’s cannabis industry. Among employees, there is 75 percent participation. Those numbers drop to 35 and 58 percent minority representation, respectively, when women are removed from the equation.

The industry exceeded revenue projections by \$19 million in its first 12 months of operation. Dispensary revenue, alone, was more than \$100 million. Maryland is projected to rank 16th out of the 30 states (and the District of Columbia) with medical programs by 2020, according to the U.S. Cannabis Report produced by New Frontier Data, an independent industry data firm.



# THE INDUSTRY EXCEEDED REVENUE PROJECTIONS BY \$19 MILLION IN ITS FIRST 12 MONTHS OF OPERATION

According to the Maryland Medical Cannabis Commission, patients paid an average price of \$10.11 per gram for flower products, which is less than the national average of \$11.40, and \$39.39 for concentrate cannabis.

The National Organization for the Reform of Marijuana Laws (NORML), the long-established pro-legalization advocacy group, ranks Maryland at 19 in crop production. Anne Arundel County has three dispensaries (Gold Leaf, Green Point Wellness, and Manna Supply Co.), one grower (Forward Gro), and no processors.

How the industry is helping the state's bottom line is hard to say because it's only medical at this point, meaning it's not subject to an excise tax, or even sales tax.

Therefore, there is no tax revenue derived from the medical cannabis program, according to the state commission.

The number of new states legalizing marijuana in some form hit a speed bump this year, and only Illinois joined the other nine states that allow recreational use. But a record number

of states considered legislation to expand legalization or relax criminalization. However, already half the country allows at least medical marijuana. The anti-legalization movement made some headway this year, after a decade of setbacks. Its message that legalization actually hurts minorities, among other societal ills, resonated in some states.

But the industry and most outside observers believe such arguments will merely slow things down and make states take more thoughtful, careful approaches and corrections for negative, unintended consequences—such as what Maryland did with diversity concerns and is doing in writing edible regulations.

Legalization's expansion is not stopping. A majority of Americans, and states, support it. Canada recently legalized recreational use nationally. The federal government has been slow to respond but will likely catch up in the next few years. There are numerous bills pending in Congress to chip away at marijuana's illegal status at the federal level. In 2017, a bipartisan group of House members launched the Congressional Cannabis Caucus. Not so long ago, there wasn't a single member of Congress willing to go on record as supporting decriminalizing marijuana.



# HEMP BLOWS THE BARN DOORS OPEN

BY RITA CALVERT

# Industrial hemp is now legal to grow in the United States; a boon to farmers in Maryland and across the nation

**A**nna Chaney, owner of Honey's Harvest Farm in southern Anne Arundel County, wants to grow industrial hemp. Chaney calls herself an experiential farmer and has been *the* leader in Maryland as an advocate for the 2018 congressional farm bill that made it legal to grow and process hemp nationwide. Chaney knows that growing hemp is no panacea for the agricultural challenges facing farmers today, but she is carefully exploring the field by bringing in seasoned hemp growers with workshop offerings at Honey's Harvest. While practicing permaculture and creating highly nutrient-rich soil, her exploration of the 160 acres she owns delves into what her land *likes* to produce.

I asked her, "Why hemp?" "Thanks for asking!" Chaney says. "My inspiration to support the initiative to grow hemp in Maryland is all about the plant. I believe that farmers should be able to grow this amazing crop—in fact, I believe that anyone should be able to grow this plant if they want to, for any reason whatsoever. I am not aware of any other

plant in the world that offers the incredible benefits that hemp does: clothing, food, medicine, building materials, industrial manufacturing (plastics, paper, carbon fiber replacements), fuel, livestock food, bedding, bioremediatory for soils, air, and water, and much more."

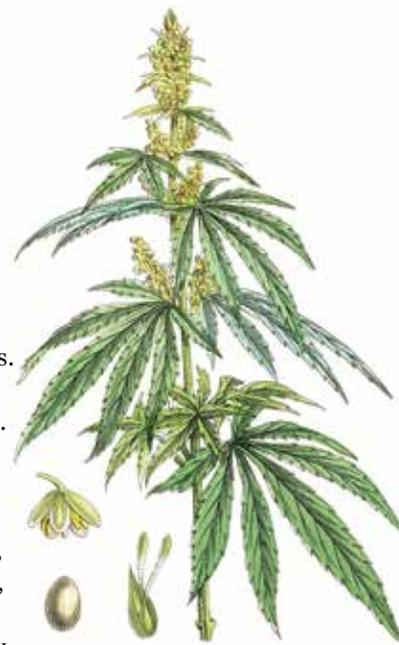
This particular variety of the cannabis plant produces many valuable uses from its fibrous stalk and its leaves, flowers, and seeds. As food, hemp is a perfect protein with 10 grams of protein per three tablespoons of hemp hearts (the edible interior of the hemp seed), and perfectly balanced with omega-3 and omega-6 fatty acids. Hemp is the only plant that contains all of the essential fatty acids and amino acids required by the human body. These essential nutrients affect a variety of the body's functions, including metabolism, skin health, mood, behavior, brain, and heart function. Cannabidiol (CBD) oil is extracted from the flower and is helpful for medicinal uses, including inflammation, insomnia, seizures, anxiety, and even in chronic diseases that may be triggered by stress. Many think the

term cannabidiol refers to the entire hemp plant, but it is solely the extracted oil. Hemp oil also is being used for many pet ailments and has been found to be more effective than some of the widely used pet medications. "I see no end to the usefulness of hemp," Chaney says.

This is just the tip of the iceberg. When it comes to building materials, plastics, bio-fuel, car parts, clothing, furniture, it's pretty much endless what this amazingly strong, fire retardant, mold resistant natural hemp fiber can do and become. Not only can it provide all of these things, but it is being used very effectively as a bio-waste remediator. The hemp plant is used at the site of Chernobyl as a soil radiation remediator.

"This plant can sustain us, house us, clothe us, transport us, and potentially heal the ailments of the earth and humanity, while at the same time create millions of new jobs in an industry that can literally save the world," Chaney says. "How can one not be inspired to support hemp in any way possible?"

Hemp, the "no-high" cousin of marijuana, has a non-psychoactive compound and has been called the next great commodity super crop. To step a few centuries back, our Declaration of Independence was written on paper made from industrial hemp, as well as the first American flag made by Betsy Ross. There was a plethora of uses then and this "legal again" agricultural product is set to be worthy of renewed hoopla.



## WHAT'S ALL THE HOOPLA ABOUT?

Let's start with Cannabis 101.

We do need to know that there are many varieties of the cannabis plant. In the evolution of this botanical, there is also an industrial hemp which was cultivated to only contain a trace, less than 0.3 percent, amount of tetrahydrocannabinol (THC), the intoxicating, federally-illegal substance that is responsible for causing the marijuana high.

For many years, cannabis botanicals—there are several—were all branded illegal because of the infamous strong association of hippie highs (complete with "the munchies") from THC-potent marijuana. The legal cousin of the cannabis plant that this article highlights is *industrial hemp*, which must be inspected to contain only a trace amount of THC. Currently, farmers and old-timers may refer to their joke of "smoking rope!" That may have been the case in the past, but current U.S. government regulations require strict testing.

The 2014 congressional farm bill authorized states to create pilot research grow programs administered by universities or state agriculture departments. However, industrial hemp remained on the federal list of controlled substances. Then, in 2018, Congress legalized non-intoxicating cannabis, synonymous with industrial hemp, in the farm bill. Removing industrial hemp from the Controlled Substances Act, as part of the 2018 congressional farm bill, has enabled farmers to legally explore the growing culture that was lost when hemp was labeled a controlled substance in 1937.



## MYRIAD USES

Because of the former federal prohibition imposed on cannabis, the U.S. is importing an estimated \$100 million of hemp products each year. Now that it is legal, U.S. farmers are poised to reap the financial benefit of growing this crop. All products from the multifaceted plant are set for a boom. According to one source, more than 25,000 products can be made from hemp.

CBD oil is a, roughly, \$1 billion industry worldwide, which has been shifting into high gear. This phytocannabinoid,

discovered in 1940, is reputed to have beneficial medicinal uses. As of 2018, preliminary clinical research on CBD included studies of its effect on epilepsy, fibromyalgia, anxiety, cognition, movement disorders, and pain. Food and drink retailers are finding CBD can be a relatively profitable supplement to enhance lattes, cold brews, alcohol, salads, brownies, doughnuts, and even pizza. Although the FDA has not approved hemp's use in food and drink, there are CBD cafes with whimsical names like Glazed and Confused, The Alchemist's Kitchen, and Zenbarn.

Industrial hemp CBD products can easily be found at a variety of wellness stores throughout Maryland. The “whole body” arena is on fire. A great variety of products are currently on store shelves, including health foods, supplements, soaps, balms, salves, tinctures, and organic body care—all derived from different parts of the hemp plant.

Hemp fiber, from the stalk of the plant, offers myriad industrial uses, including concrete reinforcement, strong fabrics, clothing, construction materials, bio-fuels, plastic composites, cat litter, and more. It grows prolifically, making it an extremely efficient crop for sustainable plastics known as “bioplastics.” They are lightweight, biodegradable, and can replace many petrochemical, single-use plastics (oil-based plastics). ▶

Kevin Tubbs, founder of the Hemp Plastic Company in Colorado, has been making eco-friendly packaging for 20 years. Tubbs says, “We expect market dominance in bioplastic hemp. Outside of cash crops, like hemp hearts and CBD oil, there’s a lot of waste in hemp processing. So, I started experimenting. Take the waste products and you can do one of two things with them: You can either make hempcrete—a building material—or hemp plastic.”

Tubbs is confident that hemp bioplastic will overtake petroleum-based raw polymer in coming decades. Thanks to consumer demand for more sustainable goods, corporate initiatives, and falling manufacturing costs, production of bioplastics is poised to



take off. By 2020, bioplastics are predicted to control five percent of the plastics market and rising to 40 percent by 2030, according to Grand View Research.

The good news extends to hemp-based paper products. At this time, a mammoth Mid-Atlantic distributor of foodservice supplies and paper, Penn Jersey Paper Company, is researching the production of hemp paper products for food packaging, especially since Styrofoam is outlawed in many cities and the state of Maryland.

For soil decontamination, a growing body of evidence suggests that hemp roots can remove toxins from soil and water better than, practically, any other plant. Hemp has been proven to absorb heavy metals from soil, including zinc, cadmium, lead, and arsenic. Since hemp absorbs four times the carbon of most trees, while growing in just a fraction of the time, it could aid in climate change. If used as a rotational cover crop, hemp fits into the paradigm of regenerative agriculture. This fast-growing plant can actually be planted between growing cycles of corn and soybeans to create a cover cash crop.

## GROWING THE INDUSTRY TODAY

Nearly 2,100 individuals and businesses have applied to grow or process industrial hemp in 2019, reported the U.S. Department of Agriculture, Trade and Consumer Protection in early March. That’s just three months after legalization.

Federally outlawed for more than 80 years, the industrial hemp plant requires a resurrection in growing, cultivating, and marketing but it is happening on a large scale, even in Maryland. On the Eastern Shore, industrial hemp is 2019’s new cash crop. And the Maryland Farm Bureau is assisting farmers with the process of identifying potential buyers.

Elsewhere, Martha Stewart will be joining Canopy Growth, a cannabis company, in an advisory role to help drive interest in hemp-derived CBD products, predominantly for pets. This Ontario-based company is building a hemp industrial plant in New York state. Meanwhile, Pennsylvania is creating the infrastructure for industrial hemp processing, while at the same time allocating acreage to test the growing conditions. In York, farmer and licensed surgeon Steve Groff plans to use innovative Canadian machinery to process whole hemp plants for fiber and chemicals on a large scale.

The U.S. is the largest consumer of hemp products. In our country, growing interest in hemp products has the potential to stimulate economic growth. Groff states, “With careful management and clear objectives in mind, those who are educating and testing feel there is a rocky road to travel but with a glorious sunset! With so many farmers struggling [nationwide], careful cultivation of hemp comes as one of the farmers’ greatest opportunities.”

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MEMPHIS



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# A NEW CHAPTER IN TERPS M FOOTBALL

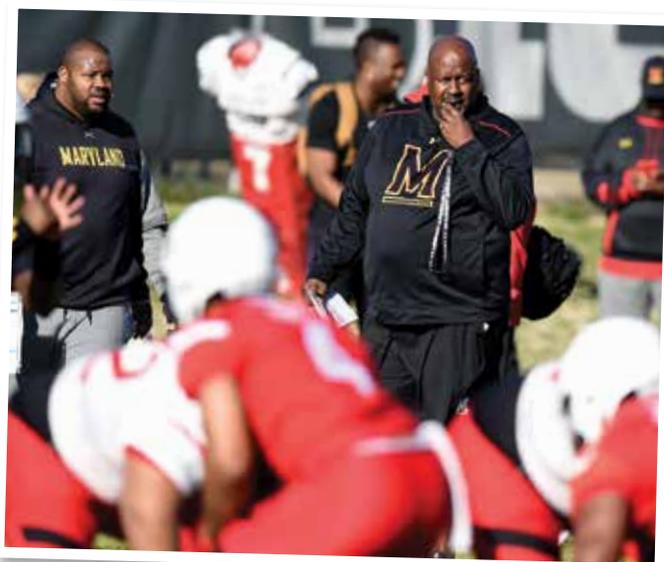
MIKE LOCKSLEY TAKES THE HELM OF THE MARYLAND TERRAPINS FOOTBALL TEAM THIS FALL **BY TOM WORG**

**M**ike Locksley has coached at seven different colleges and he wants the University of Maryland to be his last stop. It's the job he has coveted for years. He's a Washington, D.C. native who grew up rooting for the Terps during their glory years in the 1980s under then-coach Bobby Ross.

"It's been a dream come true for me to come home," Locksley says.

The past two seasons, 49-year-old Locksley served as offensive coordinator at Alabama—a program that has won four national championships since 2011 under Nick Saban—which made him attractive to Maryland.

Locksley has a long association with the Terps. He worked as an assistant coach at the school for 10 years and took over as interim head coach for six games when Randy Edsall was fired in 2015.



Locksley, who also was the head coach at the University of New Mexico for three seasons and played college football at Towson State University, inherits a program coming off a tumultuous season in which the death of offensive lineman Jordan McNair led to the suspension and ultimate firing of head coach DJ Durkin.

Locksley says his relationship with McNair's parents made his transition to the job easier. He recruited McNair to Maryland and reached out to the family when he learned of his death in June of 2018. Locksley was able to relate to their pain because of the death of his own son Meiko, who was fatally shot in Columbia in September of 2017.

We recently sat down to talk to Locksley about improving the Terps, what he does to relax after a tough game, and his relationship with the McNair family.

**HOW DO YOU TURN THE PROGRAM AROUND AFTER A 2018 SEASON WHERE THE SCHOOL WAS CRITICIZED FOR MISMANAGEMENT OF A VERY DIFFICULT SITUATION?** If you look at last season, there's not that big a gap between Maryland and some other programs. They beat Texas and played Ohio State down to the wire. They lost three or four games in the fourth quarter. We are not as far away as some want to make it seem. Turning it around starts with the right kind of work habits. I think we have a strong core of players that have really bought in. We have to develop the right kind of culture that it takes to be a successful program.



**CAN YOU TALK ABOUT YOUR RELATIONSHIP WITH THE MCNAIR FAMILY AND HOW YOU GUIDED THEM THROUGH THAT TRAGEDY BECAUSE OF YOUR PERSONAL EXPERIENCE?** Unfortunately, we both share a fraternity that stinks to be in. The circle of life is not built for parents to bury their children. Both of us, over the last year and a half, have dealt with the tragedy of having to bury a child. You never get over it. You learn to get through it. Our sons and daughters went to high school together. They both signed their National Letters of Intent on the same day. My daughter [Kori] went to Auburn for soccer.

When I heard the story of Jordan's death when I was at Alabama, it brought back so many emotions for me when I lost Meiko nine months earlier. I reached out to [McNair's father] Marty and offered

support and an ear to listen to. I was able to mentor him a bit in dealing with the tragedy and being the man of the house. I told him, "Be really strong for the brothers, wife, and the mom. They see you as the rock." We both were able to grow as men and our relationship was really cemented and forged even more.

**YOU HAVE SAID YOUR RELATIONSHIP WITH THE MCNAIRS MADE THE TRANSITION EASIER TO TAKING THE JOB AND ALLOWED YOU TO HAVE EMPATHY FOR THE TEAM. DO YOU STILL FEEL THAT WAY?** I think my relationship with them was important for me to take this job because I had their support. It was important for two reasons. First, taking over the job and having them be there to support me would make the transition easier. Second, the players here were like

brothers to Jordan. We needed to all heal together. Because of me having gone through Meiko's death and their having to deal with the loss of their brother, it gave me empathy and an understanding of what our players were going through. If you haven't experienced it, you don't know how people feel. We wanted to continue to move the program forward, but doing it the right way and honoring Jordan by the way we compete, prepare, and practice.

**WHAT DID YOU LEARN AT ALABAMA UNDER SABAN THAT YOU BROUGHT TO MARYLAND?**

I learned Nick was such a clear and concise communicator to the coaching staff and the players about what the values and standards of the organization were. I also learned quality control in every aspect of the program. Whether it was recruiting, offense, defense, special teams, nutrition, or strength and conditioning. Whenever you do something, you quality control it, meaning ask the questions, "Why was it good? Why wasn't it good? Why didn't it work? What can we do better?" It's something where you don't have to continue to reinvent the wheel when running into similar situations down the road.

**CAN YOU TALK ABOUT HOW SPORTS WAS THE OUTLET THAT ALLOWED YOU TO GET WHERE YOU ARE TODAY WHEN YOU GREW UP IN AN UNDERSERVED PART OF D.C.?** I went to high school in the southeast section and grew up in the southwest earlier. There are not many people from the southwest section of D.C. that are running companies or

Division I football programs. I grew up in a single-parent home for most of my life. Growing up in that environment was very motivating to me to want to do better.

**COLLEGE FOOTBALL IS BIG BUSINESS. WHAT ARE YOUR THOUGHTS ABOUT PLAYERS POTENTIALLY GETTING PAID?**

Anything you can do to take care of the players, I am all for. I have no problem with the players getting paid. I think we have to come up with a consistent way to do it to ensure that everybody gets a piece of the pie. I have no problem with players fighting for pay.

**WHAT DO YOU DO TO RELAX AFTER A DIFFICULT GAME?** I like going home and being around my family. To unwind, I like watching sports of any kind. I am an avid reader. I love to read autobiographies or leadership or self-help type books. But I don't do a lot of relaxing. I typically get right back to watching film.

**YOUR WIFE, KIA, IS A YOGA INSTRUCTOR. HOW MUCH YOGA HAVE YOU DONE?** She taught yoga to our team at Florida, Illinois, and New Mexico. I don't participate in a lot of yoga. She has tried and she wants me to. It's something I may take on as I get up

“ We are not as far away as some want to make it seem. Turning it around starts with the right kind of work habits. I think we have a strong core of players that have really bought in. We have to develop the right kind of culture that it takes to be a successful program. ”



there in age. It helps you keep limber. At some point, it might be something we do at Maryland.

**YOU DID SOMETHING COACHES RARELY DO: INVITE THE MEDIA TO YOUR HOUSE FOR A BARBEQUE BEFORE THE SEASON. WHY DO THAT?**

I was on staff at Illinois and Florida with Ron Zook. It was one of the things he did. There is such an odd relationship between coaches and the media at times. The media has a job to write a story and coaches have a job to prepare their teams to play. Somewhere in between lies a story. We completely respect the media and what they do. It was kind of a thank you. I just thought we could use it as an opportunity to get to know the media a little more personally and let them see us outside the element of a press conference. It's kind of what we are doing with our team: turning the page on last year and moving forward.

# Best of 2020 voting

**IS FINALLY HERE!**

It's that time again! Vote for your favorite businesses in **Food and Dining, Retail and Professional Services, Real Estate, Home and Garden, Medical, Dental, and Veterinary, Beauty and Fitness.**

Online, you will find our ballots separated into five categories for each corresponding region (Annapolis, Eastern Shore, and West County). Once you select a category you will be redirected to the ballot site. Please enter your name, email address, and

password **bestof2020** to get started. You can stop and pick-up the survey later by selecting the Save and Continue box at the top of the following screen.



Voting will be  
live online from  
October through  
November 2019

**GET STARTED TODAY AT:**

**[whatsupmag.com/best-of-voting](https://whatsupmag.com/best-of-voting)**

# West County

## Food + Dining

American Restaurant  
Appetizers  
Bakery  
Barbecue  
Beer Selection  
Breakfast  
Brewery  
Burger  
Candy Shop  
Caterer  
Chain Pizza  
Chef  
Chinese Restaurant  
Chocolate  
Cocktails  
Crabcake  
Cream of Crab Soup  
Cupcakes  
Deli  
Dessert  
Family-Friendly Restaurant  
Farm-to-Table Menu  
French Restaurant  
German Restaurant  
Greek Food  
Happy Hour  
Ice Cream  
Indian Restaurant  
Irish Restaurant  
Italian Restaurant  
Japanese Restaurant  
Local Coffee Shop  
Local Pizza  
Maryland Crab Soup  
Mexican Restaurant  
New Restaurant  
Organic Menu  
Outdoor Dining  
Place to Take Out of Towners  
Restaurant Décor  
Romantic Restaurant  
Scratch Kitchen  
Seafood Restaurant  
Special Occasion  
Sports Bar  
Steakhouse  
Steamed Crabs  
Sunday Brunch  
Sushi  
Thai Restaurant  
Trivia Night  
Wait Staff  
Whiskey Selection  
Wine Selection  
Wings

## Retail + Professional Services

Accounting  
Auto Body Shop  
Auto Insurance  
Auto Repair  
Bank  
Boutique Shopping

Carwash  
Computer Repair  
Consignment Shop  
Customer Service  
Designer Jewelry  
Diamonds/Precious Stones  
Driving School  
Eco-Friendly Business  
Engagement Rings  
Estate Jewelry  
Family Outing  
Festival/Event  
Financial Advisor  
Florist/Floral Design  
Game Play  
Golf Cart/Utility Vehicle  
Dealership  
Growlers and Crowlers  
In-Home Senior Assistance  
IT Solutions for Business  
IT Solutions for Home  
Kids Birthday Venue  
Local Music Venue  
Local Musician/Band  
Local Non-Profit Organization  
Marina  
Music/Instrument Store  
Optician  
Organic Selection  
Overlooked Tourist Attraction  
Party Vendor  
Pet Boarding and Daycare  
Pet Grooming  
Pet Services  
Pet Store  
Purses/Handbags  
Retail Beer Selection  
Retail Whiskey Selection  
Retail Wine Selection  
Senior Living Facility  
Silver Jewelry  
Specialty Grocer  
Summer Camp  
Tax Law  
Tutoring Services  
Unique Gifts  
Watches  
Wedding Venue  
Wedding/Event Planner  
Women's Clothing Store

## Real Estate, Home + Garden

Architect  
Closet/Organizer Designer  
Commercial Property Developer  
Commercial Realtor  
Custom Builder  
Driveway Design/Build  
Electrician  
Fence/Deck Contractor  
Flooring/Carpet Installer  
Framing Shop  
Garden Center  
Gutter/Siding

Handyman  
Hardscape Design/Build  
Hardware Store  
Home Appraiser  
Home Inspector  
HVAC Service  
Indoor Cleaning Service  
Interior Designer  
Irrigation Install and Service  
Landscape Installer/  
Maintenance  
Lawn/Garden Equipment  
Supply  
Luxury Home Agent  
Mortgage Lender  
Outdoor Lighting  
Paint Store  
Painting Contractor  
Plumber  
Pool Design/Build  
Pool Maintenance  
Power Washing  
Real Estate Team/Brokerage  
Residential Realtor  
Roofing Contractor  
Stone/Tile/Granite Supply  
Title Service  
Tree Service  
Water Treatment Service  
Waterfront Realtor  
Waterfront Team/ Brokerage

## Medical, Dental, + Veterinary

Adult Orthodontist  
Acupuncturist  
Addictions Counseling Program  
Allergist  
Apothecary (Compounding  
Pharmacy)  
Birthing Center  
Body Contouring  
Breast Augmentation  
Breast Reconstruction  
Cardiologist  
Child & Family Mental Health  
Provide  
Childrens Orthodontics  
Chiropractor Practice  
Colon/Rectal Surgery  
Cosmetic Laser Eye Treatment  
Cosmetic Injections  
Dermal Fillers  
Dermatologist  
Dry Needling  
Emergency Dentistry  
Emergency Pet Care  
Endodontist  
Facial Contouring  
Facial Rejuvenation  
Family Dentistry  
Family Orthodontics  
Gastroenterologist  
General Cosmetic Dentist  
General Dentist

General Surgery  
Gynecologist  
Holistic Dentistry  
Hormone Therapy  
Hospice Medicine  
Hygienists  
Implantologist  
Invisalign Specialist  
IV Treatments  
Laser Hair Removal  
Laser Skin Treatment  
Liposuction/ Fat Removal  
Mammography  
Medical Grade Skin Products  
Mental Health Provider  
Mental Health Services  
Mommy Makeover  
Naturopathic Doctor  
Neurological Surgery  
Neurologist  
Neuroradiology  
Occupational Therapy  
Oculoplastic Surgery  
Oncologist  
Ophthalmologist  
Oral & Maxillofacial Surgeon  
Orthognathic Surgery  
Orthopedic Hand Surgery  
Orthopedic Hip Surgery  
Orthopedic Knee Surgery  
Orthopedic Sports Medicine  
Pain Management  
Pediatric Dentist  
Pediatric Orthodontist  
Pediatrician  
Periodontist  
Pharmacy  
Physical Therapy  
Plastic Surgery-  
Reconstruction  
Podiatrist  
Primary Care Medicine  
Psychologist Therapy Practice  
Psychiatrist  
Radiology  
Rheumatologist  
Rhinoplasty  
Sedation/Phobia Treatment  
Seniors Physician  
Sleep Apnea /Snoring  
Treatment  
Specialty Cosmetic Dentist  
Speech Therapy  
Tattoo Removal  
TMJ Treatment  
Total Mouth Reconstruction  
Urgent Care Medicine  
Urologist  
Vascular Surgery  
Vein Restoration  
Vet Clinic  
Veterinarian for Cats  
Veterinarian for Dogs  
Veterinarian Surgery  
Veterinarian for Large Animals  
(Farm)  
Veterinarian for Small/ Exotic  
Pets  
Women's Imaging

## Beauty + Fitness

Aromatherapy  
Balayage/ Ombre

Barre Class  
Bootcamp  
Brazilian Blowout  
Bridal Hairstyling  
Bridal Makeup  
Chemical Peel  
Children's Fitness Class  
Crossfit  
Circuit Training  
Customer Service  
Dance Class  
Day Spa  
Deep Tissue Massage  
Eyebrow Care  
Eyelash Extensions  
Fabulous Haircut  
Facial  
Fashion Stylist  
Free Weights  
Friendly and Helpful Staff  
Gym  
Gym Amenities  
Gym Childcare  
Kickboxing  
Lifestyle Coach  
Manicure  
Martial Arts for Children  
Medi-Spa  
Men's Barber  
Men's Haircut  
Microblading  
Mixed Martial Arts  
Mother-to-be Massage  
Nail Art  
Nail Gel  
Nutritionist  
Pedicure  
Permanent Makeup  
Personal Trainer at a Gym  
Personal Trainer at a Private  
Studio  
Pilates Class  
Pool/ Swim Facilities  
Prenatal Fitness Class  
Reflexology  
Reiki Practitioner  
Running Club  
Salon Décor  
Salon for Coloring  
Salon for Hair Extensions  
Salon Pampering  
Salon Products  
Spin Class Instructor  
Spray Tan  
Stand-Up Paddle Board Class  
Stone Massage  
Stylist for Long Hair  
Tattoo Artist  
Tattoo Parlor  
Therapeutic Massage  
TRX Class  
Tween Dance Class  
Tween Fitness  
Waxing  
Weight-Loss Program/Regimen  
Yoga Instructor  
Yoga Studio



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WHAT'S UP? MEDIA

# Bridal

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Tailors

# TOP DOCS

2019-2020: ANNE ARUNDEL COUNTY



THE BIENNIAL PEER REVIEW SURVEY



We take the peer review process very seriously here at What's Up? Media. Our **Top Docs**, **Top Dentists**, and **Leading Lawyers** surveys (each produced every other year) require a surprising amount of time and energy to execute. Top Docs has been a 10-month process that began in January with the direct mailing of more than 3,000 survey packages to local doctors, as well as a gated online version of the survey open to any licensed doctor practicing in the region. After surveys were collected by deadline, vetted (each survey needing a valid Maryland medical license number), and tallied, we arrived at the list on the following pages.

The Top Docs contained on these pages represent the individuals who received the highest number of nominations from their peers. Please note that many fine

physicians who are either new to the area or affiliated with other medical institutions may not be included. Additionally, this list represents only those "winners" who received the *most substantial* number of votes, not everyone who was nominated.

Once again, we would like to thank all the busy doctors who took the time to respond to this important survey. Knowing who medical professionals consider the best in their respective fields is an invaluable asset. Many of our well-informed readers will keep this issue year-round for ready reference. *What's Up? Media* readers know the real thing when they see it.

**\*Denotes the doctor that received the most votes within each specialty (in some cases, there were ties)**



**ALLERGY & IMMUNOLOGY**

*Dealing with allergies and an exaggerated immune response or reaction to substances.*

**Dr. James Banks\***  
Allergy & Asthma Associates, P.A.; 277 Peninsula Farm Road, Bldg. 3, Arnold; 410-647-2600; annapollendocs.com

**Dr. Duane Gels**  
Annapolis Allergy & Asthma; 129 Lubrano Drive, Ste. 200, Annapolis; 410-573-1600; annapolisallergy.com

**Dr. Jaime Olenec**  
Annapolis ENT Associates; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

**ANESTHESIOLOGY**

*The practice of blocking pain, discomfort, or distress during surgery or an obstetric or diagnostic procedure.*

**Dr. Michael Webb\***  
Anesthesia Company, LLC; 700 Melvin Avenue, Ste. 7A, Annapolis; 410-280-2260; ancollc.com

**Dr. David Nieglos**  
Anesthesia Company, LLC; 700 Melvin Avenue, Ste. 7A, Annapolis; 410-280-2260; ancollc.com

**Dr. Erin Singh**  
Anesthesia Company, LLC; 700 Melvin Avenue, Ste. 7A, Annapolis; 410-280-2260; ancollc.com

**CARDIOVASCULAR DISEASE**

*Dealing with the heart, its actions and diseases.*

**Dr. Baran Kilical\***  
AAMG Cardiology Specialists; 2000 Medical Parkway, Ste. 510, Annapolis; 410-897-0822; myaamg.org/cardiology-specialists

**Dr. Scott Katzen**  
MedStar Health Cardiology Associates, LLC; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; medstar-health.org

**Dr. William Maxted**  
MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; medstar-health.org

**COLON & RECTAL SURGERY**

*Dealing with surgery involving the colon and rectum.*

**Dr. Mari Madsen\***  
Annapolis Colon and Rectal Surgeons; 2002 Medical Parkway, Ste. 360, Annapolis; 410-573-1699; annapoliscolon.com

**Dr. Vincent Cifello**  
Colon & Rectal Surgical Associates; 1404 Crain Highway South, Ste. 111, Glen Burnie; 410-760-9996; colonrectal.net

**Dr. Steven Proshan**  
Annapolis Colon and Rectal Surgeons; 2002 Medical Parkway, Ste. 360, Annapolis; 410-573-1699; annapoliscolon.com

**CRITICAL CARE MEDICINE**

*Providing life support or organ support to patients who require intense monitoring.*

**Dr. Kanak Patel\***  
Annapolis Asthma, Pulmonary, and Sleep Specialists; 2000 Medical Parkway, Ste. 607, Annapolis; 410-266-1644; annapolispulmonary.com

**Dr. Cristina Feather**  
AAMG Acute Care Surgery; 2000 Medical Parkway, Ste. 600, Annapolis; 443-481-6699

**Dr. Ira Weinstein**  
Annapolis Asthma, Pulmonary, and Sleep Specialists; 2000 Medical Parkway, Ste. 607, Annapolis; 410-266-1644; annapolispulmonary.com

**DERMATOLOGY**

*Dealing with the skin and its diseases.*

**Dr. Lisa Renfo\***  
Annapolis Dermatology Associates; 2002 Medical Parkway, Ste. 630, Annapolis; 410-224-2260; annapolisdermatology.com

**Dr. Christine Ambro**  
Annapolis Dermatology Center; 71 Old Mill Bottom Road North #300, Annapolis; 410-268-3887; adcdermdocs.com

**Dr. Gail Goldstein**  
Annapolis Dermatology Center; 71 Old Mill Bottom Road North #300, Annapolis; 410-268-3887; adcdermdocs.com

**Dr. Emma Lanuti**

Annapolis Dermatology Associates; 2002 Medical Parkway, Ste. 630, Annapolis; 410-224-2260; annapolisdermatology.com

**Dr. Kelly McGuigan**  
Anne Arundel Dermatology; 101 Ridgely Avenue, Ste. 10, Annapolis; 410-351-3376; aadermatology.com

**Dr. Angela Peterman**  
Anne Arundel Dermatology; 600 Ridgely Avenue, Ste. 120, Annapolis; 410-351-3376; aadermatology.com

**ENDOCRINOLOGY**

*Dealing with the endocrine glands, involved in the secretion of hormones.*

**Dr. Barbara Onumah\***  
AAMG Diabetes & Endocrine Specialists; 2000 Medical Parkway, Ste. 510, Annapolis; 443-481-4600; myaamg.org

**Dr. Kristin Flammer**  
University Of Maryland Community Medical Group; 300 Hospital Drive, Ste. 119, Glen Burnie; 410-787-4940; mybwmc.org

**Dr. Michele Smadja-Gordon**

Annapolis Internal Medicine, LLC; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

**GASTROENTEROLOGY**

*Dealing with the structure, functions, diseases, and pathology of the stomach and intestines.*

**Dr. Suzanne Sankey\***

Anne Arundel Gastroenterology Associates, P.A.; 820 Bestgate Road, Annapolis; 410-224-2116; aagastro.com

**Dr. Barry Cukor**  
Maryland Diagnostic & Therapeutic Endo Center; 621 Ridgely Avenue, Ste. 101, Annapolis; 410-224-3636; mdtecmd.com

**Dr. Christopher Olenec**  
Anne Arundel Gastroenterology Associates, P.A.; 820 Bestgate Road, Annapolis; 410-224-2116; aagastro.com

**Dr. Praveena Velamati**  
Anne Arundel Gastroenterology Associates, P.A.; 820 Bestgate Road, Annapolis; 410-224-2116; aagastro.com

**GYNECOLOGY**

*Dealing with the diseases and routine physical care of the reproductive system of women.*

**Dr. Karen Hardart\***  
Annapolis OB-GYN; 2000 Medical Parkway, Ste. 304, Annapolis; 410-573-9530; annapolisobgyn.com

**Dr. Susan Peeler**  
Comprehensive Gynecology Center; 2401 Brandermill Boulevard, Ste. 200, Gambrills; 410-451-0076; compgynecenter.com

**Dr. Marcus Penn**  
Chesapeake Women's Care; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomen-scare.com

**Dr. Paula Radon**  
Comprehensive Gynecology Center; 2401 Brandermill Boulevard, Ste. 200, Gambrills; 410-451-0076; compgynecenter.com

**HEMATOLOGY & ONCOLOGY**

*Dealing with the blood and blood-forming organs (hematology) and dealing with the treatment and management of cancer (oncology).*

**Dr. Ravin Garg\***  
Anne Arundel Medical Center Oncology & Hematology; 2003 Medical Parkway, Ste. 210, Annapolis; 443-481-4884; aahs.org

**Dr. Peter Graze**  
Anne Arundel Medical Center Oncology & Hematology; 2003 Medical Parkway, Ste. 210, Annapolis; 443-481-4884; aahs.org

**Dr. Yudhishtira Markan**  
Chesapeake Oncology Hematology Associates; 305 Hospital Drive, Glen Burnie; 410-761-9896; cohamed.org

**Dr. Jason Taksey**  
Anne Arundel Medical Center Oncology & Hematology; 2003 Medical Parkway, Ste. 210, Annapolis; 443-481-4884; aahs.org

**Dr. Carol Tweed**

Anne Arundel Medical Center Oncology & Hematology; 2003 Medical Parkway, Ste. 210, Annapolis; 443-481-4884; aaahs.org

**Dr. David Weng**

Anne Arundel Medical Center Oncology & Hematology; 2003 Medical Parkway, Ste. 210, Annapolis; 443-481-4884; aaahs.org

**HOSPICE & PALLIATIVE**

*Providing relief from the symptoms, pain, and stress of serious illness.*

**Dr. Elizabeth Grady\***

Baltimore Washington Medical Center; 301 Hospital Drive, Glen Burnie; 410-787-4924; Mybwmc.org

**Dr. Russell DeLuca**

Chesapeake Oncology Hematology Associates, 305 Hospital Drive, Glen Burnie; 410-761-9896; cohamed.org

**INTERNAL MEDICINE**

*Dealing with the diagnosis and treatment of non-surgical diseases.*

**Dr. Andrew McGlone\***

Annapolis Primary Care; 2002 Medical Parkway, Ste. 670, Annapolis; 443-481-1150; myaamg.org/annapolis-primary-care

**Dr. Titus Abraham**

Annapolis Internal Medicine, LLC; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

**Dr. Ruth Gallatin**

Crofton Internal Medicine; 2401 Brandermill Boulevard, Ste. 220, Gambrills; 410-451-7214

**Dr. Matthew Malta**

Dr. Matthew J. Malta, M.D., P.A.; 132 Holiday Court, Ste. 201, Annapolis; 410-573-2477; drmalta.com

**Dr. Tim Woods**

Annapolis Internal Medicine, LLC; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

**NEPHROLOGY**

*Dealing with the structure, function, and diseases of the kidneys.*

**Dr. Andrew Briglia\***

Annapolis Nephrology Associates, LLC; 104 Forbes Street, Ste. 102, Annapolis; 410-571-8333

**Dr. Adnan Hashmi**

Washington Nephrology Associates; 116 Defense Highway, Ste. 202, Annapolis; 410-224-0270; washingtonnephrology.com

**NEUROLOGICAL SURGERY**

*Dealing with nervous system structures such as nerves, the brain, or the spinal cord.*

**Dr. Tim Burke\***

Anne Arundel Brain and Spine; 2000 Medical Parkway, Ste. 605, Annapolis; 410-943-2322; aaahs.org

**Dr. Gary Dix**

Maryland Brain, Spine & Pain; 1000 Bestgate Road, Ste. 400, Annapolis; 410-266-2720; mbsp.org

**Dr. Danny Liang**

UM BWMC Spine & Neuroscience Center; 203 Hospital Drive, Ste. 200, Glen Burnie; 410-553-8160; mybwmc.org

**Dr. Clifford Solomon**

UM BWMC Spine & Neuroscience Center; 203 Hospital Drive, Ste. 200, Glen Burnie; 410-553-8160; mybwmc.org

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Jocelyn Uriostegui, PA-C • Theresa Grasing, PA-C

**MedStar Shah Medical Group  
Department of Endocrinology at Annapolis**

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**Welcome  
Dr. Shiksha  
Sharma**



MedStar Shah Medical Group is pleased to welcome Shiksha Sharma, MD to the Department of Endocrinology at Annapolis. Dr. Sharma is board certified in Internal Medicine and Board Eligible in Endocrinology. Dr. Sharma has published works in Adrenal insufficiency and Hyperparathyroidism as well as research in Diabetes. Dr. Sharma completed medical school at Byramjee Jeejeebhoy Medical College, Residency in Internal Medicine at MedStar Washington Hospital Center and her Fellowship in Endocrinology, Diabetes and Metabolism at Montefiore Medical Center/Albert Einstein College of Medicine.

To schedule an appointment, call 410-571-7880.

**Dr. Brian Sullivan**  
Maryland Brain,  
Spine & Pain; 1000  
Bestgate Road, Ste.  
400, Annapolis; 410-  
266-2720; mbps.  
com

#### NEUROLOGY

*Dealing with the nervous system, especially in respect to its structure, functions, and abnormalities.*

**Dr. Daniel Hexter\***  
Annapolis Neurology Associates; 122 Defense Highway, Ste. 210, Annapolis; 410-266-9694; annapolisneurology.com

**Dr. Molly Price**  
Annapolis Neurology Associates; 122 Defense Highway, Ste. 210, Annapolis; 410-266-9694; annapolisneurology.com

**Dr. Brian Salter**  
Annapolis Neurology Associates; 122 Defense Highway, Ste. 210, Annapolis; 410-266-9694; annapolisneurology.com

#### OBSTETRICS

*Dealing with birth and its antecedents and after effects.*

**Dr. Marcus Penn\***  
Chesapeake Women's Care, P.A.; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

**Dr. Fred Guckes**  
Annapolis OB-GYN; 2000 Medical Parkway, Ste. 304, Annapolis; 410-573-9530; annapolisobgyn.com

**Dr. Jessica Russell**  
Chesapeake Women's Care; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

#### OPHTHALMOLOGY

*Dealing with the structure, functions, and diseases of the eye.*

**Dr. Maria Scott\***  
Chesapeake Eye Care & Laser Center; 2002 Medical Parkway, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

**Dr. Heather Nesti**  
Chesapeake Eye Care & Laser Center, P.C.; 2002 Medical Parkway, Sajak, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

**Dr. Orin Zwick**  
Chesapeake Eye Care & Laser Center; 2002 Medical Parkway, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

#### ORTHOPEDIC SPORTS MEDICINE

*Dealing with the medical and therapeutic aspects of sports participation and physical activity.*

**Dr. Dan Redziniak\***  
AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

**Dr. Paul King**  
AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

**Dr. Benjamin Petre**  
AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

#### ORTHOPEDIC SURGERY

*Dealing with conditions involving musculoskeletal systems.*

**Dr. Paul King\***  
AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

**Dr. James MacDonald**  
AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

**Dr. Chad Patton**  
AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

**Dr. Louis Ruland**  
Anne Arundel Orthopaedics Surgeons, P.A.; 2003 Medical Parkway, Ste. 400, Annapolis; 410-573-2530; aaos.net

**ORTHOPEDIC SURGERY (HAND)**  
*Dealing with surgery of the hand.*

**Dr. Thomas Dennis\***  
Annapolis Hand Center, LLC; 128 Lubrano Drive, Ste. 301, Annapolis; 410-544-4263; annapolis-handcenter.com

**Dr. Jeff Gelfand**  
AAMG Orthopedic & Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

**Dr. Angela Jones**  
Angela Jones MD; 600 Ridgely Avenue, Ste. 110, Annapolis; 410-881-0097; ange-lajonesmd.com

**Dr. Alex Shushan**  
AAMG Orthopedic & Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

**Dr. Garth Smith**  
Anne Arundel Orthopedic Surgeons, P.A.; 2003 Medical Parkway, Ste. 400, Annapolis; 410-573-2530; aaos.net

**ORTHOPEDIC SURGERY (HIP)**  
*Dealing with surgery of the hip.*

**Dr. Paul King\***  
AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

**Dr. James MacDonald**  
AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

**ORTHOPEDIC SURGERY (KNEE)**  
*Dealing with surgery of the knee.*

**Dr. Paul King\***  
AAMG Orthopedic & Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

**Dr. James MacDonald**  
AAMG Orthopedic & Sports Medicine; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

**OTOLARYNGOLOGY**  
*Dealing with the ear, nose, and throat.*

**Dr. J. Michael Pardo\***  
Annapolis ENT Associates; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

**Dr. Matthew Hilburn**  
Annapolis ENT Associates; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

**Dr. Robert Meek**  
Anne Arundel ENT Associates; 600 Ridgely Avenue, Ste. 110, Annapolis; 410-671-0206; an-nearundelent.com

**Dr. Joydeep Som**  
Annapolis ENT Associates; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

**PEDIATRICS**  
*The medical sciences dealing with children.*

**Dr. Faith Hackett\***  
Severna Park Doctors Pediatrics and Internal Medicine; 844 Ritchie Highway, Ste. 206, Severna Park; 410-647-8300; spdocs.net

**Dr. Andre Gvozden**  
Gvozden Pediatrics; 251 Najoles Road, Ste. E, Millersville; 410-729-0690; gvozdenpediatrics.com

**Dr. James Rice**  
Annapolis Pediatrics; 1655 Crofton Boulevard, Ste. 301, Crofton; 410-263-6363; annapolispediatrics.com

**Dr. Rebecca Vickers**  
Arundel Pediatrics; 605 Global Way Ste. 119, Linthicum Heights; 410-789-7337; arundlepediatrics.com

#### PHYSICAL MEDICINE & REHABILITATION

*Dealing with the evaluation, treatment, and care of persons with musculoskeletal injuries, pain syndromes, and other physical or cognitive impairments or disabilities.*

**Dr. Brian Kahan\***  
The Kahan Center for Pain Management; 2002 Medical Parkway, Ste. 150, Annapolis; 410-571-9000; thekahan-center.com

**Dr. Zed Zamfirov**  
All Star Pain Management; 166 Defense Highway, Ste. 300, Annapolis; 410-881-3487; allstarpainmanagement.com

#### PHYSICAL MEDICINE (PAIN MANAGEMENT)

*Dealing with the diagnosis and treatment of chronic pain.*

**Dr. Brian Kahan\***

The Kahan Center for Pain Management; 2002 Medical Parkway, Ste. 150, Annapolis; 410-571-9000; thekahan-center.com

**PLASTIC SURGERY (ENHANCEMENT)**

*Dealing with modifying or improving the appearance of a physical feature using the techniques of plastic surgery.*

**Dr. James Chappell\***

Annapolis Plastic Surgery; 2002 Medical Parkway, Ste. 215, Annapolis; 888-283-4768; annapolisplasticsurgery.com

**Dr. Tripp Holton**

AAMG Plastic Surgery; 2000 Medical Parkway, Ste. 603, Annapolis; 443-481-3400; aamgplasticsurgery.com

**Dr. Chris Spittler**

Plastic Surgery Specialists; 2448 Holly Avenue, Ste. 400, Annapolis; 410-841-5355; plasticsurgeryspec.com

**PLASTIC SURGERY (FACIAL)**

*Dealing with plastic and reconstructive surgery of the face, nose, head, and neck.*

**Dr. Bryan Ambro\***

Annapolis Plastic Surgery; 2002 Medical Parkway, Ste. 215, Annapolis; 888-283-4768; annapolisplasticsurgery.com

**Dr. Henry Sandel\***

Sandel Duggal Center for Plastic Surgery; 104 Ridgely Avenue, Annapolis; 410-266-7120; sandelduggal.com

**Dr. Devinder Singh**

AAMG Plastic Surgery; 2000 Medical Parkway, Ste. 603, Annapolis; 443-481-3400; aamgplasticsurgery.com

**Dr. Kelly Sullivan**

Sullivan Surgery & Spa; 130 Admiral Cochrane Drive, Ste. 300, Annapolis; 410-571-1280; sullivan-surgery.com

**PLASTIC SURGERY (RECONSTRUCTIVE)**

*Dealing with the restoration of appearance and function following injury or disease or the correction of congenital defects using the techniques of plastic surgery.*

**Dr. Tripp Holton\***

AAMG Plastic Surgery; 2000 Medical Parkway, Ste. 603, Annapolis; 443-481-3400; aamgplasticsurgery.com

**Dr. Devinder Singh\***

AAMG Plastic Surgery; 2000 Medical Parkway, Ste. 603, Annapolis; 443-481-3400; aamgplasticsurgery.com

**Dr. James Chappell**

Annapolis Plastic Surgery; 2002 Medical Parkway, Ste. 215, Annapolis; 888-283-4768; annapolisplasticsurgery.com

**PODIATRY**

*Dealing with the diagnosis, treatment, and prevention of diseases of the human foot.*

**Dr. Lyle Modlin\***

Annapolis Foot & Ankle; 43 Old Solomons Island Road, Ste. 102, Annapolis; 410-263-3100; annapolisfootandankle.com

**Dr. Ross Cohen**

The Foot and Ankle Center of Maryland; 808 Landmark Drive, Ste. 225, Glen Burnie; 410-761-3501; footanklecentermaryland.com

**Dr. Diane Lebedeff**

Joppa Foot Care; 273 Peninsula Farm Road, Ste. 2E, Arnold; 410-647-4534

**Dr. Lauren Newnam**

University Of Maryland Baltimore Washington Medical Center; 203 Hospital Drive, Ste. 201, Glen Burnie; 410-553-8170; mybwmc.org

**PRIMARY CARE MEDICINE**

*Provides first-contact care for persons with any undiagnosed sign, symptom, or health concern and comprehensive care for the person which is not organ- or problem-specific.*

**Dr. Andrew McGlone\***

Annapolis Primary Care; 2002 Medical Parkway, Ste. 670, Annapolis; 443-481-1150; myaamg.org/annapolis-primary-care

**Dr. Patrick Canon**

Annapolis Primary Care; 2002 Medical Parkway, Ste. 670, Annapolis; 443-481-1150; myaamg.org/annapolis-primary-care

**PSYCHIATRY**

*Dealing with the science and practice of treating mental, emotional, or behavioral disorders.*

**Dr. Milena Smith\***

Milena H. Smith MD; 716 Giddings Avenue, Ste. 33, Annapolis; 443-926-9138

**Dr. Melissa Wellner\***

AAMG Mental Health Specialists; 2635 Riva Road, Ste. 108, Annapolis; 410-573-9000; aamgmentalhealthspecialists.com

**Dr. Nancy Wheeler\***

Nancy C. Wheeler, M.D., P.A.; 133 Defense Highway, Ste. 114, Annapolis; 410-266-9181; nancywheelermd.com

**PULMONOLOGY**

*Dealing with the function and diseases of the lungs.*

**Dr. Ira Weinstein\***

Annapolis Asthma Pulmonary Sleep Specialists; 2000 Medical Parkway, Belcher, Ste. 607, Annapolis; 410-266-1644; annapolispulmonary.com

**Dr. Aimee Yu**

Annapolis Asthma Pulmonary Sleep Specialists; 2000 Medical Parkway, Belcher, Ste. 607, Annapolis; 410-266-1644; annapolispulmonary.com

**RADIATION ONCOLOGY**

*Dealing with the use of radiation in the treatment of disease.*

**Dr. Angel Torano\***

Annapolis Radiology Associates; 2002 Medical Parkway, Ste. 235, Annapolis; 410-266-2770; annapolisradiology.com

**Dr. Luqman Dad**

Annapolis Radiology Associates; 2002 Medical Parkway, Ste. 235, Annapolis; 410-266-2770; annapolisradiology.com

**Dr. Mitch Oh**

Chesapeake Hematology Oncology Associates; 305 Hospital Drive, Ste. 2A, Glen Burnie; 410-761-9896; cohamed.org

**Dr. Mary Young**

Annapolis Radiology Associates; 2002 Medical Parkway, Ste. 235, Annapolis; 410-266-2770; annapolisradiology.com

**RADIOLOGY**

*Dealing with the science of X-rays and other high energy radiation, especially in the use of such radiation for the treatment and diagnosis of disease.*

**Dr. David Todd\***

Annapolis Radiology Associates; 2002 Medical Parkway, Ste. 235, Annapolis; 410-266-2770; annapolisradiology.com

**RHEUMATOLOGY**

*Dealing with rheumatic diseases or any of the various conditions characterized by inflammation or pain in muscles, joints, or fibrous tissue.*

**Dr. Ashu Mehta\***

Anne Arundel Rheumatology; 1655 Crofton Boulevard, Ste. 101, Crofton; 443-292-4872; annearundelrheumatology.org

**Dr. Ashok Jacob**

Annapolis Rheumatology; 166 Defense Highway, Ste. 200, Annapolis; 410-897-1941; arheum.com

**GENERAL SURGERY**

*Dealing with diseases and conditions requiring or amenable to operative or manual procedures.*

**Dr. Gina Massoglia\***

Chesapeake Surgical Associates; 2009 Tidewater Colony Drive, Annapolis; 410-571-9499; chesapeake-surgery.com

**Dr. Vincent Sayan**

Arundel Ambulatory Surgery Center; 621 Ridgely Avenue, Suite 101, Annapolis; 410-224-4404

**THORACIC SURGERY**

*Dealing with the repair of organs located in the thorax or chest.*

**Dr. Stephen Cattaneo\***

AAMC Thoracic Surgery; 2003 Medical Parkway, Ste. 301, Annapolis; 443-481-3300; aahs.org

**Dr. Avedis Meneshian**

AAMC Thoracic Surgery; 2003 Medical Parkway, Ste. 301, Annapolis; 443-481-3300; aahs.org

**Dr. Galen Ohnmacht**

University Of Maryland Baltimore Washington Medical Center; 305 Hospital Drive, Ste. 304, Glen Burnie; 410-553-8150; mybwmc.org

**UROLOGY**

*Dealing with the urinary or urogenital organs.*

**Dr. Robert Hanley\***

Anne Arundel Urology; 600 Ridgely Avenue, Ste. 222 & 223, Annapolis; 410-266-8049; aaurology.com

**Dr. David McDermott Jr.**

Anne Arundel Urology; 600 Ridgely Avenue, Ste. 222 & 223, Annapolis; 410-266-8049; aaurology.com

**Dr. David McDermott Sr.**

Anne Arundel Urology; 600 Ridgely Avenue, Ste. 222 & 223, Annapolis; 410-266-8049; aaurology.com

**Dr. Steven Rock**

Anne Arundel Urology; 600 Ridgely Avenue, Ste. 222 & 223, Annapolis; 410-266-8049; aaurology.com

**VASCULAR SURGERY**

*Dealing with a tube or a system of tubes for conveyance of body fluids, such as blood vessels.*

**Dr. Mark Peeler\***

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Ste. 520, Annapolis; 410-571-8430; medstar-health.org

**Dr. Marshall Benjamin**

University Of Maryland Community Medical Group; 301 Hospital Drive, Glen Burnie; 410-553-8300; mybwmc.org

**BACK PAIN**

*A common, painful condition affecting portion(s) of the spine.*

**Dr. Timothy Burke\***

Anne Arundel Medical Center Spine Center; 2000 Medical Parkway, Ste. 605, Annapolis; 410-943-2322; aahs.org

**Dr. Chad Patton**

Chad Patton MD MS- Spine Surgeon; 2000 Medical Parkway, Annapolis; 410-267-5584; drchadpatton.com

**BREAST CANCER**

*A cancer that forms in the cells of the breasts.*

**Dr. Lorraine Tafra\***

AAMC Breast Center; 2000 Medical Parkway, Ste. 200, Annapolis; 443-481-5300; aahs.org/breast

**Dr. Robert Buras**

AAMC Breast Center; 2000 Medical Parkway, Ste. 200, Annapolis; 443-481-5300; aahs.org/breast

**Dr. Cynthia Drogula**

University of Maryland Community Medical Group-Aiello Breast Center; 203 Hospital Drive, Ste. 100B, Glen Burnie; 410-553-8351; mybwmc.org

**IRRITABLE BOWEL SYNDROME**

*An intestinal disorder causing pain in the belly, gas, diarrhea, and constipation.*

**Dr. Suzanne Sankey\***

Anne Arundel Gastroenterology Associates, P.A.; 820 Bestgate Road, Ste. 2A, Annapolis; 410-224-2116; aagastro.com

**Dr. Mark Flasar**

Anne Arundel Gastroenterology Associates, P.A.; 820 Bestgate Road, Ste. 2A, Annapolis; 410-224-2116; aagastro.com

**LYME DISEASE**

*A tick-borne illness caused by the bacterium Borrelia burgdorferi.*

**Dr. William Vickers\***

Mid-Atlantic Health Institute; 1460 Ritchie Highway, Ste. 211, Arnold; 443-714-8975; midatlanti-healthinstitute.com

**Dr. David Barnes**

Annapolis Infectious Disease; 1127 West Street, Annapolis

**MACULAR DEGENERATION**

*An eye disease that causes vision loss.*

**Dr. Tamara Fackler\***

Chesapeake Eye Care & Laser Center, P.C.; 2002 Medical Parkway, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

**Dr. Deborah Reid**

The Retina Group of Washington; 2002 Medical Parkway, Ste. 450, Annapolis; 410-224-6680; rgw.com

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**Dr. David Anderson\***

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**S**ince 1990, Dr. Stephen Labbe has earned a reputation for providing the most skilled, patient-focused, and advanced orthodontic treatment in the area. As a matter of fact, his is one of only three practices in the State of Maryland that was invited to be a member of the prestigious Schulman Group, a national organization comprised of the top 125 Orthodontic Practices in North America! Dr. Labbe – along with his friendly and knowledgeable staff is completely committed to your comfort, health, and happiness.

We believe that your treatment is MORE than just orthodontics – it's about your total experience. So, we go far beyond basics to make your visits fun, rewarding, and memorable! And, we'll collaborate with your family dentist every step of the way to ensure you receive the best orthodontic care possible. We'll have a lot of fun, but we're serious about your smile!

## WHO I AM

### 1. WHAT'S YOUR GREATEST ACHIEVEMENT?

I was the first one in my family who not only went to college; but I graduated from Dental School and my Orthodontic Program with Honors. Then, not even 10 years later, I was voted by fellow colleagues as the Best Orthodontist in The first What's Up? Best of Annapolis.

### 2. WHAT DO YOU ENJOY THE MOST OUTSIDE OF THE OFFICE?

It sounds a bit cliché; but I really do have fun with my family. I couldn't be more proud of our kids. I thoroughly enjoy watching my daughter play lacrosse and I'm so proud of my son who is going off to college to the University of Tampa. He has such a fun-loving personality and always cracks us up! My wife and I really enjoy getting out on the water on when we can and discovering new destinations.



## CONNECT

Annapolis | Bowie | Crofton | Greenbelt

410-267-7300 | [www.LabbeFamilyOrtho.com](http://www.LabbeFamilyOrtho.com)



# ANNAPOLIS MEDICAL WEIGHT LOSS

DR. DAVID ANDERSON

**D**r. David Anderson sees the growing obesity epidemic as a health crisis. For nearly two decades as a family physician, he remembers treating high blood pressure, diabetes, and cholesterol issues. Realizing that these medical problems were often related to excess weight, he felt uniquely qualified to help those suffering from severe health issues due to obesity or those just looking to lose 10-20 pounds.

The non-surgical, one-on-one physician-directed program at AMWL offers strategies unavailable through commercial programs. "With my primary care experience, I can often decrease or even discontinue medications during weight loss. My patients love that." He communicates any changes with their other physicians. Using Body Composition technology, Dr. Anderson can accurately measure how many calories each patient burns in a day, and individually predict their amount and rate of weight loss. His caring and compassionate team helps guide and encourage each patient along their journey to better health.

## WHO I AM

### 1. WHAT'S NEW IN OUR OFFICE

WarmSculpting – SculpSure. This non-invasive laser body contouring treatment now provides the perfect complement to our weight loss practice, enabling us to individually target persistent areas of fat in trouble spots.



### ABOUT DR. ANDERSON

Dr. Anderson received his MD degree from Thomas Jefferson University in Philadelphia and completed his residency training at the University of Connecticut. During his first 16 years of practice, he served the Annapolis community as a family physician. In 2008, he opened Annapolis Medical Weight Loss to devote his skills solely to helping patients achieve better health through medically-supervised weight loss and maintenance. Dr. Anderson is board certified in both Obesity Medicine and Family Medicine.



### CONNECT

2401 Brandermill Blvd., Suite 360  
@Waugh Chapel  
Gambrills, MD 21054  
410-721-9862

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



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MAGDA RODRIGUEZ, Psy.D.

SHANNON SENEFELD, Psy.D.

**C**PE Clinic, LLC is comprised of leading psychiatrists and psychologists whose clinical expertise is built on years of research, teaching, and treating patients to deliver comprehensive clinical care in the field of mental health. We treat adults, adolescents, and children. Patients often find us after being treated by other providers without progress or improvement. Our providers leverage their expertise with their patients in attention, anxiety, OCD, behavior problems, learning and development challenges, mood disorders, bi-polar disorder, PoTs/ Dysautonomia and Tourette's. We spend our time not only diagnosing and treating but educating and enabling our patients to move forward.

People we treat emerge as stable, more resilient, and successful in their pursuits. They lead happier home lives, perform better academically, professionally, and socially. In our care, patients change the course of their lives by managing and improving their mental health.

To our referral sources and our patients; we appreciate being voted "Best of" again this year. Thank you.

## WHO WE ARE

- 1. WHY DO PEOPLE SEEK US OUT FOR MENTAL HEALTH SOLUTIONS?**

We often receive referrals from current patients, other therapists, and psychiatrists, pediatricians and pediatric specialists, hospitals, school personnel, etc. who trust us and appreciate our results in other cases. They are often looking for specific expertise - for instance, recognizing and treating OCD; DBT groups for teenagers or adults struggling with emotional distress; behavioral problems in children; social skill development in teens and tweens; or thoughtful medication management in children, adolescents, or adults.
- 2. WHAT IS THE MOST CHALLENGING THING ABOUT WORKING IN MENTAL HEALTH?**

People do not know what to expect from a psychologist or a psychiatrist. Most people assume that mental health challenges only happen to 'some' people. When they find themselves affected, it can take time finding someone to trust in developing a diagnosis and treatment plan.
- 3. WHAT MAKES YOUR APPROACH TO MENTAL HEALTH DIFFERENT?**

We have a great group of professionals who are smart, very well-trained, compassionate and are committed to helping people. We consult with each other, collaborating as often as we can. We want to understand our patients, we want them to get better, we want them to live their lives and then send us postcards years later about how well they are doing. And we do get those updates!
- 4. WHAT QUESTION IS ASKED MOST OFTEN ABOUT MEDICATION AND MENTAL ILLNESS?**

People often think of medication as the last option, to be used when other interventions have failed. Some psychiatric symptoms and disorders improve quickly with the proper medication at the right dose, which then allows a patient to either go back to their lives or access other therapeutic interventions more effectively. We know about the medications we use and we inform the patients and families about the medications, how we will monitor them as well as how and when to discontinue them.



## CONNECT

410-979-2326 • [www.cpeclinic.com](http://www.cpeclinic.com)  
Annapolis, Baltimore, Columbia



# THE PEDIATRIC DENTAL SPECIALISTS

SCOTT M. LAWRENCE, DDS, MS

JEN FAN WENG, DDS

**P**assion for Pediatric Dentistry. Compassion for our Patients. Peace of Mind for their Parents. Dr. Scott Lawrence and Dr. Jen Fan Weng provide comprehensive pediatric dental care in a manner that nurtures the patient and educates the parents. We spend the time that is necessary to treat patients from infancy through their college years. On the other end, we explain what we will do, to the parents, to allay their fears and anxieties. We want the dental appointment to be an event that the child and their parents look forward to.

Dr. Weng is a board certified pediatric dental specialist and our facility has received special certification to allow her to safely perform oral conscious sedation for patients in need. She provides all aspects of restorative dentistry, including SDF, which provides a conservative option for treating extensive tooth decay. Dr. Weng also performs extractions of primary and permanent teeth. Dr. Lawrence, better known by his first name, "Dr. Scott", provides comprehensive orthodontic care to our patients. As a pediatric dental specialist, he utilizes his knowledge of growth and development to align teeth and enhance facial symmetry. By providing comprehensive orthodontic care along with restorative treatment and bi-annual dental cleanings, we are your comprehensive care solution for all your child's dental needs.

Please visit our website at [tpdsdds.com](http://tpdsdds.com) to see what others are saying about us...

## WHO WE ARE

### 1. WHAT DO YOU FEEL IS SPECIAL ABOUT YOUR PRACTICE?

We develop relationships with our patients and their families. When there is trust between the child, parent and dentist, everyone has a superior experience.

### 2. WHAT IS THE MOST FULFILLING ASPECT OF YOUR COMMITMENT TO YOUR PROFESSION?

We love that the profession of dentistry allows us the ability to give back to those in need. We enjoy the challenges and rewards of managing patients with special needs and behavioral difficulties. We are also blessed to be able to participate in dental outreach such as the Maryland Mission of Mercy.



### ABOUT DR. SCOTT LAWRENCE

Dr. Scott Lawrence received a B.S. degree in Math/Biology from Wake Forest University in 1983. He graduated from West Virginia University School of Dentistry in 1987. Dr. Scott received his certificate in Pediatric Dentistry from Columbus Children's Hospital along with a Master's Degree in Pediatric Dentistry from The Ohio State University in 1989. He and his wife Kathy, have one son, Brent. Dr. Lawrence's interests include running, swimming, fantasy football and spending time with his family.



### ABOUT DR. JEN FAN WENG

Dr. Jen Fan Weng graduated from Loyola College in Baltimore with a B.S. degree in Biology. She is a 1993 graduate of the University of Maryland School of Dentistry. Dr. Weng then completed her pediatric dental specialty training at Children's Hospital in Pittsburgh. She has been practicing in Maryland since 1996 and joined Dr. Lawrence in 2001. Dr. Weng is a board certified pediatric dental specialist. She enjoys exploring places, near and far, and spending time with family and friends.



### CONNECT

301-262-0242

16900 Science Drive, #115  
Bowie, MD 20715

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



# DR. ZIAD BATROUNI

MARYLAND ORAL SURGERY ASSOCIATES

**M**aryland Oral Surgery Associates (MOSA) offers the full scope of Oral and Maxillofacial Surgery with an emphasis on dental implants, permanent teeth in a day, extractions (including wisdom teeth), bone grafting, cosmetics, oral pathology, facial reconstruction, and in-office Intravenous Sedation and General Anesthesia. MOSA of Annapolis and Crofton offer Teeth-in-a-Day solution for failing dentition. This utilizes the latest 3-D imaging for treatment planning and implant placement. In the vast majority of cases patients will leave with a full set of teeth, and will be able to function immediately with minimal dysfunction to their daily routine. MOSA also offers cosmetic procedures including cheek and chin implants, facial liposuction, and cosmetic injectables (Botox, Juvederm, and Voluma). Voluma is a new cosmetic procedure that adds volume to the apples of your cheeks, giving the appearance of an instant facelift. The MOSA team is happy to be a part of the Crofton/Annapolis community, providing top quality Oral and Maxillofacial Surgery.

## WHO I AM

### 1. BIGGEST CHALLENGE YOU'VE OVERCOME

My second daughter was diagnosed with type 1 diabetes at 15 months old. It was definitely a challenge to take care of a young child with a highly restrictive diet, daily injections, and blood sugar checks. She's now in 5th grade and has developed into a strong, smart, and confident child.



### ABOUT DR. BATROUNI

Dr. Ziad Batrouni, joined Maryland Oral Surgery Associates in 2006. He received his B.A. in Biochemistry from Virginia Tech and his Doctor of Dental Surgery Degree from Northwestern University Dental School. Dr. Batrouni completed his internship and residency in Oral and Maxillofacial Surgery at the New York Presbyterian Hospital, Cornell University Medical Center. Dr. Batrouni is a Board Certified Oral and Maxillofacial Surgeon, and a Diplomate of the National Dental Board of Anesthesiology. Dr. Batrouni is Vice Chairman of the Department of Oral and Maxillofacial Surgery at Anne Arundel Medical Center, as well as a clinical instructor at the Washington Hospital Center.



### CONNECT

Annapolis & Crofton  
410-897-0111 | 410-721-0700  
mosa4os.com



# BAYSIDE KIDS DENTAL

KENNY AND SARRAH ZAMORA, D.M.D

**B**ayside Kids Dental is the result of Dr. Kenny and Dr. Sarrah's shared vision to create something special together as a lasting contribution to the community they love. They practice a preventive model of dentistry, where they have a philosophy to treat their patients the same way they would treat their own family. When they are not at the office, you can always find them out supporting local events and charities, they are proud to be helping support Sarah's House by providing much needed dental care to the residents; they are excited to be 'working together to create future smiles.'

## WHO WE ARE

### 1. HOW DID YOU TWO MEET?

We met in dental school. We spent many long hours together helping each other get through school. We were dating 8 years before finally getting married in 2014.

### 2. WHAT EXCITES YOU MOST ABOUT THE FUTURE OF YOUR PRACTICE?

We are unsure if we could choose just one thing; everything is so exciting about our brand-new state of the art office. But, if we had to choose just one, it's definitely the patients and the relationships we get to build with them and our community.



### ABOUT THE DOCTORS

Dr. Kenny and Dr. Sarrah both completed their dental training at University of Pittsburgh School of Dental Medicine. Dr. Kenny specialized in pediatrics at the University of Southern California, where he trained extensively in the administration of oral sedation, the treatment of children under general anesthesia, and providing care for individuals with special healthcare needs. He is a diplomate of the American Board of Pediatric Dentistry. Dr. Sarrah completed an AEGD Residency at Bolling Air Force Base in Washington, D.C. She spent the remainder of her USAF career at Shaw Air Force Base. She holds professional membership in the American Academy of Pediatric Dentistry and has completed numerous hours of continuing education honing her skills with a focus on children and adolescents. In their spare time, they enjoy traveling, the outdoors, and spending time with their two dogs, Twix and Snickers.



### CONNECT

1350 Blair Drive, Suite I  
Odenton, MD 21113  
443-698-8180  
[www.baysidekidsdentist.com](http://www.baysidekidsdentist.com)



WHATS UP? MEDIA  
**TOP  
DENTISTS**  
ANNE ARUNDEL

# ODENTON STATION DENTISTRY

DR. APRIL CALTON

**D**r. April Calton strives to offer her patients a comfortable and state-of-the-art atmosphere with leading technology, creating an environment similar to home. She is prepared to accommodate each of her patients, whether relaxed in the dental chair or patients with deep-seated anxiety. She opened Odenton Station Dental, her second practice, in January 2013. This practice is continually growing and Dr. Calton is very proud to work alongside Dr. Cherry, Dr. Worm, Dr. Gates and pediatric dentist, Dr. Buckle. Upon entering the offices, patients are welcomed by her caring staff and offered water and snacks, as well as massaging chairs and television in each operator. In addition to her dedication to patients, Dr. Calton maintains a skilled, professional staff who engage in countless hours of annual continuing education. Dr. Calton and her team pride themselves on their clinical expertise, patient satisfaction, and genuine commitment to patient care.

## WHO I AM

**1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?**

My wonderful team.

**2. WHAT ALTERNATIVE OCCUPATION WOULD YOU CHOOSE?**

To be one of the Real Housewives.

**3. COOK AT HOME OR DINE OUT?**

I love cooking at home and dining out! My favorite food is definitely crab – I'm a Maryland girl!

**4. WHAT DOES FAMILY MEAN TO YOU?**

Bliss and chaos.

**5. FAVORITE MUSIC/BANDS**

Pitbull and Latin Dance music.

**6. WHAT IS YOUR PERSONAL MANTRA?**

Work hard, play hard.



### **ABOUT DR. CALTON**

Dr. Calton attended the prestigious New York University College of Dentistry and completed her residency in Anesthesiology at Kingsbrook Medical Center in Brooklyn. She has been practicing dentistry for more than 18 years. Dr. Calton holds memberships in the American Dental Association, Maryland Dental Association, and the Academy of General Dentistry. She is committed to putting her patients first by keeping abreast of the rapidly changing dental profession.



### **CONNECT**

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

410-874-2222  
odentonstationdental@gmail.com

odentonstationdental.com

# Q&A

## QUESTIONS AND ANSWERS WITH THE AREA'S TOP MEDICAL PROFESSIONALS



**Q:** When is the correct time to take dental x-rays on a child?

**A:** Each patient and every situation is unique. It is our responsibility to use our training and experience to develop an appropriate protocol

for each and every patient. *"To see is to know...Not to see is to guess...We prefer not to guess about your child's health."*

**DR. SCOTT LAWRENCE & DR. JEN FAN WENG**  
The Pediatric Dental Specialists



**Q:** Are baby teeth really that important to my child?

**A:** Primary, or "baby," teeth are important for many reasons. Not only do they help children speak clearly and chew

naturally, they also aid in forming a path that permanent teeth can follow when they are ready to erupt.

**DR. KENNY ZAMORA, D.M.D.**, Bayside Kids Dental



**Q:** How do you know when you need to help from a psychiatrist?

**A:** We all have our bad days. One of the challenges of managing mental health is knowing when you should seek help. I encourage people to look out for the

two D's: distress and dysfunction. Is a child thriving? Are they accepting age-appropriate challenges and exhibiting age-appropriate resilience? Are they acting like their usual selves? A concerning behavior might not be constant—a child may seem well-adjusted at home but not at school, or vice versa—but it is often chronic. These questions apply to adults as well. A good mental health professional can diagnose a potential problem with a thorough clinical evaluation. Addressing and treating mental health can change the course of a life.

**DR. STEPHANIE STREB, CPE** Clinic



**Q:** I have many missing teeth and I've tried partials which haven't helped at all. What can be done for me?

**A:** The best solution for your situation is dental implants. Implants are a tooth root substitute made of titanium that attaches into the jaw bone creating a stable foundation

for solid, new teeth. This means your new teeth feel, look, and perform like natural teeth. Because there are no longer any painful stresses put on your gum tissues, denture and partial pain is completely eliminated. The best news is that the 'New Teeth in One Day™' Dental Implant procedure takes you from a situation with missing or hopeless, problem teeth to having new, comfortable, stay-in the mouth teeth that look great on the very same day as surgery.

**KIAN DJAWDAN, DMD**, Djawdan Center for Implant & Restorative Dentistry



**Q:** Help! Why am I suddenly gaining weight at 50, when I haven't changed what I do?

**A:** There are multiple factors at work that can contribute to this. As we age, muscle mass tends to decrease

(especially if exercise habits diminish), which slows metabolism. For this reason, our calorie needs decrease about 5 percent every 10 years. Stress hormones, and in women the hormonal changes of menopause, can work against you by increasing appetite. Medications can also impact your weight. The good news is that there are certainly things you can do to maintain or even lose weight. A medical weight loss plan can devise effective strategies and the appropriate calorie balance for you to achieve and maintain your healthy goals.

**DAVID ANDERSON, MD**, Annapolis Medical Weight Loss



**Q:** Some direct-to-consumer orthodontic companies make treatment sound so easy and after so many months - straight teeth! What else should I be concerned about?

**A:** Orthodontics is more than just the movement of the part of teeth you can see. X-rays of your teeth and jaw are

crucial so the doctor can see what the naked eye can't. A clinical exam of your jaw alignment, and the relationship of your teeth to your skeletal structure is imperative. What if there were an issue during treatment? Who would you contact that would care about your health and end-result?

Remember! Orthodontics isn't a product - it's a professional, medical **service**. When your care is supervised by an orthodontist, you are assured that your orthodontist spent 2-3 more years studying beyond dental school.

**DR. STEPHEN LABBE, DDS**, Labbe Family Orthodontics



**Q:** What happens after a tooth is extracted?

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

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

**ZIAD BATROUNI, DDS**, Maryland Oral Surgery Associates



**Q:** Is my dental work going to hurt?

**A:** I always let my patients know that I am good at alleviating fear and doing a painless injection with a very strong topical anesthetic. My goal is to make the patient feel as comfortable as possible.

**DR. APRIL CALTON**, Odenton Station Dentistry

**LEADING HEALTHCARE  
PROFESSIONALS 2019-2020**

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

**WHAT'S UP? MEDIA**  
TICKETS MAGAZINES EVENTS



## Dr. Yudhishtira Markan

Chesapeake Oncology Hematology Associates

Dr Yudhishtira Markan specializes in both Hematology and Medical Oncology. He received his medical degree from Government Medical College, Punjabi University, India and completed his internship and residency in internal medicine at Prince George's Hospital Center and his fellowship in Hematology and Medical Oncology at Washington Hospital Center, Georgetown University in Washington DC. He is board-certified in Internal Medicine and Medical Oncology and has been treating patients with cancer and blood diseases since 1994.

Dr. Markan has been named one of the "Top Docs" by What's Up? Annapolis Magazine. Dr. Markan treats patients with all forms of cancer, maintaining a particular interest in breast, lung, gastrointestinal cancers, lymphomas and leukemia. He takes great pride in providing personalized compassionate care to each patient. He is a member of the American College of Physicians, American Society of Clinical Oncology and Maryland Society of Clinical Oncologists.

He currently sees patients at the Tate Cancer Center in our Glen Burnie office.

## REVIEWS

"He is a great doctor, so caring about his patients, never rushes my appointment, and takes time to make sure you understand what is going on. I would recommend him to all my friends and family. He is number one in my book."  
– Gretchen smith in Odenton, MD | Aug 14, 2017

"Since January 2017 I have been under the care of Dr. Markan for a diagnosis of small cell cancer of the left lung. Dr. Markan is always patient, explains treatment options, and most importantly listens to the patient. Being under his care at the Tate Cancer Center I received what can only be described as "top tier" medical care delivered with caring and compassion. Dr. Markan not only cares for his patients but also cares about them as people and my cancer is now in remission." – Patient | 2018



### Tate Cancer Center

305 Hospital Drive 2nd Floor • Glen Burnie, MD 21061 • 410-761-9896  
[www.cohamed.com](http://www.cohamed.com)

# 2019 Best Of Medical, Dental & Veterinary

## ANNAPOLIS & WEST COUNTY

THE BEST OF ANNAPOLIS AND WEST COUNTY'S MEDICAL, DENTAL, AND VETERINARY WINNERS ARE HERE. THANK YOU TO OUR LOYAL READERS WHO TOOK THE TIME TO VOTE FOR THE TOPS IN TOWN WHEN IT COMES TO HEALTH SERVICES. EARLIER THIS YEAR, WE CALLED UPON YOU TO WRITE-IN YOUR RECOMMENDATIONS IN MANY CATEGORIES. AFTER CAREFULLY VETTING BALLOTS FOR ANY DUPLICATES OR MULTIPLES ORIGINATING FROM ONE SOURCE (NO BALLOT STUFFING ALLOWED), WE ARRIVED AT THE RESULTING WINNERS. PLEASE ENJOY PERUSING *YOUR* LIST OF WHO'S BEST OF EASTERN SHORE AND CONSIDER EMPLOYING THEIR SERVICES. AND COMING IN OUR NOVEMBER ISSUE, WE'LL PUBLISH THE BEST OF BEAUTY & FITNESS RESULTS.

AND THE WINNERS ARE, FOR BEST...

## MEDICAL

### *Orthopedic Sports Medicine*

**Dr. Jeffrey Gelfand**  
AAMG Orthopedic & Sports Medicine Specialists  
2000 Medical Parkway, Ste. 101, Annapolis  
410-268-8862  
osmc.net

### *Seniors Physician*

**Dr. Aditya Chopra**  
Aditya Chopra M.D., PC  
600 Ridgely Avenue, Ste. 231, Annapolis  
410-266-8116  
adityachopramdpc.com

### *Occupational Therapy*

**Annapolis Children's Therapy Center**  
1911 Lincoln Drive, Annapolis  
410-573-1064  
annapolischildrenstherapy.com

### *Colon/Rectal Surgery*

**Dr. Mari Madsen**  
Annapolis Colon & Rectal Surgeons  
2002 Medical Parkway, Ste. 360, Annapolis  
410-573-1699  
annapoliscolon.com

### *Allergist*

**Dr. Jaime Olenec**  
Annapolis Ear, Nose & Throat Associates  
2002 Medical Parkway, Ste. 230, Annapolis  
410-266-3900  
annapolisent.com

### *Orthopedic Hand Surgery*

**Dr. Tom Dennis**  
Annapolis Hand Center  
128 Lubrano Drive, Ste. 301, Annapolis  
410-544-4263  
annapolishandcenter.com

### *Neurologist*

**Dr. Brian Salter**  
Annapolis Neurology Associates  
122 Defense Highway, Ste. 210, Annapolis  
410-266-9694  
annapolisneurology.com

### *Gynecologist*

**Annapolis OB-GYN**  
2000 Medical Parkway, Ste. 304, Annapolis  
410-573-9530  
annapolisobgyn.com

### *Oncologist*

**Dr. Carol Tweed**  
Annapolis Oncology Center  
2003 Medical Parkway, Ste. 210, Annapolis  
443-481-4884  
myaamg.org

### *Pediatrician*

**Annapolis Pediatrics**  
200 Forbes Street, Ste. 200, Annapolis  
410-263-6363  
annapolispediatrics.com

### *Rhinoplasty*

**Dr. Bryan Ambro and Dr. James Chappell**  
Annapolis Plastic Surgery  
2002 Medical Parkway, Ste. 215, Annapolis  
888-283-4768  
annapolisplasticsurgery.com

### *Sleep Apnea/Snoring Treatment*

**Dr. Sam Pollina**  
Snoring and Sleep Apnea Treatment Center  
200 Westgate Circle, Ste. 106, Annapolis  
410-571-5138  
annapolisapneasolutions.archivereallife.com

### *Gastroenterologist*

**Dr. Suzanne Sankey**  
Anne Arundel Gastroenterology Associates  
820 Bestgate Road, Ste. 2A, Annapolis  
410-224-2116  
aagastro.com

### *Birthing Center*

**Anne Arundel Medical Center**  
2001 Medical Pkwy, Annapolis  
443-481-1000  
aahs.org

### *Orthopedic Knee Surgery*

**Dr. James MacDonald**  
AAMG Orthopedic & Sports Medicine Specialists  
2000 Medical Parkway, Ste. 101, Annapolis  
410-268-8862  
osmc.net

### *Orthopedic Hip Surgery*

**Dr. Paul King**  
Anne Arundel Orthopaedic Surgeons, P.A.  
2003 Medical Parkway, Ste. 400, Annapolis  
410-573-2530  
aaos.net

### *Rheumatologist*

**Dr. Ashu Mehta**  
Anne Arundel Rheumatology  
1655 Crofton Boulevard, Ste. 101, Crofton  
443-292-4872  
annearundelrheumatology.org

### *Urologist*

**Dr. Mara Holton**  
Anne Arundel Urology  
600 Ridgely Avenue, Ste. 222 & 223, Annapolis  
410-266-8049  
aaurology.com

### *Pharmacy*

**Arnold Professional Pharmacy**  
1460 Ritchie Highway, Arnold  
443-949-8373  
professionalpharmacygroup.com

### *Mammography*

**Bay Radiology**  
537 Baltimore Annapolis Boulevard, Ste. B, Severna Park  
410-544-3331  
bay-radiology.com

### *Apothecary (Compounding Pharmacy)*

**Cape Drugs**  
1384 Cape St. Claire Road, Annapolis  
410-757-3522  
capedrugs.com

### *Vascular Surgery*

**Dr. Mark Peeler**  
Cardiology Associates  
2002 Medical Parkway, Ste. 500, Annapolis  
410-573-6480  
cardiologyassociatespc.com

### *Dermatologist*

**Dr. Lisa Kates**  
Center for Dermatology and Skin Care of MD  
2200 Defense Highway, Ste. 201, Crofton  
410-451-5500  
dermofmd.com

### *Friendly Staff at a Doctor's Office*

**Dr. Lisa Kates**  
Center for Dermatology and Skin Care of MD  
2200 Defense Highway, Ste. 201, Crofton  
410-451-5500  
dermofmd.com

### *General Surgery*

**Dr. Gina Massoglia**  
Chesapeake Surgical Associates  
2009 Tidewater Colony Drive, Annapolis  
410-571-9499  
chesapeakeurgery.com

### *Cardiologist*

**Dr. Barbara Hutchinson**  
Chesapeake Cardiac Care  
888 Bestgate Road, Ste. 215, Annapolis  
410-573-9805  
ccardiac.com

### *Ophthalmologist*

**Dr. Maria Scott**  
Chesapeake Eye Care and Laser Center  
2002 Medical Parkway, Ste. 320, Annapolis  
410-571-8733  
chesapeakeeyecare.com

### *Oculoplastic Surgery*

**Dr. Orin Zwick**  
Chesapeake Eye Care and Laser Center  
2002 Medical Parkway, Ste. 320, Annapolis  
410-571-8733  
chesapeakeeyecare.com

### *Cosmetic Laser Eye Treatment*

**Dr. Maria Scott**  
Chesapeake Eye Care and Laser Center  
2002 Medical Parkway, Ste. 320, Annapolis  
410-571-8733  
chesapeakeeyecare.com

*Caring for the body, mind and spirit.*



**4**  
hospice  
of the Chesapeake  
*Celebrating Forty Years of Care*

Our team of caring professionals are focused on quality of life while living with advanced illness. It includes physicians, nurses, certified nursing assistants, social workers, counselors, chaplains, and trained volunteers working together to address a patient's physical, emotional, and spiritual needs. Unique to hospice, this holistic approach enables members of different disciplines to evaluate and provide feedback to the care plan. The team develops an individualized plan of care designed to meet each patient's needs for pain management and symptom control, while supporting his/her loved ones. We value and support the whole person rather than just treating the disease or symptoms.

Since 1979, Hospice of the Chesapeake has cared for more than 42,000 patients living with and affected by advanced illness and their families. We are honored and humbled to care for those in our community living with illness and loss.

We are happy to celebrate just one of our many teams, pictured above and listed to the right.

410-987-2003 • [hospicechesapeake.org](http://hospicechesapeake.org)

### *Your Team*

Eric Bush, MD, RPh, MBA, Chief Medical Officer  
Dana Neel, RN, Clinical Mgr  
Cindy Fleet, RN  
Laura Engasser, RN, BSN  
Abbey Ludeau, RN, BSN  
Jo-Anne Flanagan, RN, BSN  
Karen Crosby, RN, BSN  
Cassie Bloom, LCSW-C  
Racqueal Brown, LCSW-C  
Brian Madison, Chaplain  
Stacy Townes, CNA  
Bria Pankey, CNA  
Thomasina Mackall, CNA  
Latoya Mackall, CNA  
Brenda Bates, CNA  
Julia Brandenburg, CRNP  
Terri Fevang, Coordinator, Volunteer Svcs

*Supportive care when it's needed most.*



chesapeake  
palliative medicine

Has your journey with complex or advanced illness taken years to unfold? Or have you suddenly learned you have a new and serious diagnosis? It is hard to make sense of all the information you are hearing. We understand an unexpected diagnosis, or a prolonged illness, can be overwhelming and stressful for you and those who love you. Our goal is to support patients and their families as they navigate the complex healthcare system, work to reduce unnecessary suffering, help you define the goals of care that make sense for you and focus on improving quality of life.

Using a holistic patient-centered approach, our team of specially trained physicians, nurse practitioners, nurses, social workers and coordinators can help you make sense of what's happening, no matter what your illness.

We are honored and humbled by those who have chosen Chesapeake Palliative Medicine as part of their overall healthcare team.

443-837-1525 • [cpmedicine.org](http://cpmedicine.org)

### *Your Team*

Eric Bush, MD, RPh, MBA, Chief Medical Officer  
Stephanie Alston, Coordinator  
Jennifer Bowen, MSN-NP-C  
Julia Brandenburg, MSN, FNP-C  
Amy Brumme, CRNP, ACHPN  
Kaileigh Bunker, Coordinator  
Ryan Catan, Nurse Care Coordinator  
Jennifer Clark, MD, HMDBC  
Bill Copeland, MS, CRNP, ACHPN  
Katie Gast, MS, NP-C, CRNP, ACHPN  
Genevieve Lightfoot-Taylor, MSN, CFNP, ACHPN  
Patricia McMillan, MS, MHA, Director of Medical Svcs  
Dixie Poe, RN, MSN, MGA, CFNP  
Avis Queen, Liaison  
Gayle Schantzen, MD, CAQHMP, HMDC  
Megan Stidham, MSN, FNP-BC, ACHPN  
Heather Watson, Nurse Care Coordinator  
Jessica Whittemore, LCSW-C  
Rudolph Willis, MD

### *Lasers Skin Treatment*

**Dr. Haven Barlow**  
Chesapeake Plastic Surgery  
802 Bestgate Road,  
Ste. A, Annapolis  
410-224-2395  
barlowmd.com

### *Mental Health Services*

**CPE Clinic, LLC**  
130 Admiral Cochrane Drive, Ste. 103,  
Annapolis  
410-979-2326  
cpeclinic.com

### *Psychologist Therapy Practice*

**Dr. Magda Rodriguez**  
CPE Clinic, LLC  
130 Admiral Cochrane Drive, Ste. 103,  
Annapolis  
410-979-2326  
cpeclinic.com

### *Psychiatrist*

**Dr. Michael Labellarte**  
CPE Clinic, LLC  
130 Admiral Cochrane Drive, Ste. 103,  
Annapolis  
410-979-2326  
cpeclinic.com

### *Speech Therapy*

**Motion PT Group**  
645 Baltimore Annapolis Boulevard, Ste. 111,  
Severna Park  
410-544-2500  
motionptg.com

### *Sports Physical Therapy*

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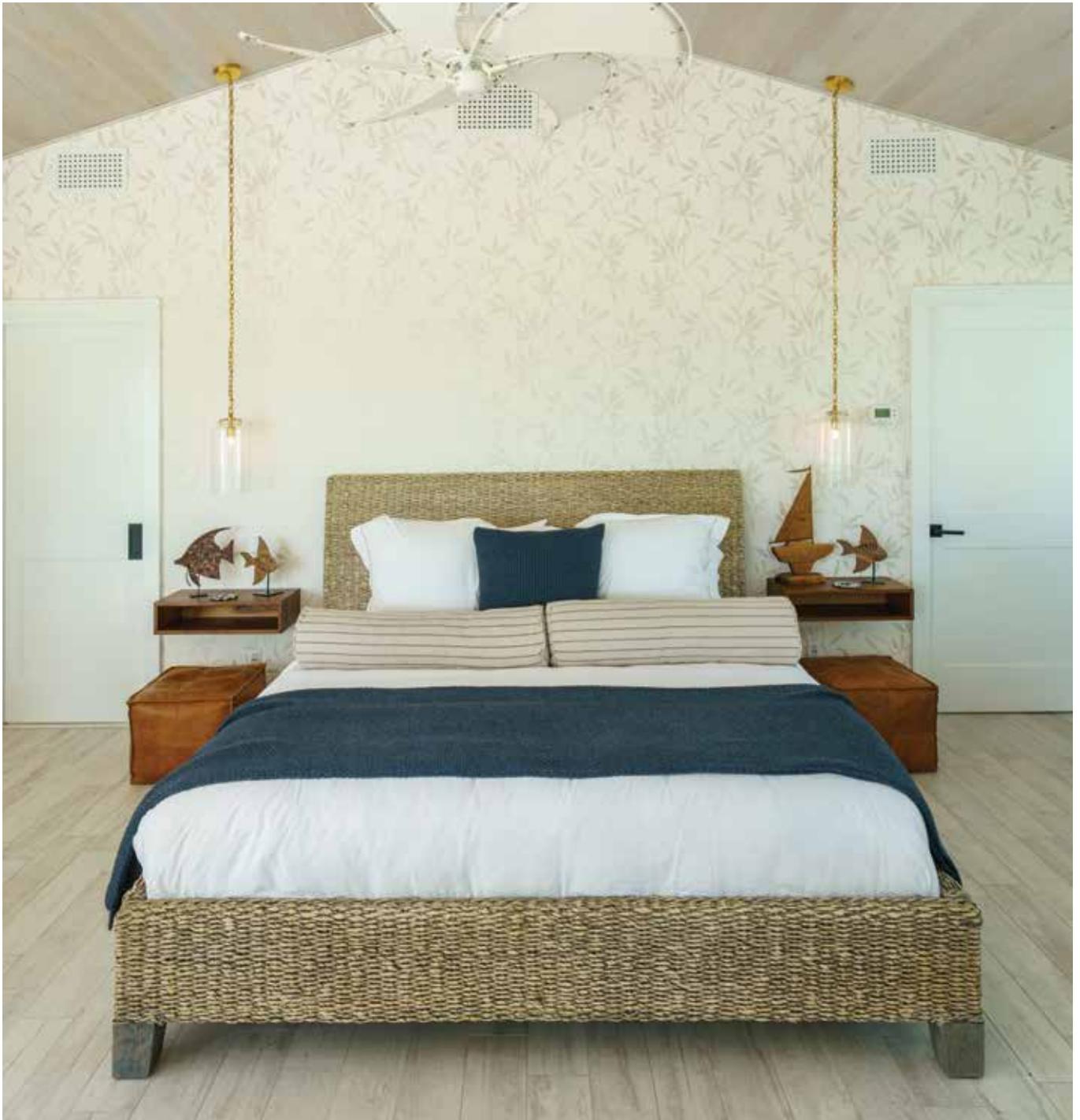
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# Home & Garden

+

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# SEASIDE A

*How a cottage guest house was renovated with coastal design, spa-like finishes, and maximum comfort in mind*

By James Houck | Photography by Stephen Buchanan  
and courtesy Purple Cherry Architects

**T**he before and after photos of this Grasonville guest house project say it all. Before: a cluttered and whimsical interior design with odd splashes of color, an abundance of mismatched décor, and underwhelming use of space. But after Cathy Purple Cherry and her architecture team met with homeowner Paul Klaassen to review the dwelling, ideas began to flow about how best to transform, utilize, and outfit the smaller of three buildings on the property—to enhance hospitality, functionality, and aesthetics. The goal: Make an amazing guest house for an amazing guest experience.

“I bought the property 30 years ago for a weekend home, as we were living in Washington, D.C.,” Klaassen explains. “And it was a weekend home for about 25 years, before becoming my permanent residence.”

Klaassen met Purple Cherry several years prior to this renovation, while he was bidding architects for an addition project on a property in Annapolis. “I found every experience with her to be wonderful,” he says. That job parlayed into renovation and addition work to the main house on the Grasonville property, which in turn led to the guest house, featured on these pages.



# ESTHETIC





“Our favorite feature of the property is how it was reimagined,” Klaassen says. “We completely changed the layout of the cottage. It had been built in the 1950s. And I had done a very simple, basic renovation of it [before this renovation]. Now, it’s our most popular place among guests to stay.”

Instrumental to the new layout of the cottage was its

spatial relationship to the peninsula views of Greenwood Creek and Eastern Bay, looking toward the Chesapeake Bay. “An important element that Cathy recommended was the addition of two large windows, facing the bay view,” Klaassen explains. “Oddly, the best [possible] view of the water from that guesthouse didn’t have windows. Now it does.”



Purple Cherry and Klaassen agreed that the feel of the cottage should evoke a seaside cottage. “Paul desired a coastal spa-like interior, which was implemented in the design,” Purple Cherry says.

“We chose the color palette because we felt grays and soft blues would do that beautifully,” Klaassen says in agreement. “And I think she [Cathy] was right.”

Additionally, Klaassen wanted a small-scale kitchen that would function well for long-term visiting guests. “We have fights over who gets to stay in this cottage,” Klaassen says with a laugh.

As for the creature comforts within, the furniture was selected from a variety of resources, both retail and trade vendors. “Paul wanted classic and clean lines, so we went to our go-to for upholstery—Lee Industries for the sofa,” Purple Cherry explains.





“The sofa sits atop a custom braided wool rug. The master bedroom cabinet and bed add texture and a modern element to the design. Our nautical twist is seen in the whitewashed rope side table, driftwood cocktail table, and pops of blue and white fabrics.

“The balance of masculine and feminine can be seen in the touches of iron in the console and the neutral floral wallpaper. Good design can be found anywhere and we

found it with the leather and metal counter stools.

“Overall best part of the design is how it makes you feel in the space,” Purple Cherry says. “The neutral and cohesive palette with the varying textures and materials has a calming effect that instantly puts you at ease.”

Klaassen agrees. “We call it the ‘Happy Cottage.’ That’s the new name it got after the renovation was complete.”



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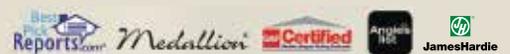
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GARDEN DESIGN

# Doing What We Can to Improve the Environment

REPLACING LAWNS WITH PONDS, RAIN GARDENS, AND ROCK GARDENS

By Janice F. Booth

Our lovely, lush, green lawns contribute significantly to the Chesapeake Bay pollution. The Chesapeake Bay Foundation (CBF) continues to raise the alarm on the dire condition of the Bay. In a recent report, CBF noted, “Computer modeling by the Chesapeake Bay Program suggests 9 million more pounds of nitrogen will wash into the bay due to climate change and 500,000 pounds of phosphorous.” Much of that excess nitrogen and phosphorous comes as run-off from residential lawns.

We have good intentions. Most of us try to protect the earth, the oceans, the Chesapeake Bay, the streams that intersect our town and cities, and our own neighborhoods. Those of us who putter in the garden try to use less fertilizer, less weed killer, less watering, more mulching, more composting, more cultivation of indigenous plants—we keep looking for ways, small or large, to turn around those disheartening statistics on the pollution of the Chesapeake Bay watershed.

Perhaps instead of lamenting our guilt, we can tackle one significant source of pollution: our lush lawns. I can offer three interesting alternatives to grassy knolls and putting-green sod. Why not replace that green carpet with a **(1) pond** or a **(2) rock garden**? What about a pretty and practical **(3) rain garden**?

Wait! Why choose between the three? Why not replace your side yard with a rock

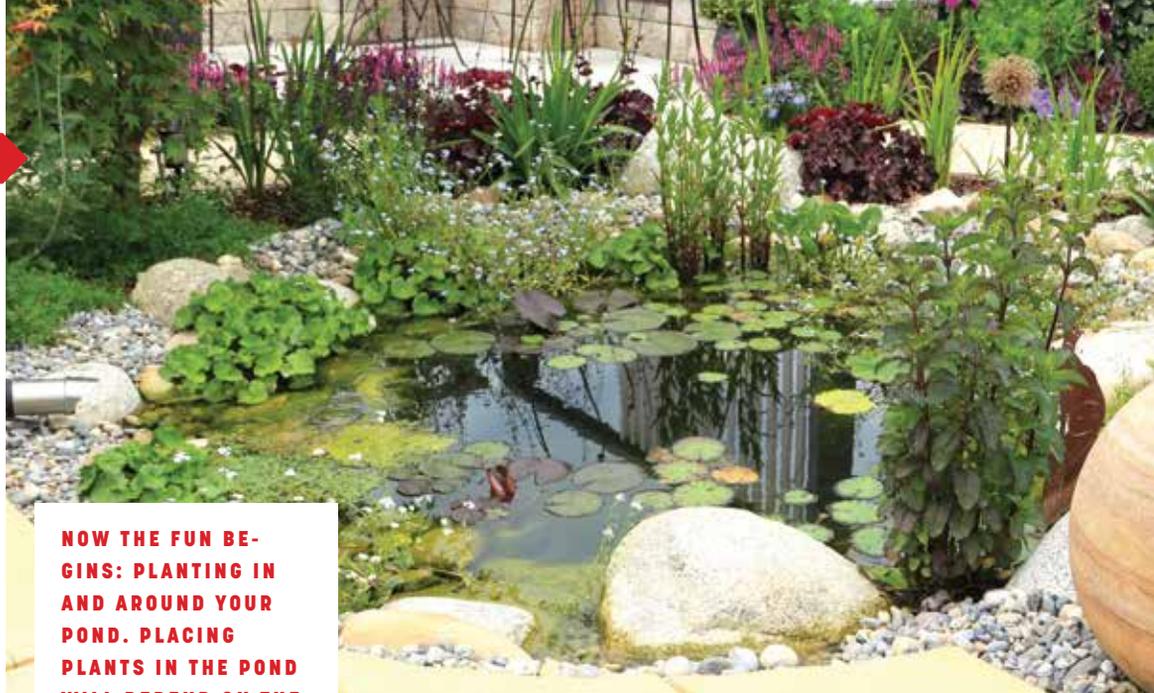
garden, find a shady spot in the front lawn for a soothing pond, and collect runoff with a rain garden just along the driveway’s edge? Those changes could reduce the onerous grass cutting and leaf raking chores significantly, and help the Bay as well. Imagine if each of us could diminish the amount of grass we grow by 25 or 50 percent; what a difference that would make in reducing excess nitrogen and phosphorous flowing into our water supply, as well as reducing the use of treated or aquifer water.

Just a little preliminary warning here: Unless you’re a weight lifter or a tri-athlete, I don’t recommend you try constructing these specialty gardens yourself. You can make the plan, perhaps even draw up a few design diagrams. Then, consult with your landscaper, landscape architect, or gardener to proceed with the actual scraping and digging, lining, and mounding.

# POND →

Let's begin with the pond. If you have a grassy area that is relatively free of tree roots and large shrubs, that may be the spot for a pond. You'll want to consider the size and depth of the pond you envision. To help with that visualization, use lightweight rope, cord, or even your garden hose to roughly layout the design and size of your pond on the location you've chosen. As you arrange the rope or hose, think about where the sun will hit your pond and for how long. (You may decide to stock your pond with goldfish or koi, and if you do, the fish will need some sunlight, but not such intense sunlight that your pond becomes a boiling pot for the little swimmers.) Also, will tall trees overhang your pond's location? Picking branches and leaves out of the pond could become annoying.

Now, maybe you're thinking, "If I'm trying to use natural plantings, less water, and less fertilizer, why would I want a pond? Won't that use *more* water?" Surprisingly, a pond uses little water. Once it's filled and you've installed a small bubbler to keep the water aerated, the pond will take care of itself. The movement and aeration created by the small bubbler will prevent the laying of mosquito larvae. Of course, you may want to install a fountain—fairly easy to accomplish—or a waterfall, a far more complex and demanding project. If your aeration system is working, you'll only need to top-off the pond's water level every three to four weeks. If possible, use unchlorinated water; plants, frogs, and fish will be happier and healthier.



**NOW THE FUN BEGINS: PLANTING IN AND AROUND YOUR POND. PLACING PLANTS IN THE POND WILL DEPEND ON THE SIZE AND DEPTH OF YOUR POND. THERE ARE FIVE TYPES OF PLANTS TO CONSIDER:**

**Deep water plants**, such as water lilies, are put in pots of clay soil topped by gravel or pebbles, then settled on the bottom of the pond. (Be sure that most of the plant's stalk and foliage are above water.)

**Submerged plants**, such as lotus, are entirely underwater, and only the leaves and blooms break the surface.

**Floating plants**, such as water hyacinth or water lettuce, need no soil. (Caution: these pretty, tiny guys look innocent, but before you know it they can choke out everything else in the pond. You'll have to keep a close eye and thin the plants without mercy.)

**Marginal plants**, such as irises, can live with their bulbs and roots submerged or planted in the soil near your pond. (They'll soften the edges of the pond so it appears the pond is a natural part of the landscape.)

**Bog plants**, such as cattails and spider plants, thrive in the mud. (Perfect if you have a spillway or drain from the pond where the soil remains pretty soggy.)

As much fun as it will be choosing entirely different qualities of the plants in and around your pond, consider that you may want to leave some open water, even if that's only a two-foot circle in the middle of the pond. The reflections in the water, the sparkles of sunbeams on the surface, the sight of dragonflies hovering—those are as lovely as the plants you've chosen.

Finally, try to leave at least one overhang, a flagstone or a sturdy branch that juts out over the water. You will find it lures the little songbirds to come and drink. If you're lucky, turtles and frogs may discover your pond, too. They'll all enjoy your little makeshift diving board.

# ROCK GARDEN

Now, what about the rock garden? This overlooked gem can provide the perfect solution for that too-sunny spot where the plants frequently fry, or mask that section of your property where the builder left so much rubble that no amount of mulch can coax shrubs or flowers to flourish.

Here, too, use that piece of hose or rope and lay out a shape that looks natural and the right size.

You might even have a rock garden about your pond, if the incline of the land allows. Here's where you'll need some strong backs





**AMONG THE PRETTY PLANTS THAT FLOURISH IN A ROCK GARDEN ARE:**

**Rock cress (Arabis):** They have pink or white spring blossoms and resist heat and drought. (Pinch the dead blooms to encourage the foliage.)

**Sedum:** These hardy dears come in a variety of colors and forms. Who can resist the hens and chicks? You can by “sedum tiles;” they’re pre-planted squares that you can simply lay over an area. (Maybe to camouflage that spot where you ran out of rocks that were just the right size.)

**Candy tuft:** These bloom white in the spring. They’re a bit taller, maybe four inches, and are unpopular with the deer—so you won’t be providing deer-buffets.

**Red creeping thyme:** These give you a showy addition to the rock garden. It’s tough and, when crushed, the leaves have a lovely fragrance.

**Decorative grasses** are also an option. I hesitate recommending these, however. The problem I’ve seen with the clumps of graceful grasses is that as they age, the center of the clump dies, and only the outer ring produces the grass fronds. If you don’t divide and trim every clump, every year, you’ll soon find it’s impossible to do so without a chainsaw and a couple of jack hammers! So, be warned.

Tuck your tiny plants between the rocks, using a thin stick or finger to push the roots down into the crevice; then add a bit of soil on top.

and arms—maybe those teenagers keeping in shape for lacrosse or soccer could lift rocks instead of weights. Lay the rocks in concentric circles. Fill the middle of the circle with sandy soil or peat with lava rock mixed in for each tier. Avoid laying the rocks in too regular a pattern. Mix sizes and colors as you build up your rock garden.

The soil that you’re using to “fill in” the center of each tier will feed the roots of the plants you’ll be adding. A major advantage of a rock garden is that it will be worry-free, if you choose your plants carefully. (You’ll occasionally have to weed out volunteer crabgrass and other invaders, but those unwanted visitors will be easy to spot among the low, lush vegetation.)

## RAIN GARDEN

Last of all, take some of those leftover rocks, and some of the marginal and bog plants you used at the pond, and finish off your eco-friendly yard with that rain garden. (This will be easy compared with the pond and the rock garden.) The purpose of a rain garden is to take up the excess water that runs off your driveway, sidewalks, patio—any impermeable surface—and encourage that polluted water to soak down into the soil where it will be cleansed and then returned to the aquifer. This process is completely passive, so you want to think about where rain water and sprinkler hose water runs naturally in your yard.

You’ll probably be able to identify the area by its spongy and maybe a bit stinky character. Now you’ll transform that area into a lovely, useful rain garden. Following the natural indentation of the land, dig out the boggy area. Create just a gentle dent in the surface; don’t get carried away with a deep trench. If you know that quantities of water will likely stand for a bit in your rain garden, layer part of the shallow ditch with “river rocks.” (That’s a designation for large, usually oval, and smooth rocks.) Then, plant your bog and marginal plants along the sides and bottom of your indentation. You might add some creeping phlox and moss to the sides, too, for added color and a softening, natural effect.

Before long, the plants will take hold, the rains will come and go, and your rain garden will transform from a gash into a soft dent—quite natural to its location. Below the surface, clean water will fill the aquifers, and healing the earth will continue.

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**Primary Structure Built:** 2017  
**Close Price:** \$2,595,000  
**Original List Price:**  
\$2,595,000  
**Last Sold/Price:** \$740,000  
(2016)—[tear-down house]  
**Bedrooms:** 5  
**Baths:** 5 full, 1 half  
**Living Space:** 5,488 sq. ft.  
**Lot Size:** .44 acres

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HOME REAL ESTATE

# Cape St. Claire

Annapolis

By Lisa A. Lewis

**L**ocated along the Magothy River and boasting spectacular water views, a unique exterior design, and exquisite architectural detailing, including wide oak plank floors and elegant trim, this custom-designed Craftsman-style home is truly a sight to behold—an idyllic retreat with plenty of opportunities for entertaining, relaxing, and enjoying the delights of waterfront living. The property was listed on April 11th, 2019, went under contract after only a few days on the market, and closed on May 31st, 2019.

“It was thrilling to see the transformation of this property from the old cottage that we sold three years ago into a stunning new home,” says Reid Buckley of the Mr. Waterfront Team of Long & Foster Real Estate, the co-listing agent for the property. “The views were enhanced by the design and landscaping.”

As soon as guests enter the four-level home, they are greeted by a grand two-story foyer with a soaring ceiling that sets the stage for the elegance that awaits inside this architectural masterpiece. The interior design incorporates an open, easy flow with sunlit living spaces and large windows that showcase the water views.



The living room features a coffered ceiling and a wood-burning fireplace with a beautiful, antique mantel. French doors lead to the waterside fieldstone patio, while a separate door offers access to the screened-in porch. The gourmet kitchen is appointed with inset custom cabinetry, granite countertops, stainless steel appliances, marble tile

backsplash, and an oversized marble-top island with a breakfast bar. Adorned with raw mahogany wood paneling, a home office with a full bath is also located on the main level.

The second level features the lovely master suite with a cozy stone-surround fireplace and a sitting room that offers access to a charming water-



side deck. The master bath includes two vanities, a tile shower, and marble tile flooring. A spacious family room with a kitchenette—perfect for entertaining—is also located on this level.

An elegant spiral staircase leads to the third level “crow’s nest,” which offers additional living space and boasts serene water views. In addition, the lower unfinished level can be customized to serve a variety of uses.

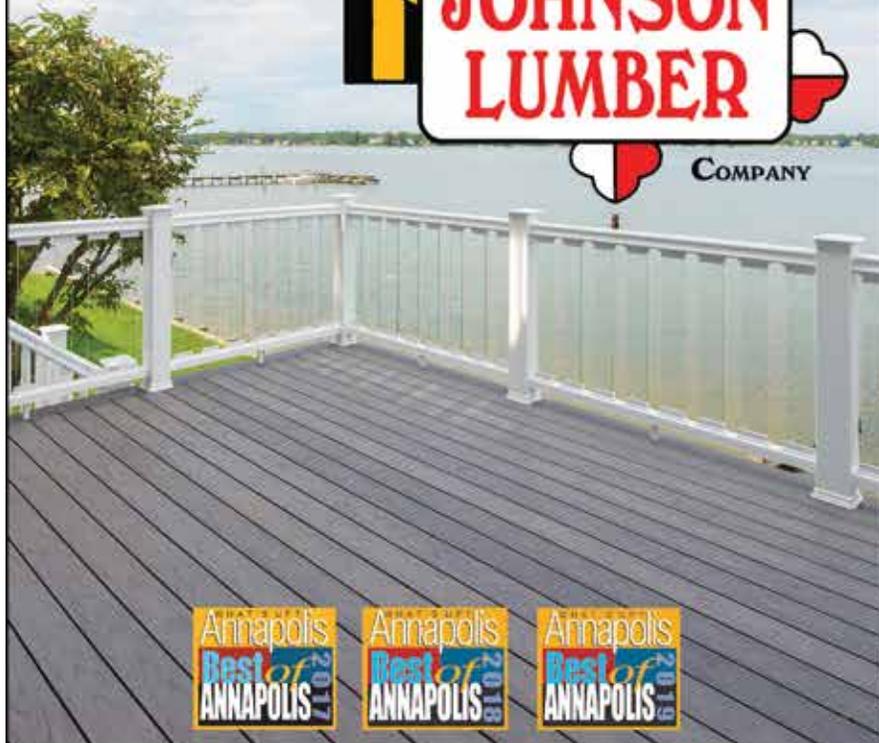
And, of course, exterior features add to the property and include a waterside heated in-ground pool, a pool house, and a private pier with a boat lift and two jet ski lifts.

“There are very few exceptional newer homes on the market—especially with a waterside pool—and this listing generated multiple offers almost immediately,” says Charlie Buckley of Mr. Waterfront Team of Long & Foster Real Estate, the co-listing agent for the property. “I’m sure the new owners will enjoy this spot for many years to come.”

**Co-listing Agents:** Charlie and Reid Buckley, Mr. Waterfront Team of Long & Foster Real Estate, 410-266-6880, Charlie@WaterfrontHomes.org, WaterfrontHomes.org.

**Buyer’s Agent:** Jennifer Chino, Stahley Thompson Homes of Coldwell Banker Residential Brokerage, 443-494-9091 (cell), 410-941-7009 (office), jennifer@stahleythompson.com, stahleythompsonhomes.com.

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# Bay Ridge

## Annapolis

By Lisa A. Lewis

**B**oasting spectacular views of the Chesapeake Bay, superior craftsmanship, and beautiful living spaces—including two master bedrooms—this stunning Craftsman-style home offers the upscale, peaceful lifestyle that buyers desire. The property, which was listed on March 22nd, 2019, went under contract after only 63 days on the market and closed on May 23rd, 2019.

The three-level home features an open floor plan that seamlessly blends the kitchen, living, and dining areas into one common space—creating an easy flow that is ideal for entertaining. Large windows maximize the water views and bathe the living spaces in abundant natural light, which provides an inviting, cheerful atmosphere.

The kitchen is elegantly appointed with ample white cabinetry, sleek marble countertops, high-end stainless-steel appliances, subway tile backsplash, an island with seating space, hardwood floors, and recessed and pendant lighting. With walls of windows that showcase peaceful views of the bay, a dazzling chandelier, and hardwood floors, the dining room exudes a delightful ambiance that guests are sure to love. The family room, which also offers a glimpse of the water, features a ceiling fan, hardwood floors, a cozy fireplace, and recessed lighting. Stylish and comfortable, the main-level master bedroom features a ceiling fan, hardwood floors, and a lavish master bath with a dual sink vanity and a separate shower.



Beautifully designed spaces also await on the upper level of this stunning home. The master bedroom is adorned with a stylish ceiling fan and hardwood floors. Glass doors lead to an inviting balcony, which offers tranquil views and greatly enhances this elegant space. A peaceful escape from the stresses of the day, the master bath features a vanity and a relaxing steam shower. An office with a half bath is also located on this level.




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**Primary Structure Built:** 2016  
**Close Price:** \$1,950,000  
**Original List Price:** \$2,100,000  
**Last Sold/Price:** \$1,338,000 (2014)  
**Bedrooms:** 6  
**Baths:** 4 full, 3 half  
**Living Space:** 3,836 sq. ft.  
**Lot Size:** .25 acres

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The lower level offers additional living space and includes a large family/great room, a half bath, and a guest room with a full bath. Indeed, this luxurious home is truly the complete package.



“I thoroughly enjoyed helping the buyers with their purchase of this property,” says Travis Gray of Coldwell Banker Residential Brokerage, the selling agent for the property. “Stepping out onto the front porch and looking out over the beach to the bay feels like you are on vacation. In my opinion, this beautiful custom home is ideally situated for enjoying the Chesapeake Bay lifestyle.”

**Listing Agent:** Joe Wallman, The Wallman Group of Coldwell Banker Residential Brokerage, Annapolis Plaza, 410-253-9267 (cell), 410-224-2200 (office), joe.wallman@cbmove.com.

**Selling Agent:** Travis Gray, Coldwell Banker Residential Brokerage, Church Circle, 301-641-0809 (cell), 410-263-8686 (office), tgray@cbmove.com, AnnapolisWaterfrontGuide.com.

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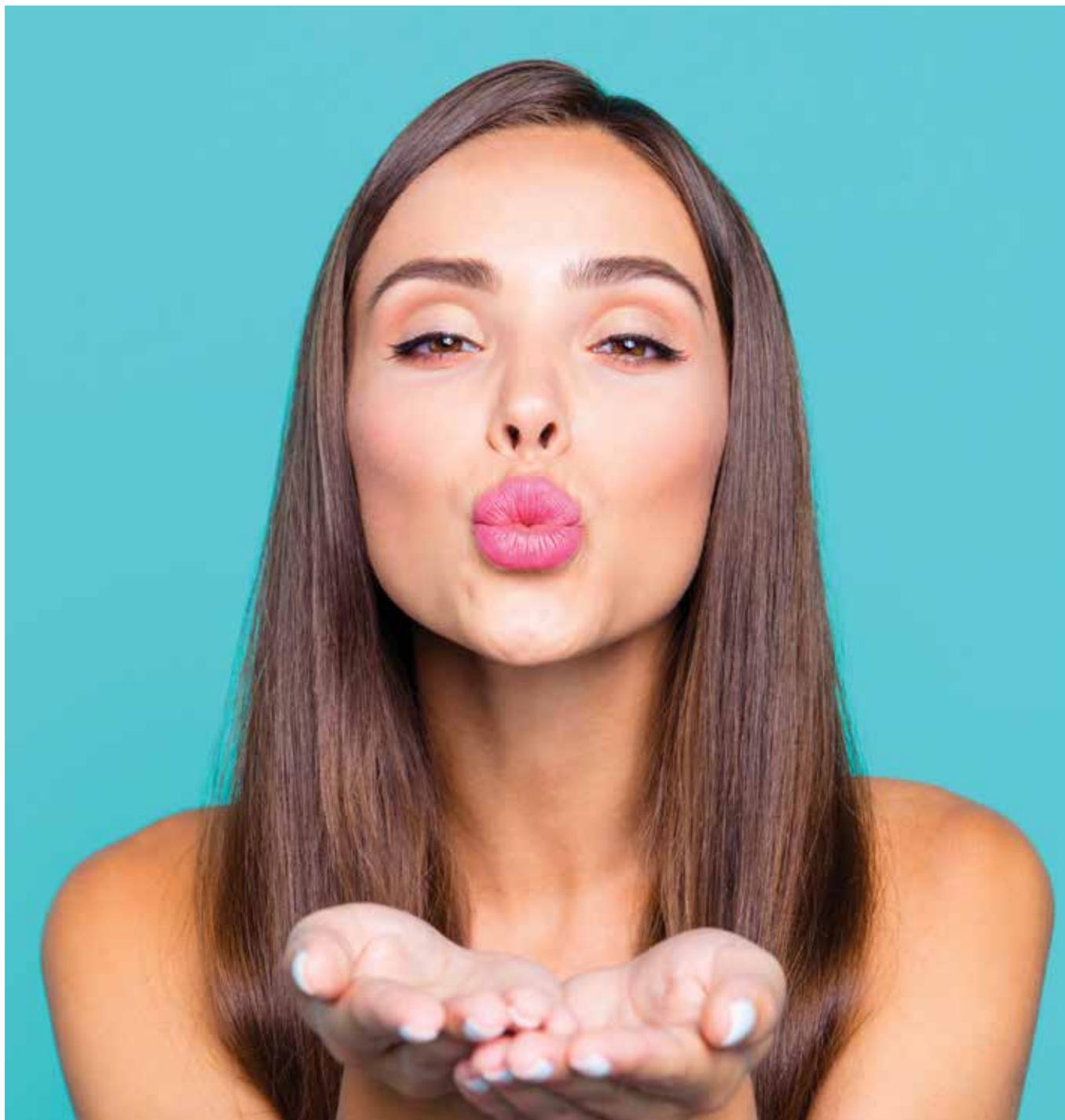
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# Health & Beauty

80 HEALTH REPORT | 82 LIP THREADING  
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# Health Report

By Kelsey Casselbury

## TIME SPENT OUTSIDE CORRELATES TO BETTER HEALTH

Studies show that if you spend just two hours a week outside in green spaces, whether at a park, on the hiking trails, or on the field, you could benefit from better health. The research was derived from a survey of 20,000 people who reported how much time they spent in nature and their self-perceived levels of health and wellbeing.

Those who spent less than two hours in nature, or didn't spend any time outside at all, were less likely to report good health or wellbeing than those who spent more time outdoors. After two hours, the health benefits of spending time in nature seem to provide diminishing returns with a cutoff after five hours.



## EPIPENS REMAIN POTENT AFTER EXPIRATION DATE

Throwing out EpiPens and other self-injectors used to treat severe allergic reactions may mean dumping perfectly good epinephrine, according to a study published in the *Journal of Allergy and Clinical Immunology*. The autoinjectors may work for months past the labeled expiration date, currently set by the FDA at 18 months to ensure that it never has less than 90 percent of the original dose.

Researchers tested 46 autoinjectors after the expiration date had passed. Of those, 80 percent still had at least 90 percent of their original epinephrine dose, meaning they would still be effective under FDA standards. Devices that were tested six months after expiration still had 100 percent of the original dose.

This information could be beneficial to those who must carry an autoinjector, which contains a preset dose of epinephrine, to combat the risk of anaphylaxis. The high



## COFFEE CONSUMPTION MAY IMPACT 'BROWN FAT'

Not all fat is bad—brown adipose tissue (BAT), also known as brown fat, burns energy and produces heat. Those who have a lower body mass index (BMI) tend to have a higher amount of brown fat, and now, research says that drinking coffee may stimulate that brown fat.

This could be a key development in tackling obesity and obesity-related diseases, such as diabetes. The research used caffeinated coffee to boost mitochon-

cost of autoinjectors can be prohibitive for those who have to throw out and replace unused devices after expiration. However, health experts recommend sticking to current expiration dates unless and until the FDA changes its policy.

drial stimulation, though the authors can't say for sure that it's the caffeine or another compound in coffee that's making an impact. While more research is necessary, for now, feel free to drink another cup of that morning brew.

# Disabilities and Gaming: Changing the Conversation

NEW TECHNOLOGY ALLOWS MORE PEOPLE TO PLAY AND JOIN A COMMUNITY THAT WAS ONCE INACCESSIBLE

By Kelsey Casselbury

Microsoft's 2019 Super Bowl commercial felt a little different than most of the other ads. It didn't go for laughs or shock value, but rather targeted the viewers' emotions as it introduced kid after kid who loves video games—including those with physical disabilities who have seldom, if ever, been able to play alongside their friends. The commercial was for the Xbox Adaptive Controller (XAC), a piece of equipment released in late 2018 that has made the gaming community significantly more inclusive.

People without a disability might not regularly think about the logistics of using a video game controller, but it nearly always requires the use of two hands, 10 fingers, and the ability

to nimbly use those appendages without issue. The Adaptive Controller isn't the first piece of video game equipment designed to accommodate people without that ability, nor will it be the last (hopefully). The Adroit Switchblade was released in 2011 and is considered a precursor). Arguably though, XAC has had the biggest reach thus far, especially when you consider that primetime ad spot. *TIME* magazine named the controller one of the best inventions of 2018.

Is it perfect? Gaming experts say no. The Adaptive Controller is currently priced around \$40–100 more than the traditional controller—but it needs a number of add-ons to really work at its full potential (or, depending on the disability of the user, for it to work at all). Currently, some of the available attachments include a one-handed joystick for \$20 to a wheelchair seat mount for \$115. Third-party attachments can be even pricier, such as a \$550 mouth-operated joystick from QuadStick.

However, the release of a device that makes gaming accessible to millions more people encouraged conversation about how those with disabilities are regularly excluded from niche communities. "The Xbox Adaptive Controller (XAC) is a fantastic move toward making consoles more accessible and creating mainstream dialog," writes Erin Hawley, founder of The Geeky Gimp blog ([geekygimp.com](http://geekygimp.com)) on her website. "While its invention opens Xbox gaming to more people, it hasn't solved everything. PlayStation and Nintendo need to catch up. We still need game design that works better for D/deaf, blind, and/or developmentally disabled people. ...The conversation must be one for today rather than one for 10 or 20 years in the future."



# Managing Your Medications Safely

By Kim Merchant, CRNP



Depending on your medical condition, you may be on several different types of medications. It's normal to take multiple prescription and over-the-counter (OTC) drugs, especially as you age, but it's still important to be sure that all of them work well together. Take some of these steps to properly manage your medications.

Medication reconciliation, or comparing your current drugs with any new ones a doctor may recommend, is a safety technique practiced in most primary care offices and hospitals.

All sorts of prescription and OTC medications, and even vitamins and supplements, can interact negatively. Among older people, blood thinners, cholesterol medications, and antibiotics are especially likely to interact poorly with other remedies. That's why a medication checkup—a review of all your medications with your doctor—is worthwhile.

The best way to manage your medications is to talk to your health care provider. During your next appointment, ask for a few extra minutes to discuss your medications. Many people have prescriptions from multiple providers, making them difficult to track. It is important that your primary care provider know all of the medications you are taking. Also, take a few moments to prepare ahead of time so you know exactly what questions you need to ask.

Create a list of every prescription and over-the-counter medication you take, along with all vitamins and supplements. Include the doses in your list. Bring the list to your doctor's appointment so you can have an informed discussion. Alternatively, you can bring all your medications in their original packages to your appointment.

Talk about any health complaints you have, such as weakness, confusion or loss of appetite, which may be side effects of some medications. It could also point to poor interactions between multiple prescriptions.

Ask your provider if there is a way to simplify the number of medications you take, or when you take them. He or she may be able to present alternatives or guide you through creating a routine that works best for you.



*Kim Merchant, CRNP, is a Geriatric Medicine Nurse Practitioner with University of Maryland Baltimore Washington Medical Group.*



# Lip Threading

EVERYTHING YOU WANT TO KNOW ABOUT LIP THREADING

By Kelsey Casselbury

If you've been coveting plumper, fuller lips but don't want to go straight to fillers, you might consider lip threading as an alternative. This type of threading doesn't refer to hair removal as it does with eyebrow threading, but rather a way to create tension and lift in your lips. It's not necessarily a new technique—lip threading was popular in the early 2000s—but it's being revived as a viable way to get full lips. However, anyone considering lip threads should be aware of a few risks.

Lip threading is exactly what it sounds like: Tiny absorbable threads, about the diameter of human hair, that are made from poly-L-lactic acid (PLLA) are passed through the outer border of the lips to pull the skin up and create tension. PLLA is a biocompatible synthetic substance, which means it's nontoxic. The threads are also said to stimulate collagen production, which can also create the appearance of fuller lips.

Lip threading is FDA-approved and generally considered safe, but there are still a few caveats to consider. The process is reportedly more painful than standard fillers, and you might experience some bruising for up to two weeks afterward. Although the threads break down naturally, it takes a while for that to occur—therefore, if you have any unexpected side effects, like the development of small bumps or lumps, they can take a while for it to go away. On the other hand, the threads break down more slowly than hyaluronic acid-based filler, so it's a longer-lasting solution than injectables.

# 5 Nail Trends for Fall 2019

By Kelsey Casselbury

You might think of fashion shows as the place to spot the latest clothing and accessory trends, but the runway also provides a look at the latest in beauty—including the season's best nail trends. Whether you like to keep your manicure simple and chic or glam things up with a few embellishments, the top looks for this season makes it simple to stay on-trend.

## ALL THAT GLITTERS

Last year's trends were all about shimmer, but in 2019, glitter is back in a big way. The key to making this look work is ensuring it doesn't look childish. Stick to metallic hues, such as silver, gold, or champagne, rather than painting on purple or blue glitter.



## PAINT THE TOWN (DEEP) RED

The classics stay classic for a reason, and deep red nails are always in season. If you want to mix it up a bit, combine your deep red nails with another top trend, such as a single pearl applied to the center of each nail.



## THE CREAM OF THE CROP

Winter is just around the corner, so if you're thinking of warm lattes and thick cable-knit sweaters, then paint your nails to match. Rather than bright snow white or bold steel gray, go for trendy neutrals like creamy light mochas, taupes, and nude hues.



## STAY MINIMAL

Do more with less—at least when it comes to nail art. From half-moon manicures (that is, painting the semi-circle at the bottom of your nail with an eye-popping color) to low-key geometric shapes, minimalist nail art is big right now.



## GIVES PEARLS A WHIRL

A little bit sassy and a little bit chic—that's the goal of these precious but not preppy pearls affixed to your tips. If pearls aren't your thing, take a page from native Annapolitan Christian Siriano, who chose to bedazzle with Swarovski crystals.



# Fresh Take

## EGGPLANT

By Kelsey Casselbury

For far too long, eggplant was just a substitute for chicken in classic dishes at fancy Italian restaurants. Eggplant Parmesan may be a bit healthier than the poultry variety, but given that it's still breaded and served over pasta, the dish does little for diners focused on smarter dinner choices. So, how did this funny-shaped, vibrant purple fruit find its way into the kitchens and diets of those health-conscious folks? Eggplant, in its natural state, is underrated as a healthy produce item. It's low in calories, and high in fiber, potassium, vitamins, and antioxidants. Eggplant has been linked to reducing the risk of heart disease, regulating blood sugar levels, aiding in weight



### Grilled and Stuffed Eggplant

Serves 4

- 2 medium-size eggplants
- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 14 ounces canned diced tomatoes, undrained
- 14 ounces canned chickpeas, drained
- 2 cups brown rice, cooked
- 1 teaspoon dried oregano
- 1 teaspoon dried red pepper flakes (or to taste)
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground allspice
- 2 green onions, sliced
- 4 tablespoons prepared tzatziki
- 2 tablespoons Italian parsley, chopped
- Salt and pepper, to taste

Prepare the grill and set it to medium-high heat. If you don't have a grill available, you can also bake these in the oven by preheating to 425°F and preparing a baking sheet with parchment paper. Cut the eggplants in half lengthwise. Brush each half with olive oil and place them flesh side down on the grill. Cook for 4 to 5 minutes, then flip and grill for 2 more minutes. Remove from heat. If using an oven, bake for 20 to 30 minutes or until the eggplant is tender. Heat the remaining olive oil in a large skillet over medium-high heat. Add the onion and cook for 3 to 5 minutes until translucent. Add garlic and cook for 1 more minute. Add the tomatoes and bring to a simmer. When the eggplant is cool enough, scoop out the flesh and chop it. Add it to the tomato mixture along with the chickpeas and spices. Add salt and pepper to taste. Spoon half cup of brown rice into each eggplant half, and then divide the filling among the halves. Top with green onion slices, parsley, and 1 tablespoon of tzatziki.

#### NUTRITIONAL INFORMATION (PER SERVING)

427 calories, 13 grams protein, 13 grams fat, 65 grams carbohydrates, 15 grams fiber, 16 grams sugar, 431 milligrams sodium

\*Nutritional information is for estimation purposes only and may vary based on brand and weight of individual ingredients.

loss, lowering blood pressure, and even preventing diabetes and some cancers. Incorporating eggplant into your diet is quite easy since it's such a versatile fruit. (Yes, it's a fruit, not a veggie!) Eggplant is somewhat bitter when raw, but it's best when cooked. If eggplants are too bitter for your taste, buy them young, ripe, and shiny; not matte-colored or squishy. When cooked, eggplants absorb the flavors of the ingredients surrounding them. Vegans often use eggplant as a substitute for meat in a variety of recipes. However, for the omnivores out there, eggplant is a smart option in place of or complementary to meat-based dishes.

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## What neuroscience says about why print magazine ads work

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Source: "What Can Neuroscience Tell Us About Why Print Magazine Advertising Works?" A White Paper from MPA—The Association of Magazine Media, Scott McDonald, Ph.D. Nomos Research, October 2015

MPA THE ASSOCIATION OF MAGAZINE MEDIA

# Understanding the Rise in Autoimmune Diseases

By Kelsey Casselbury

If you traveled back in time 30 years or so, it'd be challenging to find anyone casually talking about autoimmune diseases. These days, however, they conversations about autoimmune diseases seem to be commonplace among folks suffering from celiac disease, inflammatory bowel disease, Hashimoto's thyroiditis, and other autoimmune conditions. What's the deal?

When it comes to the increase in autoimmune disease diagnoses—and whether that increase is real or perceived—there are a few factors in play. Autoimmune diseases still aren't widely understood, despite the fact that they affect at least 23.5 million Americans. (That number comes from the National Institutes of Health; however, the American Autoimmune Related Diseases Association claims that number is incredulously low. The real number, it reports, is around 50 million Americans.) They seem to occur when the immune system, which can typically distinguish between your own cells and foreign ones, erroneously attacks your body's tissues by releasing proteins known as autoantibodies. There are more than 80 known types of autoimmune diseases, though symptoms often overlap.

As medical research progresses and the health care industry advances, there's bound to be an increase in autoimmune disease diagnoses. Even if there's still a lack of information, there's certainly more available than two decades ago. However, that might not be the only reason it feels like everyone you know has been labeled with a condition, whether vasculitis, pernicious anemia, or rheumatoid arthritis. Researchers have a few other theories, including:

The effect of the Western diet that's higher in sugar, fat, and highly processed foods, which might increase inflammation and trigger an immune response. This could explain why rates of diagnoses are lower outside the Western world, though it's important to note that there's scant scientific evidence for this theory.

The hygiene hypothesis, which also applies to a rise in food allergies, suggests that people aren't exposed to germs as much as in the past. This type of cleanliness could cause the immune system to overreact to harmless substances.

Too much stress. A study published just last year in JAMA linked certain autoimmune diseases to persistent stress. However, this was an observational study and cannot prove causation.

Luckily, research continues to grow. Scientists have found a potential link between testosterone and protection against autoimmune diseases, which helps to explain why women are more than twice as likely to develop a condition.

Additionally, breakthrough research published just this past summer lays part of the blame on how women are having fewer pregnancies. Historically, when a woman had between eight and 12 pregnancies, the body evolved the immune system to not attack the placenta and the fetus, and learned to fight invaders in other ways. Women have significantly fewer babies these days—fewer than two, on average—but the immune system hasn't quite learned to cope.

## COMMON AUTOIMMUNE DISEASES

**Type 1 diabetes:** The body attacks the pancreas, which produces the insulin that regulates blood sugar levels. Type 2 diabetes is not an autoimmune condition.

**Rheumatoid arthritis (RA):** The body attacks the joints, causing redness, pain, warmth, and stiffness.

**Psoriasis/psoriatic arthritis:** ↓ Skin cells multiply too rapidly, build up, and form inflamed red patches on the surface of the skin. When this causes welling, stiffness, and joint pain, it's diagnosed psoriatic arthritis.

**Multiple sclerosis:** An attack of the myelin sheath, the protective coating that surrounds the nerve cells in the central nervous system, leading to numbness, weakness, balance issues, and trouble walking.

**Systemic lupus erythematosus (SLE):** The attack of a number of organs, including the joints, kidneys, brain, and heart.

**Other common autoimmune diseases:** Inflammatory bowel disease (IBD), Addison's disease, Graves' disease, Hashimoto's thyroiditis, pernicious anemia, and celiac disease.



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**3.**  
 "This spray provides a breath of fresh air. It hydrates and cools down your skin. While only lasting seconds, it's a mini-vacation for your face. It's perfect for when you are fresh-shaven and don't necessarily need a fragrance; although you can add it to your post-shave routine." — What's Up? Media Web Specialist Brian Saucedo, 23, Easton



**4.**  
 "I have my mascara that I love, but this one definitely gives it a run for its money. One word for this mascara: DRAMATIC. It actually made me look like I put on false lashes—volume and length were amazing without looking clumpy like many mascaras do. One coat of this and I felt the confidence to go out without any other makeup!" — Beauty Buzz Member Denise Hadden, 37, Severna Park

## 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**  
**PURIFYING & HYDRATING FACE WASH BY MIRAI CLINICAL**  
 \$25/5 fl. oz.  
[miraiclinical.com](http://miraiclinical.com)

Filled with skin-loving ingredients and free of preservatives, sulfates, and synthetic dyes, this mild face wash softens and hydrates skin without stripping away its natural oils. Grapefruit and coconut oil refresh and moisturize skin, while astaxanthin, which comes from micro-algae, protects against harmful free-radicals. To use, massage a small amount onto wet skin and rinse well. Gentle enough to include in both your daytime and nighttime skincare routine.



**2**  
**THIS IS A SEA SALT SPRAY BY DAVINES**  
 \$15.50/3.38 fl. oz.  
 \$28/8.45 fl. oz.  
[us.davines.com](http://us.davines.com)

Beach waves in the fall? Yes, please! This sea salt spray is paraben-free, and offers volume and texture for that tousled, beachy look we all crave. To achieve full-bodied waves, spray product on wet or dry hair and style as desired.



**3**  
**POST SHAVE ELIXIR BY HERBIVORE**  
 \$22/4 fl. oz.  
[herbivorebotanicals.com](http://herbivorebotanicals.com)

Relieve your post-shave skin with this hydrating elixir, formulated with natural, soothing ingredients. Witch hazel tightens skin and reduces redness, while aloe vera moisturizes and calms. This vegan and cruelty-free treatment can be used on your face, legs, or wherever you need a post-shave pick-me-up.

**4**  
**RUNWAY LASH AMPLIFYING MASCARA BY ECRU NEW YORK**  
 \$22, [ecrunewyork.com](http://ecrunewyork.com)



Achieve dramatic lashes with this lengthening and volumizing mascara, formulated with conditioning argan oil. The unique, flat-curved brush curls and lifts, creating full lashes that are clump- and flake-free.

# When 'I Do' Becomes 'I Don't'

NO MATTER THE CAUSE, A DIVORCE HAS RAMIFICATIONS FOR MENTAL AND PHYSICAL HEALTH

By Kelsey Casselbury



A divorce often calls for the services of a good lawyer. However, for the sake of both your physical and mental well-being, it might be just as important to enlist the services of good health care professionals. Whether or not there are kids in the mix, you were the one to initiate the divorce, or you think it's a good thing, the stress of breaking off a marriage can still negatively impact your life.

## The Effect on Your Health

When you think about it, the effect divorce can have on your health makes sense. Divorce is incredibly stressful, and that tension can ramp up the risk of a serious health incident.

A 2015 study published in *Circulation: Cardiovascular Quality and Outcomes* found that women who have been through a divorce are 24 percent more likely to suffer from a heart attack, and 77 percent more likely if they've had more than once divorce. Additionally, research from the Johns Hopkins Bloomberg School of Public Health found that divorced people are more likely to develop a chronic condition, like heart disease or diabetes, as well as experience mobility issues.

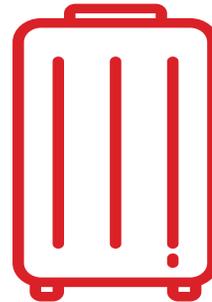
However, some of the health effects are within your control. During this period of stress, you're also more likely to ditch good habits, such as calling for takeout instead of enjoying a healthy dinner or downing a bottle of wine instead of sipping on sparkling water. Divorce takes a toll mentally, too. A study published in *Clinical Psychological Science* found that people

Divorced women are  
**24%**  
more likely to suffer  
from a heart attack.

with a history of depression are more likely to relapse if they go through a divorce. Therefore, it's essential to understand the difference between normal grief and reaching the point where you need additional help with your mental health.

## How to Cope with a Divorce

Plenty of people get through divorce without any long-term health ramifications, and you can, too. Yes, exercise is important—but you probably already know that, so there's no need to belabor the point. Here's what you can do:



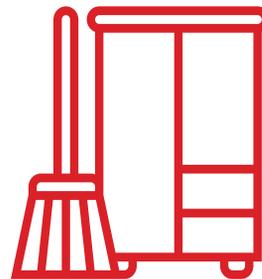
### Be aware of impulsive behavior.

This can include rushing into a new relationship (you might be trying to fix old problems with a new person), moving to a new city, or starting a new job. Sure, take that trip you've always wanted to go on as a way of clearing your mind, but don't stray from routine too much.



### Find new support groups that don't trigger memories of your ex-spouse.

Your friends, of course, can remain a source of support; however, it can be difficult to separate your memories of them from the times that you enjoyed with your former spouse on double dates. If the idea of a group dedicated solely to supporting divorcees doesn't sound like a good fit for you, find something else—anything else, whether it's a knitting group, a new fitness class (introduce yourself!), or getting to know a coworker better.



**Declutter your life.** You'll feel a lot lighter—and less stressed—if you get rid of what's weighing you down. That might mean sorting through a packed-to-the-brim closet, or it could refer to excusing yourself from social or charitable responsibilities that feel more like obligations rather than sources of enjoyment.

The good news: Two years after a divorce, people tend to feel better, both mentally and physically. The only real cure is time.



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# Dining

92 TASTE | 94 GUIDE

Apple Crumble  
All in One at  
David's Natural  
Market

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Photography by Stephen Buchanan

# Your Local Family Grocer

By James Houck

Photography by Stephen Buchanan

**W**hen walking through the front door of David's Natural Market in Gambrills, I immediately sniffed out the homegrown vibe—a very good vibe—that keeps alive the community tradition of offering personalized customer service, locally-sourced products, and scratch-made culinary goods. The grocer is a brick-and-mortar testament to the London family's dedication, nearly 40 years in the making, to offering wholesome, quality, and health-conscious options in an otherwise homogenized, big-box grocery industry.

By focusing on customer wellness first and foremost, David's Natural Market is able to offer original and wholesome products that owner David London believes will, not only, sell well but also provide a sense of integrity and backstory with every purchase.

"Here, a customer can come in and know what they're getting—a healthier option," London says. "And if somebody asks for something and we can get it, we'll say, 'Sure, you're going to buy it, so we'll get it.' We like the model that we have."

Kelly Stern, who serves as manager of the three market locations (the other two being Columbia and Forest Hill), expounds on London's point. "We know most of our regular customers by name," she says. "What grocery store does that? It's like Cheers of the grocery store. And because we are a small business, we also deal directly with local vendors very easily. People walk in the door and they'll show us a product, and we might buy it on the spot."

Thus, the business philosophy is built on relationships—creating meaningful relationships with customers and vendors. We recently sat down with London and Stern at the Odenton market to discuss the company's origin story, best practices, offerings (including grab-n-go lunch/dinner options), and a seasonal recipe for the fall.



**DAVID'S NATURAL MARKET**

871 Annapolis Road, Gambrills

410-987-1533

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

**David, can you share the backstory of the market and how your family started the business?**

In 1971, my dad was a food broker that worked for his dad. He didn't like the products he was selling, because they were candy and things that had artificial color or flavor—and a lot of sugar. So, he decided to open a natural food store. [My parents] were hippies. They opened this natural food store, very small, 500 square feet, called Nature's Cupboard of Love. It opened in Glen Burnie on Delaware Avenue.

In '71, I was in sixth grade. I grew up in the business and after college, my dad needed a manager. Then in '86, they were basically getting out of the business. I took over the Columbia store, which was very small. It was like a thousand square feet. Then we just started growing with the community and the industry. We just expanded to the left, expanded to the right—just kept knocking down walls left and right. We could support the community that was growing and empower people to eat naturally.

**How on top of the trends do you have to be in order to maintain a successful business?**

I think the trends give us a little boost, a little kick in volume. But you have to be really careful. [Some entrepreneurs] are opening whole locations based on fads. I don't think that's good. We have the opportunity, as an independent, to get products before corporate [companies]. Kombucha, cold brew coffee for example. We might have been carrying it for six months before them.

**Kelly, who are some of your local purveyors; from where do you source your product?**

We have two farmers that we work with directly. And most of our suppliers now have local produce. When you go up the produce aisle, you see one of our local farmers who also has fermented products. She actually used to manage the farm next door. She worked here, also, while she was trying to secure a loan. Now, she's a single woman farmer on the Eastern shore. We deal directly with her. Those are the kind of people we want to support. We have another guy, Joe, who's from Family Farms. He grows predominantly everything that we buy, but he also has farmers he's working with that are all certified organic. We actually have another guy that, he goes to Alaska. I think he lives in Crofton. He goes to Alaska for four or five months and fishes, he comes back, and we buy his salmon. It's in the freezer. I think he sells it at farmer's markets, too.

The meats, we offer options. There are organic options, there's some more local options. That's always changing, all the time. We're always looking, we just brought on a chicken farmer from the Eastern Shore.

**So, there's a lot of stories behind the products.**

Yes, and we're seeing that customers really like that. Probably the biggest thing with meats and fish is people want to know where it's coming from. I think that's increasing. They're very distrusting of our food sources in this country.



## Apple Crumble All in One

### Ingredients

3 large apples  
1/4 teaspoon ground cinnamon, divided use  
2 teaspoon fresh lemon juice  
1/4 cup, plus 1 tablespoon brown sugar, divided use  
4 tablespoons butter  
1/4 cup flour, divided use  
1/4 cup rolled oats  
2 scoops of vanilla ice cream and caramel for serving

### Instructions

Preheat the oven to 375 F. Peel, core, and dice one apple. Place it in a small skillet with 1 teaspoon of the cinnamon, lemon juice, 1/4 cup of the brown sugar, and 1 tablespoon of the butter. Turn the heat to medium high, stir, and cook until the apple dices start to soften and release their juices, about 5 minutes. Turn off the heat, and then stir in 2 tablespoons of the flour until dissolved. Let cool. Meanwhile, slice the tops off the remaining two apples, and core them, but do not go all the way through the bottom. Remove most of the inside of the apple, but leave enough intact so that the apple still stands up on its own. Stop about 1 inch above the bottom of the apple. Fill the apples with the cooled apple mixture. In a separate bowl, stir together the remaining cinnamon, brown sugar, butter, oats, and flour. Pinch the butter into the mixture to form a crumble. Divide the mixture between the two apples and pack it firmly on top. Place the apples in a small baking dish, add a splash of water to the bottom to prevent sticking, and bake for 25-30 minutes. Serve warm with ice cream.

**Your deli and cold cases offer grab-n-go meal options; what makes them so popular?**

People are coming in here and getting those items because they're trying to make healthier choices, especially at lunchtime. Instead of going for fast food, they're coming here. They know that the ingredients we use could be organic, all-natural. They love our soups. It's hard to go anywhere for homemade, house-made soups. We use the ingredients that we have. The meats that we use [for deli sandwiches] are preservative-free. They're definitely more natural meats. We're very particular about the product that we sell in the deli. I don't know that you're going to find that anywhere else.

**The recipe you're sharing with us is seasonal in that the star ingredient is an apple; where are your apples grown?**

*Kelly:* We work with Kauffman Farm in Pennsylvania; we bring in all these apple varieties from them. People definitely come for those apples, those local apples.

*David:* A lot of heirloom varieties. Things you haven't seen, since you were a kid probably. They all come in wooden crates still.

*Kelly:* So that's kind of the draw. They are local.

# Dining Guide

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## Crofton / Gambrills

### Allison's Restaurant

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

### Ashling Kitchen & Bar

1286 Route 3 South Ste. 3, Crofton; 443-332-6100; Ashlingco.com; American; lunch, dinner \$\$ 🍷

### Blackwall Barn & Lodge

329 Gambrills Road, Gambrills; 410-317-2276; Barnandlodge.com; American; lunch, dinner, weekend brunch \$\$\$ 🍷 🍷 🍷

### 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 \$\$ 🍷 🍷

### Coal Fire

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

### Di Meo's Pizzeria

1663 Crofton Center, Crofton; 410-874-4726; Pizzacrofton.com; Italian, pizza; 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 \$ 🍷 🍷 🍷

### 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; Molloy-sirishpub.com; Irish, American, Seafood; lunch, dinner, weekend brunch \$ 🍷 🍷

### Nonna Angela's

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

### Mi Casita Mexican Restaurant

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

### Mission BBQ

2503 Evergreen Road, Gambrills; 410-697-1002; Mission-bbq.com; American, barbecue; lunch, dinner \$ 🍷 🍷

### Namaste Indian Cuisine

2510 Conway Road, Gambrills; 410-721-5654; Indian; lunch, dinner \$\$ 🍷 🍷 🍷

### Nautilus Diner & Restaurant

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

### Newk's Eatery

1360 Main Chapel Way, Gambrills; 443-302-2734; Newks.com; Sandwiches, soups, salads, pizza; lunch dinner \$ 🍷 🍷

### Otani Japanese Cuisine

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; Paner-abread.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 \$ 🍷

### Thai at Waugh Chapel

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

### V N Noodle House

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

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### 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 Littlethai.cuisine.com; Thai; lunch, dinner \$\$ 🍷 🍷

### Maiwand Kabob

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

### Red Parrot Asian Bistro

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

### Timbuktu Restaurant

1726 Dorsey Road, Hanover; 410-796-0733; Timbukturestaurant.com; Seafood; 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

### Arturo's Trattoria

1660 Crain Highway South, Glen Burnie; 410-761-1500; Arturostrattoria.com; Italian; lunch, dinner \$\$\$ 🍷 🍷

### Broken Oar Bar & Grill

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

### The Grill at Quarterfield Station

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

### Hellas Restaurant and Lounge

8498 Veterans Highway, Millersville; Hellasrestaurantandlounge.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

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

### Libations

8541 Veterans Highway, Millersville; 410-987-9800; Libationsmd.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 Road SE, Glen Burnie; 410-768-1417; Sunsetrestaurant.com; Italian, seafood; lunch, dinner \$\$ 🍴 🌿

### Tijuana Tacos VI

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 \$

### Buck Murphy's Bar & Grill

378 Mt Vernon Ave, Odenton; 410-551-5156; American; dinner, weekend lunch \$ 🌿

### 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; Mammarmomas.com; Italian, catering; dinner \$\$ 🌿 🍴 🌿

### Orchard Café

8777 Piney Orchard Parkway, Odenton; 410-695-0666; American; breakfast, lunch, dinner \$ 🍴

### Pachanga Grill

8395 Piney Orchard Parkway, Odenton; 410-551-9318; Pachangagrill.com; Mexican; brunch, lunch, dinner, catering \$ 🌿

### Perry's Restaurant

1210 Annapolis Road, Odenton; Perrysrestaurant.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 Bretton

849 Baltimore Annapolis Boulevard, Severna Park; 410-647-8222; Cafe-bretton.com; French; dinner \$\$\$ 🌿

### 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; Founderstavernandgrille.com; American; lunch, dinner \$ 🍴 🌿

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**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; Giannispizzasevern.com; Italian; lunch, dinner \$ 🍷

**Lisa's Deli**  
 2608 Mountain Road, Pasadena; 410-437-3354; Sandwiches; lunch, dinner, \$ 🍷

**Mi Pueblo II**  
 554-A Ritchie Highway, Severna Park; 410-544-4101; Mipueblo2.com; Mexican; lunch, dinner \$ 🍷 🌿 🍷

**Park Tavern**  
 580 Ritchie Highway, Severna Park; 410-793-5930; Parktavernsp.com; American; lunch, dinner \$\$ 🍷 🌿 🍷

**Mike's Crab House North**  
 1402 Colony Road, Pasadena; 410-255-7946; Mikesnorth.com \$\$ ☎ 🍷 🌿 🍷 🌿 \* 🍷

## Annapolis Area & Beyond

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

**Blackwall 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 \$\$ ☎ 🍷 🌿 🍷 🌿

**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 \$\$ ☎ 🍷 🍷

**Grump's Café**  
 117 Hillsmere Drive, Annapolis; 410-267-0229; Grumpscafe.com; American; breakfast, 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 \$ 🌿 🍷 🌿

**La Sierra**  
 2625 Riva Road, Annapolis; 410-573-2961; Lasierrestaurantinc.com; Mexican; 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 \$\$ ☎ 🍷 🍷

**Mi Lindo Cancún Grill**  
 2134 Forest Drive, Annapolis; 410-571-0500; Lindocancungrill.com; Mexican; breakfast, lunch, dinner \$ 🌿 🍷

**Milano Pizza**  
 1021 Generals Highway, Crownsville; 410-923-0093; Milanopizzaofcrownsville.com; Italian, lunch, dinner \$ 🍷

**Mother's Peninsula Grille**  
 969 Ritchie Highway, Arnold; 410-975-5950; Mothersgrille.com; American; 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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# October 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 Halloween at Anne Arundel County Public Library with spooky and not-so-spooky activities for all ages throughout the month of October. Enjoy a Jammie Movie Night featuring a showing of Casper at the Linthicum branch on Thursday, October 17th; a Haunted House at the Brooklyn Park branch and Spooky Halloween Storytime at the Glen Burnie branch on Saturday, October 26th; Halloween stories, crafts, and songs at the Maryland City at Russett branch on Monday, October 28th; and much more. For a full schedule of events at all the AACPL branches, visit [Aacpl.net](http://Aacpl.net).



Tuesday

1

SPECIAL EVENTS

**Artists' Favorites** at What's Up? Media Gallery, Annapolis. 8 a.m.-6 p.m. (Mon.-Fri.) Now through December 13th, 2019. 410-266-6287. Whatsupmag.com

**The Color of Light** at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through October 13th, 2019. 410-222-1777. Fqwp.org

**Breaking the Barriers** at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through October 13th, 2019. 410-222-1777. Fqwp.org

**The Best of the Chesapeake** at McBride Gallery, Annapolis. 12 p.m.-5:30 p.m. (Sun.), 10 a.m.-5:30 p.m. (Mon.-Wed. & Fri.-Sat.), 10 a.m.-9 p.m. (Thurs.). Now through October 20th, 2019. 410-267-7077. Mbridegallery.com

**American Impressionism: Treasures from the Daywood Collection** at St. John's College Mitchell Gallery, Annapolis. 12-5 p.m. (Tues.-Sun.). Now through October 27th, 2019. 410-626-2556. Sjc.edu

**Patterns of Eastern Shore Life** 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 July 28th, 2019. 410-778-6300. Chestertownriverarts.net

**Deconstructing Decoys: The Culture of Collecting** at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. Now through November 1st, 2019. 410-745-2916. Cbmm.org

**On Land and On Sea** at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. Now through March 1st, 2020. 410-745-2916. Cbmm.org

**Bodyphones and Jiwa dan Raga** at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). Now through May 31st, 2020. 410-822-2787. Academyartmuseum.org

**Portraits of the World: Korea** at Smithsonian National Portrait Gallery, D.C. 11:30 a.m.-7 p.m. daily. Now through November 17th, 2019. 202-633-8300. Npg.si.edu

**Section 14: The Other Palm Springs** at The National Museum of the American Indian, D.C. 10 a.m.-5:30 p.m. daily. Now through January 2020. 202-633-1000. Americanindians.si.edu

**Votes for Women: A Portrait of Persistence** at Smithsonian National Portrait Gallery, D.C. 11:30 a.m.-7 p.m. daily. Now through January 5th, 2020. 202-633-8300. Npg.si.edu

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

**American Myth and Memory** at Smithsonian American Art Museum, D.C. 11:30 a.m.-7 p.m. daily. Free. Now through October 14th, 2019. 202-633-7970. Americanart.si.edu

**David H. Koch Hall of Fossils - Deep Time** at National Museum of Natural History, D.C. 10 a.m.-5:30 p.m. daily. 202-633-1000. Naturalhistory.si.edu

**Women of Progress: Early Camera Portraits** at Smithsonian National Portrait Gallery, D.C. 11:30 a.m.-7 p.m. daily. Now through May 31st, 2020. Free. 202-633-8300. Npg.si.edu

**Illegal to be You: Gay History Beyond Stonewall** at National Museum of American History, D.C. 10 a.m.-5:30 p.m. daily. Now through January 2019. 202-633-1000. Americanhistory.si.edu

**One Life: Marian Anderson** at Smithsonian National Portrait Gallery, D.C. 11:30 a.m.-7 p.m. daily. Now through May 17th, 2020. Free. 202-633-8300. Npg.si.edu

**By the Light of the Silvery Moon: A Century of Lunar Photographs to Apollo 11** at National Gallery of Art, D.C. 10 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Now through January 5th, 2020. Nga.gov

**Verrocchio: Sculptor and Painter of Renaissance Florence** at National Gallery of Art, D.C. 10 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Now through January 12th, 2020. Nga.gov

**Judy Chicago-The End: A Meditation on Death and Extinction** at National Museum of Women in the Arts, D.C. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). Now through January 20th, 2020. 202-783-5000. Nmwa.org

**Live Dangerously** at National Museum of Women in the Arts, D.C. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). Now through January 20th, 2020. 202-783-5000. Nmwa.org

**Lee Ufan: Open Dimension** at Hirshhorn Museum, D.C. 10 a.m.-5:30 p.m. daily. Now through September 13th, 2020. 202-633-1000. Hirshhorn.si.edu

**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, 2020. Prices vary. 410-244-1900. Avam.org

**The Sights and Sounds of Abstraction by Christine Zmuda** at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through November 16th, 2019. Free. 410-263-5544. Marylandhall.org

**Four Artists: Moving through Abstraction, Annapolis 1950s to 1990s** at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through October 26th, 2019. Free. 410-263-5544. Marylandhall.org

**Creative Space: Work by Maryland Hall's Resident and In-House Artists** at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through October 26th, 2019. Free. 410-263-5544. Marylandhall.org

**Doing the Work: Celebrating 50 Years of MCAAHC** at Baneker-Douglass Museum, Annapolis. 10 a.m.-4 p.m. (Tues.-Sat.). Now through December 29th, 2019. 410-216-6180. Bdmuseum.maryland.gov

**Mr. Paca's Backyard Preschool Program** at William Paca House and Garden, Annapolis. 10 a.m. 410-267-7619. Annapolis.org (F)

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Four Centuries Walking Tour** at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

**The Haun-Tour Part 2** at Cuit Classic Brewing Company, Stevensville. 6 p.m. 410-980-8097.

PERFORMING ARTS

**Jitney** at Arena Stage, D.C. 12 p.m. 202-554-9066. Arenastage.org

**Cats** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Doubt** at Studio Theatre, D.C. 8 p.m. 202-332-3300. Studiotheatre.org

**Miss You Like Hell** at Baltimore Center Stage, Baltimore. 7:30 p.m. 410-332-0033. Centerstage.org

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

MUSIC

**Justin Townes Earle** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

**Andy Grammer** at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmore-silverspring.com

Wednesday

2

SPECIAL EVENTS

**Evolve: Painting by Jeff Huntington** at Jo Fleming Contemporary Art, Annapolis. 12-5 p.m. (Wed., Fri., Sat.), 12-7 p.m. (Thurs.). Now through October 20th, 2019. 410-280-1847. Joflemingcontemporaryart.org

**DIS I A Good Crisis** at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through November 19th, 2019. 443-573-1700. Artbma.org

**Hitching Their Dreams To Untamed Stars: Joyce J. Scott & Elizabeth Talford** at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through December 1st, 2019. 443-573-1700. Artbma.org

**Oletha DeVane: Traces of the Spirit** at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through October 20th, 2019. 443-573-1700. Artbma.org

**Every Day: Selections from the Collection** at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through January 6th, 2020. 443-573-1700. Artbma.org

**Melvin Edwards: The Architecture of Being** at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through January 12th, 2020. 443-573-1700. Artbma.org

**Time and Place** 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 March 1st, 2020. Free. 410-547-9000. Thewalters.org

**Generations: A History of Black Abstract Art** at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through January 19th, 2020. 443-573-1700. Artbma.org

**Melvin Edwards: Crossroads** at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through January 19th, 2020. 443-573-1700. Artbma.org

**TREES** at the Carla Massoni Gallery, Chestertown. 11 a.m.-4 p.m. (Wed.-Fri.), 10 a.m.-5 p.m. (Sat.). Now through October 13th, 2019. 410-778-7330. Massoniart.com

**Studio Tour Artists** 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 October 27th, 2019. 410-778-6300. Chestertownriverarts.net

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Preschool Storytime** at Linthicum Community Library, Linthicum. 10:30 a.m. 410-222-6265. Aacpl.net (F)

**Four Centuries Walking Tour** at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

**Crofton Farmers' Market** at Crofton Country Club, Crofton. 4 p.m. Croftonfarmersmarket.com

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

**MEMBER NIGHT: Kilili Yuyan Journeys in the Arctic** at Chesapeake Bay Maritime Museum, Saint Michaels. 5 p.m. 410-745-4960. Cbmm.org

PERFORMING ARTS

**Dracula** at Chesapeake Shakespeare Company, Baltimore. 8 p.m. 410-244-8570. Chesapeake-shakespeare.com

**Jitney** at Arena Stage, D.C. 12 p.m. & 7:30 p.m. 202-554-9066. Arenastage.org

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

**Cats** at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. & 7:30 p.m. 202-467-4600. Kennedy-center.org

**Doubt** at Studio Theatre, D.C. (See 10/1).

**Miss You Like Hell** at Baltimore Center Stage, Baltimore. 2 p.m. & 7:30 p.m. 410-332-0033. Centerstage.org

**Proof** at Everyman Theatre, Baltimore. 10:55. 7:30 p.m. 443-615-7055. Everymantheatre.org

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

**The Royale** at Olney Theatre, Olney. 1:45 p.m. 301-924-3400. Olneytheatre.org

MUSIC

**Sister Hazel** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

**Joseph** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Die Antwoord** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Thursday

3

SPECIAL EVENTS

**United States Powerboat Show** at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

**Weems & Plath Annual Tent Sale** at Weems & Plath, Annapolis. 8 a.m. 410-263-6700. Weems-plath.com (C)

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Four Centuries Walking Tour** at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

**100 Women Who Care Meeting** at Ulmstead Barn, Arnold. 6:45 p.m. 100womenwhocareannapolis.com

**The Great Movies: Night of the Living Dead (1968) with Intro.** by Andy Wolverton at Severna Park Community Library, Annapolis. 6:30 p.m. 410-222-6290. Aacpl.net

**Wine & Paint Night** with Chelsea Collins at Layton's Chance Winery, Vienna. 6:30 p.m.

**ART, BEER AND WINE**

**Time Travel for Homeschoolers (ages 6-8)** at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

**Maryland's Mammals for Homeschoolers (ages 9-12)** at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

**Cambridge Farmers Market** at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org

**Chesapeake Film Festival** at Dorchester County, Cambridge. 4 p.m. 410-822-3500. Chesapeakefilmfestival.com

**PERFORMING ARTS**

**Arsenic and Old Lace** at The Colonial Players, Annapolis. 8 p.m. 410-224-2065. Thecolonialplayers.org

**Jitney** at Arena Stage, D.C. 8 p.m. 202-554-9066. Arenastage.org

**Cabaret** at Olney Theatre, Olney. 8 p.m. 301-924-3400. Olneytheatre.org

**Cats** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Doubt** at Studio Theatre, D.C. (See 10/1).

**Merce Cunningham at 100** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Miss You Like Hell** at Baltimore Center Stage, Baltimore. (See 10/1).

**Proof** at Everyman Theatre, Baltimore. 7:30 p.m. 443-615-7055. Everymantheatre.org

**The Artist Will Be With You In A Moment By Parallel Exit** at Theatre Project, Baltimore. 8 p.m. 410-752-8558. Theatreproject.org

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

**The Royale** at Olney Theatre, Olney. 7:45 p.m. 301-924-3400. Olneytheatre.org

**Joseph and the Amazing Technicolor Dreamcoat** at Woods Memorial Presbyterian Church, Severna Park. 12 p.m.

**Dracula** at Chesapeake Shakespeare Company, Baltimore. (See 10/2).

**MUSIC**

**Brandt Dunn Thursday Live** at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. Riverbayroadhouse.com

**Caravan Palace** at 9:30 Club, D.C. 6 p.m. 202-265-0930. 930.com

**Emeli Sandé** at Lincoln Theatre, D.C. 6:30 p.m. TheLincolndc.com

**The Head And The Heart** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

**Iyanla Vanzant** at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. 410-900-1150. Modell-lyric.com

**Symphonic Fairy Tales** at Strathmore, North Bethesda. 8 p.m. 301-581-5100. Bso-music.org

**Mt. Joy** at 9:30 Club, D.C. 10 p.m. 202-265-0930. 930.com

**National Symphony Orchestra: Carmina Burana** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

**Renée Fleming VOICES: Gavin Creel** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**SPECIAL EVENTS**

**United States Powerboat Show** at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Four Centuries Walking Tour** at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

**Special Historic Hauntings** at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistours.com

**Friday Night Karaoke** at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideawayodenton.com

**Mid-Atlantic Small Craft Festival XXXVI** at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. Cbmm.org

**2019 Chestertown HP Festival Weekend** at Garfield Center for the Arts, Chestertown. 12 p.m. 410-810-2060. Garfieldcenter.org

**First Weekend** at Historic Downtown Easton, Easton. 410-690-4395. Discover-easton.com

**Chesapeake Film Festival** at Dorchester County, Cambridge. 1 p.m. 410-822-3500. Chesapeakefilmfestival.com

**October First Friday** at Downtown Chestertown, Chestertown. 5 p.m. 443-282-0246. Kentcounty.com (F)

**RiverArts 20th Annual Studio Tour Opening Reception** at Chestertown RiverArts, Chestertown. 5 p.m. 410-778-6300. Chestertownriverarts.net

**First Friday Gallery Walk** at Downtown Easton, Easton. 5 p.m. 410-690-4395. Discover-easton.com

**Easton Ghost Walk** at Tidewater Inn, Easton. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

**Smithsonian Craft2Wear Show** at National Building Museum, D.C. 10:30 a.m. 202-633-5006. Smithsonian-craft2wear.org (C)

**Elephants and Us: Considering Extinction** at National Museum of American History, D.C. 10 a.m.-5:30 p.m. daily. 202-633-1000. Americanhistory.si.edu

**To Fool the Eye, Trompe l'oeil Paintings by Jorge Alberto** at Traika Gallery, Easton. 10 a.m.-5:30 p.m. (Mon.-Sat.). Now through June 4th, 2019. 410-770-9190. Traikagallery.com

**PERFORMING ARTS**

**Arsenic and Old Lace** at The Colonial Players, Annapolis. (See 10/3).

**Hamlet** at Annapolis Shakespeare Company, Annapolis. 8 p.m. 410-415-3513. Annapolisshakespeare.org

**Jitney** at Arena Stage, D.C. (See 10/3).

**Cabaret** at Olney Theatre, Olney. (See 10/3).

**Cats** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/3).

**Doubt** at Studio Theatre, D.C. (See 10/1).

**DREAM THEATER: Distance Over Time Tour** at The Hippodrome Theatre, Baltimore. 8 p.m. 410-837-7400. France-merrickpac.com

**Garfield Improv Group @ First Friday** at Garfield Center for the Arts, Chestertown. 6 p.m. 410-810-2060. Garfieldcenter.org

**Joe Chambers, M'Boom** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. & 9 p.m. 202-467-4600. Kennedy-center.org

**Merce Cunningham at 100** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/3).

**Miss You Like Hell** at Baltimore Center Stage, Baltimore. 8 p.m. 410-332-0033. Centerstage.org

**Proof** at Everyman Theatre, Baltimore. 8 p.m. 443-615-7055. Everymantheatre.org

**The Artist Will Be With You In A Moment By Parallel Exit** at Theatre Project, Baltimore. (See 10/3).

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

**The Royale** at Olney Theatre, Olney. (See 10/3).

**MUSIC**

**The Doobie Others: A Tribute to The Doobie Brothers** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramshheadonstage.com

**Steve Matthews Live Music** at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. Riverbayroadhouse.com

**Zaz** at Lincoln Theatre, D.C. 6:30 p.m. TheLincolndc.com

**Carrie Underwood with Special Guests Maddie & Tae and Runaway Jane** at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com

**Zedd** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

**Science Of Speech Ft Talib Kweli, Jay Electronica, Styles P, Dead Prez** at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmoresilverpring.com

**Built To Spill** at 9:30 Club, D.C. 8 p.m. 202-265-0930. 930.com

**Boulet Brothers' Dracula Tour** at Rams Head Live!, Baltimore. 8 p.m. 410-244-1131. Ramshheadlive.com

**Symphonic Fairy Tales** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bso-music.org

**National Symphony Orchestra: Carmina Burana** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**SPECIAL EVENTS**

**NAMI Anne Arundel's Second Annual Mental Health Gala** at Crowne Plaza Annapolis Hotel, Annapolis. 6 p.m. Whatsuptix.com (C) (TIX)

**Maryland Renaissance Festival** at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

**United States Powerboat Show** at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Special Tour: Disease, Death, and Mourning in Early America** at William Paca House and Garden, Annapolis. 12 p.m. 410-267-7619. Annapolis.org

**Four Centuries Walking Tour** at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

**Special Historic Hauntings** at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistours.com

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 1:30 p.m. 410-222-1919. Historicalondowntown.org

**Fall Fest 2019** at Homestead Gardens, Davidsonsville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

**2019 Chestertown HP Festival Weekend** at Garfield Center for the Arts, Chestertown. 12 p.m. 410-810-2060. Garfieldcenter.org

**Easton Farmers Market** at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

**Chestertown Farmers Market** at Fountain Park, Chestertown. 8 a.m. Townofchestertown.com

**Outdoor Art Fair** at Kent Island Federation of Arts, Stevensville. 9 a.m. 410-643-7424. Qac.org

**Apple Festival** at St. Luke's United Methodist Church, St. Michaels. 9 a.m. 410-745-2534. Tourtalbot.org

**Old Wye Mill Grinding Days** at Wye Grist Mill, Wye Mills. 10 a.m. 410-827-3850. Oldwye-mill.org (F)

**Chesapeake Film Festival** at Dorchester County, Cambridge. 10 a.m. 410-822-3500. Chesapeakefilmfestival.com

**Centreville Rotary Artisans Festival - 48th Annual** at Chesapeake College, Wye Mills. 10 a.m. 410-978-0198. Centrevillerotary.org (C) (F)

**First Saturday Guided Walk** at Adkins Arboretum, Ridgely. 10 a.m. Adkinsarboretum.org

**ARToberFest 2019** at Stevensville Pocket Park, Stevensville. 11 a.m. 410-604-2100. Stevensvilleartsandentertainment.org (F)

**Eastern Shore Natural Hair Expo** at Wicomico Youth & Civic Center, Salisbury. 11 a.m. 410-548-4900. Wicomicociviccenter.org

**First Saturday in Historic Stevensville** at Historic Stevensville, Stevensville. 12 p.m. Stevensvilleartsandentertainment.org

**Easton Beer Fest** at Easton Volunteer Fire Department, Easton. 12 p.m. 410-822-4848. Eastonvfd.org

**Historic House Tour** at Bordley History Center, Chestertown. 1 p.m. 410-778-3499. Kentcountyhistory.org

**Collecting & Processing Native Seeds Workshop** at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

**Crabtoberfest** at Sailwinds Park, Cambridge. 3 p.m. Choosecambridge.com

**Historic Ghost Walks** at Bordley History Center, Chestertown. 6:30 p.m. 410-778-3499. Kentcountyhistory.org (F)

**Casino Royale** at Oxford Community Center, Oxford. 7 p.m. 410-226-5904. Oxfordcc.org

**St. Michaels Ghost Walk** at Chesapeake Bay Maritime Museum, Saint Michaels. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

**Tucker Carlson** at Modell Performing Arts Center at the Lyric, Baltimore. 5 p.m. 410-900-1150. Modell-lyric.com

**The Secret Life of Earth: Alive! Awake! (and possibly really Angry!)** at American Visionary Art Museum, Baltimore. 10 a.m.-6 p.m. (Tues.-Sun.), closed Mon. Now through September 5th, 2020. 410-244-1900. Avam.org

**PERFORMING ARTS**

**Hamlet** at Annapolis Shakespeare Company, Annapolis. 2 p.m. 410-415-3513. Annapolisshakespeare.org

**All That Jazz** at Annapolis Shakespeare Company, Annapolis. 8 p.m. 410-415-3513. Annapolisshakespeare.org

**Arsenic and Old Lace** at The Colonial Players, Annapolis. (See 10/3).

**Jitney** at Arena Stage, D.C. 2 p.m. & 8 p.m. 202-554-9066. Arenastage.org

**Cabaret** at Olney Theatre, Olney. (See 10/2).

**Cats** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/2).

**Doubt** at Studio Theatre, D.C. 2 p.m. & 8 p.m. 202-332-3300. Studiotheatre.org

Friday  
**4**

Saturday  
**5**

# On Stage

## Annapolis

### Arsenic and Old Lace

Colonial Players; Now through October 5th, 2019; Prices vary; [Thecolonialplayers.org](http://Thecolonialplayers.org); 410-268-7373

The Brewster family is a once-elite American bloodline that has now descended into homicidal insanity. Mortimer Brewster, a drama critic and the most ostensibly normal of his clan, is forced to cover up for his sadistic kin while being torn between family loyalty and his desire to marry the woman he loves. Exploring motifs of family loyalty, nature versus nurture, and whether we can ever truly break away from our family's influence, *Arsenic and Old Lace* is a dark, screwball comedy declared one of the funniest plays ever by *The New York Times*.

### The White Rose

Colonial Players; October 25th through November 16th, 2019; Prices vary; [Thecolonialplayers.org](http://Thecolonialplayers.org); 410-268-7373 Across the world, the 1940s look very different. In *The White Rose*, by Lillian Garrett-Groag, a group of university students in Nazi-controlled Munich form an intellectual resistance. This true story examines the complex relationships that develop among a group of people all clinging to beliefs that ultimately cannot be fulfilled at this point in time.

### Hamlet

Annapolis Shakespeare Company; Now through October 27th, 2019; Prices vary; [Annapolis-shakespeare.org](http://Annapolis-shakespeare.org); 410-415-3513 Considered to be one of the greatest tragedies of all time, Shakespeare's tale of murder, revenge, and self-doubt is brought to life in this modern, edgy, and visually striking production.

### All That Jazz!

Annapolis Shakespeare Company; October 5th through October 20th, 2019; Prices vary; [Annapolisshakespeare.org](http://Annapolisshakespeare.org); 410-415-3513 This singing, dancing, glittering salute to the best of Broadway features ASC's full line-up of Broadway performers accompanied by the Unified Jazz Ensemble. Come enjoy this interpretation of a Bob Fosse classic.

### Carrie – The Musical

Chesapeake Arts Center; October 25th through November 9th; \$22.09; [Chesapeakearts.org](http://Chesapeakearts.org); 410-636-6597 Carrie White is a misfit. At school, she's an outcast who's bullied by the popular crowd, and virtually invisible to everyone else. At home, she's at the mercy of her loving but cruelly over-protective mother. But Carrie's just discovered she's got a special power, and if pushed too far, she's not afraid to use it.

### The Snow Queen

Maryland Hall for the Creative Arts; October 18th through October 29th, 2019; \$30-53; [Balletmaryland.org](http://Balletmaryland.org); 410-224-5644 Ballet Theatre of Maryland creates another world premiere ballet based on the famous Hans Christian Andersen fairytale, *The Snow Queen*—the inspiration for Disney's blockbuster favorite *Frozen*. Fearless optimist Gerda sets off an epic journey, teaming up with the rugged, but gentle, mountain man Kai to free their kingdom from the icy powers that have trapped everyone in an eternal blanket of winter. Mystical trolls, princesses, fairies, magic, and humor combine to help Gerda battle the elements in a race to save the kingdom and free those she loves.

### The Last Night of Ballyhoo

Bowie Community Theatre; October 11th through October 27th, 2019; \$17-22; [Bctheatre.com](http://Bctheatre.com); 301-805-0219 It is December of 1939. *Gone with the Wind* is having its world premiere, and Hitler is invading Poland, but Atlanta's elitist German Jews are much more concerned with who is going to Ballyhoo, the social event of the season. Especially concerned is the Frietag family. The family gets pulled apart and then mended together with plenty of comedy, romance, and revelations along the way. Events take several unexpected turns as the characters face where they come from and are forced to deal with who they really are.

## D.C.

### Everybody

Shakespeare Theatre Company; October 15th through November 17th, 2019; Prices vary; [Shakespearetheatre.org](http://Shakespearetheatre.org); 202-547-1122 This modern riff on the fifteenth-century morality play *Everyman* follows Everybody (Chosen from amongst the cast by lottery at each performance) as they journey through life's greatest mystery—the meaning of living.

### Right to Be Forgotten

Arena Stage; October 11th through November 10th; Prices vary; [Arenastage.org](http://Arenastage.org); 202-554-9066 The internet never forgets. A young man's mistake at 17 haunts him online a decade later. Desperate for a normal life, he goes to extraordinary lengths to erase his indiscretion. But freedom of information is big business, and the tech companies aren't going down without a fight. Secrets, lies and political backstabbing abound in this riveting new drama about one man's fierce battle to reclaim his right to privacy.

### Jimmy Buffett's Escape to Margaritaville

National Theatre; October 8th through October 13th, 2019; \$54-114; [Thenationaldc.com](http://Thenationaldc.com); 202-628-6161 Welcome to Margaritaville, where people come to get away from it all and stay to find something they never expected. *Escape to Margaritaville* is the musical comedy featuring both original songs and your most-loved Jimmy Buffett classics.

### Footloose

John F. Kennedy Center for the Performing Arts; October 9th through October 13th, 2019; \$59-175; [Kennedy-center.org](http://Kennedy-center.org); 202-467-4600 Set to the rockin' rhythm of the film's Oscar®- and Tony®-nominated top 40 score and augmented with dynamic new songs for the stage musical, *Footloose* celebrates the wisdom of listening to young people and guiding them with a warm heart and an open mind.

## Baltimore

### Dracula

Chesapeake Shakespeare Company; October 4th through November 2nd, 2019; Prices vary; [Chesapeakeshakespeare.com](http://Chesapeakeshakespeare.com); 410-244-8570 The mesmerizing and classic tale of horror and romance: Sinister events in a sanatorium reveal the lurking presence of the greatest vampire of all time.

## Thoughts of a Colored Man

**Baltimore Center Stage; October 10th through November 10th, 2019; Prices vary; Centerstage.org; 410-332-0033**

A world-premiere play from Keenan Scott II, one of today's boldest new voices, *Thoughts of a Colored Man* blends language, music, and dance. Welcome to the vibrant inner life of being black, proud, and thriving in the 21st century. Set over a single day, this richly theatrical mosaic goes beyond the rhythms of the basketball court and the boisterousness of the barbershop to shed brilliant light into the hearts and minds of a community of men searching for their most triumphant selves.

## Radio Golf

**Everyman Theatre; October 15th through November 17th, 2019; Prices vary; Everymantheatre.org; 410-752-2208**

Successful real estate developer Harmond Wilks is on a mission to become Pittsburgh's first black mayor by doing whatever it takes to transform his childhood neighborhood from blighted to bustling. But when he learns the truth about his family's legacy, he is forced to decide whether he will finish what he started or fight to preserve his community's history.

## In the Blood

**Fells Point Corner Theatre; October 11th through November 3rd, 2019; \$20; Fpct.org**

In this modern-day riff on *The Scarlet Letter*, Hester, a young, homeless mother of five, must find a way to provide and protect for her children while living on the streets. While Hester's children fill her life with joy—providing loving comedy in a harsh world of poverty—everyone else in her life takes everything they can. A parable of injustice and cruelty, this play stares into a story that the world all too often looks away from.

## The Phantom of the Opera

**The Hippodrome Theatre; October 9th through October 20th, 2019; Prices vary; France-merrick-pac.com; 410-837-7400**

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's *The Phantom of the Opera* comes to a city near you as part of a brand new North American Tour. This production, which retains the beloved story and thrilling score, boasts exciting new special effects, scenic and lighting designs, staging, and choreography.

**Let's Talk Dance: Dancing for Merce Cunningham** at The John F. Kennedy Center for the Performing Arts, D.C. 4 p.m. 202-467-4600. Kennedy-center.org

**Merce Cunningham at 100** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/3).

**Miranda Sings- Who Wants My Kid?** at The Hippodrome Theatre, Baltimore. 7 p.m. 410-837-7400. France-merrickpac.com

**Miss You Like Hell** at Baltimore Center Stage, Baltimore. 2 p.m. & 8 p.m. 410-332-0033. Centerstage.org

**NEMR** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

**Proof** at Everyman Theatre, Baltimore. 2 p.m. & 8 p.m. 443-615-7055. Everymantheatre.org

**The Artist Will Be With You In A Moment By Parallel Exit** at Theatre Project, Baltimore. 3 p.m. & 8 p.m. 410-752-8558. Theatreproject.org

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. 6 p.m. & 9 p.m. 202-467-4600. Kennedy-center.org

**The Royale** at Olney Theatre, Olney. 1:45 p.m. & 7:45 p.m. 301-924-3400. Olneytheatre.org

## MUSIC

**Symphonic Fairy Tales** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bsomusic.org

**Boulet Brothers - Dragula Tour** at Lincoln Theatre, D.C. 7 p.m. TheLincolnDC.com

**Luna** at 9:30 Club, D.C. 6 p.m. 202-265-0930. 930.com

**Lauv** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

**Technicolor Motor Home: A Steely Dan Tribute** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

**Theo Von: Dark Arts Tou** at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

**Saved by the 90s** at Rams Head Live!, Baltimore. 9 p.m. 410-244-1131. Ramsheadlive.com

**Bombay Bicycle Club** at 9:30 Club, D.C. 10 p.m. 202-265-0930. 930.com

**Music Box: Autumn Colors** at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m. 410-783-8000. Bsomusic.org

**Mason Jennings** at Rams Head On Stage, Annapolis. 1 p.m. 410-268-4545. Rams-headonstage.com

## SPORTS

**Navy vs. Air Force** at Navy-Marine Corps Memorial Stadium, Annapolis. 3:30 p.m. 1-800-874-6289. Navysports.com (F)

## Sunday

# 6

## SPECIAL EVENTS

**Maryland Renaissance Festival** at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

**United States Powerboat Show** at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistor.com (F)

**First Sunday Arts Festival** at Downtown Annapolis, Annapolis. 11 a.m. 410-858-5884. Firstsundayarts.com

**Fall Fest 2019** at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

**Four Centuries Walking Tour** at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistor.com (F)

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 1:30 p.m. 410-222-1919. Historiclondontown.org

**2019 Lifeline 100 Bicycle Event** at Kinder Farm Park, Millersville. 6 a.m. 410-222-7316. Lifeline100.org (C)

**Chesapeake Film Festival** at Dorchester County, Cambridge. 11 a.m. 410-822-3500. Chesapeakefilmfestival.com

**Centreville Rotary Artisans Festival - 48th Annual** at Chesapeake College, Wye Mills. 11 a.m. 410-978-0198. Centrevillerotary.org (C) (F)

**Anything Can Happen Day! Walk** at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

**2019 Baltimore Out of the Darkness Walk** at Inner Harbor - West Shore Park, Baltimore. 8 a.m. 443-452-7109. Afsp.donordrive.com (C) (F)

**Designing the New: Charles Rennie Mackintosh and the Glasgow Style** 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. 410-547-9000. Thewalters.org

## PERFORMING ARTS

**All That Jazz** at Annapolis Shakespeare Company, Annapolis. (See 10/5).

**Hamlet** at Annapolis Shakespeare Company, Annapolis. (See 10/5).

**Jitney** at Arena Stage, D.C. 6 p.m. 202-554-9066. Arenastage.org

**Cabaret** at Olney Theatre, Olney. 2 p.m. 301-924-3400. Olneytheatre.org

**Cats** at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. 202-467-4600. Kennedy-center.org

**Doubt** at Studio Theatre, D.C. 2 p.m. & 7 p.m. 202-332-3300. Studiotheatre.org

**Miss You Like Hell** at Baltimore Center Stage, Baltimore. 2 p.m. 410-332-0033. Centerstage.org

**Proof** at Everyman Theatre, Baltimore. 2 p.m. & 7 p.m. 443-615-7055. Everymantheatre.org

**The Artist Will Be With You In A Moment By Parallel Exit** at Theatre Project, Baltimore. 3 p.m. 410-752-8558. Theatreproject.org

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. 3 p.m. & 7 p.m. 202-467-4600. Kennedy-center.org

**The Royale** at Olney Theatre, Olney. (See 10/2).

## MUSIC

**Young Thug & Machine Gun Kelly** at MECU Pavilion, Baltimore. 7:30 p.m. 800-653-8000. Livenation.com

**Marwan Khoury Live in Concert** at Lincoln Theatre, D.C. 6:30 p.m. TheLincolnDC.com

**Blue Oyster Cult** at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-263-5544. Marylandhall.org

**Young Thug & Machine Gun Kelly** at MECU Pavilion, Baltimore. 7:30 p.m. 410-547-7200. Mecupavilion.com

**Blue Oyster Cult** at Maryland Hall for the Creative Arts at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-268-4545. Ramsheadonstage.com

**Langhorne Slim** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

## SPORTS

**Redskins vs Patriots** at FedExField, Landover. 1 p.m. 301-276-6800. Redskins.com (F)

**D.C. United vs. FC Cincinnati** at Audi Field, D.C. 4 p.m. Dcunited.com (F)

## Monday

# 7

## SPECIAL EVENTS

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistor.com (F)

**Four Centuries Walking Tour** at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistor.com (F)

**Gigi's Playhouse Golf Tournament** at Crofton Country Club, Crofton. 9 a.m. Gigisplayhouse.org/Annapolis (C)

**Open Portrait Studio** at Academy Arts Museum of Easton, Easton. 1 p.m. 410-822-2787. Academyartmuseum.org

**Chesapeake Film Festival** at Dorchester County, Cambridge. 2 p.m. 410-822-3500. Chesapeakefilmfestival.com

**Monday Night Trivia @ the Pub** at Market Street Public House, Denton. 7:30 p.m.

## MUSIC

**Bluegrass Jam** at St. Andrew's Episcopal Church, Hurlock. 7 p.m. 410943900.

**Mainstay Monday featuring Joe Holt and guest Sylvia Frasier** at The Mainstay, Rock Hall. 7 p.m. 410-639-9133. Mainstayrockhall.org

**Noah Kahan** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Maggie Rogers** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

**Justin Hayward** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

## Tuesday

# 8

**SPECIAL EVENTS**

**Public Garden Tour** at William Paca House and Garden, Annapolis. 10 a.m. 410-267-7619. Annapolis.org

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Four Centuries Walking Tour** at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

**Chesapeake Film Festival** at Dorchester County, Cambridge. 1 p.m. 410-822-3500. Chesapeakefilmfestival.com

**PERFORMING ARTS**

**Jitney** at Arena Stage, D.C. 7:30 p.m. 202-554-9066. Arenastage.org

**Mariinsky Ballet: Paquita** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Miss You Like Hell** at Baltimore Center Stage, Baltimore. (See 10/1).

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

**Working Rehearsal: Mariinsky Ballet** at The John F. Kennedy Center for the Performing Arts, D.C. 12:30 p.m. 202-467-4600. Kennedy-center.org

**MUSIC**

**Kero Kero Bonito** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Maggie Rogers** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

**Keiko Matsui** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

*Wednesday*

**9**

**SPECIAL EVENTS**

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Power of 100: Chesapeake Women Who Care** at Prospect Bay County Club, Grasonville. 6:30 p.m. Powerof100chesapeake.com (C)

**Four Centuries Walking Tour** at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

**Jane Austen Tour** at Hammond-Harwood House Museum, Annapolis. 2 p.m. 410-263-4683. Hammond-harwoodhouse.org

**Crofton Farmers' Market** at Crofton Country Club, Crofton. 4 p.m. Croftonfarmersmarket.com

**Apollo 11 (2019) with an Introduction by Andy Wolverton** at Severna Park Community Library, Annapolis. 6:30 p.m. 410-222-6290. Aacpl.net

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

**Chesapeake Film Festival** at Dorchester County, Cambridge. 8 a.m. 410-822-3500. Chesapeakefilmfestival.com

**PERFORMING ARTS**

**Jitney** at Arena Stage, D.C. (See 10/2).

**Broadway Center Stage: Footloose** at The John F. Kennedy Center for the Performing Arts, D.C. 8:30 p.m. 202-467-4600. Kennedy-center.org

**Disney On Ice** at Royal Farms Arena, Baltimore. 7:30 p.m. 410-347-2020. Royalfarmsarena.com

**Mariinsky Ballet: Paquita** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/8).

**Miss You Like Hell** at Baltimore Center Stage, Baltimore. (See 10/1).

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

**The Phantom of the Opera** at The Hippodrome Theatre, Baltimore. 8 p.m. 410-837-7400. France-merrickpac.com

**The Royale** at Olney Theatre, Olney. (See 10/3).

**MUSIC**

**Shovels & Rope** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Avril Lavigne "Head Above Water" Tour** at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

**Rickie Lee Jones** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

*Thursday*  
**10**

**SPECIAL EVENTS**

**United States Sailboat Show** at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Director's Talk** at Hammond-Harwood House Museum, Annapolis. 12 p.m. 410-263-4683. Hammond-harwoodhouse.org

**Four Centuries Walking Tour** at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

**Risking All In Early Maryland: Disease, Death, and Demography** at William Paca House and Garden, Annapolis. 6:30 p.m. 410-267-7619. Annapolis.org

**Cambridge Farmers Market** at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org

**On Land and On Sea: A Talk with the Author (Fall Speaker Series 2019)** at Chesapeake Bay Maritime Museum, Saint Michaels. 2 p.m. 410-745-4960. Cbmm.org

**"Ask a Master Gardener" Plant Clinic** at Christ Church, Stevensville. 3:30 p.m. Extension.umd.edu

**Chesapeake Film Festival** at Dorchester County, Cambridge. 1 p.m. 410-822-3500. Chesapeakefilmfestival.com

**Time Travel for Homeschoolers (ages 6-8)** at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

**Maryland's Mammals for Homeschoolers (ages 9-12)** at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

**A Discussion with Author Ta-Nehisi Coates** at Joseph Meyerhoff Symphony Hall, Baltimore. 7 p.m. 410-783-8000. Bsomusic.org

**PERFORMING ARTS**

**Jitney** at Arena Stage, D.C. (See 10/3).

**Broadway Center Stage: Footloose** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/9).

**Disney On Ice** at Royal Farms Arena, Baltimore. (See 10/9).

**Mariinsky Ballet: Paquita** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/8).

**Miss You Like Hell** at Baltimore Center Stage, Baltimore. (See 10/1).

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

**The Phantom of the Opera** at The Hippodrome Theatre, Baltimore. 2 p.m. & 8 p.m. 410-837-7400. France-merrickpac.com

**The Royale** at Olney Theatre, Olney. (See 10/3).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. 7:30 p.m. 410-332-0033. Centerstage.org

**MUSIC**

**SHAED** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Lagwagon and Face to Face with MakeWar** at Fillmore Silver Spring, Silver Spring. 7:30 p.m. 301-960-9999. Fillmoresilverpring.com

**The Nat King Cole Songbook** at Strathmore, North Bethesda. 8 p.m. 301-581-5100. Bsomusic.org

**RACHEL BLOOM: What Am I Going to Do with My Life Now? Tour** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

**Renaissance** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

**National Symphony Orchestra: Janowski conducts Bruckner's Seventh / Steinbacher plays Mozart** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

*Friday*

**11**

**SPECIAL EVENTS**

**United States Sailboat Show** at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Four Centuries Walking Tour** at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

**Sins & Secrets** at Historic London Town and Gardens, Edgewater. 6:30 p.m. Historiclondon-town.org

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 6:30 p.m. 410-222-1919. Historiclondon-town.org

**Special Historic Hauntings** at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistours.com

**Friday Night Karaoke** at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideaway-odenton.com

**St. Michaels Ghost Walk** at Chesapeake Bay Maritime Museum, Saint Michaels. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

**2019 Academy Art Museum Craft Show** at Academy Art Museum, Easton. 10 a.m. 410-822-2787. Academyart-museum.org

**Women Artists of the Dutch Golden Age** at National Museum of Women in the Arts, D.C. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). Now through January 5th, 2020. 202-783-5000. Nmwa.org

**Picturing the American Buffalo: George Catlin and Modern Native American Artists** at Smithsonian American Art Museum, D.C. 11:30 a.m.-7 p.m. daily. Free. Now through April 12th, 2020. 202-633-7970. Americanart.si.edu

**PERFORMING ARTS**

**Hamlet** at Annapolis Shakespeare Company, Annapolis. (See 10/4).

**Broadway Center Stage: Footloose** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/9).

**Disney On Ice** at Royal Farms Arena, Baltimore. 10:30 a.m. & 7:30 p.m. 410-347-2020. Royalfarmsarena.com

**In the Blood** at Fells Point Corner Theatre, Baltimore. 8 p.m. 410-276-7837. Fpct.org

**Jitney** at Arena Stage, D.C. (See 10/3).

**Kiss of the Spider Woman** at Olney Theatre, Olney. 8 p.m. 301-924-3400. Olneytheatre.org

**Marc Maron** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Mariinsky Ballet: Paquita** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/8).

**Miss You Like Hell** at Baltimore Center Stage, Baltimore. (See 10/4).

**Proxy** at Theatre Project, Baltimore. 8 p.m. 410-752-8558. Theatreproject.org

**Right to Be Forgotten** at Arena Stage, D.C. 8 p.m. 202-554-9066. Arenastage.org

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

**The Last Night of Ballyhoo** at Bowie Playhouse, Bowie. 8 p.m. 301-805-0219. Botheatre.com

**The Phantom of the Opera** at The Hippodrome Theatre, Baltimore. (See 10/9).

**The Price Is Right Live - Stage Show** at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

**The Royale** at Olney Theatre, Olney. (See 10/3).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. 8 p.m. 410-332-0033. Centerstage.org

**MUSIC**

**Phil Vassar: Hysteria Tour** at Rams Head On Stage, Annapolis. 5 p.m. & 8 p.m. 410-268-4545. Rams-headonstage.com

**Chance The Rapper - The Big Day** at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com

**United States Naval Academy Band: Navy Birthday Concert** at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-263-5544. Marylandhall.org

**The Nat King Cole Songbook** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bsomusic.org

**Pat Owens Live Music** at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. Riverbayroadhouse.com

**Grand Funk Railroad** at Live! Casino & Hotel, Hanover. 9 p.m. Livecasinohotel.com

**Perpetual Groove** at 9:30 Club, D.C. 10 p.m. 202-265-0930. 930.com

**National Symphony Orchestra: Janowski conducts Bruckner's Seventh / Steinbacher plays Mozart** at The John F. Kennedy Center for the Performing Arts, D.C. 11:30 a.m. 202-467-4600. Kennedy-center.org

**SPORTS**

**Johnstown Tomahawks @ Maryland Black Bears** at Piney Orchard Ice Arena, Annapolis. 7 p.m. Pineyorchard-ink.com

# Saturday 12

## SPECIAL EVENTS

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 10 a.m. 443-569-4209. Friendslh.org (C)

**Maryland Renaissance Festival** at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

**United States Sailboat Show** at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

**"Lafayette's Annapolis" Walking Tour** at The Maryland Inn, Annapolis. 10:30 a.m. & 1 p.m. 410-267-7619. Annapolis.org

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Fall Fest 2019** at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

**Fall Harvest Festival** at Kinder Farm Park, Millersville. 10 a.m. Kinderfarmpark.org (F)

**Easton Farmers Market** at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

**Chestertown Farmers Market** at Fountain Park, Chestertown. 8 a.m. Townofchestertown.com

**Decommissioning Your Motor** at Chesapeake Bay Maritime Museum, Saint Michaels. 9 a.m. 410-745-4960. Cbmm.org

**Rock Hall FallFest** at Town of Rock Hall, Rock Hall. 10 a.m. Rockhallfallfest.org (F)

**Nanticoke River Jamboree** at Handsell Historic Site, Vienna. 10 a.m. Restorehandsell.org (F)

**2019 Academy Art Museum Craft Show** at Academy Art Museum, Easton. 10 a.m. 410-822-2787. Academyart-museum.org

**Fairyfest** at Adkins Arboretum, Ridgely. 11 a.m. 410-634-2847. Adkinsarboretum.org (F)

**Special Tour: Disease, Death, and Mourning in Early America** at William Paca House and Garden, Annapolis. 12 p.m. 410-267-7619. Annapolis.org

**10th Annual Fall Italian Wine & Food Celebration** at Simpatico, St. Michaels. 12 p.m. 410-745-0345. Simpaticost-michaels.com (F)

**Harvest Festival** at Layton's Chance Winery, Vienna. 12 p.m. 410-228-1205. Laytonschance.com (F)

**Family Day @ CBMM** at Chesapeake Bay Maritime Museum, Saint Michaels. 1 p.m. 410-745-4960. Cbmm.org (F)

**Four Centuries Walking Tour** at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 1:30 p.m. 410-222-1919. Historiclondontown.org

**Historic Ghost Walks** at Bordley History Center, Chestertown. 6:30 p.m. 410-778-3499. Kentcounty-history.org (F)

**Special Historic Hauntings** at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistours.com

## PERFORMING ARTS

**All That Jazz** at Annapolis Shakespeare Company, Annapolis. (See 10/5).

**Hamlet** at Annapolis Shakespeare Company, Annapolis. (See 10/5).

**Broadway Center Stage: Footloose** at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. & 8:30 p.m. 202-467-4600. Kennedy-center.org

**Disney On Ice** at Royal Farms Arena, Baltimore. 10:30 a.m., 3:30 p.m., and 6:30 p.m. 410-347-2020. Royalfarm-sarena.com

**In the Blood** at Fells Point Corner Theatre, Baltimore. (See 10/11).

**Jitney** at Arena Stage, D.C. (See 10/5).

**Mariinsky Ballet: Paquita** at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. & 7:30 p.m. 202-467-4600. Kennedy-center.org

**Miss You Like Hell** at Baltimore Center Stage, Baltimore. 2 p.m. & 8 p.m. 410-332-0033. Centerstage.org

**Proxy** at Theatre Project, Baltimore. (See 10/11).

**Right to Be Forgotten** at Arena Stage, D.C. (See 10/11).

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/5).

**The Last Night of Ballyhoo** at Bowie Playhouse, Bowie. (See 10/11).

**The Met: Live in HD 2019-20 Season** at Avalon Theatre, Easton. 1 p.m. 410-822-7299. Avalonfoundation.org

**The Phantom of the Opera** at The Hippodrome Theatre, Baltimore. (See 10/10).

**The Price Is Right Live - Stage Show** at MGM National Harbor, Oxon Hill. 2 p.m. & 7 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

**The Royale** at Olney Theatre, Olney. (See 10/5).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/11).

## MUSIC

**Johnny A. & Kasim Sulton: Songs & Stories** at Rams Head On Stage, Annapolis. 1 p.m. 410-268-4545. Rams-headonstage.com

**Brantley Gilbert** at Jiffy Lube Live, Bristolow. 5 p.m. 703-754-6400. Bristolowamphitheater.com

**Lewis Capaldi** at 9:30 Club, D.C. 6 p.m. 202-265-0930. 930.com

**Pressing Strings LIVE @ Cult Classic** at Cult Classic Brewing Company, Stevensville. 7 p.m. 410-980-8097. Cultclassic.simpletix.com

**The Black Keys** at The Anthem, D.C. 7 p.m. 202-888-0020. Theanthemdc.com

**Vince Gill** at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. 410-900-1150. Modell-lyric.com

**Mitchell Tenpenny** at Rams Head Live!, Baltimore. 7:30 p.m. 410-244-1131. Ramshead-live.com

**Jimmie Vaughan** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

**Post Malone - Runaway Tour** at Capital One Arena, D.C. 8 p.m. 202-628-3200. Capitalonearena.com

**Rich Brian** at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmoresilver-spring.com

**The Nat King Cole Songbook** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bsomusic.org

**Mamie Minch Trio** at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstayrock-hall.org

**Tim Atkinson Live Music** at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. Riverbayroadhouse.com

**Mashrou' Leila** at 9:30 Club, D.C. 10 p.m. 202-265-0930. 930.com

**National Symphony Orchestra: Janowski conducts Bruckner's Seventh / Steinbacher plays Mozart** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

## SPORTS

**Johnstown Tomahawks @ Maryland Black Bears** at Piney Orchard Ice Arena, Annapolis. 7:45 p.m. Piney-icerink.com

# Sunday 13

## SPECIAL EVENTS

**Maryland Renaissance Festival** at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

**United States Sailboat Show** at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

**More Than Pink Walk** at Columbia Gateway, Columbia. 7 a.m. Kommenmd.org (C)

**12th Annual Salisbury Kidney Walk** at Winterplace Park, Salisbury. 9 a.m. Kidneywalk.org (C)

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 10 a.m. 443-569-4209. Friendslh.org (C)

**2019 Academy Art Museum Craft Show** at Academy Art Museum, Easton. 10 a.m. 410-822-2787. Academyart-museum.org

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Fall Fest 2019** at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

**Hoopers Island Gun Bash** at Governors Hall at Sailwinds Park, Cambridge. 11 a.m.

**Harvest Hoedown** at Pickering Creek Audubon Center, Easton. 11 a.m. 410-822-4903. Pickeringcreek.org (F)

**Rock Hall Fall BikeFest** at The Bulkhead, Rock Hall. 1 p.m. Rockhallmd.com (F)

**Four Centuries Walking Tour** at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 1:30 p.m. 410-222-1919. Historiclondontown.org

**Exploring the Tree in the History of Art (Session I: Renaissance)** at Adkins Arboretum, Ridgely. 1:30 p.m. 410-634-2847. Adkinsarboretum.org

**Alonso Berruguete: First Sculptor of Renaissance Spain** at National Gallery of Art, D.C. 10 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Now through February 17th, 2020. Nga.gov

## PERFORMING ARTS

**Hamlet** at Annapolis Shakespeare Company, Annapolis. (See 10/5).

**All That Jazz** at Annapolis Shakespeare Company, Annapolis. (See 10/5).

**Broadway Center Stage: Footloose** at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. & 7 p.m. 202-467-4600. Kennedy-center.org

**Disney On Ice** at Royal Farms Arena, Baltimore. 12 p.m. & 4 p.m. 410-347-2020. Royal-farmsarena.com

**In the Blood** at Fells Point Corner Theatre, Baltimore. 2 p.m. 410-276-7837. Fpct.org

**Jitney** at Arena Stage, D.C. 2 p.m. & 7:30 p.m. 202-554-9066. Arenastage.org

**Mariinsky Ballet: Paquita** at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. 202-467-4600. Kennedy-center.org

**Miss You Like Hell** at Baltimore Center Stage, Baltimore. 2 p.m. 410-332-0033. Centerstage.org

**Proxy** at Theatre Project, Baltimore. 3 p.m. 410-752-8558. Theatreproject.org

**Right to Be Forgotten** at Arena Stage, D.C. 2 p.m. & 7:30 p.m. 202-554-9066. Arenastage.org

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. 5 p.m. & 8 p.m. 202-467-4600. Kennedy-center.org

**The Last Night of Ballyhoo** at Bowie Playhouse, Bowie. 2 p.m. 301-805-0219. Bctheatre.com

**The Phantom of the Opera** at The Hippodrome Theatre, Baltimore. 1 p.m. & 6:30 p.m. 410-837-7400. France-merriickpac.com

**The Price Is Right Live - Stage Show** at MGM National Harbor, Oxon Hill. 2 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

**The Royale** at Olney Theatre, Olney. (See 10/2).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. 2 p.m. 410-332-0033. Centerstage.org

**Dracula** at Chesapeake Shakespeare Company, Baltimore. 2 p.m. 410-244-8570. Chesapeakeshakespeare.com

## MUSIC

**The Nat King Cole Songbook** at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. 410-783-8000. Bsomusic.org

**United States Naval Academy Band: Superintendent's Combo** at Maryland Hall for the Creative Arts, Annapolis. 4:30 p.m. 410-263-5544. Marylandhall.org

**Amon Amarth with Arch Enemy, At the Gates, Grand Magus** at Fillmore Silver Spring, Silver Spring. 7 p.m. 301-960-9999. Fillmoresilver-spring.com

**Small Town Murder** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Tiffany** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadon-stage.com

**Washington Performing Arts presents Pink Martini with special guest Meow Meow** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

## SPORTS

**Ravens vs Bengals** at M&T Bank Stadium, Baltimore. 1 p.m. Baltimore Ravens.com

# Monday

# 14

## SPECIAL EVENTS

**B2C Mastermind** at Anne Arundel Chamber of Commerce, Annapolis. 9 a.m. 703-439-7804. Annapolis-mcb2c.eventbrite.com

**United States Sailboat Show** at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

**Space Exploration Series at Cult Classic Brewing Company, Stevensville.** 6 p.m. 410-725-6782. Whatsuptix.com (C) (TIX)

**Plein Air Golf Tournament** at River Marsh Golf Club, Cambridge. 11 a.m. Dorchesterarts.org (C)

# Exhibitions

## Annapolis and West County

### Artists' Favorites

**What's Up? Media; Now through December 13th, 2019; Free admission; Whatsupmag.com; 410-266-6287** What's Up? Media, in partnership with the Arts Council of Anne Arundel County, presents its newest exhibition, *Artists' Favorites*. Artists are often asked to make work to fit a theme or to try to fit an existing piece into a themed show. This exhibition is about giving artists an opportunity to step outside the constraints of a theme, and to share their favorite pieces that might not have been a good fit with a previous show.

### Doing the Work: Celebrating 50 Years of MCAAHC

**Banneker-Douglass Museum; Now through December 29th, 2019; Free; Bdmuseum.maryland.gov; 410-216-6180** This exhibit showcases ephemera, photographs, and archival documents to detail the history and impact of Maryland Commission on African American History and Culture (MCAAHC). *Doing the Work* invites visitors to learn about the Commission's impact on their local communities and consider their personal role in preserving Maryland's African American heritage.

### ↓ The Best of the Chesapeake

**McBride Gallery; Now through October 20th, 2019; Free; McBridegallery.com; 410-267-7077** This annual exhibition features paintings and sculptures by noted marine and landscape artists focused on the Chesapeake Bay. From visiting historic square-riggers, pleasure boats, and workboats, the Bay has a lot to offer the artist. Life continues to thrive around this body of water, not just the human variety, but great blue herons, egrets, and osprey that live on and around the water. The small family farms and harbor towns add a quaintness and character along the many miles of sandy and marshy shorelines.



Bruce Handford, *Tilghman Island Houses*, watercolor

### Four Artists: Moving through Abstraction, Annapolis 1950s to 1990s

**Maryland Hall for the Creative Arts; Now through October 26th, 2019; Free; Marylandhall.org; 410-263-5544** *Four Artists: Moving Through Abstraction, Annapolis 1950-1990* showcases the avant-garde work of Michel Freinek, Esther Levy, Virginia Ochs, and Missy Weems, four women living and painting in Annapolis during the period 1950 to 1990. The exhibition will incorporate between four and eight oil paintings from each artist, resulting in an exhibition of approximately 25 to 30 works, large and small.

### Creative Space: Work by Maryland Hall's Resident and In-House Artists

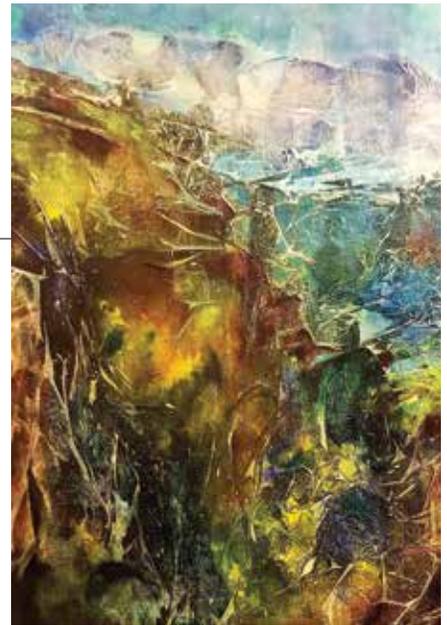
**Maryland Hall for the Creative Arts; Now through October 26th, 2019; Free; Marylandhall.org; 410-263-5544** Maryland Hall celebrates the third-floor studio artists with this group exhibition of both Artists-in-Residence and In-House artists. Though the artists have their own individual studios and work in a wide-range of styles and mediums, this exhibition showcases Maryland Hall's diverse community of both professional and emerging artists.

### The Sights and Sounds of Abstraction by Christine Zmuda

**Maryland Hall for the Creative Arts; Now through November 16th, 2019; Free; Marylandhall.org; 410-263-5544** Driven by a soul deep connection to music, Abstract artist Christine Zmuda leverages sounds and music lyrics to produce a visual abstract language. Explore with your sight and sound how music has an impact on the artist's creativity process and resulting work. See how jazz, Motown, rock and indie music surface on the canvas.

### Breaking the Barriers

**The Galleries at Quiet Waters Park; Now through October 13th, 2019; \$6; Fqwp.org; 410-222-1777** *Breaking the Barriers* is an exhibit from the Open Eye Gallery at Arundel Lodge. The Gallery creates a safe, supportive environment for a community of artists to explore and develop their creative visions. Creating expressive works provides opportunities for growth, transformation, to help cope with trauma, and aids in overall recovery and wellness



Martha A. Walker, "Untold Vista," Mixed Media, *The Color of Light*, West River Artists, Quiet Waters Park

### ↑ The Color of Light

**The Galleries at Quiet Waters Park; Now through October 13th, 2019; \$6; Fqwp.org; 410-222-1777** *The Color of Light* will feature artwork the West River Artists. This group, founded in 1984, features about 20 artists from Annapolis/D.C. area who meet weekly in Galesville Community Center to paint and to critique.

### American Impressionism: Treasures from the Daywood Collection

**Mitchell Gallery, St. Johns Colleg; Now through October 27th, 2019; Free; Sjc.edu; 410-626-2556** American art changed significantly between the late 19th and early 20th centuries when artists moved from European-style landscapes and monumental portraits to intimate subjects of the American countryside and portraits of those around them. This exhibition of over 40 works highlights this shift through the visions of artists Arthur Bowen Davies, Henry Ward Ranger, George Inness, Ernest Lawson, Willard Metcalf, Edward Redfield, Charles Hawthorne, George Luks, and John Sloan.

### New Works: A Showcase of AACC Visual Arts Faculty

**Cade Gallery at Anne Arundel Community College; October 15th through November 14th, 2019; Opening reception: October 23rd, 5-7 p.m.; Free; Aacc.edu; 410-777-7105** The annual Anne Arundel Community College visual arts faculty exhibit will explore a wealth of new work created by AACC's faculty members. This fall's exhibit, *New Works*, includes works created in the last two years by the vibrant artists teaching in the college's Visual Arts department. Works will include photography, drawing, sculpture, painting, ceramics, and video.

## Baltimore

### The Secret Life of Earth: Alive! Awake!

(and possibly really Angry!)

**American Visionary Art Museum; October 5th, 2019 through September 5th, 2020; Opening reception: October 4th, 7-10 p.m.; Prices vary; Avam.org; 410-244-1900** It is very hard to value, let alone cherish, anything without first really understanding and respecting its preciousness. *The Secret Life of Earth: Alive! Awake! (and possibly really Angry!)* aims to inspire a deeper love and protectiveness of our planet through carving a personal path of amazement and appreciation for our visitors—nourishment that they can take with them for the rest of their lives. The exhibition is peppered with fascinating, little-known nature facts, humor, and findings that help illustrate an invisible, interdependent harmony for which we are wholly dependent.

### Designing the New: Charles Rennie Mackintosh and the Glasgow Style

**The Walters Art Museum; Opens October 6th, 2019; Free; Thewalters.org; 410-547-9000** *Designing the New: Charles Rennie Mackintosh and the Glasgow Style* will be the first U.S. exhibition in a generation to highlight the architect and designer's innovative work, and explore the larger circle of artists and craftspeople with whom he collaborated. The exhibition will highlight the process of making, the international influences and impact of the Glasgow Style, and the Glasgow School of Art's support and encouragement of women artists.

## D.C.

### Women Artists of the Dutch Golden Age

**National Museum of Women in the Arts; October 11 through January 5th, 2020; \$10 for adults, \$8 for seniors and students, free for youth under 18; Nmwa.org; 202-783-5000** This focus exhibition examines the lives and works of several highly successful artists in the Netherlands during the 17th and early 18th centuries, including Judith Leyster, Maria Sibylla Merian, Maria Moninckx, Magdalena van de Passe, Clara Peeters, Rachel Ruysch, Maria Schalken, Anna Maria van Schurman, and Alida Withoos.

## The Outwin 2019:

### American Portraiture Today

**National Portrait Gallery; October 26th through August 30th, 2020; Free; Npg.si.edu; 202-633-8300** Every three years, artists living and working in the United States are invited to submit one of their recent portraits to a panel of experts chosen by the museum. The finalists' work will be presented in *The Outwin 2019: American Portraiture Today*, a major exhibition premiering at the National Portrait Gallery. This year's competition received entries in a variety of media, and the winning artworks reflect the very compelling and diverse approaches that today's artists are using to tell the American story through portraiture.

### Alonso Berruguete: First Sculptor of Renaissance Spain

**National Gallery of Art; October 13th through February 17th, 2020; Free; Nga.gov; 202-737-4215** *Alonso Berruguete: First Sculptor of Renaissance Spain* will be the first major exhibition held outside Spain to celebrate the expressive art of the most important sculptor active on the Iberian Peninsula during the first half of the 16th century, Alonso Berruguete. The exhibition will present an impressive range of more than 40 works from across his career, including examples of his earliest paintings from his time in Italy, where he trained.

### Picturing the American Buffalo: George Catlin and Modern Native American Artists

**Smithsonian American Art Museum; October 11th through April 12th, 2020; Free; Americanart.si.edu; 202-633-7970** George Catlin was among the earliest artists of European descent to travel beyond the Mississippi River to record what he called the "manners and customs" of American Indians, painting scenes and portraits from life. This exhibition features 36 paintings from Catlin's original "Indian Gallery" and 10 modern and contemporary works. Together these works, drawn entirely from SAAM's permanent collection, provide two perspectives on the literal and metaphorical resonance of the buffalo in American art.

## Pat Steir

**Hirshhorn Museum and Sculpture Garden; October 24th through September 7th, 2020; Free; Hirshhorn.si.edu; 202-633-1000** The Hirshhorn will host the largest site-specific exhibition to date by the acclaimed abstract painter Pat Steir. The exhibition is an expansive new suite of paintings by the artist, spanning the entire perimeter of the museum's second-floor inner-circle galleries, extending nearly four hundred linear feet.

## Elephants and Us: Considering Extinction

**National Museum of American History; Opens October 4th, 2019; Free; Americanhistory.si.edu; 202-633-1000** Marking the 30th anniversary of the historic African Elephant Conservation Act, *Elephants and Us* will explore Americans' relationship with elephants as it has evolved over centuries from one of exploitation to stewardship, and the leadership role the United States has taken in wildlife protection. The African elephant is the largest land animal in the world and is now subject to unsustainable levels of illegal killing and trade practices. This exhibit will feature the opening and signature pages from the 1988 African Elephant Conservation Act, on loan from the National Archives and Records Administration.

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Estate Treasures Fashion Show** at Prospect Bay Country Club, Grasonville. 10:30 a.m. 443-262-4106. Qac.org (C)

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslshs.org (C)

## PERFORMING ARTS

**Proxy** at Theatre Project, Baltimore. (See 10/11).

## MUSIC

**Natasha Bedingfield** at Lincoln Theatre, D.C. 6:30 p.m. Thelincolndc.com

**IDLES** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Mainstay Monday featuring Joe Holt and guest Phillip Dutton** at The Mainstay, Rock Hall. 7 p.m. 410-639-9133. Mainstayrockhall.org

**Steven Page Trio Formerly of Barenaked Ladies** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

## SPECIAL EVENTS

**Mr. Paca's Backyard Preschool Program** at William Paca House and Garden, Annapolis. 10 a.m. 410-267-7619. Annapolis.org (F)

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslshs.org (C)

**New Works** at John A. Cade Center for Fine Arts Gallery, Arnold. 8 a.m. (Mon.-Sat.). Nov through November 14th, 2019. 410-777-7105. Aacc.edu

## PERFORMING ARTS

**206 Tuesdays at Six** at Queen Anne's County Centre for the Arts, Centreville. 6 p.m. 410-758-2520. Qaac.org

**David Sedaris** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Everybody** at Shakespeare Theatre Company, D.C. 7:30 p.m. 202-547-1122. Shakespearetheatre.org

**Fortas Chamber Music Concerts: Takács Quartet I** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Jitney** at Arena Stage, D.C. (See 10/8).

**Radio Golf** at Everyman Theatre, Baltimore. 7:30 p.m. 443-615-7055. Everymantheatre.org

**Right to Be Forgotten** at Arena Stage, D.C. 7:30 p.m. 202-554-9066. Arenastage.org

Tuesday

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**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

**The Phantom of the Opera** at The Hippodrome Theatre, Baltimore. (See 10/9).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/10).

**MUSIC**

**The Band Perry** at Lincoln Theatre, D.C. 6:30 p.m. Thelincolnhd.com

**Twenty One Pilots** at Royal Farms Arena, Baltimore. 7 p.m. 410-347-2020.Royal-farmsarena.com

**The Chainsmokers 2019: World War Joy** at Capital One Arena, D.C. 7 p.m. 202-628-3200.Capitalonearena.com

**Bethel Music Victory Tour** at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. 410-900-1150.Modell-lyric.com

**Wilco** at The Anthem, D.C. 7:30 p.m. 202-888-0020.Theanthemdc.com

**JJ Grey: Front Porch Sessions Tour** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545.Ramsheadonstage.com

Wednesday

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**SPECIAL EVENTS**

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslhs.org (C)

**Decorative Arts Tour** at William Paca House and Garden, Annapolis. 1:30 p.m. 410-267-7619. Annapolis.org

**Mezcal 101: Illegal Mezcal** at Vida Taco, Severna Park. 7 p.m. 410-647-7363.whatsuptix.com (TIX)

**There's No Make-up in Kandahar: In Uniform and in Command in the U.S. Navy (Fall Speaker Series 2019)** at Chesapeake Bay Maritime Museum, Saint Michaels. 2 p.m. 410-745-4960.Cbmm.org

**Crofton Farmers' Market** at Crofton Country Club, Crofton. 4 p.m. Croftonfarmersmarket.com

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

**PERFORMING ARTS**

**Everybody** at Shakespeare Theatre Company, D.C. (See 10/15).

**Fortas Chamber Music Concerts: Takács Quartet II** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600.Kennedy-center.org

**Jitney** at Arena Stage, D.C. (See 10/8).

**Radio Golf** at Everyman Theatre, Baltimore. (See 10/15).

**Right to Be Forgotten** at Arena Stage, D.C. (See 10/15).

**The Phantom of the Opera** at The Hippodrome Theatre, Baltimore. (See 10/9).

**The Royale** at Olney Theatre, Olney. (See 10/3).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/10).

**MUSIC**

**The Black Keys** at The Anthem, D.C. 7 p.m. 202-888-0020.Theanthemdc.com

**Moonchild** at 9:30 Club, D.C. 7 p.m. 202-265-0930.930.com

**Ray LaMontagne - Just Passing Through** at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. 410-900-1150.Modell-lyric.com

**JJ Grey: Front Porch Sessions Tour** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545.Ramsheadonstage.com

**Washington Performing Arts presents Melbourne Symphony** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600.Kennedy-center.org

Thursday

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**SPECIAL EVENTS**

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslhs.org (C)

**Schooner Cruise** at Annapolis City Dock, Annapolis. 12 p.m. 410-268-7601.Cruisesonthebay.com

**Time Travel for Homeschoolers (ages 6-8)** at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

**Maryland's Mammals for Homeschoolers (ages 9-12)** at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

**Cambridge Farmers Market** at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org

**Literary House Series: A Talk by Eric Thomas** at Rose O'Neill Literary House, Chestertown. 4:30 p.m. 410-810-5768.Washcoll.edu

**HA Happy Hour: Ghostly Garden Mystery** at William Paca House and Garden, Annapolis. 5 p.m. 410-267-7619. Annapolis.org

**Third Thursdays in Downtown Denton** at Downtown Denton, Denton. 5 p.m.

**Open Boatshop** at Chesapeake Bay Maritime Museum, Saint Michaels. 5:30 p.m. 410-745-4960.Cbmm.org

**James Michener Book Discussion** at Dorchester County Public Library, Cambridge. 6 p.m. 410-228-7331. Visitdorchester.org

**PERFORMING ARTS**

**Everybody** at Shakespeare Theatre Company, D.C. (See 10/15).

**Jitney** at Arena Stage, D.C. (See 10/3).

**Proxy** at Theatre Project, Baltimore. (See 10/11).

**Radio Golf** at Everyman Theatre, Baltimore. (See 10/15).

**Right to Be Forgotten** at Arena Stage, D.C. (See 10/11).

**The Phantom of the Opera** at The Hippodrome Theatre, Baltimore. (See 10/9).

**The Royale** at Olney Theatre, Olney. (See 10/3).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/10).

**MUSIC**

**Casting Crowns - Only Jesus Tour** at Wicomico Youth & Civic Center, Salisbury. 7 p.m. 410-548-4900.Wicomicoicciv-center.org

**Yungblud** at 9:30 Club, D.C. 7 p.m. 202-265-0930.930.com

**BON IVER** at The Anthem, D.C. 7:30 p.m. 202-888-0020.Theanthemdc.com

**Lee Ann Womack: Solitary Thinkin' Acoustic Tour** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545.Ramsheadonstage.com

**Brahms Symphony No. 4** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000.Bsmusic.org

**NSO Pops: Nat King Cole at 100** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600.Kennedy-center.org

Friday  
18

**SPECIAL EVENTS**

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslhs.org (C)

**Historic Candlelight Ghost Stories Tour @ the Rising Sun Inn** at Historic Rising Sun Inn, Crownsville. 6 p.m. 410-365-4489.(F)

**2019 Bountiful Harvest - A Masquerade For A Cause** at Westin Annapolis Hotel, Annapolis. 6 p.m. 443-569-4209. Friendslhs.org (C)

**Color Pencil** at Adkins Arboretum, Ridgely. 10 a.m. 410-634-2847. Adkinsarboretum.org

**Sins & Secrets** at Historic London Town and Gardens, Edgewater. 6:30 p.m. Historiclondontown.org

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 6:30 p.m. 410-222-1919. Historiclondontown.org

**Special Historic Hauntings** at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistours.com

**PERFORMING ARTS**

**The Snow Queen** at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-263-5544.Marylandhall.org

**Hamlet** at Annapolis Shakespeare Company, Annapolis. (See 10/4).

**A Tell-Tale Tale: The Stories and Poems of Edgar Allan Poe** at Garfield Center for the Arts, Chestertown. 10 a.m. 410-810-2060.Garfieldcenter.org

**Everybody** at Shakespeare Theatre Company, D.C. 8 p.m. 202-547-1122.Shakespeartheatre.org

**Ghost the Musical** at Clear Space Theatre, Rehoboth Beach. 7 p.m. 302-227-2270.Clearspace theatre.org

**In the Blood** at Fells Point Corner Theatre, Baltimore. (See 10/11).

**Jitney** at Arena Stage, D.C. (See 10/3).

**Mystery Science Theater 3000** at The National Theatre, D.C. 7 p.m. 202-628-6161.Thenationaldc.com

**Proxy** at Theatre Project, Baltimore. (See 10/11).

**Right to Be Forgotten** at Arena Stage, D.C. (See 10/11).

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

**The Last Night of Ballyhoo** at Bowie Playhouse, Bowie. (See 10/11).

**The Phantom of the Opera** at The Hippodrome Theatre, Baltimore. (See 10/9).

**The Royale** at Olney Theatre, Olney. (See 10/3).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/11).

**MUSIC**

**Bianca Del Rio** at Lincoln Theatre, D.C. 6:30 p.m. Thelincolnhd.com

**Eaglemania & Journeyman** at Wicomico Youth & Civic Center, Salisbury. 7 p.m. 410-548-4900.Wicomicoicciv-center.org

**Brother's Keeper LIVE @ Cult Classic** at Cult Classic Brewing Company, Stevensville. 7 p.m. 410-980-8097.Cultclassic.simplenetix.com

**BON IVER** at The Anthem, D.C. 7:30 p.m. 202-888-0020.Theanthemdc.com

**Charli XCX** at 9:30 Club, D.C. 8 p.m. 202-265-0930.930.com

**Hiroshima** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545.Ramsheadonstage.com

**Tank and the Bangas** at Rams Head Live!, Baltimore. 8 p.m. 410-244-1131.Ramsheadlive.com

**Off The Cuff: Brahms Symphony No. 4** at Strathmore, North Bethesda. 8:15 p.m. 301-581-5100.Bsmusic.org

**Steel Panther** at Fillmore Silver Spring, Silver Spring. 8:30 p.m. 301-960-9999.Fillmoresilverpring.com

**Troll Tribe Duo** at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919.Riverbayroadhouse.com

**Friday Night Karaoke** at The Hideaway, Odenton. 9 p.m. 410-874-7300.Hideawayodenton.com

**NSO Pops: Nat King Cole at 100** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600.Kennedy-center.org

**Vocal Arts DC presents Christian Gerhaher, baritone, and Gerold Huber, piano, in Recital** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600.Kennedy-center.org

Saturday  
19

**SPECIAL EVENTS**

**Hope Re-Imagined** at Crowne Plaza Annapolis Hotel, Annapolis. 6:30 p.m. 443-443-5900.Whatsuptix.com (C) (TIX)

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 10 a.m. 443-569-4209. Friendslhs.org (C)

**Art @ the Park** at Quiet Waters Park, Annapolis. 10 a.m. Fqwp.org (C) (F)

**Maryland Renaissance Festival** at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304.Marylandrenaissancefestival.com (F)

**Hearth Cooking Workshop with Rebecca Suerdieck** at Historic London Town and Gardens, Edgewater. 9:45 a.m. 410-222-1919.Historiclondontown.org (F)

**Rev. Callie Scholarship Walk** at Susan Campbell Park, Annapolis. 9 a.m. Annapolis.gov (C)

**Water/Ways** at Dorchester Center for the Arts, Cambridge. 12-4 p.m. (Sun.), 12-6 p.m. (Tues.-Thurs.), 10 a.m.-6 p.m. (Fri.-Sat.). Now through November 30th, 2019. 410-228-3575. Visitdorchester.org

**Dank Day Beer Festival** at Governors Hall at Sailwinds Park, Cambridge. Rarbrewing.com

**Conquest Preserve 5k Trail Run & 1 Mile Fun Run/Walk** at Conquest, Centerville. 8 a.m. 410-758-0835.Qac.org (C)

**Easton Farmers Market** at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299.Avalonfoundation.org

**Chestertown Farmers Market** at Fountain Park, Chestertown. 8 a.m. Townofchester-town.com

**Guided Kayak on Little Blackwater River** at Blackwater Adventures, Cambridge. 9 a.m. 410-901-9255. Blackwateradventuresmd.com

**Delmarva Genealogy & Heritage Conference** at Wicomico Youth & Civic Center, Salisbury. 9 a.m. 410-548-4900. Wicomicoiviccenter.org

**Frederick Douglass Walking Tour** at Dorchester County Historical Society, Cambridge. 9 a.m.

**Tilghman Island Day** at Tilghman Island, Tilghman Island. 10 a.m. Tilghmanmd.com (F)

**Old Wye Mill Grinding Days** at Wye Grist Mill, Wye Mills. 10 a.m. 410-827-3850. Oldwye-mill.org (F)

**Pull and Haul** at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. Cbmm.org

**Fall into St. Michaels** at Town of St. Michaels. 10 a.m. 410-745-0411. Stmichaelsmd.org (F)

**James Brice Hard Hat Tour** at William Paca House and Garden, Annapolis. 10:30 a.m. 410-267-7619. Annapolis.org

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Fall Fest 2019** at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

**Rock Hall Kite Extravaganza** at The Bulkhead, Rock Hall. 11 a.m. Rockhallmd.com (F)

**Regency Park Health & Family Fun Day** at Regency Park Senior Living Community, Gambrills. 11 a.m. 410-923-1200. Regencyparkassist-edliving.com (F)

**Dazzling Fall Color Soup 'n Walk** at Adkins Arboretum, Ridgely. 11 a.m. 410-634-2847. Adkinsarboretum.org

**Fall Foliage Bay Lighthouse Cruise** at Annapolis City Dock, Annapolis. 11:15 a.m. 410-268-7601. Cruisesonthebay.com

**Special Tour: Disease, Death, and Mourning in Early America** at William Paca House and Garden, Annapolis. 12 p.m. 410-267-7619. Annapolis.org

**Wine on the Water** at Kurtz's Beach, Pasadena. 12 p.m. Wineonthewaterfest.com (C)

**Mactoberfest** at Caroline County 4-H Park, Denton. 12 p.m. Carolinechamber.org

**Four Centuries Walking Tour** at Information Booth, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 1:30 p.m. 410-222-1919. Historiclondontown.org

**Oktoberfest Dinner** at Immanuel United Church of Christ, Cambridge. 4:30 p.m. 410-228-4640. Immanueluucc.com

**Annual Bash to support the Eastern Shore Community Rowers** at Hager House, Easton. 5 p.m. 410 924-6621. Escrowers.org (C)

**Historic Ghost Walks** at Bordley History Center, Chestertown. 6:30 p.m. 410-778-3499. Kentcountyhistory.org (F)

**Contra Dancing** at Annapolis Friends Meeting Hall, Annapolis. 6:30 p.m. 443-540-0867. Contradancers.com/atds

**St. Michaels Ghost Walk** at Chesapeake Bay Maritime Museum, Saint Michaels. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

**Special Historic Hauntings** at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistours.com

## PERFORMING ARTS

**All That Jazz** at Annapolis Shakespeare Company, Annapolis. (See 10/5).

**Hamlet** at Annapolis Shakespeare Company, Annapolis. (See 10/5).

**The Snow Queen** at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. 410-263-5544. Marylandhall.org

**Everybody** at Shakespeare Theatre Company, D.C. 2 p.m. & 8 p.m. 202-547-1122. Shakespearetheatre.org

**Ghost the Musical** at Clear Space Theatre, Rehoboth Beach. (See 10/18).

**In the Blood** at Fells Point Corner Theatre, Baltimore. (See 10/11).

**Jitney** at Arena Stage, D.C. (See 10/5).

**Kid Prince and Pablo** at The John F. Kennedy Center for the Performing Arts, D.C. 2:30 p.m. & 4 p.m. 202-467-4600. Kennedy-center.org

**Mystery Science Theater 3000** at The National Theatre, D.C. 3 p.m. & 8 p.m. 202-628-6161. Thenationaldc.com

**Proxy** at Theatre Project, Baltimore. (See 10/11).

**Radio Golf** at Everyman Theatre, Baltimore. 2 p.m. & 8 p.m. 443-615-7055. Everymantheatre.org

**Right to Be Forgotten** at Arena Stage, D.C. 2 p.m. & 8 p.m. 202-554-9066. Arenastage.org

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/5).

**The Last Night of Ballyhoo** at Bowie Playhouse, Bowie. 2 p.m. & 8 p.m. 301-805-0219. Botheatre.com

**The Phantom of the Opera** at The Hippodrome Theatre, Baltimore. (See 10/10).

**The Royale** at Olney Theatre, Olney. (See 10/5).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. 2 p.m. & 8 p.m. 410-332-0033. Centerstage.org

## MUSIC

**Leonid & Friends Performing The Music of Chicago, Earth, Wind & Fire and Blood, Sweat & Tears Show Added!** at Rams Head On Stage, Annapolis. 3 p.m. 410-268-4545. Ramsheadonstage.com

**All That Remains and Lacuna Coil** at Rams Head Live!, Baltimore. 6:30 p.m. 410-244-1131. Ramsheadlive.com

**Off The Cuff: Brahms Symphony No. 4** at Joseph Meyerhoff Symphony Hall, Baltimore. 7 p.m. 410-783-8000. Bso-music.org

**Leonid & Friends Performing The Music of Chicago, Earth, Wind & Fire and Blood, Sweat & Tears Show Added!** at Rams Head On Stage, Annapolis. 7 p.m. 410-268-4545. Ramsheadonstage.com

**Bishop Briggs** at 9:30 Club, D.C. 8 p.m. 202-265-0930. 930.com

**Ledisi: Nina & Me** at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. 410-900-1150. Modell-lyric.com

**Isley Brothers and WAR** at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

**Hendrik Meurkens Quartet** at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstay-rockhall.org

**Candlebox** at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmore-silver-spring.com

**NSO Pops: Nat King Cole at 100** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

## SPORTS

**Navys vs. University of South Florida** at Navy-Marine Corps Memorial Stadium, Annapolis. 3:30 p.m. 1-800-874-6289. Navysports.com

# Sunday 20

## SPECIAL EVENTS

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 10 a.m. 443-569-4209. Friendslh.org (C)

**Art @ the Park** at Quiet Waters Park, Annapolis. 10 a.m. Fqwp.org (C) (F)

**DOGTOBERFEST Homebrew Fall Festival at Annapolis Maritime Museum, Annapolis. 2 p.m. 410-798-4776. Whatsuptix.com (TIX) (C)**

**Delmarva Genealogy & Heritage Conference** at Wicomico Youth & Civic Center, Salisbury. 9 a.m. 410-548-4900. Wicomicoiviccenter.org

**Hearth Cooking Workshop with Rebecca Suerdieck** at Historic London Town and Gardens, Edgewater. 9:45 a.m. 410-222-1919. Historiclondontown.org (F)

**Maryland Renaissance Festival** at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

**Fall into St. Michaels** at Town of St. Michaels. 10 a.m. 410-745-0411. Stmichaelsmd.org (F)

**Boys' Latin Open House** at Boys' Latin School of Maryland, Baltimore. 10 a.m. 410-377-5192. Boyslatinmd.com

**Maryland Avenue Fall Festival** at Maryland Avenue, Annapolis. 10 a.m. (F)

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Fall Fest 2019** at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

**Hogshead Living History: Coffee Talk with Mary Howard** at Hogshead, Annapolis. 12 p.m. 410-267-7619. Annapolis.org (F)

**Wine on the Water** at Kurtz's Beach, Pasadena. 12 p.m. Wineonthewaterfest.com (C)

**Exploring the Tree in the History of Art (Session 2: Romantic era)** at Adkins Arboretum, Ridgely. 1:30 p.m. & 3:30 p.m. 410-634-2847. Adkinsarboretum.org

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 1:30 p.m. 410-222-1919. Historiclondontown.org

**Lost History: Frederick Douglass in Queen Anne's County** at Queen Anne's County Free Library - Centreville Branch, Centreville. 1:30 p.m. 410-643-8161. Qac.org (F)

## PERFORMING ARTS

**All That Jazz** at Annapolis Shakespeare Company, Annapolis. (See 10/5).

**Hamlet** at Annapolis Shakespeare Company, Annapolis. (See 10/5).

**The Snow Queen** at Maryland Hall for the Creative Arts, Annapolis. 2 p.m. 410-263-5544. Marylandhall.org

**Ghost the Musical** at Clear Space Theatre, Rehoboth Beach. 3 p.m. 302-227-2270. Clearspace-theatre.org

**In the Blood** at Fells Point Corner Theatre, Baltimore. 2 p.m. 410-276-7837. Fpct.org

**Jitney** at Arena Stage, D.C. (See 10/13).

**Kid Prince and Pablo** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/19).

**Proxy** at Theatre Project, Baltimore. (See 10/13).

**Radio Golf** at Everyman Theatre, Baltimore. 2 p.m. & 7 p.m. 443-615-7055. Everymantheatre.org

**Right to Be Forgotten** at Arena Stage, D.C. (See 10/13).

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/6).

**The Last Night of Ballyhoo** at Bowie Playhouse, Bowie. (See 10/13).

**The Phantom of the Opera** at The Hippodrome Theatre, Baltimore. 1 p.m. 410-837-7400. France-merrickpac.com

**The Royale** at Olney Theatre, Olney. (See 10/2).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/13).

**Dracula** at Chesapeake Shakespeare Company, Baltimore. (See 10/13).

## MUSIC

**Brahms Symphony No. 4** at Strathmore, North Bethesda. 3 p.m. 301-581-5100. Bso-music.org

**THE ORCHESTRA Starring Former Members of Electric Light Orchestra** at Rams Head On Stage, Annapolis. 4:30 p.m. & 7:30 p.m. 410-268-4545. Ramsheadonstage.com

**"Democrats Singles Get2gether for all 30s and over": Meet that special some...** at Washington D.C., Washington, D.C. 6:30 p.m.

**In This Moment** at Rams Head Live!, Baltimore. 7:30 p.m. 410-244-1131. Ramsheadlive.com

**Peter Bence at Lisner Auditorium** at Rams Head Live!, Baltimore. 8 p.m. 410-244-1131. Ramsheadlive.com

**Pan American Symphony Orchestra presents Forever Piazzolla** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

## SPORTS

**Redskins vs 49ers** at FedExField, Landover. 1 p.m. 301-276-6800. Redskins.com Sports & Recreation

# Monday 21

## SPECIAL EVENTS

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslh.org (C)

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

## MUSIC

**Mainstay Monday featuring Joe Holt with guest Zach Lambert** at The Mainstay, Rock Hall. 7 p.m. 410-639-9133. Mainstayrockhall.org

**Anthony Brown & Group Therapy** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Sabrina Claudio** at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmore-silver-spring.com

**Crime of Thrones: We Kill. You Laugh.** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

# Tuesday 22

**SPECIAL EVENTS**

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslhs.org (C)

**Chesterton Academy of Annapolis Open House** at Chesterton Academy of Annapolis, Annapolis. 6:30 p.m. 240-508-9866. Chestertonacademyofannapolis.org

**PERFORMING ARTS**

**Radio Golf** at Everyman Theatre, Baltimore. (See 10/15).

**Right to Be Forgotten** at Arena Stage, D.C. (See 10/15).

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/11).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/10).

**MUSIC**

**Oliver Tree** at 930 Club, D.C. 7 p.m. 202-265-0930. 930.com

**The Bros. Landreth** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

**Young Thug, Machine Gun Kelly** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Wednesday  
**23**

**SPECIAL EVENTS**

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Fall Foliage Bay Lighthouse Cruise** at Annapolis City Dock, Annapolis. 11:15 a.m. 410-268-7601. Cruisesonthebay.com

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslhs.org (C)

**Life Line Screening Health Screenings** at Wicomico Youth & Civic Center, Salisbury. 11 a.m. 410-548-4900. Wicomicociviccenter.org

**Crofton Farmers' Market** at Crofton Country Club, Crofton. 4 p.m. Croftonfarmersmarket.com

**FARMERS MARKETS**

**Reconsidering the Roles of Women on the Chesapeake (Fall Speaker Series 2019)** at Chesapeake Bay Maritime Museum, Saint Michaels. 5:30 p.m. 410-745-4960. Cbmm.org

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

**PERFORMING ARTS**

**Everybody** at Shakespeare Theatre Company, D.C. (See 10/15).

**Radio Golf** at Everyman Theatre, Baltimore. (See 10/15).

**Right to Be Forgotten** at Arena Stage, D.C. (See 10/15).

**So You Think You Can Dance Live! 2019** at MGM National Harbor, Oxon Hill. 7:30 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/11).

**The Royale** at Olney Theatre, Olney. 10:15 a.m. & 7:45 p.m. 301-924-3400. Olneytheatre.org

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/10).

**MUSIC**

**SOFI TUKKER** at 930 Club, D.C. 6 p.m. 202-265-0930. 930.com

**Jesse Cook** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**Dermot Kennedy** at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmore-silverspring.com

Thursday

**24**

**SPECIAL EVENTS**

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslhs.org (C)

**Time Travel for Homeschoolers (ages 6-8)** at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

**Maryland's Mammals for Homeschoolers (ages 9-12)** at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

**Annapolis Harbor & USNA Cruise** at Annapolis City Dock, Annapolis. 2 p.m. 410-268-7601. Cruisesonthebay.com

**Cambridge Farmers Market** at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org Farmers Markets

**B00nanza** at Talbot County Community Center, Easton. 6 p.m. 410-770-8050. Talbotcountymd.gov (F)

**Pat Steir** at Hirshhorn Museum, D.C. 10 a.m.-5:30 p.m. daily. Now through September 7th, 2020. 202-633-1000. Hirshhorn.si.edu

**PERFORMING ARTS**

**Everybody** at Shakespeare Theatre Company, D.C. (See 10/15).

**Radio Golf** at Everyman Theatre, Baltimore. (See 10/15).

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/11).

**The Prisoner of Second Avenue** at Tred Avon Players, Oxford. 7:30 p.m. 410-226-0061. Tredavonplayers.org

**The Royale** at Olney Theatre, Olney. (See 10/3).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/10).

**Dracula** at Chesapeake Shakespeare Company, Baltimore. 7:30 p.m. 410-244-8570. Chesapeake-shakespeare.com

**MUSIC**

**Against Me!** at Rams Head Live!, Baltimore. 7 p.m. 410-244-1131. Ramsheadlive.com

**Josh Abbott Band** at 930 Club, D.C. 7 p.m. 202-265-0930. 930.com

**The Doo Wop Project** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Friday

**25**

**SPECIAL EVENTS**

**Pumpkin Walk** at Hammond-Harwood House Museum, Annapolis. 4 p.m. 410-263-4683. Hammond-harwoodhouse.org (F)

**Ravens Roost #18 Designer Bag Bingo Fundraiser** at Elks Lodge #2266, Severn. 5:30 p.m. Whatsuptix.com (TIX)

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslhs.org (C)

**Fall Respite for Adults with Disabilities** at Camp Pecometh, Centreville. 410-556-6900. Pecometh.org

**Lie-Nielsen Hand Tool Event** at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. Cbmm.org

**Color Pencil** at Adkins Arboretum, Ridgely. 10 a.m. 410-634-2847. Adkinsarboretum.org

**Quota Club Christmas Gift and Craft Show** at Wicomico Youth & Civic Center, Salisbury. 4 p.m. 410-548-4900. Wicomicociviccenter.org (F) (C)

**Sins & Secrets** at Historic London Town and Gardens, Edgewater. 6:30 p.m. Historiclondontown.org

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 6:30 p.m. 410-222-1919. Historiclondontown.org

**SPCC Spooky Splash** at Severna Park Community Center, Annapolis. 7 p.m. 4106475843. Spccommunity-center.org (F)

**Special Historic Hauntings** at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistours.com

**Friday Night Karaoke** at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideaway-odenton.com

**PERFORMING ARTS**

**The White Rose** at The Colonial Players, Annapolis. 8 p.m. 410-224-2065. Thecolonialplayers.org

**Hamlet** at Annapolis Shakespeare Company, Annapolis. (See 10/4).

**Carrie - The Musical** at Chesapeake Arts Center, Brooklyn Park. 7 p.m. 410-636-6597. Chesapeakearts.showare.com

**DEMO by Damian Woetzel: BalletX** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Everybody** at Shakespeare Theatre Company, D.C. (See 10/18).

**Ghost the Musical** at Clear Space Theatre, Rehoboth Beach. (See 10/18).

**In the Blood** at Fells Point Corner Theatre, Baltimore. (See 10/11).

**Kid Prince and Pablo** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

**Night Of The Living Dead - film** at Garfield Center for the Arts, Chestertown. 7 p.m. 410-810-2060. Garfieldcenter.org

**Radio Golf** at Everyman Theatre, Baltimore. 8 p.m. 443-615-7055. Everymantheatre.org

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/11).

**The Last Night of Ballyhoo** at Bowie Playhouse, Bowie. (See 10/11).

**The Prisoner of Second Avenue** at Tred Avon Players, Oxford. (See 10/24).

**The Royale** at Olney Theatre, Olney. (See 10/3).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/11).

**Walk two Moons** at Baltimore Center Stage, Baltimore. 10:30 a.m. 410-332-0033. Centerstage.org

**Bert Kreischer - Body Shots World Tour** at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. 410-900-1150. Modell-lyric.com

**MUSIC**

**Cigarettes After Sex** at 930 Club, D.C. 6 p.m. 202-265-0930. 930.com

**USNA Halloween Concert** at U.S. Naval Academy Chapel, Annapolis. 7 p.m. & 9 p.m. 410-293-8497. Usna.edu

**Against Me!** at Rams Head Live!, Baltimore. 7 p.m. 410-244-1131. Ramsheadlive.com

**Sleater-Kinney** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

**ZZ Top** at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

**Lost Frequencies (Live)** at 930 Club, D.C. 10:30 p.m. 202-265-0930. 930.com

**SPORTS**

**Wilkes-Barre/Scranton Knights @ Maryland Black Bears** at Piney Orchard Ice Arena, Annapolis. 7:45 p.m. Pineyicerink.com

Saturday  
**26**

**SPECIAL EVENTS**

**Ride For a Cause** at Rommel Harley-Davidson of Annapolis, Annapolis. 8 a.m. 443-837-1531. Hospiochesapeake.org (C)

**Oysterfest Cruise** at Annapolis City Dock, Annapolis. 9:30 a.m. 410-268-7601. Cruisesonthebay.com

**Rock the Choptank Fishing Tournay** at Long Wharf Park, Cambridge. 6 a.m. Visitdorchester.org

**Howl-O-Ween 5K Run-Walk** at Martin Sutton Park, Ridgely. 8 a.m. Carolinehumane.org (C)

**Easton Farmers Market** at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

**Chestertown Farmers Market** at Fountain Park, Chestertown. 8 a.m. Townofchestertown.com

**FARMERS MARKETS**

**Howl-O-Ween Paw-ty** at Animal Care & Control, Millersville. 10 a.m. Aaccounty.org (F) (C)

**OysterFest** at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. Cbmm.org (C)

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 10 a.m. 443-569-4209. Friendslhs.org (C)

**Quota Club Christmas Gift and Craft Show** at Wicomico Youth & Civic Center, Salisbury. 10 a.m. 410-548-4900. Wicomicociviccenter.org (F) (C)

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Fall Fest 2019** at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

**SCC 2019 Family Fall Festival** at Severn Christian Church, Severn. 11 a.m. 410-969-0384. Severnchristian.org (F)

**Special Tour: Disease, Death, and Mourning in Early America** at William Paca House and Garden, Annapolis. 12 p.m. 410-267-7619. Annapolis.org

**Soup & Sip! Crab Soup Competition & Wine Tasting** at The Kitchen at the Imperial, Chestertown. 12 p.m. 410-798-5000. Imperialchestertown.com (C)

**Four Centuries Walking Tour** at Information Booth, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

**Scarecrow Wizardry** at Martinak State Park, Denton. 5 p.m. 410-479-8120. (F)

**Historic Ghost Walks** at Bordley History Center, Chestertown. 6:30 p.m. 410-778-3499. Kentcounty-history.org (F)

**St. Michaels Ghost Walk** at Chesapeake Bay Maritime Museum, Saint Michaels. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

**Special Historic Hauntings** at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistours.com

**The Outwin 2019: American Portraiture Today** at Smithsonian National Portrait Gallery, D.C. 11:30 a.m.-7 p.m. daily. Now through August 30th, 2020. 202-633-8300. Npg.si.edu

**PERFORMING ARTS**

**Hamlet** at Annapolis Shakespeare Company, Annapolis. 2 p.m. & 8 p.m. 410-415-3513. Annapolisshakespeare.org

**The White Rose** at The Colonial Players, Annapolis. (See 10/25).

**Carrie - The Musical** at Chesapeake Arts Center, Brooklyn Park. (See 10/25).

**DEMO by Damian Woetzel: BalletX** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/25).

**Dragons Loves Tacos** at Olney Theatre, Olney. 10 a.m., 12 p.m., and 3 p.m. 301-924-3400. Olneytheatre.org

**Everybody** at Shakespeare Theatre Company, D.C. (See 10/19).

**Ghost the Musical** at Clear Space Theatre, Rehoboth Beach. (See 10/18).

**In the Blood** at Fells Point Corner Theatre, Baltimore. (See 10/11).

**Kid Prince and Pablo** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/19).

**PAW Patrol Live! "Race to the Rescue"** at The Hippodrome Theatre, Baltimore. 10 a.m., 2 p.m., 6 p.m. 410-837-7400. France-merrickpac.com

**Radio Golf** at Everyman Theatre, Baltimore. (See 10/19).

**Right to Be Forgotten** at Arena Stage, D.C. (See 10/19).

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/5).

**The Last Night of Ballyhoo** at Bowie Playhouse, Bowie. (See 10/11).

**The Met: Live in HD 2019-20 Season** at Avalon Theatre, Easton. 1 p.m. 410-822-7299. Avalonfoundation.org

**The Prisoner of Second Avenue** at Tred Avon Players, Oxford. (See 10/24).

**The Royale** at Olney Theatre, Olney. (See 10/5).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/19).

**Walk two Moons** at Baltimore Center Stage, Baltimore. 1 p.m. 410-332-0033. Centerstage.org

**MUSIC**

**Corey Jenkins Live Music** at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. Riverbayroadhouse.com

**Jay And The Americans** at Rams Head On Stage, Annapolis. 4 p.m. & 8 p.m. 410-268-4545. Rams-headonstage.com

**Lemony Snicket's The Composer Is Dead** at Joseph Meyerhoff Symphony Hall, Baltimore. 11 a.m. 410-783-8000. Bsmusic.org

**USNA Halloween Concert** at U.S. Naval Academy Chapel, Annapolis. 7 p.m. 410-293-8497. Usna.edu

**The Temptations and The Four Tops** at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. 410-900-1150. Modell-lyric.com

**Alessia Cara** at The Anthem, D.C. 7:30 p.m. 202-888-0020. Theanthemdc.com

**Mozart Violin Concerto** at Strathmore, North Bethesda. 8 p.m. 301-581-5100. Bso-music.org

**Sue Matthews** at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstayrock-hall.org

**Washington National Opera: Otello** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

**SPORTS**

**Navy vs. Tulane University** at Navy-Marine Corps Memorial Stadium, Annapolis. 3:30 p.m. 1-800-874-6289. Navysports.com (F)

**Wilkes-Barre/Scranton Knights @ Maryland Black Bears** at Piney Orchard Ice Arena, Annapolis. 7:45 p.m. Pineycerink.com

Sunday  
27

**SPECIAL EVENTS**

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 10 a.m. 443-569-4209. Friendslshs.org (C)

**Colonial Stroll** at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

**Fall Fest 2019** at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

**Quota Club Christmas Gift and Craft Show** at Wicomico Youth & Civic Center, Salisbury. 10 a.m. 410-548-4900. Wicomicociviccenter.org (F) (C)

**Kite Festival at Sailwinds Park** at Dorchester County Visitor Center, Cambridge. 12 p.m. (F)

**Exploring the Tree in the History of Art (Session 3: Contemporary era)** at Adkins Arboretum, Ridgely. 1:30 p.m. 410-634-2847. Adkinsarboretum.org

**PERFORMING ARTS**

**Hamlet** at Annapolis Shakespeare Company, Annapolis. (See 10/5).

**The White Rose** at The Colonial Players, Annapolis. 3 p.m. 410-224-2065. Thecolonialplayers.org

**22nd Annual Mark Twain Prize for American Humor** at The John F. Kennedy Center for the Performing Arts, D.C. 5 p.m. 202-467-4600. Kennedy-center.org

**Carrie - The Musical** at Chesapeake Arts Center, Brooklyn Park. 2 p.m. 410-636-6597. Chesapeakearts.showare.com

**Dragons Loves Tacos** at Olney Theatre, Olney. 12 p.m. & 3 p.m. 301-924-3400. Olneytheatre.org

**Everybody** at Shakespeare Theatre Company, D.C. 2 p.m. & 7 p.m. 202-547-1122. Shakespearetheatre.org

**Ghost the Musical** at Clear Space Theatre, Rehoboth Beach. (See 10/20).

**In the Blood** at Fells Point Corner Theatre, Baltimore. (See 10/13).

**Kid Prince and Pablo** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/19).

**PAW Patrol Live! "Race to the Rescue"** at The Hippodrome Theatre, Baltimore. 11 a.m. & 3 p.m. 410-837-7400. France-merrickpac.com

**Radio Golf** at Everyman Theatre, Baltimore. (See 10/20).

**Right to Be Forgotten** at Arena Stage, D.C. (See 10/13).

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/6).

**The Last Night of Ballyhoo** at Bowie Playhouse, Bowie. (See 10/13).

**The Prisoner of Second Avenue** at Tred Avon Players, Oxford. 2 p.m. 410-226-0061. Tredavonplayers.org

**The Royale** at Olney Theatre, Olney. (See 10/2).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/13).

**Dracula** at Chesapeake Shakespeare Company, Baltimore. (See 10/13).

**MUSIC**

**Mozart Violin Concerto** at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. 410-783-8000. Bsmusic.org

**Tegan and Sara** at Lincoln Theatre, D.C. 7 p.m. Theincolndc.com

**Julia Michaels** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**RuPaul's Drag Race: Werq the World Tour 2019** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

**Splash'N Boots Kids Concert!** at Rams Head On Stage, Annapolis. 11 a.m. 410-268-4545. Ramsheadonstage.com (F)



Monday  
28

**SPECIAL EVENTS**

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslshs.org (C)

**MUSIC**

**RICEBOY SLEEPS** at Lincoln Theatre, D.C. 6:30 p.m. Theincolndc.com

**bea miller** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Mainstay Monday w/ Joe Holt Chuck Redd Amy Shook Frank Russo** at The Mainstay, Rock Hall. 7 p.m. 410-639-9133. Mainstayrockhall.org

**Incognito featuring Maysa** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**National Symphony Orchestra - An American in Paris** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

**Young Concert Artists presents Maxim Lando, piano** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org



Tuesday  
29

**SPECIAL EVENTS**

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslshs.org (C)

**Mr. Paca's Backyard Preschool Program** at William Paca House and Garden, Annapolis. 10 a.m. 410-267-7619. Annapolis.org/media/48-570-mr-pacas-backyard-preschool-program (F)

**PERFORMING ARTS**

**Everybody** at Shakespeare Theatre Company, D.C. (See 10/15).

**Right to Be Forgotten** at Arena Stage, D.C. (See 10/15).

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/10).

**MUSIC**

**Midweek Concert: Lemony Snicket's The Composer Is Dead** at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m. 410-783-8000. Bsmusic.org

**X Ambassadors** at Lincoln Theatre, D.C. 6 p.m. Theincolndc.com

**Big Freedia** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Washington Performing Arts presents Spektral Quartet: Looking Skyward** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org



Wednesday  
30

**SPECIAL EVENTS**

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslshs.org (C)

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

**Midweek Concert: Lemony Snicket's The Composer Is Dead** at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m. 410-783-8000. Bsmusic.org

**PERFORMING ARTS**

**Everybody** at Shakespeare Theatre Company, D.C. 12 p.m. & 7:30 p.m. 202-547-1122. Shakespearetheatre.org

**Radio Golf** at Everyman Theatre, Baltimore. (See 10/15).

**Right to Be Forgotten** at Arena Stage, D.C. 12 p.m. 202-554-9066. Arenastage.org

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. 2 p.m. & 7:30 p.m. 410-332-0033. Centerstage.org

**MUSIC**

**Bret Michaels** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

**Fortas Chamber Music Concerts: Kalichstein-Laredo-Robinson Trio** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Washington National Opera: Otello** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

Thursday  
**31**

**SPECIAL EVENTS**

**Friends of the Lighthouse Pumpkin Patch** at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslh.org (C)

**Hammond-Harwood House's St. Anne's Cemetery Tour** at Hammond-Harwood House Museum, Annapolis. 12 p.m. 410-263-4683. Hammond-harwoodhouse.org

**Time Travel for Homeschoolers (ages 6-8)** at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

**Maryland's Mammals for Homeschoolers (ages 9-12)** at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

**Easton Ghost Walk** at Tidewater Inn, Easton. 8 p.m. 443-735-0771. Chesapeakeghostwalks.com

**PERFORMING ARTS**

**The White Rose** at The Colonial Players, Annapolis. (See 10/25).

**Carrie - The Musical** at Chesapeake Arts Center, Brooklyn Park. (See 10/25).

**Everybody** at Shakespeare Theatre Company, D.C. (See 10/15).

**Puddles Pity Party** at Lincoln Theatre, D.C. 6:30 p.m. 202-888-0050. ThelincolnDC.com

**Radio Golf** at Everyman Theatre, Baltimore. (See 10/15).

**Right to Be Forgotten** at Arena Stage, D.C. (See 10/11).

**The Improvised Shakespeare Company** at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

**The Prisoner of Second Avenue** at Tred Avon Players, Oxford. (See 10/24).

**Thoughts of a Colored Man** at Baltimore Center Stage, Baltimore. (See 10/10).

**Dracula** at Chesapeake Shakespeare Company, Baltimore. (See 10/24).

**MUSIC**

**Jukebox The Ghost presents HalloQueen** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Umpfrey's McGee** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

**National Symphony Orchestra: Urbański conducts Tchaikovsky's Fourth / De la Salle plays Chopin** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

FIND MORE EVENTS AT [WHATSUPMAG.COM/CALENDAR](http://WHATSUPMAG.COM/CALENDAR)

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# Where's Wilma?

**FIND WILMA AND WIN!**

Break out the Halloween decorations, cozy fall clothing, and pumpkin-scented candles because it's finally October! Follow Wilma to the Out on the Towne section for ideas on some fun fall events and activities, including pumpkin patches and harvest festivals. Gather around the bonfire with some family and friends, and relax in the crisp, autumn air. Let's make this October one to remember!

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:**  
**Judy Kirby-Perritt** of Millersville, who won a gift certificate to Newk's Eatery!

**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)



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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 October 31st, 2019. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? West County.

Annapolis Medical Weight Loss.....	LHP
Archbishop Spalding High School.....	19
Arundel Federal Savings Bank.....	23
Ashling Kitchen & Bar.....	90
Baltimore Washington Medical Center.....	BC
Bayside Kids Dental.....	LHP
Blackwall Barn & Lodge.....	96
Bowie Siding & Roofing, Inc.....	111
Chesapeake Hematology Oncology Associates.....	55
Ciminelli's Landscape Services, Inc.....	73
CPE Clinic LLC.....	LHP
Crunchies Natural Pet Foods.....	89
David's Natural Market.....	85
Djawdan Center for Implant and Restorative Dentistry.....	1, LHP
Dr. Walzer, Sullivan & Hlousek, PA.....	5
Fichtner Services.....	69
Harvest Thyme Modern Kitchen & Tavern.....	90
Hospice of the Chesapeake.....	58, LHP
Hunan L'Rose.....	90
Indian Creek School (Upper Campus).....	11
James L. Graves Construction.....	69
Johnson Lumber Co.....	75
Kenwood Kitchens.....	IBC
Key School.....	15, 16
Labbe Family Orthodontics.....	LHP
Little Treasury Jewelers.....	3
Long & Foster-Crofton.....	62
Mamma Roma.....	95
Mani Toes.....	111
Maryland Oral Surgery Associates.....	LHP
Monsignor Slade Catholic School.....	111
Mr. Handyman.....	77
Odenton Station Dental.....	2, LHP
On The Green Inc.....	111
Puppylicious Gourmet.....	89
Shah Associates Medstar Shah Medical Group.....	41
Showman Furniture.....	73
Sidewinders Lacrosse.....	19
The Hideaway.....	95
The Pediatric Dental Specialists.....	LHP
Towson University.....	IFC
Turning Point Foundations of Wellness.....	110
Veterinary House Calls.....	89
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