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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

Megan Kotelchuck (x1129)

Editorial Intern

Amanda Vu

Contributing Editors

Lisa J. Gotto

Staff Writers

Diana Love, Frederick Schultz

Contributing Writers

Mark Croatti, Ellen Moyer,
Cate Reynolds, Kat Spitzer, Tom Wargo

Staff Photographer

Steve Buchanan

Contributing Photographers

Mary Ella Jourdak, Curtis Martin Photography

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Brian Saucedo (x1116)

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Nicholas Gullotti (x1101)

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Special Events Director

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Finance Manager

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Bookkeeper

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Administrative Assistant

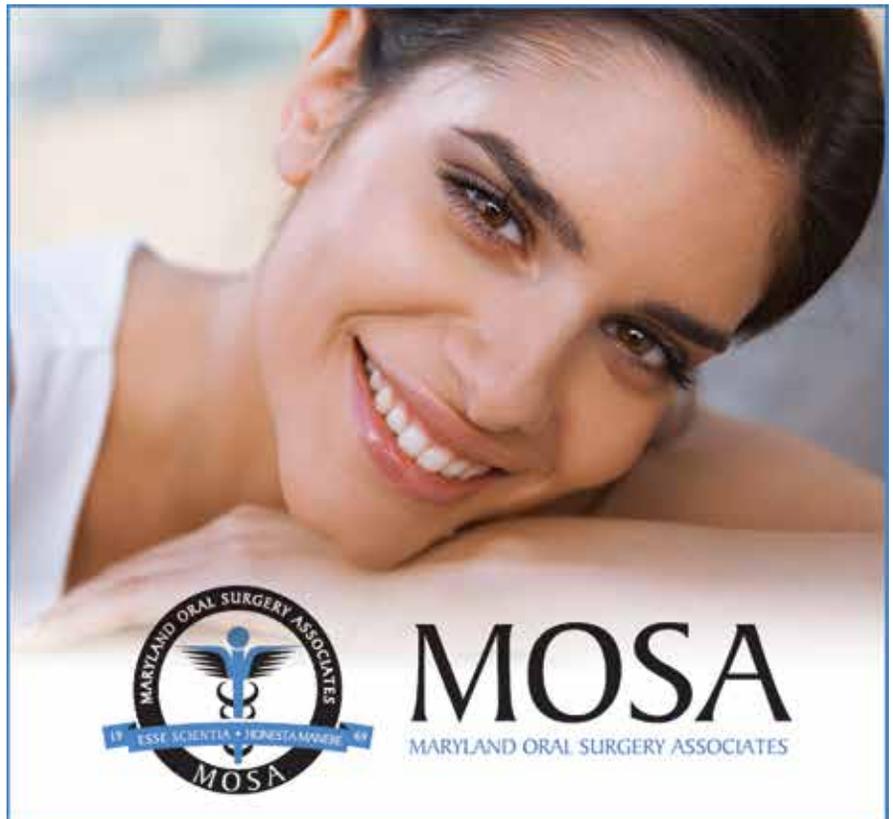
Kristen Awad (x1126)

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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 and reserve your spot today!



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NEWS THAT'S A BIG PLUS FOR OUR MEMBERS IN ANNE ARUNDEL COUNTY

Good news! Kaiser Permanente has expanded our services to bring you more high-quality care and greater convenience.**

On January 1st, we brought more specialists to our Annapolis Medical Center on Bestgate Road, including orthopedists, cardiologists, podiatrists, and dermatologists. All alongside the great primary care, pharmacy, and other convenient services offered right on site.

Then, later in 2020, look for even more new services in Anne Arundel County, including the addition of labor and delivery at Anne Arundel Medical Center in September. See why more than 26,000 members in Anne Arundel County have chosen our care and coverage.

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* Permanente doctors are recognized as Top Doctors in *Washingtonian* magazine (2018), *Northern Virginia Magazine* (2019), *Baltimore* magazine (2018), and *Washington Consumers' CHECKBOOK* magazine (2018).

** In NCOA's Health Insurance Plan Ratings 2019-2020, the private (commercial) health plan of Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., was rated 5 out of 5, and the Medicare health plan was rated 4.5 out of 5.

From the
publisher



**THE NINETEENTH AMENDMENT TO
THE U. S. CONSTITUTION STATING**

**“THE RIGHT OF CITIZENS OF THE
UNITED STATES TO VOTE SHALL
NOT BE DENIED OR ABRIDGED BY
THE UNITED STATES OR BY ANY
STATE ON ACCOUNT OF SEX”**

What’s Up? Media started making plans in May 2019 for this milestone and formed a nonprofit organization called Year of the Woman. Our purpose is to celebrate, educate, encourage, and inspire us all to use the power of our single vote that each of us won 100 years ago! Encouraging discussions of “What’s Next” are also in our plans for 2020.

How will we do this? What’s Up? Media will feature an ongoing series of articles about the history of the Suffrage Movement as well as discussions of how we have changed during the last 100 years and what the future holds. In January, we are kicking off our year-long series of events, education, speakers, and film series. You will see 55 banners hanging on the light poles along West Street and throughout downtown Annapolis declaring the Year of the Woman. These will be displayed again in August. On the Eastern Shore, you will see more banners and a travelling set of posters telling some of the stories of suffrage and declaring the Year of the Woman. We are also planning events and talks at the soon-to-be opened Maryland Museum of Women’s History at Bloomfield Manor in Centreville—the brainchild of Mary Margaret Revell Goodwin.

Also in the works, is an education contest with Anne Arundel County Public Schools, for which a prize will be awarded in March at an event to be held at the Banneker-Douglass Museum. The Anne Arundel Public Library system has organized a year-long book club series for both adults and teens. And there will be many other events, discussions, and films celebrating the Year of the Woman. If you know of any events celebrating this milestone anniversary, let us know and we will help promote them. Watch for them in our publications and at www.yearofthewoman.net. Would you like to join us? Email me at veronica@whatsupmag.com.

Veronica Tovey,
President + Publisher

**“I WILL NEVER CONSENT TO
HAVE OUR SEX CONSIDERED IN
AN INFERIOR POINT OF LIGHT.
LET EACH PLANET SHINE IN
THEIR OWN ORBIT. GOD AND
NATURE DECLARED IT SO-IF MAN
IS LORD, WOMAN IS *LORDESS*”**

FROM ABAGAIL ADAMS TO HER SISTER

Welcome to 2020 and what a year it looks to be! Not only is it a presidential election year, but in December our Governor declared 2020 to be the Year of the Woman. He announced this in honor of 100 years of suffrage, or women having finally won the right to vote in August of 1920. It is ironic that although, today, Maryland is a more progressive state, we chose not to ratify the 19th amendment until May 29, 1941—nearly 21 years after most other U.S. states. Nevertheless, we are proudly honoring this hard-fought accomplishment of determined women and men from 100 years ago.

Out on the **TownE**

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↑ **Polar Bear Plunge**

More than 10,000 people from across the state will plunge into the chilly Chesapeake Bay at Sandy Point State Park, raising money for Special Olympics Maryland. The Polar Bear Plunge is the largest state-wide fundraiser with several different plunges to participate in, including the Super Plunge on Friday, January 17; the Cool Schools Plunge on Thursday, January 23; the Police and Corporate Plunge on Friday, January 24; and the Maryland Plunge on Saturday, January 25. Enjoy live music, food and drinks, activities for all ages, and the satisfaction of freezing your fur off to benefit a great cause. A pledge of \$75 or more is required. For more information, including plunge times and registration, visit Plungemd.com.



Photo by Colin Dougherty



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Photo by Ted Mueller

← BOSOM BUDDIES BALL

Show your support for Bosom Buddies Charities at its 2020 Hope Anchors the Soul Ball on Saturday, January 25, 5:30 p.m. at the Westin Annapolis Hotel. Enjoy an elegant evening while supporting Bosom Buddies Charities' mission to promote breast cancer awareness, encourage early detection, support treatment, and celebrate healing. The event will feature dinner, dancing, and live and silent auctions. Tickets are \$250 per person. For more information, visit Bosombuddiescharities.com.

National Capital Radio & Television Museum

Spend a day exploring the seven galleries at the National Capital Radio & Television Museum. Located in Bowie, the museum features a collection of vintage radios, televisions, and related literature, artifacts, and media. Learn about the history and evolution of the receivers used over the years by radio listeners and the television watchers. Hours of operation are 9 a.m.-4 p.m. on Fridays and 12-4 p.m. on Saturdays and Sundays. Admission is free. For more information, visit Nortv.org.



Photo by Tony Lewis, Jr.

ANNAPOLIS OPERA: MR. BREWSTER'S INVIGORATING INVENTION

Annapolis Opera, in partnership with Towson University's Opera in a Can, presents Mr. Brewster's Invigorating Invention on Saturday, January 25, 11 a.m. at Maryland Hall for the Creative Arts. This fun, musical journey through the history and science of the kaleidoscope combines art and science for a unique opera experience for children, young and old. Tickets are \$16. For more information, visit Annapolisopera.org.



What's Up? Networking

Join What's Up? Media, Hawk Marketing, and the Greater Crofton Chamber of Commerce for a fun business-to-business networking lunch or happy hour. Chat with other local business professionals and enjoy special guest speakers. What's Up? for Lunch will be held at Blackwall Barn & Lodge on Monday, January 6, 11:30 a.m.-1:30 p.m., and What's Up? for Happy Hour will be held at Houlihan's in Waugh Chapel on Monday, January 20, 5-7 p.m. The event is free to attend, but food and drinks are not provided. For more information, and to RSVP, visit Whatsuptix.com.



Photo by Washington Capitals Photography

ALLIANCE FOR THE CHESAPEAKE BAY WILD & SCENIC FILM FESTIVAL

The Alliance for the Chesapeake Bay is bringing the Wild & Scenic Film Festival back to the Chesapeake Bay watershed on Thursday, January 23, 5:30 p.m. Held at Maryland Hall for the Creative Arts, the festival will feature selections of films that inform, inspire, and ignite solutions and possibilities to restore the earth and human communities while creating a positive future for the next generation. Festival-goers can expect to see films about nature, community activism, conservation, and more. Tickets are \$25. For more information, visit Allianceforthebay.org.

↑ Capitals Hockey

The Washington Capitals are back on the ice for their 2019-2020 season. Head to Capital One Arena to watch the Caps take on the San Jose Sharks on Sunday, January 5, 12:30 p.m.; the Ottawa Senators on Tuesday, January 7, 7 p.m.; the New Jersey Devils on Saturday, January 11, and Thursday, January 16, 7 p.m.; the Carolina Hurricanes on Monday, January 13, 7 p.m.; and the Nashville Predators on Wednesday, January 29, 7:30 p.m. For tickets and more information, visit Nhl.com/capitals.

Photo by Will Parison



WHAT'S UP? BRIDAL EXPO 2020

Simplify your planning, shop in style, and embrace the bliss of your engagement at the What's Up? Media Bridal Expo held at the Graduate Annapolis (formerly Loews Annapolis Hotel) on Sunday, January 26, 1-4 p.m. Find inspiration during the fashion show, meet with local experts, sample delicious desserts, enjoy live demos and exclusive wedding savings, and check off your wedding to-do list all in one place. Tickets are \$15 in advance and \$20 at the door. To purchase tickets, visit Whatsuptix.com.

FOR MORE EVENTS

VISIT OUR CALENDAR ON pg. 135 OR GO TO WHATSUPMAG.COM



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TOWNE SOCIAL

The Power of Caring

The Baltimore Washington Medical Center Foundation's signature event "The Power of Caring" Gala with Honorary Chair, The Creston G. and Betty Jane Tate Foundation, was held on November 2 at the Live! Hotel in Hanover. The event was attended by 450 guests and included a cocktail reception, seated dinner, silent and live auctions, and dancing to the live music of the band Millennium. Proceeds directly benefit UM Baltimore Washington Medical Center.

Photography courtesy Baltimore Washington Medical Center Foundation **1.** (Standing) Glenn Shipley, Glenn and Barbara Jackson, Patty and Pat Phelps with (sitting) Mary Shipley, Debra Tate Macey, Creston G. Tate (Honorary Chair), Geri and Dale Tate **2.** Justin Hoover, Sharada Vibhakar, Neel Vibhakar, Jon Wendell, Bri Hoover, Joel Klein **3.** Craig and Mary Beth Carmichael **4.** Kristin Jones Bryce, Karen Olscamp, Dr. Mohan Suntha, James C. "Chip" DiPaula, Jr., Kathy McCollum, Alicia Wilson, and Dr. Stacy Garrett-Ray **5.** Harvinder Singh, Lee Pearson, and Molly Brockett





TOWNE SOCIAL

GiGi's Playhouse Inaugural Golf Outing

GiGi's Playhouse Annapolis hosted its Inaugural Golf Outing and Banquet at Crofton Country Club on October 7. The event raised more than \$48,000 through sponsors, donors, and 140 golfers.

Photography by Gilligan Design Group **1.** Cris Brown, Hunter Cox, Cathy Fonfara, and Joe Conte **2.** Santchi Crawford, Chris Denino, Yi Chu, and Retros Axaolpulos **3.** GiGi's handcrafted first place trophy **4.** Brandon Coleman, Brian Flynn, and Amanda Horodyski **5.** James Houck, Mia Cranford, Kathy Suave, Rick Marsalek **6.** Stuart Plank, Mike Howell, Jim O'Connor, John Wilson, Rob Taishoff, and Steve Beck





TOWNE SALUTE

Sheryn Blocher

Severn Town Club

By Caley Breese

Sheryn Blocher has always enjoyed working with people and being an educator. After receiving her bachelor's degree and master's degree in education, she taught kindergarten and first grade all over the country, including Kansas, Texas, Illinois, and Tennessee. Blocher retired from teaching in 1987, allowing her to pursue on other passions.

Due to her husband Arch's work with the International Paper Company, the pair eventually landed in Annapolis in the mid-1990s. Blocher began volunteering as docent with Historic Annapolis in 1996, and soon became their part-time volunteer coordinator, a position she held until 2000. Over the years, Blocher has spent significant time dedicated to various volunteer projects, including serving as a board member for the Hammond-Harwood House, as well as contributing to the full-size reproduction of the Star-Spangled Banner.

Blocher first heard about Severn Town Club when she attended a memorial service for a friend who had been a member. "When I went to the service and the reception, all the women at the table were [from] Severn Town Club," she explains. "I

was listening to them, and I thought, 'This is something I want to find out about.' That was six years ago and I haven't looked back since."

She became a member of Severn Town Club (STC) in 2013. She has served on the Membership Committee as co-chair, and in 2015 and 2016, Blocher chaired STC's annual Holly Ball. The Holly Ball is a fundraising dinner that raises money and awareness for a chosen nonprofit organization. The selected organization receives 75 percent of the proceeds, while the other 25 percent is allocated to organizations who have applied for STC grants. The 56th Holly Ball was held in late November and benefited Anne Arundel County CASA (Court Appointed Special Advocates).

"Sheryn has a can-do attitude that inspires us all," Severn Town Club member Aida Cipriani says. "Her tireless efforts contribute to the betterment of our Anne Arundel County citizens with the monetary grants we award to worthy causes."

Blocher currently serves as Severn Town Club's board president, a title she will hold until June of this year. As president, Blocher attends and runs board meetings, assists with the Holly Ball, and contributes to various sections in Severn Town Club's monthly newsletter, *The Crier*. Every month, she writes her "From the President" letter, contributes to the "Sharing and Caring" section, and showcases a Severn Town Club member in "Spotlight."

"I've expanded ['Spotlight'] quite a bit [since we started that section]," Blocher says.

"I try to be as hands-on as I can with the board members and other members in general, and listen to what they have to say because they've got great ideas and a lot of follow-through."

Blocher believes that her experience as a teacher and as a volunteer coordinator has impacted her presidency and volunteerism with STC. "You have to make sure that you're making it worthwhile for them to spend their time there, give them worthwhile things to do, and communicate and try to bring people together within the group."

"Sheryn's enthusiasm, with her organizational skills and dedication, has brought closer ties to the members and our commitment to service," STC member Sandy Murray says.

Severn Town Club is a women-led organization—something that is very important to Blocher.

"When I grew up you had about three options," she explains. "You were a nurse, a secretary, or a teacher. Just reading the backgrounds of some of these women, it is simply amazing what they've done. To see these women and what they can do and how well they do it, and how much fun they have [is important]. When I read about what other people are doing in this 'Spotlight' feature, I think it connects the members."

For more information on Severn Town Club, visit severntownclub.org

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TOWNE ATHLETE

Eric Sondberg

South River High School
Basketball

By Tom Worgo

Last winter, two games changed the basketball fortune of South River senior Eric Sondberg. Sondberg scored 31 points against Meade in late January, and two weeks later, totaled 21 versus Largo. He showed off his sweet shooting stroke—perhaps the best in the county.

Those performances naturally caught the attention of opposing coaches from Meade and Largo, who also work for Team Durant, one of the top AAU summer programs in the country. That earned him a tryout with Team Durant in March and he ended up making the squad.

“They knew I was a good shooter and they were looking for a shooter they could rely on,” Sondberg says.

Sondberg, a 6-foot-6-inch guard/forward, couldn’t say no to U-17 Team Durant, a squad sponsored by Nike and funded by the foundation of NBA star Kevin Durant.

The Davidsonville resident played for another AAU basketball team, the South River Shooters, in previous summers and he hated to leave after five years.

“I just planned on playing for my hometown team,” Sondberg says. “It was all really kind of shocking. It was a hard decision for me to leave that team.”

Team Durant appealed to Sondberg for several reasons. Sondberg competed in tournaments in Atlanta, Dallas, Fisher, Indiana, and, finally, the championship round in Augusta, Georgia, against teams with nationally-ranked players. How good was Team Durant? Every player has committed to a Division I basketball school.

“He was playing in front of hundreds of college coaches,” South River Boys Basketball Coach Darren Hall says. “Playing on the national stage really got him exposure. It

was maximum exposure and went a long way toward getting him a scholarship.”

The 18-year-old Sondberg received a basketball scholarship to Lafayette College in Pennsylvania. He committed to the school in July and will sign a National Letter of Intent in mid-November. Army and Furman also aggressively recruited Sondberg.

“Everything happened very quickly,” says Sondberg, who carries a weighted 4.17 grade-point average and is interested in majoring in economics. “It was kind of overwhelming at first. It turned out to be a blessing.”

Team Durant Coach Osman Dangura says Sondberg’s perimeter play was crucial to his squad’s success. “We had a bunch of guys who could attack the basket and get into the paint,” Dangura explains. “That forced the defense to collapse. The players would kick the ball out to Eric and he knocked down a shot. He did it a lot.”

Spending three months with Team Durant clearly elevated Sondberg’s game. “I am more physical and I am playing at a quicker pace,” Sondberg says. “I had to improve my defense. It was definitely a weakness. It definitely has gotten a lot better.”

Sondberg also made big strides between his sophomore and junior year at South River. He contributed 13 points per game during the 2017–18 season, his first on the varsity. Sondberg then quickly blossomed and averaged 22 points, 9.9 rebounds, 3.1 steals, and 2.6 assists. He

“He is probably known around the county as a three-point shooter, but he can score in many different ways. We really challenged him at midseason to score inside and he did that a lot.”

had some memorable games against C Milton Wright (35 points), Southern (32), and Annapolis (30).

“He is probably known around the county as a three-point shooter, but he can score in many different ways,” Hall says. “We really challenged him at midseason to score inside and he did that a lot.”

Hall is eager to see what kind of statistics Sondberg can put up this winter after ranking second in the county in scoring last season to Meade’s Malzi Thames. “I really think he is going to have a bigger year,” the coach says. “I just think he is a lot more confident after playing for Team Durant and he learned a lot.”

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

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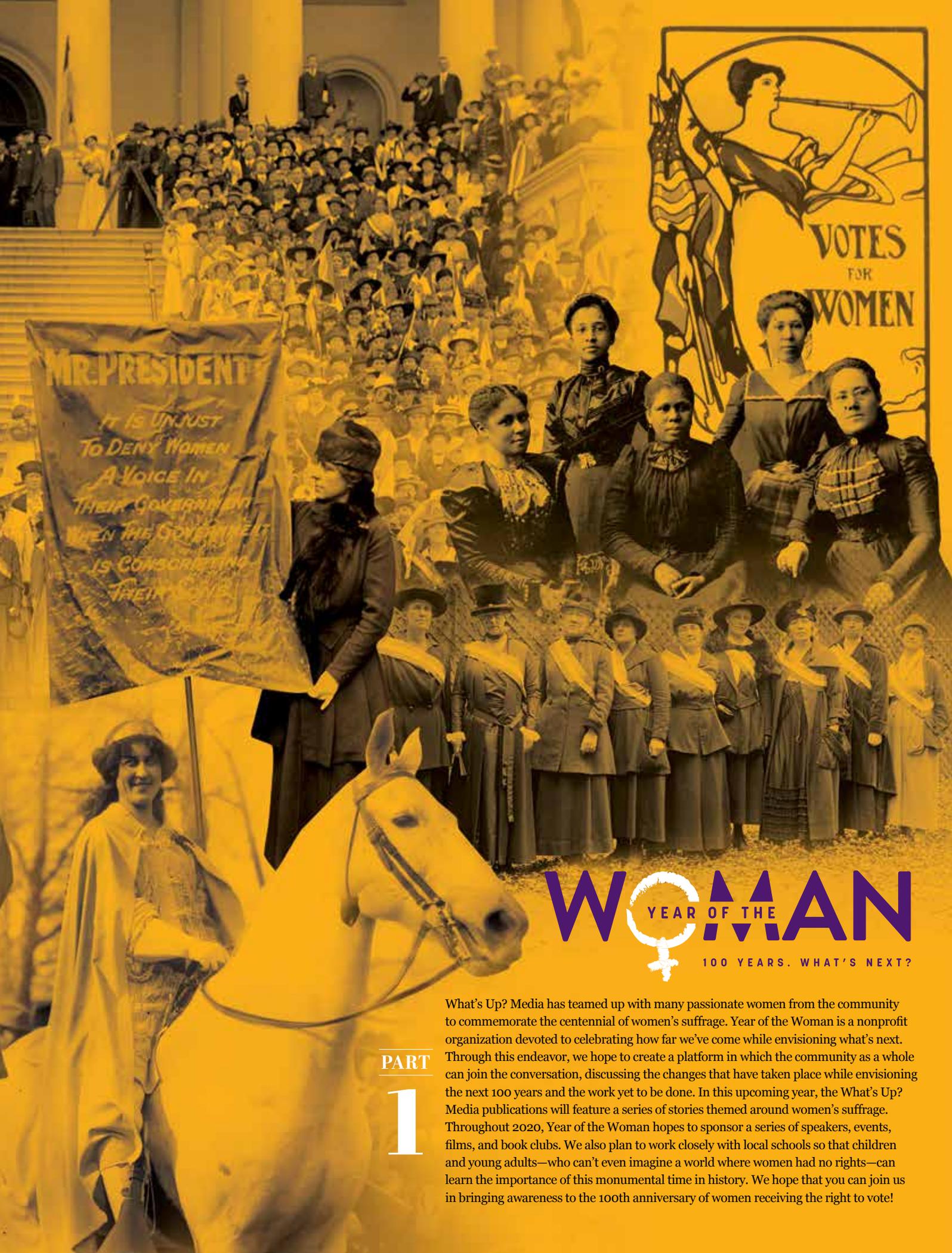
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WOMAN

YEAR OF THE

100 YEARS. WHAT'S NEXT?

PART 1

What's Up? Media has teamed up with many passionate women from the community to commemorate the centennial of women's suffrage. Year of the Woman is a nonprofit organization devoted to celebrating how far we've come while envisioning what's next. Through this endeavor, we hope to create a platform in which the community as a whole can join the conversation, discussing the changes that have taken place while envisioning the next 100 years and the work yet to be done. In this upcoming year, the What's Up? Media publications will feature a series of stories themed around women's suffrage. Throughout 2020, Year of the Woman hopes to sponsor a series of speakers, events, films, and book clubs. We also plan to work closely with local schools so that children and young adults—who can't even imagine a world where women had no rights—can learn the importance of this monumental time in history. We hope that you can join us in bringing awareness to the 100th anniversary of women receiving the right to vote!

August 18, 1920

INTRODUCTION

More than 140 years after the Declaration of Independence established a United States in which “...all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness,” the extension of these very rights to women hung on fate’s precipice within the Tennessee legislature on one hot August day, for one final vote.

At stake, women’s rights, specifically suffrage—the right to vote in political elections. One year prior, both the U.S. House of Representatives and Senate voted on and passed the 19th Amendment to the U.S. Constitution, granting women the right to vote. The amendment was then sent to all 48 states for ratification, with a sunset of one year to vote on the legislation. To be written into the Constitution, two-thirds of the states’ approval (36 total) was needed. By March of 1920, 35 had approved the amendment, but several southern states, including Maryland, had rejected it. Tennessee’s vote on August 18th was the amendment’s last hope for ratification into the U.S. Constitution. The state legislature was deadlocked in a 48-48 tie with the deciding vote resting on the shoulders of 23-year-old legislator Harry T. Burn.

He nervously stood before his peers to cast his vote. Minutes passed, which felt like a lifetime. “Aye,” Burn finally called out, and ratification of the 19th Amendment was written into history.

This history, of how women’s rights and suffrage, came to fruition, will be remembered this year, 2020—the 100th anniversary of the ratification of the 19th Amendment. The word *remember* is important. Though many aspects of this achievement are to be *celebrated*, we *remember* the events before, during, and after “The Vote” because this history was not always celebratory, or beautiful, or exalting. It most certainly was not easy. It was an extreme struggle for basic rights. By extension, the fight for women’s rights was a fight for civil rights.

And this struggle continues today. Throughout the course of this year, What’s Up? Media will present a series of articles, events, and coverage dedicated to women’s rights and suffrage. We’ll help tell the stories of the women (and men) who contributed to this American history. Also, we’ll explore contemporary issues still affecting our society. And it is our hope that, together, we will learn how to improve ourselves and our communities for the benefit of generations to come. We remember women’s history; we celebrate the Year of the Woman.



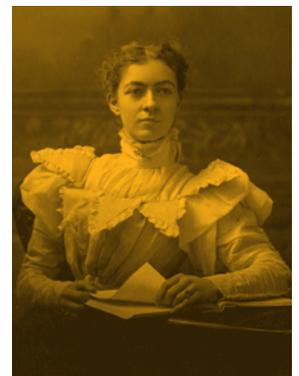
Sirens' Call

Historical heroines, from Hatshepsut in ancient Egypt to Abigail Adams in Colonial America, laid a foundation of accomplishments, on which the call for women's rights could be built upon in the United States

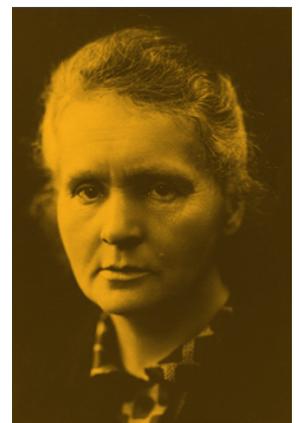
By Ellen Moyer

Mary Engle Pennington was 12 years old when she came across a book on medical chemistry that sparked her curiosity. Years later, in an interview with the *New Yorker* she would describe this as a milestone in her life; "...to know that oxygen and nitrogen, things I couldn't touch, taste, or smell, really existed...lickety hoop...this was amazing and I wanted to know more, much more, and so I asked the headmistress at my school for a course in chemistry." Pennington was denied. This was 1884 and such pursuits by women were considered wholly inappropriate and unladylike. Curiosity, imagination, and higher education were not encouraged for women, whose choices for life pursuits were very constricted to marriage, often arranged.

Pennington was raised in a Quaker family with a tradition that recognized men and women as equals and encouraged women to speak up and write, activities denied to women in general. Undaunted, and not to be denied, in 1890 she asked to be admitted to the University of Pennsylvania School of Science and was accepted. She completed her degree in two years but was denied a diploma because the Board of Trustees disapproved of a woman's presence in the university. This disapproval was circumvented by a university statute that allowed students in extraordinary cases to be enrolled in graduate studies. So it is, that Pennington entered the University Electro Chemical School and graduated in 1895 with a PH.D. M.E. As she was reluctantly known much of her life to obscure her identity as a woman on job applications, she went on to become the nation's authority on refrigeration and the means of protecting us from the bacteria that accumulated in milk, eggs, fish, and poultry responsible for sickness and death.



Mary Engle Pennington, of the United States, and Marie Curie, of Poland, defied all odds against women during the late 1800s to become renowned scientists within their respective fields.





Elizabeth Cady Stanton and Lucretia Coffin Mott would become two of the most prominent women's rights activists in the United States upon planning the first ever women's rights conference in Seneca Falls, New York, in 1848.



Five years her senior on the other side of the Atlantic, Marie Sklodowska Curie, born in 1867 into a scholarly and genius mathematics family, had been denied entrance to universities in her native Poland and in France. Doggedly, and not to be denied, she persistently pursued education in the Flying University, available to women and eventually the University of Paris. The discoverer of radium and polonium, she would become the first woman to receive the Nobel Prize in Physics and another in Chemistry. Asked to speak with her husband on radioactivity, she, as a woman and for the skeptics of women's capacity, was denied the speaker's platform.

However, as the 20th century arrived, changes for women's rights were in the wind. With courage and fortitude and perseverance, women worldwide were pursuing the right to vote, though efforts began years earlier. In the United States, after decades of hearings before the House of Representatives Judiciary Committee on resolutions extending the right to vote to women in federal elections were rebuffed, women, led by Alice Paul, a Quaker from New Jersey, were marching in the streets and picketing the White House and President Woodrow Wilson. Beaten, jailed, jeered at, and force-fed on hunger strikes, women committed to the fight for freedom and fair representation of the governed continued.

Years earlier in 1892, Elizabeth Cady Stanton, in a speech titled "Solitude of Self," she delivered before the House Judiciary Committee, described the satire of a woman's position described in Shakespeare's *Titus and Andronicus* thusly: "Rude men seized the King's daughter, cut out her tongue, cut off her hands, and then bid her to call for water and wash her hands." This, she said, was the condition of women today, robbed of natural rights to be all that they could be, denied education, denied employment, and handicapped by law and custom. Ostracized, denied the right to vote and inclusion in a representative government, and robbed of self-respect, women felt compelled to fight for their benefit, happiness, and the general good.

In 1868 and 1870, after the Civil War, the 14th and 15th Amendments to the U.S. Constitution extended citizenship to all persons born or naturalized in the U.S. and specified "that the right to vote shall not be denied on the basis of race, color, or previous condition of servitude." Half the nation's population, women, were not, however, included as entitled citizens born or naturalized in the United States. Finally, on June 4th, 1919, Congress passed a resolution supported reluctantly by President Wilson that stated "the

right of citizens of the United States to vote shall not be denied...on account of sex." It would take a full year and by a final one vote in the Tennessee legislature for the 19th Amendment to be ratified.

"Never doubt that a small group of thoughtful, caring, committed citizens can change the world," opined cultural anthropologist Margaret Meade. Indeed, the ratification of the 19th Amendment—which was set in motion half a century earlier by a committee of five and the signatures of 68 women in the first women's conference in human history to discuss the social, civil, and religious conditions and rights of women, held in Seneca, New York, in 1848—proved her right.

Walt Longmire, the fictional Wyoming sheriff introduced in Craig Johnson's *Longmire* western series, reflects on "how it is a women's lot to be dismissed by men." Where did this begin?

Gone, But Not Forgotten

In 1478 BC, Hatshepsut, daughter, sister, and wife of a king, became the Pharaoh in Egypt's 18th Dynasty. She reigned for 21 years and is considered by Egyptologists as one the most successful Pharaohs. She was successful in war, established important trade routes, and commissioned hundreds of construction projects. Yet after her death and toward the end of her stepson's reign, Hatshepsut's name was erased and her images chiseled off monuments, causing her to disappear from Egyptian history until rediscovered in 1822. The ancients believed that if you were invisible and forgotten, you ceased to be.

Some have conjectured that, while it was unusual for a woman to be Pharaoh, a successful and glorious reign as Hatshepsut's demonstrated that a woman was as capable of governing as a male, and was a threat to future kings. Men preferred women to be content with their traditional lot as wife, sister, and eventual mother of a king. And so, it has been for centuries that powerful and contributing women have been relegated to the dust bin and forgotten in history.

Fast forward to the New World...Massachusetts in 1692. For 15 months, mass hysteria ruled the colony in what would later be described as the deadliest witch hunt in history. For 60 years, women had worked side by side with men to forge a home and community out of the wilder-

ness of the Massachusetts Bay Colony. Taming the wilderness and facing Native Americans was no small task, yet the Colony had become prosperous. But when Preacher Cotton Mather tried to prove that demons were alive and among us and that all who did not believe in ghosts were heretics, life for women changed. In the Puritan-based religious community, women were believed to be inherently sinful and weak in body and soul and, therefore, more susceptible to the tricks of Satan than men. So, it followed that women, after centuries of dismissal as capable equals, became the target for every incident outside of church behavior norms. Unmarried women and women without children were targets of neighbor arguments, and the confusion of teenage girls as they struggled with growing up. Over 15 months, 200 were accused of witchcraft. Nineteen were convicted and 14 women were hung before this march against the devil, identified as the culprit in simple small infractions, was thwarted in 1693.

Annapolis bears the name of Queen Anne of Great Britain, who was sometimes described as a weak Monarch (1702–1714) by male counterparts. Yet, Anne united Scotland and England, was successful in war with France and Spain, created thoroughbred racing as an industry celebrated annually at Ascot, regularly attended meetings of Parliament, and “presided over an age of artistic, literary, scientific, economic and political advancement made possible by the stability and prosperity of her reign.” She also left the monarchy fiscally solvent for 100 years. Not a bad legacy.

On April 26th, 1777, 16-year-old Sybil Ludington rode through a dark and rainy night 40 miles to summon the militia for her father, Colonel Ludington, to protect Danbury, Connecticut, from the British. The militia arrived too late to prevent some burning, but was able to drive the British back to the sea at Cape Cod. Sybil rode alone and further than Paul Revere, a middle-aged respected and wealthy silver smith accompanied by other men. He was eulogized by author John Greenleaf Whittier in 1861 in his poem “Paul Revere’s Ride.” Sybil Ludington was rediscovered 200 years later by Artist Anne Huntington of Connecticut, who memorialized her in bronze statues riding her horse; a statue, among the few of women (8 percent of all memorial monuments), is placed in Danbury and Washington, D.C. Still, Paul Revere is the name publicly remembered with rousing the battle cry of “the British are coming” for his courageous venture in 1775. There were others.

The First Sirens

Abigail Adams—the wife of John, a patriot and founder of the new United States—issued the first siren cry for women’s rights. In March of 1776 in a long letter to her husband in Philadelphia she writes:

“...in the new Code of Laws, which I suppose it will be necessary for you to make, I desire you would Remember the Ladies, and be more generous and favorable to them than your ancestors. Do not put such unlimited power into the hands of the husbands. Remember, all men would be tyrants if they could. If particular care and attention is not paid to the ladies, we are determined to foment a rebellion, and will not hold ourselves bound by any laws in which we have no say or representation. That your sex is naturally tyrannical is a truth thoroughly established as to admit of no dispute, but such of you as wish to be happy willingly give up the harsh title of master for the more tender and endearing one of friend. Why then, not put it out of the power of the vicious and the lawless to use us with cruelty and indignity with impunity. Men of sense in all ages abhor those customs which treat us only as the vassals of your sex. Regard us then as beings placed by providence under your protection and in imitation of the supreme being make use of that power only for our happiness.”

Though John Adams, our second President, sought the advice and counsel of his wife, his semi-humorous remark to her letter on “Despotism of the Petticoat” indicated he would not be fighting for women’s rights. Abigail, a supporter of education for women and recognition of equality with men, however, had thrown down the gauntlet. One hundred fifty years later, after fomenting rebellion, the rights of Ladies would be remembered.

The issue of slavery was also avoided by the authors of our Declaration. In 1832, when journalist William Lloyd Garrison organized an anti-slavery association, he invited the full participation of women. Women, particularly of the Quaker faith, where women and men were considered equals, had begun to gain fame as writers and speakers, actions not permitted in the social culture for women in general. Other abolitionists did not welcome Garrison’s ideas. For Quaker women, such as Lucretia Mott and the Grimke sisters, speaking in public on the issue of slavery was also a noteworthy stand for women’s rights and social reform.

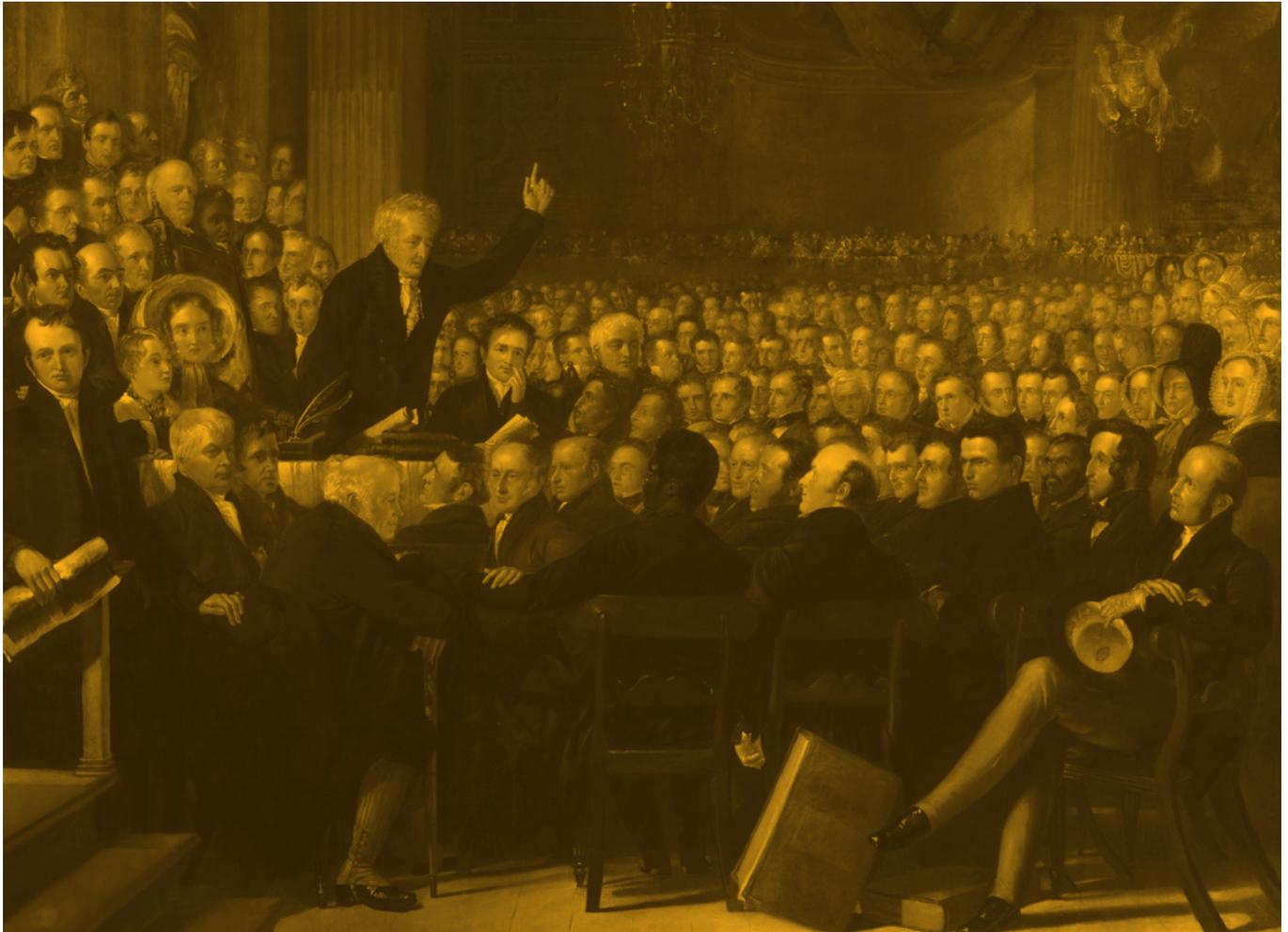
Addressing this threat to societal norms, the General Assembly of the Congregational Church warned women that such action, speaking in public, directly defied St. Paul’s instruction to women to be silent in church (1 Timothy 2:12).

Abigail Adams, painted by Gilbert Stuart, pleaded with her husband John, to “remember the ladies” when drafting the Declaration of Independence.



Queen Anne of Great Britain and Ireland, from whom the City of Annapolis was named, painted by Michael Dahl.





The Anti-Slavery Society Convention, 1840, by Benjamin Robert Haydon (died 1846). Lucretia Mott and Elizabeth Cady Stanton, who would organize the Seneca Falls Convention eight years later, met at this convention.

Speaking to mixed crowds was considered promiscuous by some. Other were just uncertain as to what was proper, as the writings of the Grimke sisters were becoming increasingly popular and striking a chord to the tyranny of men over women's lives. The Grimke sisters, Sarah and Angelina, had witnessed slavery first-hand growing up on the family plantation in South Carolina and were among the first to speak out on social reform. They also preached "that women were not created as a gift or for the possession of men, but rather as unique, intelligent, capable beings." They and Lucretia Mott and their followers were ridiculed and threatened for their public abolitionist stands. Nevertheless, they would not be silenced.

In 1840, the first World Anti-Slavery Convention was held in London. Lucretia Mott, Quaker preacher, teacher, and outstanding public speaker, was selected with five other women to attend the conference. But, as the first day and swearing in of delegates transpired and after a day of debate, the women were excluded from the conference participation. They were allowed to sit in the gallery and watch the proceedings, but not allowed to speak.

Nevertheless, Mott was described by an Irish reporter as "the Lioness of the Convention." The men that convened did not know what they had wrought. This humiliating action of excluding women intimately involved with the anti-slavery movement, would inspire the women to other actions. Also attending the convention was Elizabeth Cady Stanton, on her honeymoon with her lawyer husband. Stanton and Mott met for the first time, became fast friends, and went on to turn their attention to the rights of women. They planned the first ever conference for women, in 1848 in Seneca, New York.

Next month, we continue our "Year of the Woman" article series. The 1848 Seneca Falls Conference acts as a "call to arms" for women throughout the United States, as the women's rights movement comes to fruition and builds momentum unlike any seen before.

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MARYLAND BLACK BEARS

Bringing the
Greater Odenton
community
together through
ice hockey

BY KAT SPITZER

ALL PHOTOGRAPHY COURTESY OF
MARYLAND BLACK BEARS

When the Washington Capitals won the Stanley Cup in 2018, an already growing hockey community in our area exploded in popularity. It seems that everyone wants to learn about the sport, play the game, and watch good hockey. Ice time is at a premium and more programs are developing. The Maryland Black Bears Junior Hockey team has taken that hockey excitement to new heights. Filling the stands to capacity for every game, this local team brings young and old together to celebrate what players and fans often refer to as a great “hockey family.”

Based out of Piney Orchard Ice Arena in the heart of Odenton, the Maryland Black Bears (MBB) is a Tier 2 junior hockey team affiliated with the NHL. The team recruits players, ages 17–20 years old, to play at a high level and develop skills in order to earn Division I and III college scholarships, and potentially move on to major league hockey. “The program serves as a stopping ground between high school and college,” says Head

Coach Clint Mylymok. “We are seeing the quality build from year to year, and this program is already one of the best Tier 2 programs in North America.”

Now in its second season as a team, the players come from all over the country, and even the world. “In addition to domestic players, we have, and have had, players from Sweden, Canada, Korea, and more. We currently even have an indigenous player,” says Colin MacCarthy, Communications Director for the MBB. “We are definitely seeing results with the team, as some players have committed to colleges for hockey, or have gone back to their native countries to play on professional teams.”

The players spend their time each week practicing multiple days, playing in the games, taking part in community events and service projects, and bonding with each other and their billet families. “Many of these players are leaving home for the first time,” Mylymok says, “and having the comfort of their billet family makes them much more comfortable and productive on the ice.”



“HOCKEY IS A FAMILY, AND WE FIND GREAT FAMILIES TO MATCH WITH THESE PLAYERS. THERE ARE LASTING CONNECTIONS. WE ARE SO CLOSE THAT I KEEP FORGETTING THEY ARE SOMEONE ELSE’S KIDS.”

—BILLET COORDINATOR AMANDA HAFLER

The billet family system adds a strong sense of community to the program. Billet families take the players in to live with them during the player’s tenure for a season of the MBB. “Hockey is a family,” says Billet Coordinator Amanda Hafler, “and we find great families to match with these players. There are lasting connections.” Hafler also serves as a billet family for two players and notes that “we are so close that I keep forgetting

they are someone else’s kids.” Billet families receive \$400 a month from the player’s family for their care, and the MBB give the family season tickets with all the perks, so that everyone can take part in the excitement for the team. Hafler conducts an extensive process of applications, home visits, background checks, and questions to make sure that a good match is made between players and potential billet families.



**"EACH
PLAYER
BRINGS
SOMETHING
NEW AND
SPECIAL TO
MY LIFE.
I CAN'T
IMAGINE NOT
DOING IT."**

-BILLET MOM, LISA HENKEL



The players and billet families, alike, really appreciate the program. Billet Mom, Lisa Henkel, says, "I can do this forever! These players should know that they will have me as a second mom for the rest of their lives." Henkel comes from a big hockey-loving family in Wisconsin and takes in two or three players a year. "Each player brings something new and special to my life. I can't imagine not doing it." She notes that serving as a billet family works positively for both the player and the family. "I love doing this not only for the player, but for Maryland. I enjoy showcasing the area, and seeing it through the lense of someone who is not from here. The hometown experience that we share with this team never disappoints. The whole Maryland Black Bears program is a win for the community, and the players. The players are so dedicated to each other and to the fans.



And I'm one of the biggest fans. You will find me at every game and I'll be the one ringing the biggest bell!"

Logan Kons, defenseman for the MBB, lives with Henkel and couldn't agree more. "I really enjoy Sunday activities with the family on my day off, and I love Maryland. The weather is good, compared to where I'm from in Chicago, and I'm now even used to seafood." He loves living along the east coast. "There is so much exposure here around every corner. There

are so many colleges that we have access to nearby. But the real thing that makes the Maryland Black Bears special is the professionalism both on and off the ice. I feel like the program is preparing me well for everything that comes later.”

Andrew Takacs, MBB goalie, actually grew up in Maryland, played hockey for various local youth hockey leagues, and feels honored to return to his hometown and play for the fans. “I love meeting the fans after the games. I was once that kid who looked up to hockey players and wanted to be one. Now it’s crazy to be in that position and have all these kids looking up to me. And in my hometown! It’s so rare to be able to play at home and at a high level. I look into the crowd and see faces I know. It means so much.” He appreciates that his parents can now see him at more games than would otherwise be possible. His goal is to play Division I hockey in college, but in the short term? “I want to see our team take home the Robinson Cup this year!”

Robyn Remick, President of the MBB, also grew up in Maryland and has family in the area. After a long and successful media career with the Walt Disney Company and ESPN, she was excited to return home and take this opportunity to grow the Maryland Black Bears program. “The Maryland Black Bears are so exciting because, while it’s only the second year, we are seeing these players acquiring new skills, meeting their goals, and becoming part of the community here. The

players and the fans feel so connected with each other. No matter the win/loss record, these fans have more passion and joy than I’ve ever seen for a team, and I’ve seen it all in my career.”

The level of community is so strong that when a season is over, “there is a sense of emptiness,” Remick says. Henkel concurs. “I always want them to visit me for fall break, or over the holidays.” The fans also can’t seem to get enough. According to Remick, season ticket sales tripled between year one and year two. “There is a touching level of commitment to this team. I’ve seen students come in who’ve saved their money to invest in season tickets; to invest in our team. There’s such an exchange of commitment between the players and the fans.” That feeling extends to the mascot, Bruno the Bear. At local festivals and at the rink, the requests for Bruno are high, and he’s just another example of the positivity surrounding the team.

“The Maryland Black Bears are not just about hockey,” Henkel says. “There is also a wonderful emphasis on leadership, volunteerism, and building the whole character of these players. And I say that as someone who is beyond invested in the hockey experience.” Takacs agrees, saying, “More than anything, I realize how lucky I’ve been being a part of the Maryland Black Bears.”

It’s time to join the buzz, get a large bell of our own, and head over to partake in the thrill of the Maryland Black Bears community.



Preview of the 2020 Maryland Legislative Session

THE YEAR OF THE WOMAN WILL BE
A PROMINENT THEME DURING THIS
YEAR'S GENERAL ASSEMBLY

By Mark Croatti

It has been a full century since the 19th Amendment provided suffrage to all citizens, regardless of gender. Since then, 420 women have served in the U.S. Congress, including five candidates competing to be the Democratic Party's second straight female presidential nominee later this year; 43 more have been elected governor in 30 American states and territories; and another 110 have served as lieutenant governor in 44 states. Equal voting rights, however, has not led to equal political representation.

Women make up more than half of the U.S. population but only fill a quarter of the nation's legislative positions, both in Congress and in state governments nationwide. Those numbers are significantly higher in Maryland's General Assembly, where women hold 15 of 47 seats in the State Senate (32 percent) and 57 of 141 seats in the House of Delegates (40 percent).

This year, both chambers will be led by new faces. In the House, two African American women replaced Michael Busch, who served 32 years in office, 16 as Speaker. Adrienne Jones (D-District 10) will become Maryland's first female (and African American) Speaker while former Annapolis City Council Alderwoman Shaneka Henson (D-District 30A) will be sworn into Busch's delegate seat. Henson says this has caused confusion. "Some people think *I am* Adrienne Jones; others assumed that whoever succeeded Busch as Delegate automatically became Speaker." Another African Ameri-



can woman, Sheree Sample-Hughes (D-District 37A), will follow Jones as Speaker Pro-Tem. In the Senate, Thomas V. "Mike" Miller, Jr. (D-District 27) will cede the presidency after 32 years to "Bill" Ferguson, IV (D-District 46); however, Miller, first elected as a Delegate in 1971, will remain a Senator for the 45th straight year.

RECAP OF THE 2019 LEGISLATIVE SESSION

Despite daunting health challenges the last legislative session faced—Miller announced on the second day that he had stage-four prostate cancer; Busch, who was recovering from a liver transplant, died of pneumonia on the second to last day—it was very productive. An almost \$47 billion budget—four billion dollars more than fiscal 2018—included many significant pieces of legislation.

Criminal penalties for not reporting suspected child abuse and cyberbullying increased to a maximum \$10,000 fine and/or three years in prison (up to ten

years if cyberbullying causes a suicide). All suicide attempt survivors are now exempt from prosecution (unless other crimes are committed). Lawmakers abolished Maryland's Handgun Permit Review Board of cases appealing State Police denials (now heard by administrative law judges). More of Maryland's electricity must come from renewable sources such as solar power over oil, coal, and gas. Purchasers of tobacco products must be 21. Businesses with 14 or more employees must pay a \$15 an hour minimum wage by 2025 (those with fewer employees have longer). While the overall amount of bills ultimately signed by the Governor may have seemed discouraging, several women beat the odds. The number of laws that experienced senators Melony Griffith (D-District 25) and Adelaide Eckardt (R-District 37) sponsored reached double digits; in fact, all 14 of Griffith's bills passed while Eckardt's overall tally placed her among the 20 most successful lawmakers. Sen. Sarah Elfret (D-District 30) led all newcomers in bill-to-law efficiency (80 percent).

WHAT TO EXPECT IN THE 2020 LEGISLATIVE SESSION

Education and The Blueprint for Maryland's Future

The final conclusions of the 26-member Kirwan Commission on Innovation and Excellence in Education, created by the General Assembly in 2016, were scheduled to be submitted by Dec. 31, 2019. The core of the report's "Blueprint for Maryland's Future" will be a new educational funding formula—replacing the current, decades-old funding estimates—to more equitably disperse state-collected revenues to Maryland school districts by assigning higher amounts to less wealthy school systems and lower amounts to wealthier ones, with a focus on addressing child poverty where the highest disadvantaged populations exist.



"SOME PEOPLE THINK I AM ADRIENNE JONES; OTHERS ASSUMED THAT WHOEVER SUCCEEDED BUSCH AS DELEGATE AUTOMATICALLY BECAME SPEAKER."

—SHANEKA HENSON

The report will endorse increasing both teacher salaries—with stricter requirements for teacher certification—and pre-kindergarten programs. "We have not in any way planned for the cost of expanding pre-K," Sen. Elfreth cautions. "The Commission's report will pose significant capital challenges." According to Del. Brooke Lierman (D-District 46), even more money will be needed "for resources not only within the classroom," such as books, supplies, equipment, and staff, "but also outside the classroom, including building construction and student activities." Paying for the Commission's major proposals will require an almost four billion dollar increase in allocations from state, county, and city governments. "Where do we get that?" asks Sen. Eckardt, the Treasurer (and a former President) of the Maryland Federation of Republican Women. "Our rural communities just don't have it, and they cannot be forced to decide to pay for this blueprint or providing basic services such as police and fire departments."

There are many ideas being proposed to answer Sen. Eckardt's question. One way is to increase revenue without raising income taxes. "I can unequivocally say that there will not be a six thousand dollar per household tax to fund the report's proposals, as some have reported," Sen. Elfreth countered. "I instead advocate keeping our tax base up to date with technology. We can collect hundreds of millions of dollars in annual revenue from taxing the



"WE HAVE NOT IN ANY WAY PLANNED FOR THE COST OF EXPANDING PRE-K. THE COMMISSION'S REPORT WILL POSE SIGNIFICANT CAPITAL CHALLENGES."

—SARAH ELFRETH

sales of online purchases and sports gaming—which is also connected to the future of the Pimlico and Laurel racetracks."

Del. Lierman brought up the 2017 Tax Cuts and Jobs Act that created Qualified Opportunity Zones to promote economic growth and new jobs by offering federal tax benefits for a commitment to inject eligible capital into community projects. "Governors in many states are recommending that certain census tracts become opportunity zones using monies like capital gains that would be 'taxed into' opportunity zone funds," she says. "If you leave that money there for 10 years, the capital gains taxes are erased and the money will turn a profit. Anyone can create an opportunity zone fund, so Maryland needs to align their tax credits to encourage this." Another way is to reduce costs

elsewhere, such as lowering non-renewable energy consumption. Del. Alice Cain (D-District 30A), the former Executive Vice President of the nonprofit Teach Plus with a 15-year background in education, sponsored the 2019 Green Schools Act to encourage this approach. "We want to build the next generation of environmental standards by empowering students to form community partnerships that will decrease the carbon footprint of Maryland's classrooms," she says.

A third way is to disburse supplemental funds ahead of time. In anticipation of the Commission's report, legislators approved a school spending bill in the 2019 session that provides, over the next two years, an additional \$800 million past the normal levels of annual educational support (five of the amendments on this bill were written by Del. Cain). More ideas are on the way, according to Sen. Eckardt. "How to implement the Kirwan recommendations will consume a large portion of the 2020 session, but it is the legislature's most important priority."

Environmental Protection

In addition to the Green Schools Act, Sen. Elfreth is concerned about "high levels of lead in the water that schools use." She and Del. Cain will be co-sponsoring a bill that addresses storm water management problems. "The building manual of the Maryland Department of the Environment mandates that new construction projects account for 1.7 inches of water during rainstorms," Sen. Elfreth says. "We want

to increase it to 2.5 inches.” Efforts to combat climate change will not be limited to the schools. “I also want to do something about whether or not Maryland can subvert federal restrictions on where solar panels can be placed,” Sen. Eckardt adds. “Currently, local authority is being overridden.” Del. Lierman, the incoming subcommittee chair of the Environmental and Transportation Committee, mentioned another major task force scheduled to release its findings in 2020: The Maryland Transportation Administration’s two-year regional transit plan. “This past July, the MTA’s first unconstrained capital needs assessment showed a two billion dollar gap in what they need vs. what was allocated.” She pledges “to close this gap” and “support legislation to reduce greenhouse gases by making our transportation systems electricity-based.” She stressed that “as a state and as a country, we’re at a critical juncture regarding our carbon footprint. We need to right the wrongs of previous generations.”

Election Reform

Del. Cain serves on a subcommittee on election law that—ahead of the 2020 presidential election—intends to take on “deep fake videos on social media,” misleading clips that inaccurately portray anyone seemingly saying anything. “I realize this is a free speech issue so they can’t be completely banned but we can mandate that they not be available a certain number of days before an election.” Adds Lois Hybl, Co-President of the League of Women Voters, “In addition to campaign



“MANY PEOPLE COMMITTING CRIMES DON’T USE LEGAL WEAPONS. THE TOP VIOLENCE ISSUE IS STOLEN GUNS, ESPECIALLY IN BALTIMORE.”

—KATHY SZELIGA

finance reform, we need to ensure secure elections, such as using paper ballots, which allow an audit of the results; expand polling places on campus; and provide felons in prison with more access to voting materials so that when they vote upon their release—which felons can do since 2016—they’ll be prepared.” The League is also advocating redistricting reform. Hybl urged “an independent commission to do it. The same standards for state legislative districts should be applied to congressional districts.” Ashley Oleson, the League’s Maryland Director, warns that “the current outcome without these standards is voter suppression.”

Recycled Bills from 2019

MARIJUANA: In addition to the Kirwan Commission and MTA reports, the assessment of a third significant project on how to legalize marijuana

is scheduled to be publicized in time to allow the current legislative session to consider their recommendations. Several related bills to legalize, regulate, and tax cannabis for adult use were defeated last year, including a proposal to let the people vote on legalization in 2020. “Is it time to go forward when we don’t have all of the research we’ll need to make the best decisions?” Sen. Eckardt asks. “In other states that have opened the market, there have been significant law enforcement issues.”

ASSISTED SUICIDE: For the fifth straight year, the End-of-Life Option Act allowing terminally ill patients to end their own lives according to a set of strict guidelines—adult Maryland residents with less than six months to live—is expected to be reintroduced. Last year, it passed in the House but died in the Senate.

FIREARMS: Two gun-related bills are expected to make a comeback, one to put the Colt AR-15 Sporter H-BAR (heavy-barrel) rifle on Maryland’s regulated weapons list (died in committee) and a related bill mandating long gun licenses (stuck in committee without a vote—Maryland currently requires only hand gun licenses). In addition, Del. Kathy Szeliga (R-District 7), the 2016 Republican U.S. Senate nominee, will retry upping the penalty for stealing a firearm to a felony (from a misdemeanor). “Many people committing crimes don’t use legal weapons,” she says. “The top violence issue is stolen guns, especially in Baltimore.” Del. Cain will both retry banning 3D-printed guns and submit a new bill targeting improperly stored weapons.

Women’s Issues (That Affect Everyone)

HUMAN TRAFFICKING: According to Del. Cain, “This is a growing problem in Maryland. The BWI Corridor is one of the worst places in the country for the sex trade. We need to increase the penalties for human trafficking and stop requiring the survivors of this practice to testify against the accused. Don’t victimize the victims.” Del. Trent Kittleman (R-District 9A) is the current President of the Maryland Women’s Legislative Caucus, which “firmly believes that fighting human trafficking is a non-partisan issue that should be embraced by the entire legislature.”

ABORTION: In 2017, Maryland accounted for almost 30,000 of nearly 900,000 abortions nationwide. As anti-abortion laws were implemented in several southern states and then challenged in court, a



“THERE NEEDS TO BE A SEPARATE MURDER CHARGE, WHICH SOME PEOPLE MAY BE HESITANT TO ADD BECAUSE IT COULD IMPACT THE ABORTION ISSUE.”

—TRENT KITTLEMAN



2019 bill requiring doctors to submit abortion-related statistics to the Maryland Department of Health is expected to be reintroduced (it died in committee).

SEPARATE MURDER CHARGES FOR FETUSES: A 2019 law that merely added to the penalty of killing a pregnant woman if the fetus died didn't go far enough, Del. Kittleman says. "There needs to be a separate murder charge, which some people may be hesitant to add because it could impact the abortion issue."

YOUTH MATRIMONY: Sen. Elfreth wants to make raising Maryland's marriage age, "currently 15 ½ under certain circumstances," a public health issue. "Many studies argue that it's much better to wait until age 18."

EARLY CHILDHOOD DEVELOPMENT: Sen. Eckardt is adamant that "if 2020 is

the Year of the Woman, it should also be the Year of the Healthy Brain." The Kirwan Commission "has a heavy emphasis on pre-K programs but we need to start with pregnancy, pre-natal care, birth, and then the first couple of years before pre-K even starts. Early brain development—from conception to age five—is probably the most critical period in a person's life because we can make corrections for children on the autism spectrum and improve the consequences of brain trauma. High child care costs need to be addressed *and* linked to the promotion of brain health. There is a direct correlation between early childhood development and eventual incarceration. We need to think long-term to make progress on today's social issues, including problem behaviors such as addiction. I'd like to start this conversation and formulate a path forward."



"IF 2020 IS THE YEAR OF THE WOMAN, IT SHOULD ALSO BE THE YEAR OF THE HEALTHY BRAIN."

—ADELAIDE ECKARDT

CONCLUSION

With these and other new or reintroduced bills adding up to a projected fiscal year 2021 budget close to \$50 billion—or more, depending on the outcome of three

major studies covering education, transportation, and marijuana—the 2020 Maryland Legislative Session will be one of the busiest ever. The 100th anniversary of the 19th amendment will also put women's issues in the spotlight. While NASA made history last October with the first all-female spacewalk, women still earn approximately 80 cents for every dollar men earn (a figure basically unchanged since 2004). Of the many important topics facing Maryland, especially related to women, a great deal of progress has been made, but there remains so much more to do.

Mark Croatti, who teaches American Government and Comparative Politics at the United States Naval Academy and the George Washington University, has covered Maryland's Legislative Session since 2004.

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Tue., January 28, 9 - 11 a.m.

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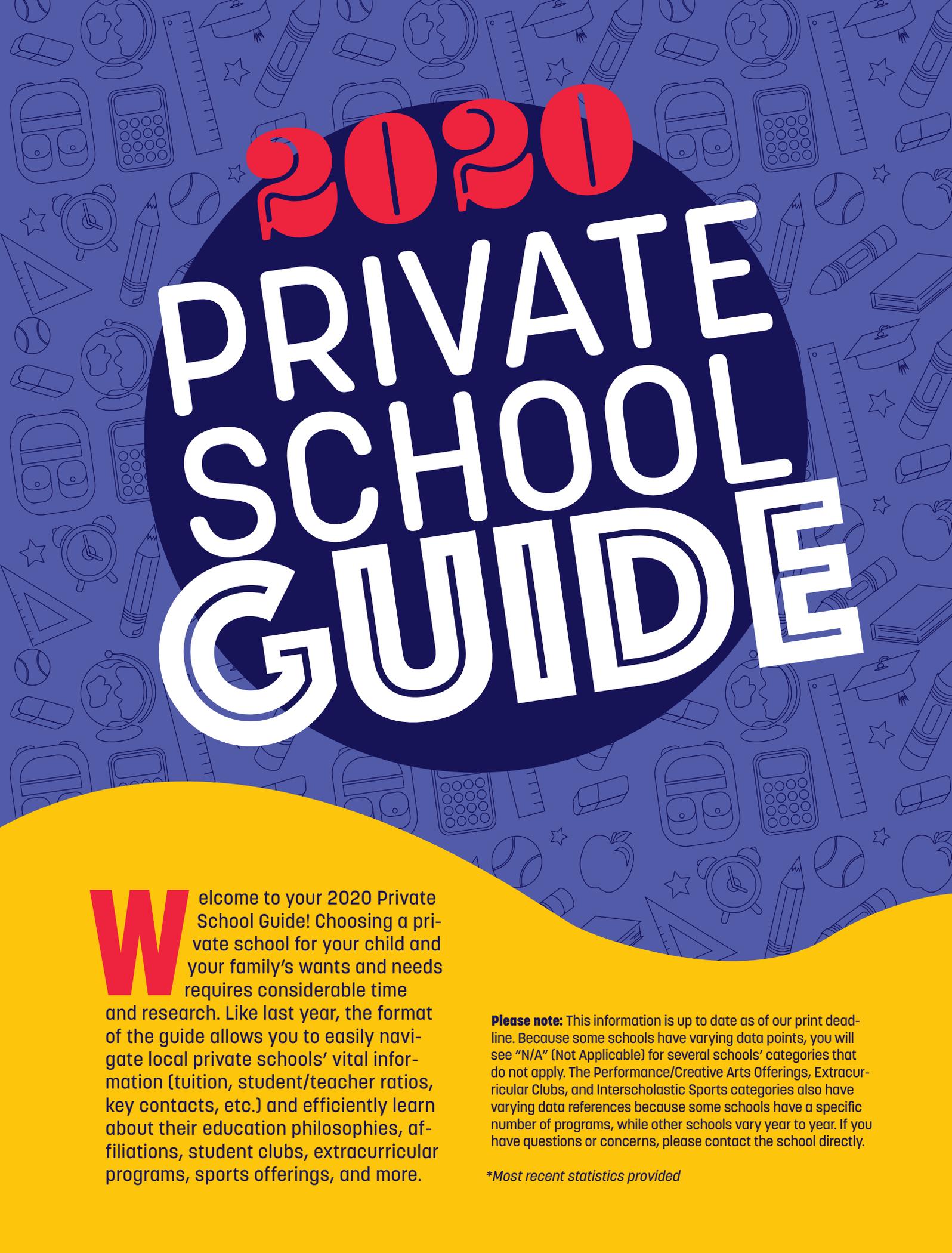
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2020 PRIVATE SCHOOL GUIDE

Welcome to your 2020 Private School Guide! Choosing a private school for your child and your family's wants and needs requires considerable time and research. Like last year, the format of the guide allows you to easily navigate local private schools' vital information (tuition, student/teacher ratios, key contacts, etc.) and efficiently learn about their education philosophies, affiliations, student clubs, extracurricular programs, sports offerings, and more.

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

**Most recent statistics provided*

PRIVATE SCHOOL

GREATER ANNAPOLIS

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
ANNAPOLIS AREA CHRISTIAN SCHOOL—LOWER <i>(Severn) 61 Gambrills Road, Severn (Annapolis) 710 Ridgely Avenue, Annapolis 410-519-5300; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Karl Graustein (S); Elizabeth Williams (A)	K–5	242	15-17
ANNAPOLIS AREA CHRISTIAN SCHOOL—MIDDLE <i>716 Bestgate Road, Annapolis 410-846-3505; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Benjamin Peddicord	6–8	262	16-22
ANNAPOLIS AREA CHRISTIAN SCHOOL—UPPER <i>109 Burns Crossing Road, Severn 410-846-3507; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Dr. Robert McCollum	9–12	431	20-23
BOOK OF LIFE ACADEMY <i>913 Cedar Park Road, Annapolis 410-263-2600; bookoflifeacademy.com</i>	Located in Annapolis, Book of Life offers a Christian education through various daily enrichment programs.	1982	Christian	Ashley Mackell	K2–5	115	12
CALVARY CENTER SCHOOL <i>301 Rowe Boulevard, Annapolis 410-268-3812; calumc.org/calvary-center-school</i>	Cavary Center School is a preschool for children ages 3 and 4, and also offers extended care options.	1986	Methodist	Johnna Parker	PreK	75	12-15
CHESAPEAKE MONTESSORI SCHOOL <i>30 Old Mill Bottom Road North, Annapolis 410-757-4740; chesapeake-montessori.com</i>	Chesapeake Montessori is recognized by the Association Montessori Internationale, and focuses on indoor and outdoor learning environments on their 7-acre campus.	1977	Non-Sec-tarian	Robb Wirts	18 months–8	150	24
THE HARBOUR SCHOOL AT ANNAPOLIS <i>1277 Green Holly Drive, Annapolis 410-974-4248; harbourschool.org</i>	The Harbour School, located in Cape St. Claire, has an individualized way of teaching, and adapts to the students' way of learning.	1982	Non-Sec-tarian	Linda J. Jacobs	1–12	189	8–10
INDIAN CREEK SCHOOL—LOWER <i>680 Evergreen Road, Crownsville 410-923-3660; indiancreekschool.org</i>	Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres).	1973	Non-Sec-tarian	Jennifer Malachowski	PreK3–6	200	16
INDIAN CREEK SCHOOL—UPPER <i>1130 Anne Chambers Way, Crownsville 410-849-5151; indiancreekschool.org</i>	Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres).	1973	Non-Sec-tarian	Matthew McCormick	7–12	350	15
THE KEY SCHOOL <i>534 Hillsmere Drive, Annapolis 410-263-9231; keyschool.org</i>	Key School was founded by professors from St. John's College, and is a progressive, college-prep school located within Hillsmere Shores on a 15-acre campus.	1958	Non-Sec-tarian	Matthew Nespole	Key-Wee (2.5 yrs.) –12	645	16–18
MONTESSORI INTERNATIONAL CHILDREN'S HOUSE <i>1641 North Winchester Road, Annapolis 410-757-7789; montessorinternational.org</i>	Recognized by the Association Montessori Internationale, Montessori International Children's House caters to students ages 18 months to 12 years on their 4.5-acre campus.	1985	Non-Sec-tarian	Elizabeth Whitaker	18 months–6	150	12–25
NAVAL ACADEMY PRIMARY SCHOOL <i>74 Greenbury Point Road, Annapolis 410-757-3090; naps.napschool.com</i>	Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy.	1949	Non-Sec-tarian	Robyn M. Green	PreK–5	242	15
ROCKBRIDGE ACADEMY <i>680 Evergreen Road, Crownsville (K–6) 911 Generals Highway, Millersville (7–12) 410-923-1171; rockbridge.org</i>	Rockbridge Academy focuses on a classical Christian education. The school moved its K–6 students to the new Evergreen Campus, with the goal of unifying both upper and lower schools in a few years.	1995	Christian	Roy Griffith	K-12	335	13
ST. ANNE'S SCHOOL OF ANNAPOLIS <i>3112 Arundel on the Bay Road, Annapolis 410-263-8650; st.annesschool.org</i>	St. Anne's School is a candidate school for the International Baccalaureate (IB) Primary and Middle Years Programme, and offers several different approaches to the learning environment.	1992	Episcopal	Lisa Nagel	PreK2–8	235	13
ST. MARGARET'S DAY SCHOOL <i>1605 Pleasant Plains Road, Annapolis 410-757-2333; stmargaretsdayschool.org</i>	St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children	1995	Episcopal	Tricia McVeigh	PreK2–K	127	12-20
SAINT MARTIN'S LUTHERAN SCHOOL OF ANNAPOLIS <i>1120 Spa Road, Annapolis 410-269-1955; stmartinsonline.org</i>	Saint Martin's Lutheran School was founded by Saint Martin's Lutheran Church as a mission to its members and the community, and is part of the Evangelical Lutheran Education Association.	1963	Lutheran	James D. Moorhead	PreK3–8	100	10
ST. MARY'S ELEMENTARY SCHOOL <i>111 Duke of Gloucester Street, Annapolis 410-263-2869; stmarysannapolis.org</i>	Located in downtown Annapolis, St. Mary's Elementary offers a broad educational curriculum with Christian values to its students.	1862	Catholic	Rebecca Zimmerman	PreK–8	800	28
ST. MARY'S HIGH SCHOOL <i>113 Duke of Gloucester Street, Annapolis 410-263-3294; stmarysadmissions.org</i>	Located next to the elementary school, St. Mary's High is a college-preparatory day school that focuses on the traditions of the School Sisters of Notre Dame.	1946	Catholic	Mindi Imes	9–12	507	20

	RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
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	11:1	\$11,800–13,150	2/13 (Severn); 2/6 (Annapolis)	Coed	Yes	✓	35%	✓	0	0	Spanish	4	2	0	N/A
	11:1	\$15,600	1/30	Coed	Yes	✓	35%	✓	0	0	Spanish, ASL	6	4	5	N/A
	11:1	\$19,850	Call for information	Coed	Yes	✓	40%	✓	11	0	Chinese, French, German, Latin, Spanish, ASL, ESL	21	20	15	8 hours/year (encouraged, not required)
	6:1	\$4,500–6,000	Every second Thursday of each month	Coed	No	✓	N/A	✓	0	0	Spanish	Music and Fine Arts	Multiple	0	N/A
	6:1	\$180–1,025	Call for information	Coed	No	✗	N/A	✗	0	0	N/A	Music	N/A	0	N/A
	Varies	\$11,000–16,500	2/23, 2–4 p.m.; 3/15, 2–4 p.m.	Coed	No	✗	N/A	✓	0	0	French	Art and music	Multiple	0	72 hours/year (7–8)
	2:1	\$40,112	Call for appointment	Coed	No	✓	27%	✗	0	0	N/A	Studio art and performing arts	5	4	75 hours for seniors
	7:1	\$8,910–21,660	1/8, 2/5, 3/4, 4/1, 5/6	Coed	Yes	✓	23%	✓	0	0	Spanish	8	12	8	N/A
	7:1	\$26,990	1/8; 1/28; 2/5; 4/1; 5/6	Coed	Yes	✓	23%	✓	22	0	Spanish, French, Latin	30	43	25	75 hours (9–12)
	6:1	\$8,545–29,200	Visit keyschool.org/openhouse	Coed	Yes (ISEE or SSAT)	✗	35%	✓	6 AP; 13 Advanced	0	Arabic, French, Latin, Spanish	24	45	40	N/A
	Varies 4:1 to 15:1	\$9,700–11,950	1/26, 12–2 p.m.	Coed	No	✗	25%	✓	0	0	Spanish	N/A	Varies by year; 8	0	N/A
	9:1 (PreK); 16:1 (K–5)	\$5,000–9,400	2/2, 1–3 p.m.; 2/26, 9 a.m.	Coed	Yes	✓	12%	✓	0	0	French	Art night; 7 musical performances	16	0	N/A
	6:1	\$7,000–15,080	1/17; 3/23	Coed	Yes	✓	29%	✓	Honors level (Upper)	0	Latin, Spanish	25	23	6	Daily service duties
	9:1	\$3,575–19,995	1/10; 3/6; 5/1	Coed	Yes	✓	33%	✓	0	0	Spanish	7	7	6	10 hours (grade 8)
	5:1	\$2,300–8,000	1/16; 1/17 (both 9:15–11:15 a.m.)	Coed	No	Opt.	5%	✓	0	0	Spanish	Music Together, ballet	3–4	0	N/A
	10:1	\$3,900–12,900	1/24; 3/26	Coed	No	✓	18%	✓	0	0	Spanish	14	5	4	15 hours (middle school)
	6:1 (PreK–K); 12:1 (1–3); 15:1 (4–5)	\$8,537 (Catholic); \$9,812 (Non-Catholic)	Daily tours; call for information	Coed	K and middle math	✓	N/A	✓	0	0	Spanish	5	Multiple	4 (middle school)	Weekly service projects, community outreach, Saints in action
	14:1	\$14,577 (Catholic); \$16,320 (non-Catholic)	Call for information	Coed	Yes	✓	15%	✓	16	0	Spanish, French, Latin	15	30	19	75 hours



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- January 30, Middle School
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- February 13, Lower School in Severn





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PRIVATE SCHOOL

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
SEVERNA PARK	SEVERN SCHOOL—CHESAPEAKE CAMPUS (LOWER) 1185 Baltimore Annapolis Boulevard, Arnold 410-647-7700; severnschool.com	1914	Non-Sec-tarian	Douglas Lagarde	PreK–5	227	15
	SEVERN SCHOOL—TEEL CAMPUS (UPPER) 201 Water Street, Severna Park 410-647-7700; severnschool.org	1914	Non-Sec-tarian	Douglas Lagarde	6–12	627	13
	ST. JOHN THE EVANGELIST SCHOOL 669 Ritchie Highway, Severna Park 410-647-2283; stjohnspschool.org	1959	Catholic	Casey Buckstaff	PreK–8	484	25
	ST. MARTIN'S IN-THE-FIELD EPISCOPAL SCHOOL 375-A Benfield Road, Severna Park 410-647-7055; stmartinsmd.org	1957	Episcopal	Jamey Hein	PreK3–8	170	12-18
EDGEWATER	SAINTE ANDREW'S DAY SCHOOL 4B Wallace Manor Road, Edgewater 410-266-0952; standrewsum.org	1985	United Methodist	Mark Wagner	PreK–8	251	14
	THE SUMMIT SCHOOL 664 East Central Avenue, Edgewater 410-798-0005; thesummitschool.org	1989	Non-Sec-tarian	Dr. Joan Mele-Mc-Carthy	1–8	105	Varies
GAMBRILL/ODENTON	ODENTON CHRISTIAN SCHOOL 8410 Piney Orchard Parkway, Odenton 410-305-2380; ocs.odentonbaptist.org	1977	Baptist	Scott Milner (principal); John Lacombe (director)	PreK3–12	181	14
	SCHOOL OF THE INCARNATION 2601 Symphony Lane, Gambrills 410-519-2285; schooloftheincarnation.org	2002	Catholic	Nancy Baker	PreK–8	750	25
MILLERSVILLE	ELVATON CHRISTIAN ACADEMY* 8422 Elvaton Road, Millersville 410-647-3224; elvatonacademy.com	1995	Christian	Pastor Dallas Bumgarner	PreK2–8	60	8
SEVERN/GLEN BURNIE	ARCHBISHOP SPALDING HIGH SCHOOL 8080 New Cut Road, Severn 410-969-9105; archbishopspalding.org	1966	Catholic	Kathleen K. Mahar	9–12	1,250	25
	GRANITE BAPTIST SCHOOL 7823 Oakwood Road, Glen Burnie 410-761-1118; granitebaptistschool.org	1975	Baptist	Lou Rossi, Jr.	PreK3–12	273	Varies
	MONSIGNOR SLADE CATHOLIC SCHOOL 120 Dorsey Road, Glen Burnie 410-766-7130; msladeschool.com	1954	Catholic	Alexa L. Cox	PreK2–8	475	25
	ST. PAUL'S LUTHERAN SCHOOL 308 Oak Manor Drive, Glen Burnie 410-766-5790; stpaulsgb.org	1950	Lutheran	John Maxwell	PreK2–8	230	18
-AND BEYOND	THE BOYS' LATIN SCHOOL OF MARYLAND 822 West Lake Avenue, Baltimore 410-377-5192; boyslatinmd.com	1844	Non-Sec-tarian	Christo-pher J. Post	K–12	625	13
	CALVERT HALL COLLEGE HIGH SCHOOL 8102 LaSalle Road, Baltimore 410-825-4266; calverthall.com	1845	Catholic	Charles S. Stembler	9-12	1,200	18
	THE CALVERTON SCHOOL 300 Calverton School Road, Huntingtown 410-535-0216; calvertonschool.org	1967	Non-Sec-tarian	Chris-topher Hayes	PreK–12	269	14
	DEMATHA CATHOLIC HIGH SCHOOL 4313 Madison Street, Hyattsville 240-764-2200; dematha.org	1946	Catholic	Dr. Daniel J. McMa-hon	9–12	825	19

	RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
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	13:1	\$21,540; PS-K varies	1/17	Coed	Yes	✓	20%	✓	0	0	Spanish	Multiple	Multiple	0	N/A
	12:1	\$27,780	Call for information	Coed	Yes	✓	17%	✓	20	0	French, Spanish, Latin	35+	45+	15-48 teams	10 hour/year (9-12)
	14:1	\$4,845 (half-day); \$8,075 (full-day)	1/29	Coed	No	✓	11%	✓	0	0	Spanish	10	21	6	N/A
	7:1	\$3,200-12,700	1/15, 9 a.m.-12 p.m. & 5-7 p.m.; 3/20, 9 a.m.-12 p.m. & 5-7 p.m.	Coed	No	✓	17%	✓	0	0	Spanish	6	20+	4	Yearly class service
	9:1	\$8,940-\$13,015	1/17; 3/6; 4/14; 5/1 (all 9-11 a.m.)	Coed	No	✓	N/A	✓	0	0	Spanish	Music and Art	Multiple (After School Enrichment Program)	4	N/A
	4:1	\$31,621	2/22; 4/25; Mini Open Houses: 1/22; 2/5; 2/19; 3/4; 3/18; 4/22; 5/6; 5/20	Coed	No	✓	22%	✓	0	0	N/A	4	8	6	Yes
	9:1	\$6,300	Call for information	Coed	Yes	✓	N/A	✗	0	0	Spanish	Multiple	Multiple	3	N/A
	14:1	\$7,400 (Catholic); \$8,150 (other faiths)	1/25, 10 a.m.-1 p.m.	Coed	Yes	✓	24%	✓	0	0	Spanish	Music	30+	9	20 hours (grade 8)
	12:1	\$1,400-5,500	Call for information	Coed	Yes	✓	30%	Limited	0	0	Spanish	Multiple	Multiple	0	N/A
	14:1	\$17,250	Call for information	Coed	Yes	✓	N/A	✓	26	Yes	Spanish, French, Latin	Music, Theatre, Visual Arts	30+	30+	60 hours of community service
	Varies	Starts at \$4,410	2/6, 9 a.m.-12 p.m.; 3/19, 9 a.m.-12 p.m.	Coed	Yes	✓	N/A	✗	0	0	N/A	Multiple	N/A	12; Little Braves (K5-6)	N/A
	Varies	Starts at \$3,071	Call for information	Coed	Yes	✓	37%	✓	0	0	Spanish (grade 4-8)	10	14	5	12 hours
	20:1	\$1,845-7,315	1/30; 2/11; 3/5; 4/28 (all 9-11 a.m.)	Coed	Yes	✓	25%	✓	0	0	N/A	4	5	3	N/A
	7:1	\$21,220-30,530	1/8 Coffee with Headmaster Post; 4/2 & 5/14 Admissions Talk & Tour	Boys	Yes	✓	33%	✓	15	0	Latin, Spanish, French, Mandarin	15	20+	14	40 hours
	Varies	\$16,975	Call for information	Boys	Yes (HSPT)	✓	N/A	✓	24	0	Latin, French, German, Spanish	Multiple	70+	40	Varies
	7:1	\$7,000-35,000	Call for information	Coed	Yes	✓	41%	✓	0	14	French, Spanish, German	Multiple	Multiple	19	Yes
	12:1	\$18,850	11/1	Boys	Yes (HSPT)	✓	N/A	✓	22	0	French, Spanish, Latin, German, Mandarin Chinese	30	28	14	55 hours

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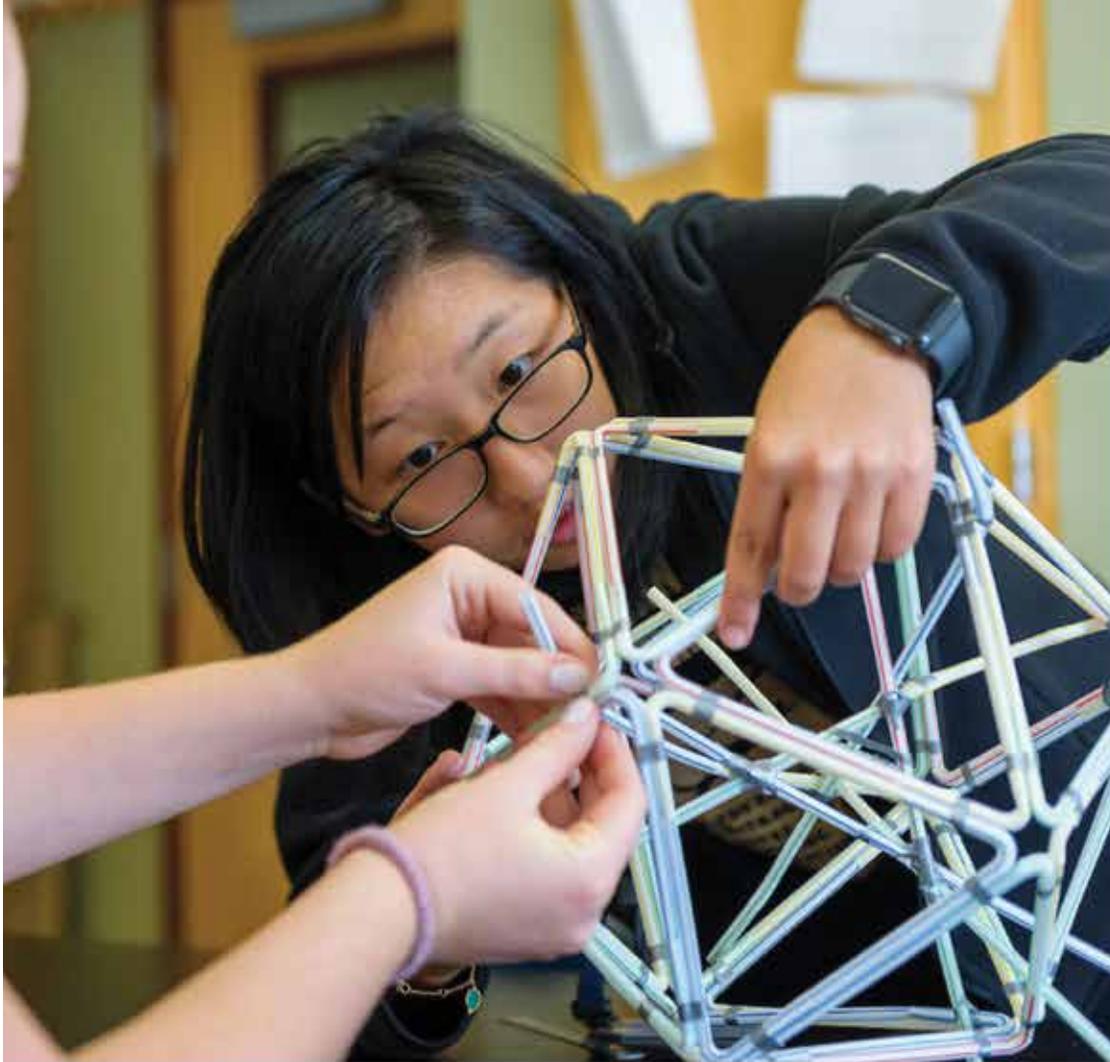


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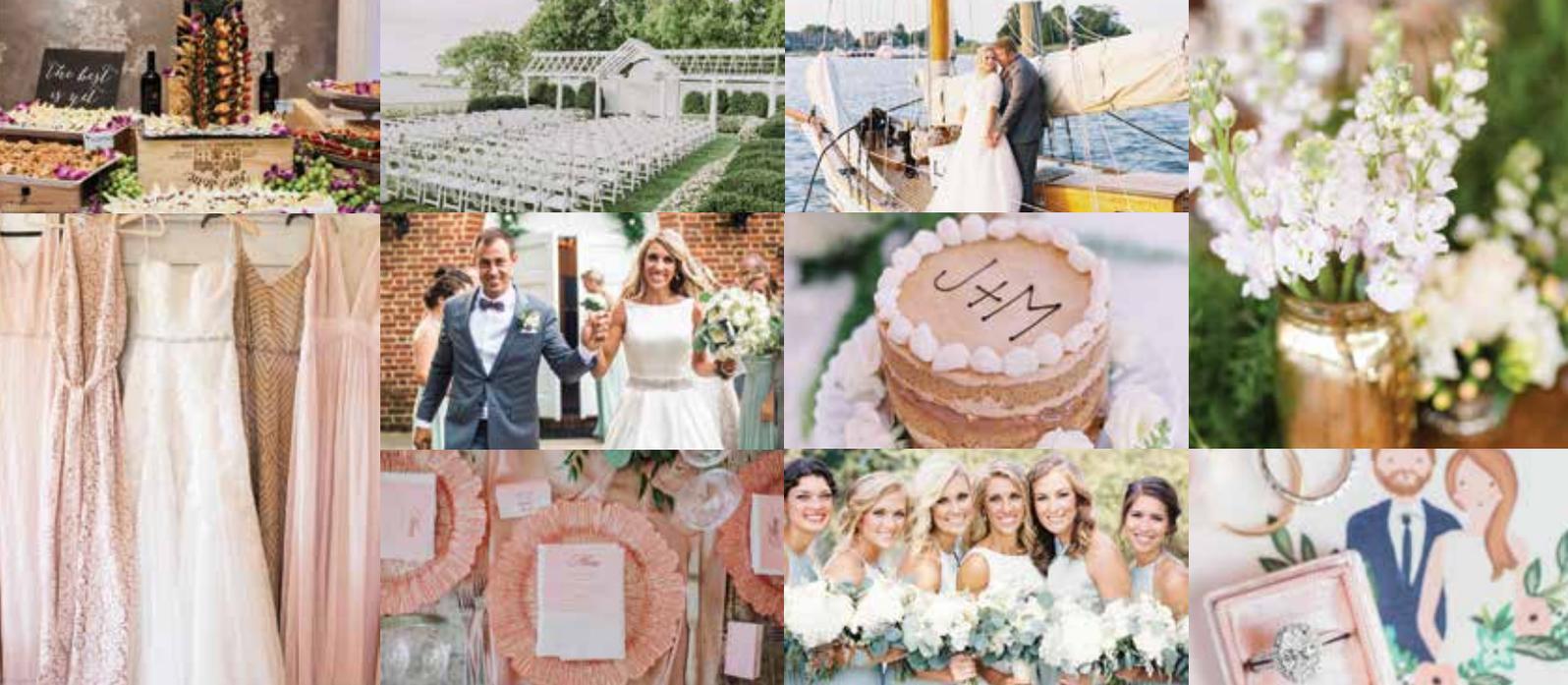
QUEEN ANNE'S COUNTY

TALBOT COUNTY

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
<p>ELIZABETH SETON HIGH SCHOOL 5715 Emerson Street, Bladensburg 301-864-4532; setonhs.org</p>	Elizabeth Seton High School is an all-girls, college preparatory school, and is affiliated with the Archdiocese of Washington.	1959	Catholic	Sister Ellen Marie Hagar	9–12	611	16
<p>HOLY TRINITY EPISCOPAL DAY SCHOOL Primary School 13106 Annapolis Road, Bowie 301-262-5355; htrinity.org The Daisy Lane School and High School Prep 11902 Daisy Lane, Glenn Dale 301464-3215; htrinity.org</p>	Holy Trinity features the Primary School campus for grades 1–4, while The Daisy Lane School and High School Prep campus houses preschool and kindergarten and grades 5–8.	1963	Episcopal	Juanita Nell (Daisy Lane); Karen Falk (Primary School); Gene Esposito (HS Prep)	PreK–8	480+	15 (Pre); 20 (K–grade 4); 21 (grades 5–8)
<p>NOTRE DAME PREPARATORY SCHOOL 815 Hampton Lane, Towson 410-825-6202; notredameprep.com</p>	Notre Dame Prep was founded by the School Sisters of Notre Dame. It is a college preparatory school for girls, located in Towson.	1873	Catholic	Sister Patricia McCarron, SSND, PhD	6–12	800	16
<p>ST. VINCENT PALLOTTI HIGH SCHOOL 113 St. Mary's Place, Laurel 301-725-3228; PallottiHS.org</p>	St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties.	1921	Catholic	Jeffrey Palumbo	9–12	465	17
<p>THE BENEDICTINE SCHOOL 14299 Benedictine Lane, Ridgely 410-634-2112; benschool.org</p>	The Benedictine School is an approved day and residential school, serving students with intellectual disabilities, autism, or multiple disabilities.	1959	Non-Sec-tarian	Julie Hickey	Ages 5–21	66	5-7
<p>COUNTRYSIDE CHRISTIAN SCHOOL 5333 Austin Road, Cambridge 410-228-0574; countrysidchristianschool.org</p>	Countryside Christian School is located off of Route 50, and is part of Maryland's BOOST program (Broadening Options and Opportunities for Students Today).	1974	Christian	Beverly Stephens Herbst	PreK–8	40	5
<p>CHESTERTOWN CHRISTIAN ACADEMY 401 Morgnac Road, Chestertown 410-778-5855; chestertownchristian.org</p>	Chestertown Christian Academy serves students from Kent, Queen Anne's, and Cecil counties, as well as New Castle County in Delaware.	1979	Baptist	Joseph Baugher	K–12	97	9
<p>KENT SCHOOL 6788 Wilkins Lane, Chestertown 410-778-4100; kentschool.org</p>	Kent School is an independent day school located along the bank of the Chester River. The school incorporates Chesapeake Bay studies into their curriculum.	1967	Non-Sec-tarian	Nancy Mugele	PreK–8	132	12
<p>RADCLIFFE CREEK SCHOOL 201 Talbot Boulevard, Chestertown 410-778-8150; radcliffecreekschool.org</p>	Radcliffe Creek School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne's, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties.	1996	Non-Sec-tarian	Meg Bamford	K–8	73	5
<p>THE GUNSTON SCHOOL 911 Gunston Road, Centreville 410-758-0620; gunston.org</p>	Founded over 100 years ago, The Gunston School is an independent college preparatory school that offers individualized learning plans.	1911	Non-Sec-tarian	John A. Lewis, IV	9–12	210	10-12
<p>LIGHTHOUSE CHRISTIAN ACADEMY 931 Love Point Road, Stevensville 410-643-3034; lccademy.org</p>	Lighthouse Christian Academy serves students on the Eastern Shore from three counties, and focuses on a Classical Christian education curriculum.	2001	Christian	Kathleen Guerra	PreK–8	86	7
<p>SWEET BAY MAGNOLIA ACADEMY AT THE MCARDLE CENTER* 201 Love Point Road, Stevensville 443-249-3368; mcardlecenter.com</p>	Sweet Bay Magnolia Academy focuses on an individualized way of teaching for children diagnosed with ASD, offering science, technology, engineering, art, and math (STEAM).	2015	Non-Sec-tarian	Brian Tyler	K–3; home instruction 1–9 co-op	10	5
<p>WYE RIVER UPPER SCHOOL 316 South Commerce Street, Centreville 410-758-2922; wyeriverupperschool.org</p>	Wye River is a 501(c)(3) nonprofit school that serves students with dyslexia, ADHD, ADD, and other learning differences at their Centreville campus.	2002	Non-Sec-tarian	Chrissy Aull	9–12	58	7-8
<p>CHESAPEAKE CHRISTIAN SCHOOL* 1009 N. Washington Street, Easton 410-822-7600; chesapeakechristian.org</p>	Chesapeake Christian School is conveniently located near Route 50, and offers a traditional classroom setting with Christian values.	1999	Christian	Deborah L. Whitter	PreK4–12	170	15
<p>THE COUNTRY SCHOOL 716 Goldsborough Street, Easton 410-822-1935; countryschool.org</p>	The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton.	1934	Non-Sec-tarian	Neil Mufson	PreK–8	298	16
<p>SAINTS PETER AND PAUL SCHOOL 900 High Street, Easton 410-822-2251 (ES); 410-822-2275 (HS); ssppeaston.org</p>	Saints Peter and Paul School is a college preparatory school, and is the only Catholic, PreK–12th grade school on the Eastern Shore.	1955	Catholic	Sherrie Connolly (ES); James Nemeth (HS)	PreK3–12	360 (ES); 174 (HS)	18 (ES); 15 (HS)

	RATIO	TUITION PER YEAR	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
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	16:1	\$15,250	Call for information	Girls	Yes (HSPT)	✓	N/A	✓	15	0	Spanish, French, Latin	17	30	22	Varies per year
	Varies	\$9,690–\$13,370	Call for information	Coed	Yes	✓	N/A	✓	0	0	Spanish	Multiple	Multiple	6 (grades 5–8)	15 hours/year (7.5 hours/year for single-parent families)
	9:1	\$20,590	Walk in Our Saddles (grade 4): 4/3, 1:30 p.m.; Sneak Peek (grade 7): 5/14, 3:45 p.m.	Girls	Yes	✓	19%	✓	26	0	Spanish, French, Latin, Chinese	Multiple	30+ (UL); 12+ (ML)	14, including squash & crew	Call for information
	12:1	\$16,485–17,480	4/22, 6–8 p.m.	Coed	Yes (HSPT)	✓	N/A	✓	20+	0	Spanish, French, Mandarin, Latin	20+	20+	20+	80 hours
	3:1	Varies	Call for appointment	Coed	No	✓	N/A	✓	0	0	N/A	N/A	Multiple	0	N/A
	5:1	\$4,400	Call for information	Coed	No	✓	N/A	✓	0	0	Spanish, ASL	Musical and drama programs	N/A	0	N/A
	9:1	\$6,975 (K–6); \$8,480 (7–12)	Walk In Wednesdays (second Wednesday/month), 10 a.m.–2 p.m.	Coed	Yes (3-12)	✓	3%	✓	Available upon request	Yes	Spanish	3	Varies year-to-year	4	10 hours per academic year (9-12)
	7:1	\$6,200–8,200 (PreK 3 & 4); \$15,800 (K–4); \$16,950 (5–8)	Call for information	Coed	Evaluation	✓	14%	✓	0	0	Spanish	3	1	9	N/A
	Ranges from 1:1 to 7:1; (typically 4:1)	\$28,700	Call for information	Coed	No	✓	N/A	✓	0	0	N/A	8 (changes yearly)	6	2	N/A
	9:1	\$25,600	1/26, 3 p.m.	Coed	Yes	✗	18%	✓	19	0	Spanish, Latin	16	18	13	45 hours
	7:1	\$3,800–8,950	Call for information	Coed	Yes	✓	10%	✓	0	0	Latin	2	4	2	N/A
	3:1	\$5,000–20,000 (based on program)	Call for information	Coed	Yes	✗	N/A	✓	0	0	N/A	0	0	0	N/A
	5:1	\$29,100	1/26, 2–4 p.m.; 4/23, 6:30–8 p.m.	Coed	No	✓	21%	✓	0	0	Spanish	9	7	5	90 hours
	15:1	\$5,000	Call for information	Coed	Yes	✓	20%	✗	0	0	Spanish	4	0	6	100 hours
	9:1	\$9,750–17,350	4/22, 4/23	Coed	No	✓	23%	✓	0	0	Spanish, Latin	Music, Art, Theater	Multiple	5	Not required, but encouraged
	14:1 (ES); 8:1 (HS)	\$5,940–\$8,381 (PreK3–8); \$13,354–\$14,753 (9–12)	Call for information	Coed	Yes (HSPT)	✓	7% (ES); 10% (HS)	✓	11	0	Spanish, Latin	2 (ES); 10 (HS)	13 (ES); 32+ (HS)	6 (ES); 15 (HS)	80 hours over four years (9–12)



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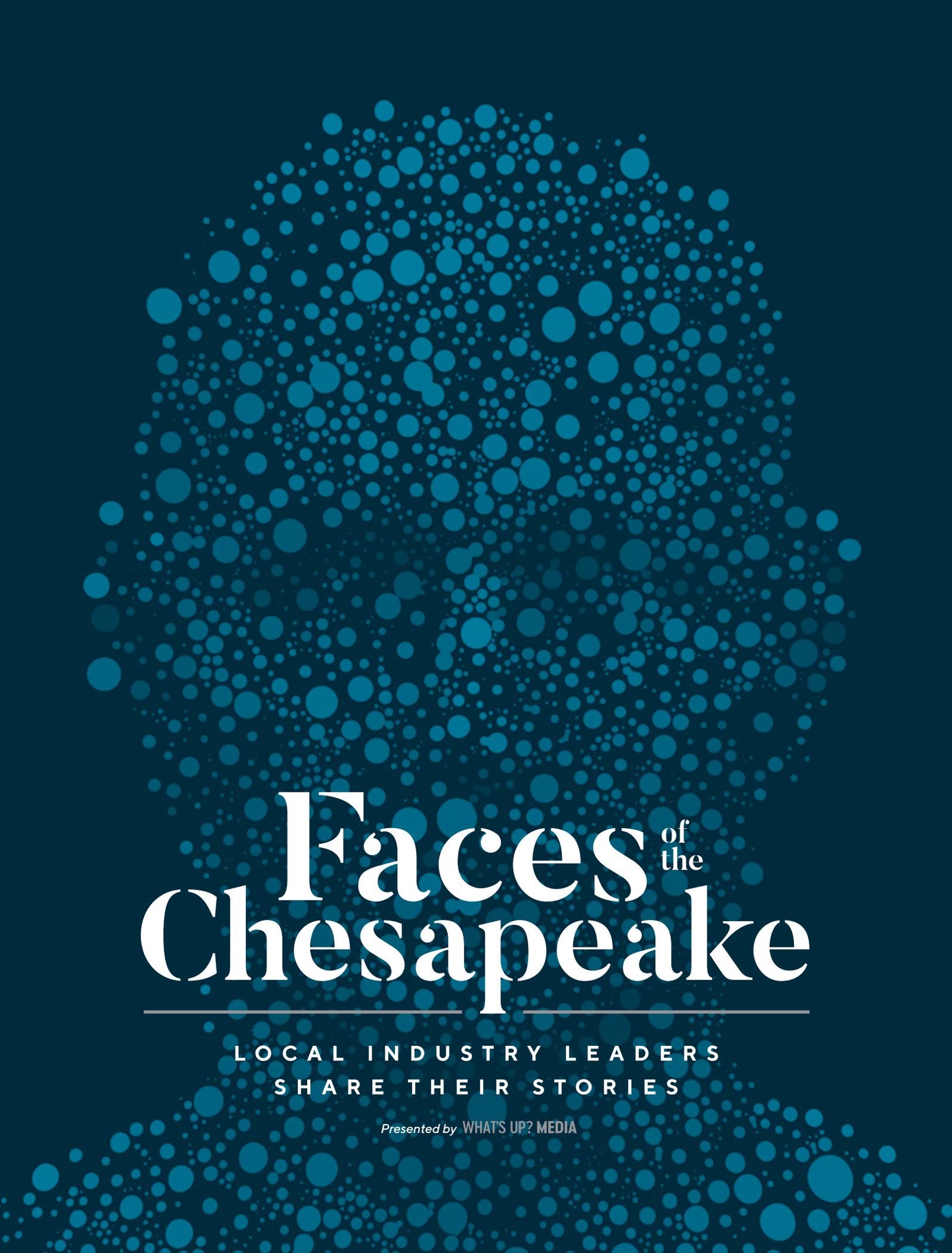
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Dr. Sullivan earned a bachelor's degree in Mechanical Engineering from Massachusetts Institute of Technology and a Doctor of Medicine from Harvard Medical School. She completed her general surgical residency and plastic and reconstructive fellowship at Emory University. Dr. Sullivan is certified by the American Board of Plastic Surgery and is a fellow in the American College of Surgeons. Dr. Sullivan also believes strongly in community service and is the founder and past president of Wellness House of Annapolis – a nonprofit that provides support services to cancer patients and their loved ones, free of charge.

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Faces ^{of the} Chesapeake

What's Up? Media would like to creatively introduce you to exceptional locals throughout the Chesapeake Bay region who are considered experts in their vocations and industries. Within the following pages, you'll meet, face-to-face so to speak, individuals and companies who take pride in offering our readers professional, personal, and courteous service. You'll learn their stories, their callings, and about their businesses. Introducing the Faces of the Chesapeake!

WHAT'S UP? MEDIA

IN ORDER OF APPEARANCE:

Sullivan Surgery & Spa
David Orso
Skin Wellness
Oral Surgery Specialist
Chef Kurt Peter—Chesapeake Chefs Services
Scott Schuetter—Century 21 New Millennium
HF Advisory Group
Warren Clem—Warren Wood Works
Eastern Shore Dental Care
Laughlin Plastic Surgery
Tyson Bross—Naptown Smiles
Chaney Homes
Radcliffe Creek School
The Arc Central Chesapeake Region
Academy Arts Museum of Easton
Hospice of the Chesapeake
George R. Roles Attorney and Counselor at Law
Labbe Family Orthodontics
Christina Janosik Palmer Group—Coldwell Banker
ProMD Health
Fichtner Services
Scott Finlay DDS & Associates
Biana & Steve Arentz—Coldwell Banker
Indian Creek School
Blackwall Hitch and Blackwall Barn & Lodge
Trippe Gallery—Nancy Trippe
Londonderry On The Tred Avon
Travis Gray
Center For Restorative Dentistry-Djawdan
Baywoods of Annapolis
Blue Crab Cupcakes
Main & Market
Beall Funeral Home
Mr. Handyman
Choices Pregnancy Center
The Law Office of Andrea Ross
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DAVID ORSO

david@daivdorso.com
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David Orso is known as the “local boy turned Realtor”. David discovered his passion for real estate about 20 years after investing in real estate properties. As a life-long resident of the Annapolis area, David is extremely knowledgeable about the Annapolis, Severna Park and Arnold real estate markets.

David leads a small team of experts which has been ranked #1 in Anne Arundel County, regardless of brokerage, for total sales volume for six years in a row.

David was voted as one of the top ten agents in America by the Real Estate Institute of America, is consistently recognized by his peers as a thought leader and innovator in the field and is a well-known speaker and author on the topic of residential real estate.

During the past 36 months, David has sold over \$184 million in real estate in Anne Arundel County.

On average, his listings sell within 57 days and for at least 95 percent of the original list price. David built his business on several key principles: systematic attention to detail, excellence in marketing, and skilled negotiations. His success in life and business demonstrate his innate ability to build and nurture relationships and provide exceptional service to his clients with world-class professionalism.

David has a vision to elevate the standard of excellence in the residential real estate industry through his 82-point home selling system. David obtained his undergraduate degree from the University of Dayton with a major in Psychology.

He earned his MBA from Loyola College of Baltimore with a concentration in Strategic Marketing. David continued his academic endeavors at Harvard University Law School in the esteemed Program on Negotiation.



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Kelly Sutter, RN, CANS is the founder and owner of Skin Wellness MD with offices located in Annapolis and Lusby Maryland. Kelly has been a resident of Annapolis for over 25 years. Kelly is a certified Aesthetic Nurse Specialist and also holds certification in Laser Physics. She has extensive experience with cosmetic lasers including, Sciton BBL (Broad Band Light), Micro-Laser Peel. Kelly also offers the #1 non-invasive fat reduction treatment with the latest technology, Coolsculpting/Zwave.

Kelly is a member of the American Society of Lasers in Surgery and Medicine as well as the International Society of Aesthetic and Plastic Surgery Nurses. Kelly is also proud to be a part of the Allergan Medical Faculty and an AMI instructor. This gives Kelly the credentials to provide training to physicians, registered nurses and physician assistants in the use of Botox and all Dermal Fillers.

Kelly's Lead Esthetic Advisor Kim Hart is a resident of Annapolis and has been in the esthetic business for over 15 years. Kim has worked at Skin Wellness as the Practice Coordinator and works along side Kelly in both offices with marketing and developing the growth of the practice.



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Born and raised on the Eastern Shore, Chef Kurt Peter's take on Chesapeake cuisine combines ingredients drawn fresh from the rivers, Bay and fields of Maryland, such as his many popular beef, rockfish and oyster dishes--including a first prize winner at the Chesapeake Bay Maritime Museum's Oysterfest.

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Personal and Professional ~ I have always focused on people, not houses. It was clear to me from the beginning, that it doesn't matter if a home is 200,000 or 6 million, it is a huge deal for EVERY client. My wife and I joke all the time about it, but I truly feel that I am a psychologist in disguise. Every transaction, whether buying or selling, involves a series of complex personal decisions layered with emotions, finances and stress. My military background and training taught me to be calm in any and all circumstances. Those skills have been finely tuned daily in real estate. When things are most chaotic, it is even more important to be the calm and guiding voice. Buying or selling a house is not the same as calling in an air strike in Fallujah, but to my clients, it may feel like it.

People need to know that their advocate is going to be there for them, has their best interests in mind, and will guide them through one of their most important life decisions. Marketing trends, advertising, community connections, staging a home, market expertise, etc. is obviously a huge part of my business, but in the end it all comes back to people.



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www.warrenswoodworks.com

Warren Clem founded Warren's Wood Works in 1983 at a time when he saw the box stores popping up and knew that business that offered specialized services would soon be a thing of the past. Even though his name is on the building there is a whole team of people that make up the face of Warren's Wood Works. The team (with more than 100 years combined craftsmen experience) enjoy the reputation of being the leader in architectural millwork and building materials. They provide a service that is unmatched in the industry and in the region. They offer personalized, non-rushed, consultations (in our store or in your home) to provide the best experience when choosing products.

They partner with many of the best brands on the market that go hand-in-hand with the value that our service brings to you. Whether you are creating an outdoor oasis and need decking, rail and a custom pergola, to windows and trim, custom millwork, renovating a kitchen or building new home; his team can provide you with the level of service you deserve. They truly enjoy seeing the transformation of your dream and making it a reality.



**THE FACES OF
SEDATION DENTISTRY**

BILLINGS & MURPHY

Eastern Shore Dental Care

443.249.8239
22 Kent Towne Market
Chester, MD
easternshoredentalcare.com

Dr. Scott H. Billings, a graduate of the University of Maryland School of Dentistry, founded his dental practice in 1981. Dr. Christopher K. Murphy, also a graduate of the University of Maryland School of Dentistry, partnered with Dr. Billings in 1986. Thirty-three years later, they are the largest dental care provider on the eastern shore.

In 2017, they renovated, expanded and renamed their Kent Island office. Now known as Eastern Shore Dental Care, their 7,000 sq. ft. dental spa employs 6 dentists, 36 staff members, offers 20 treatment rooms and serves over 20,000 patients.

Eastern Shore Dental Care is committed to delivering the best dental care and most successful treatment options available. It offers a variety of services, such as: oral hygiene & wellness, general dentistry, restorative dentistry, cosmetic dentistry and sedation dentistry. Its spa-like setting and state-of-the-art technology aims to increase patient comfort and the efficiency of every appointment, while achieving the most successful outcome.

Thank you for your dedication and support. It has been our pleasure.



**THE FACE OF AGING
GRACEFULLY**

LAUGHLIN PLASTIC SURGERY

127 Lubrano Drive, Suite 102,
Annapolis 21401
410-224-2020
www.laughlinplasticsurgery.com

Aging gracefully is something we all strive for; the secret is to anticipate the coming changes and institute a long-term plan. From Dr. Laughlin's perspective, natural results that enhance your appearance without appearing artificial is the goal.

Our complimentary consultation allows development of a comprehensive treatment plan. The proper combination of procedures and skin care before and after your procedure help to achieve long lasting results that allow you to look the best you can for your age and body type. Your consultation will include surgical and non-surgical options to allow your choice of expected results and potential recovery time. The latest tools and techniques are used to help men and women look and feel their very best. Choosing the correct procedure is paramount in aesthetic surgery and a customized plan is the secret to achieving a graceful, age appropriate outcome. Our goal is to leave you looking refreshed and healthy. A plan for continued care to maintain your results will be achieved by creating a tailored skin care program using quality products.

Dr. Laughlin has thirty years' experience and is dedicated to giving his patients' a youthful natural appearance.



**THE FACE OF
PEDIATRIC DENTISTRY**

TYSON BROSS DMD

Naptown Smiles

Dr. Bross and Associates
410-224-0018
129 Lubrano Drive, Suite 300
Annapolis, MD
www.naptownsmiles.com

Dr. Tyson Bross has now spent almost 15 years providing pediatric dental care and considers each day that passes in this endeavor as a blessing and privilege, embracing the opportunity to follow along in the lives of his patients as they progress through childhood to become young adults. In talking with Dr. Bross, it is plainly evident that he doesn't consider his job to be just about teeth.

Dr. Bross firmly believes that good oral health be part of an approach that considers each patient's overall wellness and that each patient's treatment should be specific and individualized. He also aims to remove any aura of dental anxiety so that each day in his practice is one of fun and excitement that is palpable for the patients from start to finish. Dr. Bross feels fortunate to have a team that includes four other highly accomplished dentists as well as five experienced hygienists.



THE FACE OF SOLD

CHANEY HOMES

Jennifer Chaney
 CSP, GRI, MBA
 Broker-Owner-Designer

443-249-SOLD
jchaney@chaneyhomes.com
www.chaneyhomes.com

After only six years in business, 'Chaney Homes' has Re-Defined 'Full-Service Brokerage'- Carving out Envious Market Share Along the Way! Founded by Jennifer Chaney-Broker & Designer - Who Knows 'Image' is EVERYTHING in Real Estate!

Rising to the Top Quickly, Chaney Secured The #1 Ranking for Queen Anne's County, in Unprecedented Timing! #1 in 'Listings Sold' Since 2017 & County Sales Volume- Since 2018; Chaney has single-handedly transformed the local real estate market. Each listing is personally staged & photographed with an unmistakable style, producing unrivaled results!

With a 4,000 sf warehouse loaded with enough high-end inventory to fully stage ANY 60+ homes, at once, Chaney's branding power attracts both sellers and agents. Each agent is 'hand-chosen', selected for their extensive marketing backgrounds, and unwavering client-focus.

Described by clients at 'the formidable combination of hustle and smarts'- Chaney's education & experience are unmatched! Degreed in Finance, with a MBA in Marketing, Chaney Homes agents learn hands-on from one of the best in the business.

With over \$42 Million Personally Sold... in the last 12 months alone; & Over \$175 Million in Career Sales - The Bar has been Raised!



**THE FACE OF
EMPOWERING STUDENTS**

RADCLIFFE CREEK SCHOOL

201 Talbot Blvd Suite A
Chestertown, MD
410-778-8150
www.radcliffecreekschool.org

Radcliffe Creek School, located in Chestertown, MD has empowered children for twenty-four years. Molly Judge, the Founding Director, cultivated a school that embraces students' strengths and provides them with high quality, engaging curriculum.

The school's mission is to "empower children in a dynamic environment that celebrates unique learning." Meg Bamford, Head of School, believes students are empowered with a personalized education that optimizes their potential by teaching them skills, self-advocacy, resiliency, and independence.

Mary Anne Herron, Gretchen Coppage, and Debbie Cohee-Wright have taught at Radcliffe Creek School since it opened. Together with other RCS teachers, they have played an integral part in positively changing the course of every past and present Radcliffe student's life. At Radcliffe, a child may receive instruction well above their grade level in the areas in which they excel and if a student struggles in an area such as reading, they receive high-quality instruction in programs such as Orton Gillingham. Radcliffe has small class sizes, lets students take a proactive role in their learning process and provides them with multi-sensory instruction. Students who graduate from Radcliffe Creek School are empowered with confidence in themselves, possess tools and skills to be successful, and have excitement to try new challenges.



THE FACES OF INCLUSION

THE ARC

CENTRAL CHESAPEAKE REGION

Headquarters & Program Operations
1332 Donald Avenue | Severn, MD 21144

Annapolis Regional Office
931 Spa Road | Annapolis, MD 21401

Eastern Shore Regional Office
8626 Brooks Drive, Unit 306 | Easton, MD 21601

410-269-1883 | www.thearcccr.org

*"Diversity is being invited to the party; inclusion is being asked to dance."
- Verna Myer*

At The Arc, we support people with a disability to live, work, and play, so they can thrive in the community. We'd love if having friends, work colleagues, and legislators with a disability was so commonplace as to be ordinary. We're not quite there yet, but we see progress. More and more, people with a disability are business owners and entrepreneurs, star in movies, and on television shows. People with a disability are friends you can share funny jokes with, your fitness partners, your neighbors, and someone you can count on in times of need.

At The Arc, we strive to create a community where people with disabilities are welcomed in all aspects of life. We work to advance opportunities for people with disabilities to demonstrate their talents, to experience the same joys and challenges as anyone. To belong. Each of the people in this photo is an active member of their community, living a full life where they contribute in their chosen profession, share time with friends and family, and donate their talent so that others can feel valued. They each have a story about how inclusion has made a difference in their life and are committed to helping others feel welcome as well.



**THE FACES OF
ARTISTIC EXPRESSION**

Academy Art Museum Instructors left to right: Maire McArdle, Stephen Walker, Diane DuBois Mullaly, Maggii Sarfaty, Georgia Goldberg, Katie Cassidy, Brad Ross, Paul Aspell, Meg Nottingham Walsh, Bernie Dellario, Cid Collins Walker

ACADEMY ART MUSEUM

OF EASTON

106 South Street
Easton MD, 21601
410-822-2787
academy@academyartmuseum.org
www.academyartmuseum.org

Over half a century ago, the Academy Art Museum held its first adult education class in a founding member's private home with a handful of students. Today, a variety of visual and performing arts classes showcases a corps of nationally-known art instructors, all recognized artists in their fields, coming from prestigious, exceptional backgrounds and training.

Students can study the fundamentals of drawing, take classes in painting in oil, watercolor, and pastel, or learn the craft of ceramics, bookbinding and printmaking, photography or digital editing. Daytime, evening and weekend options are provided for all ages and levels: from the beginner to the advanced artist, as well as for the aspiring to the established professional, making classes convenient and accessible.

The Museum also offers national and regional exhibitions, concerts, lectures, and educational programs. It's encouraging and supportive atmosphere allows students of all ages to experience the exhilaration and enrichment of artistic expression.



THE FACES OF COURAGEOUS
CONVERSATIONS

SHAUNA
CHABOT

JOHN & CATHY
BELCHER

The John & Cathy Belcher Institute
at Hospice of the Chesapeake
410-987-2003
www.hospicechesapeake.org

Are your conversations courageous? Have you taken the time to have those uncomfortable but necessary talks with loved ones about the inevitable? These are critical questions, but maybe the real question is: How do we continue to live courageously and well with advanced illness? Though many of us have prepared for our death, the reality is we will more likely live with advanced complex illness for many years. Rather than how do we survive it — how do we live well in it?

The John and Cathy Belcher Institute was founded for just those purposes. Our mission is to transform the way we think about, and provide, comprehensive and holistic care for people living with advanced complex illness. The Belcher Institute brings together regional and national partners to collaborate and meet this challenge. These questions were barely asked a decade ago, but now we have the need for answers and possibly more important the need for conversations!

John and Cathy Belcher with Shauna Chabot, MBA, CFRE, Belcher Institute's Executive Director and Chief Advancement Officer for Hospice of the Chesapeake, are asking these questions today and in the future through community outreach and education.



THE FACE OF
EASTERN SHORE DEBT RELIEF

GEORGE ROLES, ESQ.

GEORGE R. ROLES
ATTORNEY & COUNSELOR AT LAW

443-262-8501
101 South Commerce St., 1st Floor
Centreville, MD 21617
www.groleslaw.com

I have spent my entire legal career helping people, their families, and their businesses climb away from financial despair. Despite what we all hear on the news today about the chugging economy and the happy consumer, financial pressures certainly continue to mount. Folks still struggle, houses fall into foreclosure, businesses fail, and families lose income. Whether it is divorce, unemployment, uninsured catastrophe, or gradual building of debt load, making the decision to file a bankruptcy case can be devastating.

Here at my law firm, we know the lay of the land in debt relief, bankruptcy, and debt settlement. We care, empathize, and treat clients with utmost compassion and understanding. Receptive and responsive, here in Centreville, you'll find no ridicule, and we make no judgments, only personal service and quality advice. Our job? Help people, their families, and their businesses get a fresh start, and we are very proud to have helped thousands of people along the way. Get out of the weeds today. We're happy to help.



THE FACE OF CREATING
A LIFETIME OF SMILES

LABBE FAMILY ORTHODONTICS

Annapolis | Crofton | Bowie | Greenbelt
410-267-7300
www.labbefamilyortho.com

When is the last time your expectations were exceeded at a doctor's appointment? Look no further! The team at Labbe Family Orthodontics genuinely gets a kick out of getting people to smile. While they are very serious about the science behind correcting your smile, they equally love making your appointment a great and fun orthodontic experience! They believe that your treatment is more than just braces or clear aligners – it's about you and your total experience.

Since 1990, Dr. Stephen Labbe and his team have earned a reputation for providing the most skilled, patient-focused, and advanced orthodontic treatment in the Washington, D.C.-Baltimore area. The team at LFO is truly dedicated to your comfort, health and happiness... because that's what smiling is all about, right?... Just take a look at the mission statement that the LFO team, themselves, created:

Labbe Family Orthodontics is dedicated to changing lives by designing beautiful, healthy smiles in a fun and enthusiastic environment. We are committed to providing excellent care at the right time, for the right reason with integrity and honesty.

Give them a call at 410-267-7300 and let them exceed your expectations today!

THE FACE OF EXTRAORDINARY
REAL ESTATE

CHRISTINA JANOSIK PALMER GROUP

OF COLDWELL BANKER RESIDENTIAL BROKERAGE

572-A Ritchie Highway
443-938-3379 | 410-647-2222 Office



Serving Anne Arundel County and surrounding areas

Hello there...I am Christina Janosik Palmer, a career Realtor and Associate Broker, with 27 years of real estate expertise specializing unparalleled marketing and unprecedented customer service.

In 2016, I decided to expand to a team. We are now a strong group of eight team members at the Christina Janosik Palmer Group of Coldwell Banker Residential Brokerage. We are ready to serve you with over 100 years of combined real estate experience. Our clients are more than just clients, they become friends and family that stay friends and family long after the transaction is completed.

If you need to list or buy a home, experience how easy we make it for you with our knowledgeable guidance and unprecedented service. We are here for you

Not intended as a solicitation if your property is already listed by another broker. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor sales associates, not employees. ©2018 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker and the Coldwell Banker logo are registered service marks owned by Coldwell Banker Real Estate LLC.



**THE FACE OF
COSMETIC INJECTIONS**

ProMD HEALTH

166 Defense Highway
Suite 302
Annapolis, MD
443-333-4940
www.promdhealth.com

ProMD Health is a state of the art medical facility specializing in non-surgical treatments and procedures to help patients Look and Feel Younger. Dr. Gavrilu and his team of innovative professionals all pride themselves in the most advanced skills and techniques to help their patients Look and Feel great. ProMD Health specializes in cutting edge and in demand procedures including Botox, dermal fillers, laser treatments, PDO thread lift, hormone replacement therapy, facial rejuvenation, vaginal rejuvenation, and body contouring.

They tout some of the most advanced devices such as HydraFacial, Viveve, and Sciton Halo. ProMD Health uses its complete suite of treatments to cater to each patient's unique needs to help them Look Younger on the outside and Feel Younger on the inside. Whether your goals are prevention, treating a skin condition, looking like you did 10 years ago, or feeling like you did 10 years ago, ProMD Health has something for everyone.



**THE FACES OF
EXTERIOR CRAFTSMANSHIP**

Home built by M&F Builders, Exteriors by Fichtner Services

THE FICHTNER SERVICES TEAM

Tom & Christine Fichtner

Fichtner Services Central, Inc.
1872 Betson Ave
Odenton, MD 21113
410-519-1900
www.fichtnerservices.com

Meet the Fichtner Services Team, the Faces of Exterior Craftsmanship. Over the last 25 years, Tom and Chris Fichtner have assembled an incredible team of hard-working, customer service oriented professionals. Tom and Chris, who were both raised in the Annapolis area, and the Fichtner Team, have helped tens of thousands of Central Maryland residents with their home improvement needs. From entire exterior renovations to small repairs, they strive for value and success in every job. They support numerous local charities and won awards for customer service and service to the community. Fichtner Services has been voted Best Roofer seven times, Best Siding, Best Windows and Doors, and Best Gutters.

Many contractors come and go, but as it began 25 years ago, Fichtner Services is still a local, family owned business. They owe their longevity to honesty, quality craftsmanship, superior products and customer satisfaction adopted by all of their employees.



THE FACES OF
COMPREHENSIVE DENTISTRY

SCOTT FINLAY, DDS & HA LIM, DDS

SCOTT FINLAY DDS & ASSOCIATES

1460 Ritchie Highway, Suite 203
Arnold, MD 21012
New Patients: 410-989-7132
Current Patients: 410-757-6681
www.annapolisdentistdds.com

For more than 30 years, Scott Finlay DDS & Associates has been providing the highest level of dental care for individuals and families in the greater Annapolis area. Dr. Finlay's office offers comprehensive services for children and adults, from routine maintenance and preventive care to dental implants and reconstructive procedures. Dr. Lim joined the Annapolis area dental practice in late 2018. Dedicated to the pursuit of excellence, Dr. Lim commits herself to countless hours of continuing education each year to offer modern, evidence-based clinical treatments and the best possible patient experience.

Dr. Finlay is one of only 75 dentists nationwide to be recognized as an Accredited Fellow by the American Academy of Cosmetic Dentistry. Dr. Finlay has written articles and is featured in books related to Functional Aesthetics and Dental Reconstruction. The practice of Scott Finlay DDS & Associates has been consistently voted the Best Cosmetic and Restorative Dentist in Annapolis thanks in part to its tenured team of caring dental professionals, five-star service and commitment to exceptional care. Please call us today!



THE FACES OF
MARYLAND REAL ESTATE

BIANA & STEVE ARENTZ

Coldwell Banker Residential Brokerage

Biana: 410-490-0332

Steve: 410-310-0896

Annapolis Plaza (O) 410-224-2200

Biana.Arentz@CBmove.com | BianaArentz.com

Long-time residents of Queen Anne's County, Steve and Biana practice what they preach: "Having moved 10 times in 23 years, we know the process well — and what it takes to buy waterfront properties in Maryland. Plus, it's easy to sell what you know and love."

They serve both sides of the Chesapeake Bay Bridge, specializing in waterfront homes and fine properties in Queenstown, Prospect Bay, Kent Island, St. Michaels, and Easton.

Biana is a CIPS (Certified International Property Specialist), a Global Luxury Specialist, member of the International President's Circle, and 2018 Bay Area Realtor of the Year. She is fluent in Spanish. (Steve says he is fluent in English!)

Before real estate, they owned and operated Hemingway's Restaurant for over 20 years. Being active in the Kent Island community since 1990 gives them extensive knowledge of the area, and what it takes to sell or buy a home on the Eastern Shore.

Steve and Biana feel blessed to live on the water and want others to share that experience. They will help you sell or buy your dream home — and make sure you wind up loving Maryland as much as they do.



**THE FACE OF
21ST CENTURY TEACHING**

Tricia Roth, Science Faculty, STEM Advisor, and BLinc Director at Indian Creek School

INDIAN CREEK SCHOOL

LOWER SCHOOL
Pre-K3 - Grade 6
680 Evergreen Rd.
Crownsville, MD 21032
410-923-3660

UPPER SCHOOL
Grades 7-12
1130 Anne Chambers Way
Crownsville, MD 21032
410-849-5151

www.indiancreekschool.org

If you're looking for Science Teacher Tricia Roth, the Indian Creek School community knows that you're likely to find her outside with students flying a drone around the School's 114-acre campus, collecting data for an Environmental Science lab, or in her STEM lab with the lights off, guiding Biology students as they inject bioluminescent genes into bacteria to make them glow. Mrs. Roth understands that students learn best when inspired by meaningful, project-based activities, and are given the tools and confidence to excel. "As a scientist, I realize that traditional forms of collecting data and memorizing facts are not always exciting. It's important to challenge students with projects that have real-world inquiries. Once they understand that a lab has a purpose, the sky's the limit!" A published scientist herself, Mrs. Roth uses her own professional resources to benefit her students. Mrs. Roth is also the Director of BLinc, a program which offers courses for credit and enrichment, through a combination of online and face-to-face learning. Indian Creek faculty and students alike look to Mrs. Roth as an example of ingenuity in teaching, and see her as an incredible role model, mentor, scientist, and teacher.



**THE FACE OF THE FINEST
LOCAL TASTES & TALENTS**

JAMES KING

Blackwall Hitch
400 Sixth St., Annapolis, MD
410-263-3454 theblackwallhitch.com

Blackwall Barn & Lodge
329 Gambrills Rd., Gambrills, MD,
410-317-2276 barnandlodge.com

James King's journey to award-winning restaurateur began at the age of 14, working as a dishwasher and busboy for a family friend who owned several popular restaurants in Washington, DC. King worked his way through the ranks over the following ten years performing virtually every job in the industry, eventually ascending to general manager at Georgetown's popular waterfront. Thriving in the daily challenges of the fast-paced industry, King followed his pursuit to Anne Arundel County where he is now the CEO and co-owner a restaurant management group with eight restaurants: the original concept establishments of Blackwall Barn & Lodge (Gambrills) and Blackwall Hitch (Annapolis; Baltimore; Alexandria, VA; and Rehoboth Beach, DE), as well as the franchises for Greene Turtle (Annapolis and Gambrills) and Roy Rogers (Gambrills).

King's work in building and opening restaurants led him to run for Maryland House of Delegates in 2006, where he served one term with a clear platform: to be a voice for small business. Today, as an economy driver with over 800 employees, King continues his work in the community through his restaurants- contributing to a myriad of charitable causes from homelessness prevention to local little league- and through his participation as a board member for the Oyster Recovery Partnership and the Anne Arundel County Business Roundtable.

"I want to make sure I can give 100 percent. You have to give back to the community that keeps you in business. It goes back to that bigger picture of making Anne Arundel County the best place to live." – James King



**THE FACE OF A
FINE ART GALLERIST**

NANNY TRIPPE

The Trippe Gallery

23 N Harrison Street
Easton, MD
410-310-8727
thetrippegallery.com

What began in 2010 as the collaboration of two artist friends, fine art photographer Nanny Trippe and watercolorist Don Hilderbrandt, has evolved into Easton's liveliest fine art gallery, a favorite with locals as well as visitors. Occupying its current address on Harrison Street in the heart of historic Easton, the Trippe Gallery, now solely owned and operated by Nanny Trippe is beginning its seventh year.

Nanny Trippe is a many generation native of Talbot County with roots that date back to the 1600's. Her love of photography began at an early age and she began taking classes in darkroom techniques in high school at St. Timothy's School in Baltimore, followed by Denison University, Richmond College in London and a BA in Art History from Washington College with a minor in studio art.

Her love of all genres of art are evident in her gallery which exhibits oil and watercolor paintings by award winning Plein Air artists, national and local artists, sculptors, printmakers and her own fine art photographs, all inclusive of representational and contemporary art. There is artwork for all levels of collecting from the beginning collector to the seasoned. The gallery will provide art curation and hanging in your home as well. Each month features a new exhibit based on presenting the work of a specific artist or a collective show based on a common theme. The gallery is spacious and filled with natural light for excellent viewing.



**THE FACES OF RETIREMENT
ON THE EASTERN SHORE**

IRMA TOCE & RACHEL SMITH

Londonderry on the Tred Avon

700 Port Street, Suite 148
Easton, MD 21601
410-820-8732 or 800-752-8732

CEO Irma Toce and Sales and Marketing Director Rachel Smith have worked together at the independent-living cooperative community, Londonderry on the Tred Avon for more than five years. While both Irma and Rachel come from different backgrounds, they share the same beliefs on aging: the key to a high quality of life for seniors is a robust and vibrant lifestyle in a supportive, active community. Irma, who has more than 25 years of executive experience in the senior housing field, believes in a holistic approach to aging in place. As CEO, she drives the wellness initiatives at Londonderry, ensuring that residents receive the tools to achieve the highest quality of personal health and wellness.

In her capacity as Sales and Marketing Director, Rachel offers prospective residents a variety of housing options from apartments to cottages. Rachel, an Eastern Shore native, enjoys showcasing the unique, 29-acre community that sits on 1,500 feet of Tred Avon River shoreline.



**THE FACE OF LUXURY
HOMES ON THE WATER**

TRAVIS GRAY

ASSOCIATE BROKER

C: 301.641.0809

O: 410.263.8686

E: TGray@CBmove.com

A: 4 Church Circle

Annapolis, MD 21401

AnnapolisWaterfrontGuide.com

Travis Gray was born in Annapolis and raised on the Severn River. He comes from a long line of Real Estate professionals and serves both sides of the Chesapeake Bay. He specializes in marketing and selling waterfront homes and fine properties in the Annapolis area.

Travis is a leading resource for his clients and the community. Among his industry expertise, he also manages AnnapolisWaterfrontGuide.com, a website dedicated to providing useful Real Estate information, market trends and waterfront resources.

Travis is a Certified Luxury Home Marketing Specialist™ (CLHMS), holds the Graduate, Real Estate Institute (GRI) designation, is a lifetime member of The Masters Club, member of the International President's Elite and has received multiple industry awards.

Prior to Real Estate, Travis worked in the entertainment industry, first in Affiliate Sales and Marketing at Discovery Networks and later as Executive Vice President of BrainBox Entertainment where he developed, negotiated, produced and oversaw programming including: Amazing Waterfront Homes (HGTV), The Real Estate Pro's (TLC), Stage This House (A&E) and Small Space Big Style (HGTV).



**THE FACES OF WATERFRONT
RETIREMENT COMMUNITIES**

PARKER & PATTY WILLIAMSON

BAYWOODS OF ANNAPOLIS

7101 Bay Front Drive
Annapolis, MD 21403
443-837-1208
baywoodsofannapolis.com

Meet the Williamsons:

Patty and Parker, North Carolina natives, ventured into the Annapolis area via their sailboat named "Second Wind." While keeping their sailboat a few doors down at Bert Jabin Yacht Yard, Patty and Parker discovered BayWoods of Annapolis and were immediately taken by the luxurious waterfront retirement community right on the Chesapeake Bay. BayWoods proved to be close to their sailboat and all of the world class charm that is associated with the surrounding Annapolis area.

"BayWoods became the perfect launch for our retirement adventure," states Parker. "We discovered luxurious, yet affordable accommodations and amenities, access to excellent medical care, local Annapolis entertainment all within easy access to Washington and Baltimore." "I enjoy walking our dog Briny at Quiet Waters Park across the street," states Patty, who also is an active volunteer in the greater Annapolis community with Hospice of the Chesapeake. This is an active lifestyle filled with adventures every day, all in a pet friendly continuing care retirement community with equity ownership.



THE FACE OF DESSERTS

BLUE CRAB CUPCAKES

1580 Whitehall Road,
Annapolis, MD 21409
443-221-7246
bluecrabcupcakes.com

Blue Crab Cupcakes is a boutique bakery specializing in cupcakes, mini cupcakes, weddings, special occasion cakes, and custom cake pops. Their bakery is conveniently located off Route 50 in Annapolis, Maryland.

It's an exciting visit to Blue Crab Cupcakes on Whitehall Road in Annapolis. Local Annapolitan and proprietor Carrie Olish lends her life-long expertise to wonderful delights of deliciousness. If you are in need of a cake for a special occasion, cake pops to surprise a friend or cupcakes to delight your own senses, Blue Crab Cupcakes is up to the task. Carrie and her staff of twenty dedicated employees handle over two hundred weddings per year.

Carrie's treats are perfect for any special occasion including weddings, birthdays, anniversaries or to treat yourself and family. Blue Crab Cupcakes is always creating new flavors and textures. Come see the storefront to see what's baking.



THE FACE OF CATERING

MAIN & MARKET

914 Bay Ridge Road
Annapolis, MD
410-626-0388
www.mainandmarket.com

You can trust Main & Market to make your life delicious, whether you have us in your home and cater to your loved ones or your clients at the office. We understand that it's not just about the food. It's about the timing, the presentation, smiles, and even the weather can create the ultimate event.

Our team creates long-lasting relationships, which helps us understand your needs and vision. We have loyal clients for almost 25 years; they return for birthday cakes, holiday parties, and even their weddings.

What inspires us to produce award-winning food year after year? Passion. You'll find it at the heart of each item on the menu and every catered event; a passion for offering fresh, premium-quality ingredients and mouth-watering flavor. The icing on the cake? It's all delivered with the superb service of seasoned professionals. While our creative zenith continues to burn brightly, we're always evolving. But we know one thing will never change; our commitment to delivering premium quality ingredients, service, and presentation is unbeatable. We also care about our community and believe in giving back to those who support us.



**THE FACE OF HONORING
LOVED ONES**

BEALL FUNERAL HOME

6512 Crain Hwy, Bowie, MD
301-805-5544

As the director of Beall Funeral Home, Tom Zizos meets people during, what is often, the most stressful, traumatic time of their lives. Many have never had to make funeral arrangements and don't even know where to begin. With care and compassion, Tom and his staff lead families through the entire process.

Tom is a licensed funeral director who attended the American Academy of Funeral Services in New York and has over 40 years of experience within the industry. He is a hands-on director involved in every aspect of the business. Nikki Zizos, Tom's wife, is also instrumental to the business.

Since Beall Funeral Home is family-owned and operated, Tom and his staff serve its customers with a personal touch and have developed strong relationships within the local community. Guests visiting Beall Funeral Home can expect spacious viewing rooms that are tastefully decorated. The facility is convenient to major highways and has ample parking. Beall Funeral Home offers pre-need funeral planning and cremation.

Every family's needs are different, which can be a challenge for any funeral director. Tom gladly meets that challenge every day.



**THE FACE OF KNOCKING
OUT THE "TO DO" LIST**

KEVIN CRYSLAR

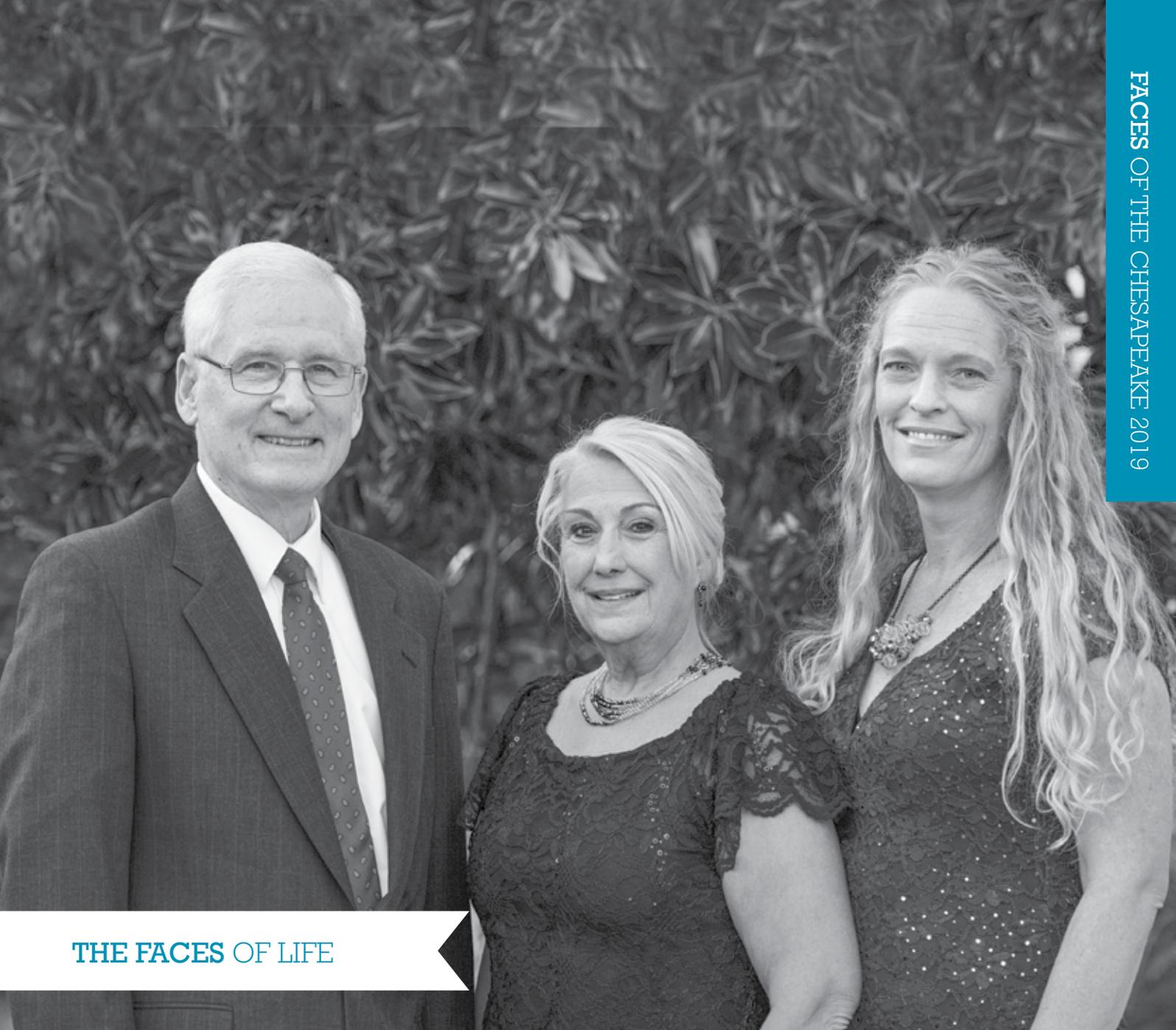
Mr. Handyman of Anne Arundel and North PG

8229 Cloverleaf Drive Suite 435
Millersville, MD 21108
410-881-5683
team7447@mrhandyman.com
www.mrhandyman.com

Mr. Handyman is the largest handyman company in the country and is part of the Neighborly family of home service companies, the most experienced network of home service providers. Mr. Handyman of Anne Arundel and North PG opened 15 years ago, and for the last 10 years has been owned and run by Kevin Cryslar.

Mr. Handyman offers a full range of home improvement, maintenance and repair solutions, from the little hole in the drywall to replacing a ceiling fan to a full bathroom remodel. They are licensed, bonded and insured, and all of their technicians have a minimum of 15-years' experience. Their technicians are full-time employees of the company who have been through a background check that includes drug screening and criminal background checks, and they guarantee all of their work with a one-year warranty.

The company has grown quite a bit over the years and has now served more than 10,000 customers. Most of their business comes from repeat customers, and their biggest source of new business comes from word-of-mouth, including the hundreds of great online reviews that they have earned.



THE FACES OF LIFE

CHOICES PREGNANCY CENTER

8221 Teal Drive, Unit 408
 Easton, MD 21601
 410-822-3311
www.cpcshore.org

Choices Pregnancy Center is a compassionate, faith-based non-profit 501(c)3 organization that offers life-affirming choices to women and their families facing an unplanned pregnancy. We are the only pregnancy resource center serving the five counties of Maryland's Mid-shore. Women who come to our Center will be greeted with loving care, access to educational counseling, ultrasounds, medical assistance programs, and referrals to other resources. We offer FREE and confidential services in a supportive environment which include lab-quality pregnancy tests, pregnancy verification sonograms, information about pregnancy options, parenting classes, STI testing and abortion recovery classes. We are the only pregnancy center on the shore to offer an abortion pill reversal program. Choices is a client-focused, community-serving organization that relies solely on community support for all its programs. We have been honored to provide hope, help, and healing to empower the women and men who walk through our doors to make life-affirming choices for more than 25 years.



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LAW ON THE EASTERN SHORE**

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THE LAW OFFICE OF ANDREA ROSS

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118 West Water Street • Centreville, MD 21617
AndieRossLaw.com | Andie@AndieRossLaw.com

Bankruptcy attorney Andie Ross has dedicated her practice to providing dignified and tailored solutions to individuals and businesses throughout the region. Andie's goal is to empower her clients, and she can often be heard saying "You've Got Options!" The people who come to her to get out of debt and start a new life are more than just clients – they're her Eastern Shore neighbors and friends, who deserve her personal attention every step of the way. Andie's devotion to her clients has been recognized by the Pro Bono Resource Center of Maryland, Mid Shore Pro Bono, the Maryland General Assembly, the U.S. Congress, and Super Lawyers. The greatest accolades, admittedly closest to Andie's heart, and what makes her the "Face of Bankruptcy" on the Eastern Shore are her 80 five-star reviews on AVO.

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ANCHORED HOPE THERAPY

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Annapolis, MD 21401
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www.anchoredhopetherapy.com
info@anchoredhopetherapy.com

"Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it's our greatest measure of courage." - Brené Brown

The clinicians at Anchored Hope Therapy know that people are seeking connection and a genuine sense of belonging. In today's world, challenges including unaddressed mental health issues, patterns of addiction, perfectionism, and intense fear prevent people from achieving these goals.

Whether you are a new mother or father, a couple struggling to communicate, or a parent who cannot manage your child's challenging behavior, we see you. Whether you are struggling through a life transition, have experienced a traumatic loss, or have a complex history of traumatic experiences, we are here for you. We believe in the intense and healing power of sharing your story with someone and bringing life's challenges into the light instead of continuing to walk in the dark alone.

Every struggle is real. Asking for help is NOT weakness. Acknowledging that "things are not fine" and facing vulnerability takes courage. If you or someone you know is interested in a consultation or an appointment, please contact Anchored Hope at 443-291-8090.



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www.prostatisfinancial.com

Our approach at Prostatitis Financial Advisors Group is simple: We provide accountable retirement, tax and estate planning, which we pair with clear and constant personal contact with each of our clients. Our team believes in diversification, along with developing sensible, conservative long-term asset allocation strategies.

We work side-by-side with clients to build complete financial plans, giving them peace of mind as they transition toward retirement.

If you're experiencing a financial transition, you need to move forward with confidence and a team that shares your values and understands your goals. Our goal at Prostatitis Financial Advisors Group is to help our clients implement an investment strategy that allows them to maintain their lifestyle throughout retirement, providing an income they will never outlive.

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DR. ZVEZDOMIR ZAMFIROV

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Annapolis, MD
443-808-1808
www.allstarpainmanagement.com

Dr. Zvezdomir Zamfirov “Dr. Zed” — the founder of All Star Pain Management & Regenerative Medicine and a pioneer of stem cell therapy in the Annapolis area — believes that pain doesn’t have to prevent you from doing the things you love.

Dr. Zed offers innovative, safe and effective treatments, which can dramatically reduce acute and chronic pain. This includes regenerative care, such as stem-cell therapy, that can eliminate pain at its source, providing long-term relief and ultimately repair injured tissue. Regardless of how your pain began, you can live life on your terms again with treatments at All Star.

Dr. Zed’s interest in his patient’s wellbeing and his expertise in the regenerative medicine field gives pain sufferers the most critical reason to visit his practice. The doctor takes a holistic and comprehensive approach to musculoskeletal injuries and pain sources that does not merely treat pain but focuses on restoring each individual’s function and improving quality of life. This is achieved by using patient’s own healing potentials as a means for providing healing. This approach, through regenerative medicine, provides patients the ability to get pain relief and restorative healing without an invasive surgery or procedure. All of the regenerative procedures offered by Dr. Zed are minimally invasive and performed in his office by him.



THE FACE OF HOPE

HAVEN MINISTRIES

For most of his life, Edward Newton had a place to call home. He was a homeowner and he prided himself on being a productive member of society. When he retired, Ed started his own painting business, but found that affordable rent was not available with his income. After residing in a shed for over seven years, the risk of living in subpar conditions caught up with him. He inhaled smoke from a poorly ventilated stove and it nearly killed him.

Haven Ministries offered hope to Ed. He stayed in the shelter until a case manager connected him to permanent housing. He then found help through the Haven Ministries Resource Center, Thrift Store's, and Emergency Food Pantry, which brought stability back into his life.

To combat the lack of affordable housing and to give hope, Haven Ministries plans to provide a new, long-term Housing Assistance Program. The goal is to give people the chance to stabilize and move on to permanent housing by offering comprehensive resources.

You can make hope a reality for Ed and others. Your donation will benefit the Homes of Hope program, which will provide much-needed housing opportunities. Donations can be made at haven-ministries.org.

410-739-4363
www.haven-ministries.org



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BANKRUPTCY COUNSEL

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RLC Lawyers & Consultants

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RLC's attorneys Tate and Cami Russack have been helping Marylanders from Offices on the Eastern Shore in Easton and in Annapolis since 2000.

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For All Seasons Executive Leadership Team Members: Dr. William Cerrato - Chief Medical Officer, Beth Anne Langrell - Chief Executive Officer, Lesa Lee, LCSW-C - Chief Clinical Officer

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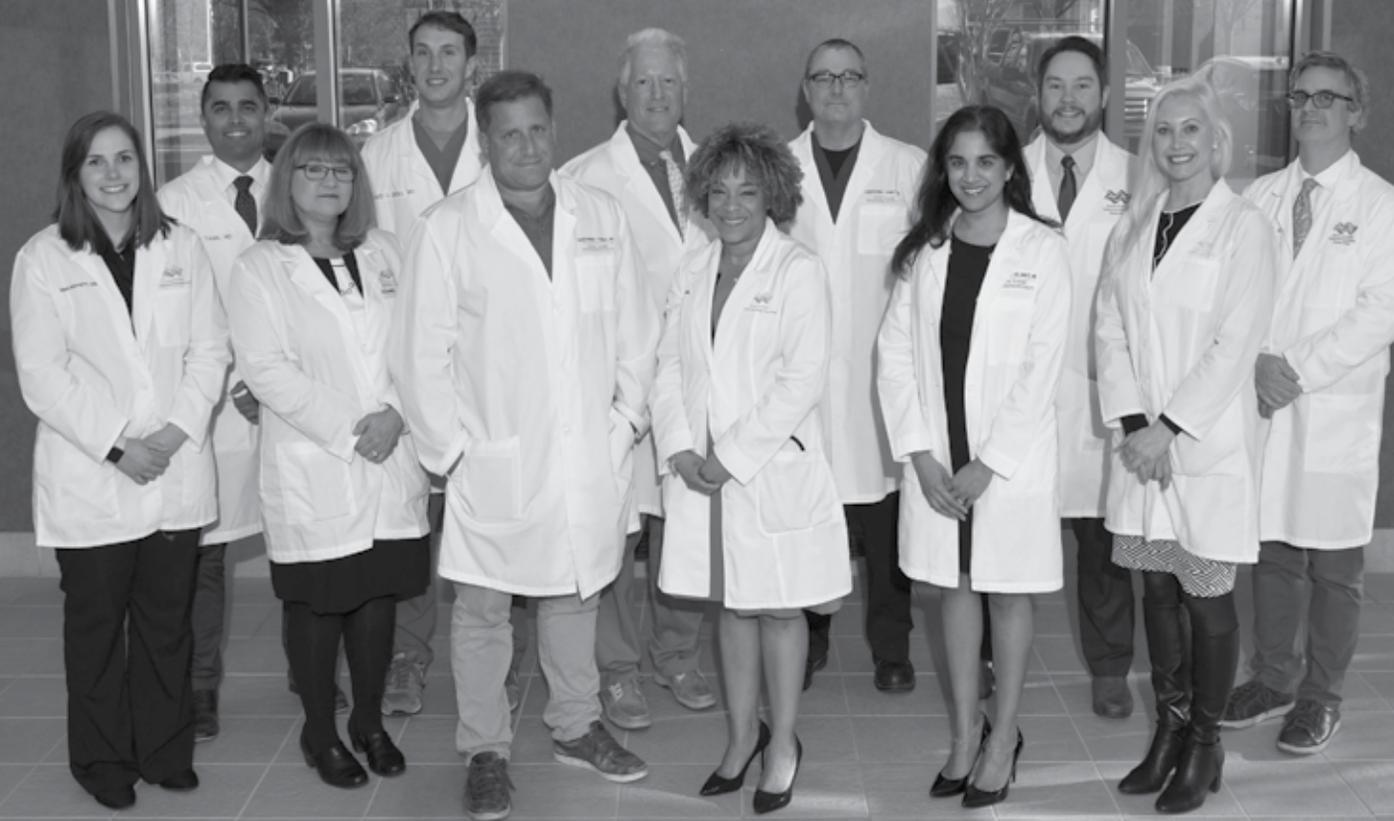
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Mental Health challenges and sexual assault are a reality for many people who live in our community. Not everyone wants to discuss these topics, yet we all hope they are being addressed. Today, over 80 For All Seasons staff members are the Faces of Resilience, providing the highest level of comprehensive trauma-certified therapy, advocacy, education, and psychiatric care to English and Spanish speaking individuals, families, and groups.

Our agency provides a wide range of mental health services, as well as support for survivors of sexual violence and other traumas, regardless of their ability to pay, 24 hours a day, every day of the year.

The decision to seek mental health support is an empowering step and the results can be life-changing. For All Seasons proudly supports our resilient community on its journey to wellness.



THE FACES OF
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Colon cancer is the third most common cancer diagnosed in the United States for both men and women. Colonoscopy is the only test that detects and prevents colon cancer. At Anne Arundel Gastroenterology Associates, our 9 board certified physicians perform over 13,000 colonoscopies each year. AAGA gastroenterologists detect precancerous polyps in 42.5% of screening colonoscopies compared to the national standard of 25%. For patients with risk factors such as a personal history of colon polyps, colon cancer, or family history of colon cancer, colonoscopy remains the gold standard in screening for colon cancer. Without risk factors, the American Society for Gastrointestinal Endoscopy recommends colon cancer screening starting at age 50.

AAGA physicians have been consistently voted the top gastroenterologists in Anne Arundel County over the past several years by our patients and peers.



THE FACE OF RESCUE

VAL LYNCH

SENIOR DOG SANCTUARY OF MARYLAND

The Senior Dog Sanctuary Inc
8336 WB and A Rd
Severn MD 21144
www.seniordogsanctuary.com
O: (443) 742-0270 Ext 700
val.lynych@sdsmd.org

Val Lynch is the Executive Director of the Senior Dog Sanctuary of Maryland (SDS), a 501(c)3 non-profit located in Severn. The mission of SDS is "to provide a safe haven for senior dogs who are unable to be cared for, who are abandoned or abused, or face euthanasia."

A retired Air Force Colonel and a Certified Financial Planner by profession, Val advanced his life-long avocation for animal advocacy when, with the help of many rescue colleagues in the area, his family established the Sanctuary in 2016. SDS rescue senior dogs are cared for by a devoted staff and a cadre of passionate volunteers that have rehabilitated and rehomed hundreds of senior pups. Staff, volunteers, supporters, adopters and fosters constitute the ever-growing SDS Rescue Family.

Val is a staunch animal advocate. He participates in a nationwide network of shelters and rescues. He is also very active in promoting humane treatment of companion animals and admits that Rescue is his favorite breed.

For more information about SDS, and meet some terrific senior pups, plan to visit the Sanctuary and consider joining our SDS Family. Your time, talent and treasure enable the voice of those who cannot speak for themselves.



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EASTERN SHORE LEGAL

JOHN LEO WALTER, ESQ.

128 N. Commerce Street
Centreville, MD 21617
410-758-2662, 1-833-ESL-2662
www.EasternShoreLegal.com
www.JohnLeoWalter.com

John Leo Walter has been a trial lawyer since 1996. His practice focuses primarily on personal injury and criminal defense cases. Prior to law school, Mr. Walter obtained his Bachelor of Arts degree in history from the University of Baltimore; thereafter, he received a Master's in Government & Public Administration from the University of Baltimore.

In 1995, Mr. Walter earned his Juris Doctor from Thomas Cooley Law School in Lansing, Michigan. He was awarded the American Jurisprudence Award and Scholarly Writing and served with distinction as a Senior Associate editor of the Thomas Cooley Law Review.

Although Mr. Walter has over 20 years of litigation experience and thousands of hours trial work, he continues to review and analyze the most recent case law on a weekly basis. Whether it's a jury trial or a bench trial - District Court or Circuit Court Mr. Walter is comfortable and confident in the courtroom. Mr. Walter's Law Firm, Eastern Shore Legal®, has a reputation for being strong and aggressive while defending criminal and traffic cases while being methodical, prepared and steadfast pursuing civil tort cases. Remember, if you need a lawyer, get a local lawyer at EasternShoreLegal.com.



THE FACE OF DILIGENCE

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www.bistrostmichaels.com
410-745-9111

Ask culinary wunderkind Doug Stewart about his day off, and the likely response is, "there are no days off, just brief periods of time". A Talbot county native, Stewart climbed his way to the top of the culinary ladder working at restaurants throughout the region. As the current executive chef of Bistro St. Michaels, Stewart was recently voted Best Chef by readers of What's Up? Eastern Shore and Coastal Style magazines.

In 2015, Stewart, with business partners Frank Mallory and Laura Poole, created Stewart's Catering, expertly creating memorable dining experiences for events of all sizes, in any location. In 2018, they expanded the business by taking over local favorite, Bistro St. Michaels. Most recently, the partners have teamed with The Oaks Waterfront Inn, transforming Stewart's Catering into an even more grand venture, Royal Oak Catering Company.

Wherever you find this industrious young chef busy behind the scenes, know that Chef Doug Stewart and his team are hard at work to ensure a delightful culinary experience.



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Mission Escape Rooms (MER) is a fun, interactive entertainment venue on the leading edge of a growing entertainment industry. It's a real-life escape experience designed for groups of 2-10 people. MER has been voted #1 in the "Customer Service", "Game Play", "Girls Night Out", "Guys Night Out", and "Family Outing" categories by What's Up? for all locations 2016-2019 and, is also voted the "#1 Fun Activity" by Trip Advisor, as well as voted the "2018 & 2019 Family Favorite" by Chesapeake Family. MER is not a franchise – all rooms and props are designed and built by full-time staff, supporting 3 locations (Annapolis, Waugh Chapel & Arundel Mills).

As MER enters its 4th year, it's clear that its success is also defined by their ability to keep the experiences fresh and exciting. "We pride ourselves on being an industry leader, building a new room every 5 weeks. We want participants to experience a new, exciting theme at the same frequency they can see a new, exciting movie," said owner, Jason Cherry. Jason's entrepreneurship doesn't stop there. In the coming months, he's opening a Kilwins and a self-pour taphouse in the DC market next to the National's Stadium.



THE FACE OF CHARM CITY

EMILY CLARKE- PEARSON, MD

OF CHARM CITY PLASTIC SURGERY

949 Fell St. - Suite B, Baltimore, MD
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contact@charmcityplasticsurgery.com
www.charmcityplasticsurgery.com

As soon as you meet Dr. Emily Clarke-Pearson, you know: this woman is not your average plastic surgeon. From her early career as a painter and sculptor through medical school at Brown University, plastic surgery residency at Harvard, and a microsurgery fellowship at Johns Hopkins, she is uniquely qualified to deliver beautiful and natural results. Her down-to-earth warmth and charm help her build a connection with her patients and make them comfortable discussing their thoughts, concerns and personal goals.

Dr. Clarke-Pearson opened her new office in the historic Fells Point neighborhood of Baltimore with the goal of creating a welcoming boutique environment where patients feel happy and supported. The office is infused with natural light and boasts beautiful artwork and wall art, including some original paintings by Dr. Clarke-Pearson. Complimentary parking is available.

Book your consultation today and come experience personalized care at the next level! For more information about our skincare, injectable, and surgical services, please visit charmcityplasticsurgery.com/services.



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DrSeanMulvaney.com/ROSM.org
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An Associate Professor of Medicine at the Uniformed Services University of the Health Sciences, Dr. Mulvaney is board certified in Sports Medicine and Pain Medicine. During his 31-year military career, Dr. Mulvaney served our nation's Special Operations community as both a US Navy SEAL officer and a US Army physician. In 2008, he became the first Department of Defense physician to be credentialed in regenerative medicine techniques such as platelet rich plasma and stem cell therapy for repair of musculoskeletal and spine injuries. Dr. Mulvaney was the first to use Stellate Ganglion Block (SGB) to treat combat-related PTSD and has published in this field of research for over 10 years. He is internationally known as an educator of other physicians and has pioneered and extensively published on ultrasound-guided techniques.

Dr. Mulvaney is the most experienced physician in the world at successfully treating PTSD with stellate ganglion block. He was recently published in a top tier medical journal for a high quality study on this topic. Over a 10 year period he has performed over 1,000 of these procedures. The procedure helps reset the "fight or flight" reactions which are amplified in patients with PTSD. This procedure can help relieve the suffering of patients with PTSD.



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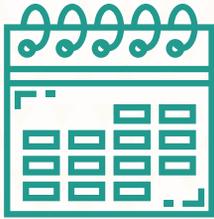
HOW TO PICK THE RIGHT

Summer **CAMP**

FOR YOUR CHILD

BY AMANDA VU

If you're looking to enroll your child in summer camp this year, you've got company. Over 14 million children and adults in the U.S. go to a summer camp every year, and there are more than 14,000 operating camps in the U.S. alone, according to the American Camp Association (ACA). A summer tradition in many households, summer camps offer children and teens unique opportunities to reconnect with nature, meet potential life-long friends, and engage in activities that promote independence, teamwork, and problem-solving. Searching for the right summer camp best suited for your child can certainly be a daunting task, but the process can be an enriching learning process for both the parent and child. Here are some helpful tips and advice so you can confidently enroll your child in a summer camp they won't forget.



1 START EARLY: According to the ACA, 44 percent of summer camps reported that their enrollment numbers were the highest they've been in the last five years. Starting the camp search early and registering in advance can secure your child a place in the decreasing number of available slots. It also gives your child more flexibility in picking options, since they won't have to worry about camps filling to capacity. Keep in mind that most camps start the application and enrollment process in the winter and spring. Another benefit to registering early can be the multiple session/family discounts, financial assistance, or the most common, "Early Bird Discount," that parents can use to save money. The ACA reports that 61 percent of camp discounts in 2015 came from registering early. Remember to complete applications and return them by their due dates. Whether it be having the flexibility to choose from different options, decreased financial cost, or peace of mind, registering your child early for summer camps is the way to go.



2 GET TO KNOW YOUR CHILD: Before even researching any camps, have an open, honest conversation with your child about their interests. You might find that a program they liked last year no longer excites them anymore, or vice versa. Fortunately, the sheer number and variety of camps offered will tailor to most every child's niche. Other questions to ask your child may be, "What have you always wanted to do but never got the chance to?" and "Who do you

want to surround yourself with?" Ultimately, your child will be the one participating in the summer camp, and you'll want to make sure they are looking forward to attending it. Although getting your child's opinion is essential, remember to maintain a balance between their opinions and yours. The skills you want your child to practice are equally important to their hobbies and interests, and you may have greater insight on their strengths and weaknesses than they do. Just like a puzzle, these key components will all come together to help you and your child decide on the right summer camp. An open conversation about your child's wants and needs in a camp ensures that they have as much fun as possible while getting a positively enriching experience.



3 KNOW YOUR OPTIONS: You can be assured that there is likely a camp that fits your criteria and your child's interests. Besides using local resources—like What's Up? Media's Summer Camp Guide (appearing in our February issues) and online guides such as findacacamps.org—to research camps, you can also check if local museums, recreational centers, schools, and places of worship offer unique camp experiences. With a multitude of options available, it can be hard to narrow them down and commit to one. This is where the last step, or the completed puzzle, comes in handy. Take into consideration your child's interests and first determine the type of camp you want your child to attend. Does your child have a specific sport they want to hone their skills in? A specialty sports camp may be a good option. Do you want your child to spend their day outdoors engaging with nature? Consider recreational/outdoor camps. Secondly, consider the

duration and location of the camp. If your child can handle being away from home for a long period of time, an overnight camp can be great; if not, a day camp can offer the same enriching experiences, but with the comfort of returning home. Location depends on your preferences as a parent and how comfortable you are with their level of independence. Thirdly, make sure that it offers the accommodations that your child needs, such as specific medical assistance or dietary options. Safety is key when sending your child away from home. Lastly, but most importantly, consider the cost and the financial assistance available. Make sure you are financially stable enough to take on the cost of sending your child to camp. If not, consider alternative financing solutions (start a GoFundMe page) or registering early to help lower the cost.



4 VISIT THE CAMP: Camps can look great on paper or on their website but can render sub-par in reality. Visiting a camp is ultimately the best way to break down the barriers and get a feel for what the camp will actually be like for your child. Before going, have an idea of their credibility; that is, the staff retention, reviews, and notable awards and honors. A tool worth using is the Camp Program Quality Assessment (CPQA) Short Form, published by the ACA to assess a potential camp. On it, you can document all the necessary information you feel is a factor in the decision. If you are able to observe the camp in action, keenly watch how the staff treats the children, and if the overall environment is positive and accepting. Are they attentive and closely involved during activities? Do the campers feel safe to express their opinions and concerns? Are the activities engaging? If you

can't visit, make time to contact the staff for an informative Q&A. Consider the camp's physical, emotional, and environmental aspects. The main question you should be asking is, "Will my child feel comfortable learning the beneficial skill sets that this camp has to offer?" Keep in mind your child's criteria and create a scale on which you rate the camps you have visited or contacted. This will make your decision in the end much easier. Finally, consult with your child to make a choice and register for the program.



5 PREPARE YOUR CHILD FOR CAMP: The last piece in this puzzle is making sure that your child is prepared and ready to go to camp, especially if it is an overnight camp away from home. This depends on a multitude of factors, from comfort level to social and communication skills. Ask yourself, "Does my child have positive experiences away from home?" If the answer is no, take time to practice these skills with your child. Whether it be encouraging them to have sleepovers away from home, positively reinforcing acts of independence, or encouraging good hygiene and neighborly social skills, you can teach your child to become more self-sufficient and comfortable with a camp lifestyle. It's totally normal for your child to still be nervous about going to camp. In fact, summer camps are supposed to help children overcome these fears and should provide a safe space for them to do so. According to the ACA, 74 percent of children said they did things at camp that they were afraid of doing at first. Fostering a positive attitude towards summer camp will make your child excited for summer camp and the critical life-long lessons it has to offer.

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Enrollment: 475

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21
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teacher ratio

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- Develops knowledge, skills, and a desire for success in high school & beyond
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Co- and extra-curricular

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- Middle school elective courses
- Summer enrichment

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CAMPUS NOTES

Year Founded: 1957

Religious Affiliation:
Episcopal

Grades:
Preschool-8

Head of School:
Mr. Jamey Hein

Enrollment: 170

Tuition & fees:
\$3,300 - \$13,200

Before and Aftercare Available

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

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

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

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

Students benefit from learning and socializing on our vibrant 8-acre campus in the heart of Severna Park. Our state of the art Innovation Lab, renovated playground, and brand new 8000 square-foot addition enhances learning opportunities for all ages.



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

8:1
Student to
teacher ratio

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





CAMPUS NOTES

Year Founded: 1963

Religious Affiliation:
Episcopalian

Head of School:
Mr. Michael S. Mullin

Grades:
Preschool – Grade 8

Enrollment: 443

Tuition and Fees:
\$9,690 - \$13,370

HOLY TRINITY: AN EPISCOPAL SCHOOL

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

The learning environment helps shape young minds into future leaders. Holy Trinity: An Episcopal School in Bowie/Glenn Dale is unique in its vision to help students develop into "The Best You." Our students are often praised for their well-roundedness, academic prowess, and confidence. We are a Pre-Kindergarten through 8th grade independent school. We provide a nurturing environment with the whole child in mind; intellectual, spiritual, social, and physical development.

Our students use the skills and knowledge that they learned to succeed at the rigorous academics in top-rated high schools in the area. All students are required to play a musical instrument. Many students have gone on to earn both academic and music scholarships. The Science and Technology program at Holy Trinity has excellent resources, equipment, and educational material.

Please visit us at htrinity.org and arrange a personal tour.



18
Average
Class Size

10:1
Student to
teacher ratio



CAMPUS NOTES

Religious Affiliation:
Catholic

Grades:
9-12

2019 – 2020
Enrollment: 1220

2018 – 2019 Tuition:
\$17,250

ARCHBISHOP SPALDING HIGH SCHOOL

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

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

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

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

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



24
Average
Class Size

15:1
Student to
teacher ratio





CAMPUS NOTES

Year Founded: 1845

Religious Affiliation:
Catholic

President:
Br. John Kane, FSC, Ed.D.

Principal:
Mr. Charles Stembler '83

Grades: 9-12

Enrollment: 1,175

Tuition and Fees:
\$16,975

CALVERT HALL COLLEGE HIGH SCHOOL

8102 LaSalle Road, Baltimore, MD 21286 | 410.825.4266 | calverthall.com

As a Catholic, Lasallian college preparatory school, Calvert Hall prepares a diverse community of young men to achieve their full potential utilizing their unique talents. Through excellent academic and extracurricular programs, led by innovative and dedicated educators, our students become confident men with the ethical foundation to think independently and lead responsibly. Inspired by the faith and zeal of St. John Baptist de LaSalle, our students develop a respect for others as part of an inclusive, lifelong Calvert Hall brotherhood as Men of Intellect, Men of Faith and Men of Integrity.

In the classroom, students are able to compete at the highest level by taking 25 AP courses, 97+ academic electives, honors courses, Project Lead The Way engineering courses, STEM courses, and participating in The Leadership Institute. Our courses teach our students

to think independently, logically, and creatively. Each student is also assigned both a school and a college counselor.

There is something for everyone at Calvert Hall! We offer 40 MIAA teams in 17 different sports as well as 50+ clubs and activities. Our clubs range from Model UN to Robotics (ranked top 10% in the world) to UAV to Journalism. Our phenomenal fine arts program includes visual arts, instrumental music, vocal performance, and theatre. The competition marching band won their 5th Maryland State title and 4th National title in 2019.



18

Average
Class Size

11:1

Student to
teacher ratio



CAMPUS NOTES

Grades:
Pre-K3 – 12

2019-2020 Enrollment: 534

2019 – 2020 Tuition:
\$8,910-\$26,990

Flexible Tuition available

College acceptance rate: 100%

100% of students in the Class of 2020 have taken at least one AP class

INDIAN CREEK SCHOOL

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

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

A great deal of thought goes into an Indian Creek School education. For over 40 years, we've taken the latest research on how children learn best and applied it to our practice. At Indian Creek School, we know that non-cognitive skills such as resilience, curiosity, passion, and optimism are important for success in college and beyond. Our program intentionally incorporates opportunities to build and practice these skills throughout our curriculum for all ages. Students learn best when they are happy and safe. We create a learning environment where our teachers know their students both as people and as learners. These connections help students to gain confidence, acquire strategies for managing stress, and enjoy meaningful learning opportunities.

Our faculty members personalize their teaching to each child's learning style. Teachers apply best practices from neuroscience research to create

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



15

Average
Class Size

7:1

Student to
teacher ratio



CAMPUS NOTES

Individualized Programs

1:1 Tutoring

State Certified Teachers

Grades: PK-12, College

Test Prep for SAT, ACT, PSAT, High School Entrance Exams, GED, ASVAB

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1403 S Main Chapel Way, Suite 107, Gambrills, MD | 410.451.0049 | GambrillsMD@HLCmail.com

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2+

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7+

Point increase on ACT

250+

Point increase on SAT



CAMPUS NOTES

Year Founded: 1844

Religious Affiliation:
Non-sectarian

Headmaster:
Chris Post

Grades:
K-12

2019 – 2020

Enrollment: 625

2018 – 2019 Tuition:
\$21,220 - \$30,530

BOYS' LATIN SCHOOL OF MARYLAND

822 W Lake Ave, Baltimore, MD 21210 | 410.377.5192 | boyslatinmd.com

Founded in 1844, Boys' Latin School of Maryland is an all-boys independent school serving boys in grades K-12. For over 175 years, Boys' Latin, has been educating boys and young men. Rooted in our motto *Esse Quam Videri* — meaning "to be, rather than to seem" — every boy is encouraged to be true to who he is, and who he wants to become. World-class faculty, challenging academics, and character development remain the hallmarks of a Boys' Latin education.

understand the importance of character education. Our core values—courage, compassion, and integrity—are kept at the forefront of all we do. The outcomes speak for themselves: Boys' Latin graduates attend top colleges and universities across the country and are prepared for the real world and ready to make a difference.

In this fast-changing world, we know how important it is to equip young men with the skills necessary to succeed in college and beyond. That is why we actively teach critical thinking, collaboration, leadership, and problem solving. We also



13

Average Class Size

7:1

Student to teacher ratio



CAMPUS NOTES

Year Founded: 2002

Religious Affiliation:
Catholic

Principal:
Ms. Nancy Baker

Grades: PreK4 - 8th

Enrollment: 750

Tuition and Fees:
\$4,960 - \$8,450

SCHOOL OF THE INCARNATION

2601 Symphony Lane, Gambrills, MD 21054 | 410.519.2285 | schooloftheincarnation.org

School of the Incarnation is a fully-accredited Catholic school that educates over 750 students in central Anne Arundel County on a beautiful 26-acre campus. School of the Incarnation is officially associated with the five Catholic parishes St. Joseph Catholic Church, Our Lady of the Fields, Holy Family Catholic Church, St. Elizabeth Ann Seton Catholic Church, Our Lady of Perpetual Help Catholic Church. The School of the Incarnation embraces an inter-parish community of children with differing gifts. Through collaboration amongst the faculty, parents, and other professionals, the School is dedicated to cultivating and promoting academic excellence in an environment immersed in Gospel values. This commitment is woven seamlessly into the academic program and student life. We seek to provide a distinctive educational experience to a diverse body of learners and to cultivate our students' ability to think globally and behave ethically.



\$500,000

High School scholarship offers over the next 4 years for class of 2019 graduates

16:1

Student to teacher ratio



CAMPUS NOTES

Year Founded: 1977

Religious Affiliation:
Baptist

Head of School:
Mr. Scott Milner

Grades: K3-12th

Enrollment: 189

Tuition & fees:
\$5,000 - \$6,500

ODENTON CHRISTIAN SCHOOL

8410 Piney Orchard Parkway, Odenton MD 21113 | 410.305.2380 | ocs.odentonbaptist.org

Odenton Christian School serves grades K3 through 12th on a campus in Odenton, Maryland. We strive to honor and serve the Lord Jesus Christ by providing an opportunity for godly young people to obtain a high-quality education in a Christ centered and disciplined environment which is free from worldly behavior, and secular and/or humanist philosophy. Grounded in the Abeka curriculum, our students pursue a rigorous academic program while also developing artistically and athletically. Starting in Kindergarten, our students learn in structured environment while also fostering their natural sense of play and curiosity. From daily Bible activities to academic lessons to ample active time, our students are empowered to learn.

Our experienced teachers guide our students in the Elementary School (grades 1 – 6) through a rigorous academic program that provides them with the foundational skills necessary to succeed at

the Secondary level. Our Elementary students also participate in Fine Arts, a cornerstone of our school and a key to developing young minds. At the Secondary level (grades 7-12) students take a broad range of courses to ensure they are ready for the future that lies ahead. Specifically, we offer STEM and non-STEM tracks to allow for students to pursue their interests while at the same time garnering the firm foundation required for all students regardless of their future plans.



12

Average Class Size

8:1

Student to teacher ratio



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Home & Garden

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Fixing a No-View Conundrum

A CREEK-SIDE HOME RE-BUILD AND THE TEAM THAT MADE IT HAPPEN

By Lisa J. Gotto | Photography by Curtis Martin Photography

When an Annapolis couple moved into their lovely, two-story brick Colonial nestled within a robust copse of mature trees along a creek 12 years ago, they knew a few things right away: that they would enjoy the proximity to the water for years to come and—in years to come—they would need to make serious changes to the home's structure if they were to ever truly take advantage of its tranquil water views.

TAKING STOCK

First and foremost; they loved the land. The couple is environmentally mindful in everything they do, so the wooded nature of their lot with many large trees spoke to them. Two trees in particular, a large willow oak and majestic maple tree had been providing ample summer-time shade, so they wanted to preserve them. The nearby creek and the home's accompanying dock and slip, made Bay access a breeze for the avid boaters. So those vital aspects checked off two very important boxes for them.



And while they also loved the privacy the home afforded them, the style of the home consistent with that of most two-story Colonials, was limiting to them.

“The original home was built in the '60s or '70s without any consideration taken to situate it for water views,” notes the husband.

Colonial homes in general are known for their charming windows with grid inserts; very quaint in Colonial times with a candle on every sill, but not as practical or desirable when they're obstructing a water view.

“They were small windows,” he says, also noting a problem with the location of key rooms. “The family room and the dining room faced the driveway.”

“The best view from the house was from the laundry room,” adds the wife. So, room placement was also an issue.

“We took a look at the architecture...,” says the husband, who has a professional background in electrical engineering and a keen interest in home construction, “...the stairway was right in the middle of the house which created some strange flow patterns. I thought about how to move the stairs to a different place to open it up. Renovation was further complicated by the brick exterior.”

Ideally, they wanted cathedral ceilings, but the home was configured with a bath and a bedroom in the second story space that they would have to take out in order to make that happen.

What they did do early on to address the limited views was add a screened-in Florida room facing the creek off the back porch. Needless to say, this room became the most popular in the house. “We spent 90 percent of our time out there,” the wife says.

For the coolest months, they added a wood stove. However, with no ventilation connection to the rest of the home, the room again was limiting and definitely did not provide a long-term solution to their no-view conundrum.

“At that point,” he says, “you’re starting to take a look at ‘why don’t we just tear this down and start over again,’ because it’s actually less expensive to do reconstruction, or to do a new build than to try and fix what’s there.”

REBUILDING THE DREAM

The plans to tear-down and rebuild began in earnest in 2017, when they started researching floorplans online. This led them to an article about energy-efficient homes that mentioned a company called Bensonwood Homes located in New Hampshire. Further research provided a name of another company located in Idaho that specialized in timber-framed energy-efficient homes. With somewhat of a plan and definite dreams in mind, the two took flight to see what both companies had to offer.

Both offered floorplans with convenient, yet extremely well-conceived custom home options. Both companies would pre-fabricate some of the structure, building the



shell in a factory and then shipping it to their lot in Maryland. The couple was intrigued—and encouraged by the time that might be saved by going this route with the build.

Working from a photo in a brochure of a home interior they loved, and a draft floorplan that they created, the homeowners sat with an architect at Bensonwood and collaborated until a clear plan was devised—a plan that would take them far from the colonial framework that they had to the perspective of a visually stunning timber-framed contemporary.



ADDRESSING CRITICAL AREAS

Back in Annapolis with floorplan in hand, they had other hurdles to consider before the tear-down and build could start. As with many homes in our area, situated on the water, the home is located in a “critical area.” This designation was initially discussed during their session with the Bensonwood architect, as the original home’s footprint could not be altered in any way that would encroach on the critical areas or they would be in conflict with the State’s restrictions.

Another concern: on-site project management and custom building and construction know-how for crucial issues such as permitting, tear-down management, building integrity, and custom interior integration. For this, the couple turned to a local, award-winning custom home builder, Lundberg Builders of Stevensville. Their choice of builder would play a key role in many critical issues associated with this unique rebuild—not just the ones the State dictates.

In the fall of 2017, the homeowners and the Lundberg team began the daunting

process of the excavation and the demolition of their existing home. While it may seem like this is pretty elemental once you get a wrecking ball in place, they did not necessarily want it to go down that way. They researched and then expressed their environmental concerns with Lundberg Builders Site Supervisor, Keith Germerhausen, who made sure that as many of the dismantled materials as possible would go to a company specializing in home material recycling. Windows and doors were carefully removed for re-use, two by fours, timber, and other salvaged wood was

piled and designated for recycling, and two stories worth of sturdy bricks from the colonial, with the exception of the fireplace brick, were saved and then donated to Baltimore-based nonprofit, Second Chance.

So, by the time the couple took delivery of their first tractor-trailer full of building materials from Bensonwood in January 2018, the husband was more than ready to continue his hands-on participation in the build. (It took five tractor trailers to deliver all the materials that would be necessary to build the shell of their new home.)

The husband not only took detailed notes on every step of the process, he rolled up his sleeves and was anxious to help with as many parts of the build as he could. That started with those first deliveries of the materials, which included the large sections of pre-built exterior panels. The entire construction team on the ground was composed of four Bensonwood employees, two Lundberg employees, including Keith Germershausen, and the husband.

The build required fresh poured footings and foundation walls which would provide the base for those pre-built exterior panels, which are very similar to SIPS (structural insulated panels), only these are constructed of dense-packed cellulose instead of foam insulation. The result is an extremely durable, tightly-built, and energy-efficient structure.

A hydraulic truck crane was tasked with hoisting the heavy panels and sections of Douglas Fir timbers, and then lowering them into place per the exacting specifications of the new home's footprint. "When the panels get assembled all the seams are taped," explains Germershausen, who adds that vapor barrier zip sheeting is used to construct the panels to help reduce air infiltration.

In little more than two weeks-time, the installation of the home's exterior walls and roof was complete and the crew began roughing out the interiors. At this point, the Bensonwood crew returned to New Hampshire and the custom interior work was done by Lundberg Builders.

One of the most popular interior elements, the new wood stove in the main living area, would be the husband's project, and once in place, it provided the crew with the first warm days they had in a very cold-weather undertaking.

Within weeks the blueprint transitioned into the true vision. The lower level open floorplan flowed from a spacious entryway to a two-story great room with impressive and expansive fir timber framing. The moment you walk onto the classic oak floors at the front door you have a clear sightline to the creek that winds along the back of the house; the lush tree canopy bordering the wall of windows like a custom frame.

OPTIONS, DECISIONS, AND THAT ALL-IMPORTANT KITCHEN

Not everything about the old house had to go. Earlier, during the demolition process, the wife had a specific request: Could the second story bathroom be saved and re-installed into the new property?

"I said, 'I really like this bathroom; if you could just pick it up and move it to the new house.'"

She says the team at Lundberg did not bat an eye; they told her they would make it work. She was not disappointed, noting that Lundberg did make it work despite the fact that it wasn't the same size, they had to add a shower, and they needed to uninstall and then re-install a clawfoot tub.





She also had a very vested interest in the outfitting of the roomy, rustic kitchen they had been planning and seeing that come to fruition. Fortunately, many of the mandatory material, finish, and fixture choices were made by this time since the couple had done a great deal of pre-planning.

One finish decision that did need to be made toward the completion of the project was the choice of hardware for the kitchen cabinets and drawers. What could have been a problem for some people, turned into one of the charming get-togethers the homeowners hosted during the building process. A housewarming party was thrown for them and guests were given the suggestion to each bring a knob for their kitchen cabinets and drawers.



Walking through the kitchen today you will find an eclectic collection of knobs—each with a special meaning or story of its own created with the help of the giver. The homeowners cherish it.

So, what started out as a couple with a house full of hiccups became a true collaboration of the discerning homeowners, a visionary home design company, and a local builder with optimal project management and construction expertise.

“I couldn’t imagine having anyone different on that team,” the wife says of all the people it took to turn a house without one good view into a home with many great ones.

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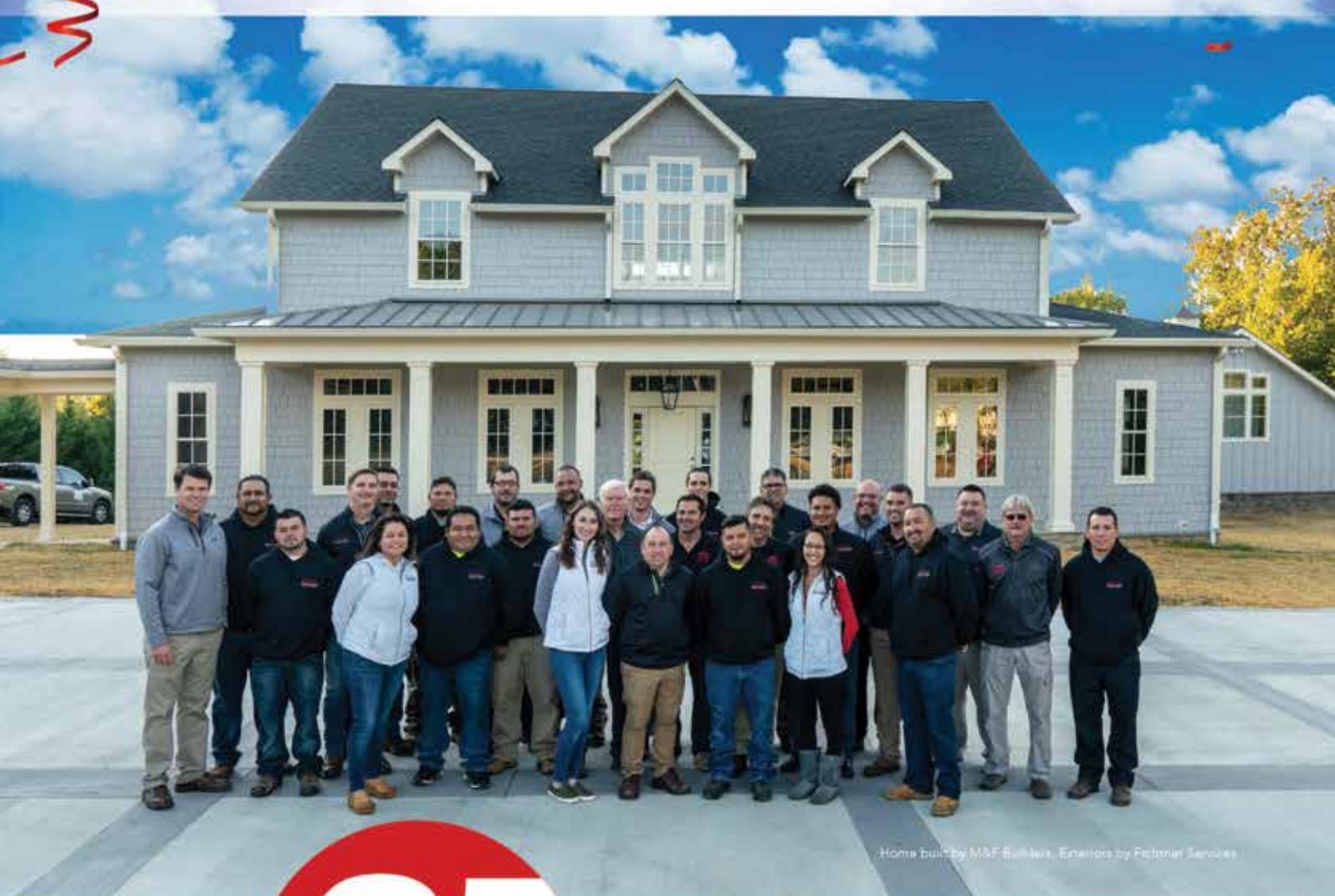
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HOME DESIGN

Style-Driven

EXPLORING YOUR PREMIUM KITCHEN OPTIONS

By Lisa J. Gotto

The custom kitchen—for many homeowners there is no other option. A custom kitchen provides a homeowner with the opportunity to move beyond cookie cutter and inject aspects of their own personality into the most popular room in the home. This is especially true when it comes to appliances, which many times serve as a focal point of the room where everyone loves to gather.

Several manufacturers have realized there is a niche in the market somewhere between custom and big box retail. GE Appliance was one of the first. They introduced their Café line of appliances in 2018 in response to this and their customers' ongoing need for customization; creating a new category in the process, the "premium kitchen." More than a trend, customization is everything today's consumers want and now seems perpetually intertwined with customer satisfaction.

IT'S ALL ABOUT COLOR, MATERIAL, AND FINISH

After many years in which consumers were offered only stainless steel as a high-end look for appliances, a level of gray burnout occurred. Fresh appliance options were suddenly offered in brushed bronze, brushed copper, brushed stainless, and brushed black hardware, combined with luxury matte finishes. This is seen as an appliance marketplace disruptor.

Going beyond stainless steel to set a "premium" tone in the kitchen with luxury matte finishes has broadened what can be done from the design standpoint significantly. While stainless steel remains popular for those who choose to create a look with cabinetry and/or fixtures, the option for a sleek matte finish from your refrigerator right down to your microwave oven is what "wow factor" looks like in many millennial homes.



The arrival of these new appliance options also coincides quite nicely with a key designer trend, mixing metals. This trend could become as influential and enduring as the pop of color trend has been in décor. The freedom to mix elements of brass, copper, silver and bronze tone, and matte gold is being widely embraced and has opened up a new way of thinking about your kitchen's hardware. Handles, knobs, and drawer pulls are being seen as stylish accessories with designers creating palettes that work together to bring warmth to the room, lend interest, and even make a statement.



MORE IN STORE

Other well-known manufacturers seem to be responding to the consumer demand for more than stainless by offering a few extra color and finish options, as well. Maytag has added a Cast Iron Black finish that creates a matte look to their stainless appliances and KitchenAid and Frigidaire are offering a sleek version of black stainless steel.

Samsung has recently introduced what it calls the Tuscan Stainless Steel Kitchen. While it is described as a neutral look for the kitchen because the finish has the unique ability to blend or offset many cabinetry choices, its tone appears to be a deep bronze hue with just a hint of plum, thus inspiring the Tuscan nomenclature.

With trends like personalization and customization on the rise as we head into the 2020s, we can expect more options from premium kitchen retailers as they seek to please the ever-demanding custom-minded consumer.





Primary Structure Built: 2002
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Bedrooms: 5
Baths: 5 full, 1 half bath
Living Space: 7,996 sq. ft.
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HOME REAL ESTATE

Davidsonville Dream

By Lisa J. Gotto

An exceptional standard of living is achieved in this 7,000 square-foot-and-then-some dream of a home on more than 4½ acres in the desirable Ashley section of Davidsonville. Natural light flows through the sunny and spacious main level and into the gourmet cherry kitchen which is outfitted with custom details such as a built-in coffee cupboard, remote Lutron lighting, and a high performance Advantium in-wall oven. Mirage hardwood floors throughout and handmade wood shutters with a lacquer finish lend warmth and appeal to its large gathering spaces.

This five-bedroom dwelling offers a roomy master suite with a convenient walk-in closet featuring soft-close drawers, jewelry drawer storage, valet rods, and tie and belt racks.

Downstairs, a finished basement is highlighted with a media room and a wine bar. Overnight guests will be treated to a stay fit for a hotel awards club member with its built-in Murphy bed wall system equipped with a memory foam mattress for maximum comfort. A full bath, fireplace, and a wet-bar round out the well-appointed guest quarters.

Outside, the home is surrounded by a lush tree line that frames the property and provides an optimal level of privacy. This is especially desirable for the resort-like outdoor living area complete with multi-level entertaining spaces, outdoor



bar and grill, and a lagoon-like, in-ground, salt water swimming pool. Professional landscaping with perennial plantings is already in place to lend seasonal ambiance and interest.

Upkeep will be easier for the new homeowners with the recent installation of a LeafGuard gutter system, a newer, 30-year shingle roof, and a garage that offers various storage options including slatted walls with an easily adjustable accessories package and overhead storage racks. The home is also equipped with a reliable natural gas Generac Generator capable of servicing the entire home in the event of a power outage.

This property was listed on April 4th, 2019 and its off-market date was August 23rd, 2019. It closed on October 25, 2019 after being on the market 42 days.

Listing Agent: Bill Franklin; The Bill Franklin Group @ Long & Foster; 2191 Defense Highway, Crofton MD; 410-721-1500; Bill.franklin@longandfoster.com

Buyer's Agent: Eric Haskins; The Haskings Group, 6710 Oxon Hill Rd, Oxon Hill, MD; 301-245-6030; thehaskingsgroup@gmail.com

A large photograph of a modern kitchen. It features blue lower cabinets and white upper cabinets. A large white countertop island with a sink and a blue bar stool is in the center. The kitchen is well-lit with pendant lights and recessed lighting. At the top of the image, there are three award banners: 'WHAT'S UP? Annapolis Best of ANNAPOLIS 2017', 'WHAT'S UP? Annapolis Best of ANNAPOLIS 2018', and 'WHAT'S UP? Annapolis Best of ANNAPOLIS 2019'.

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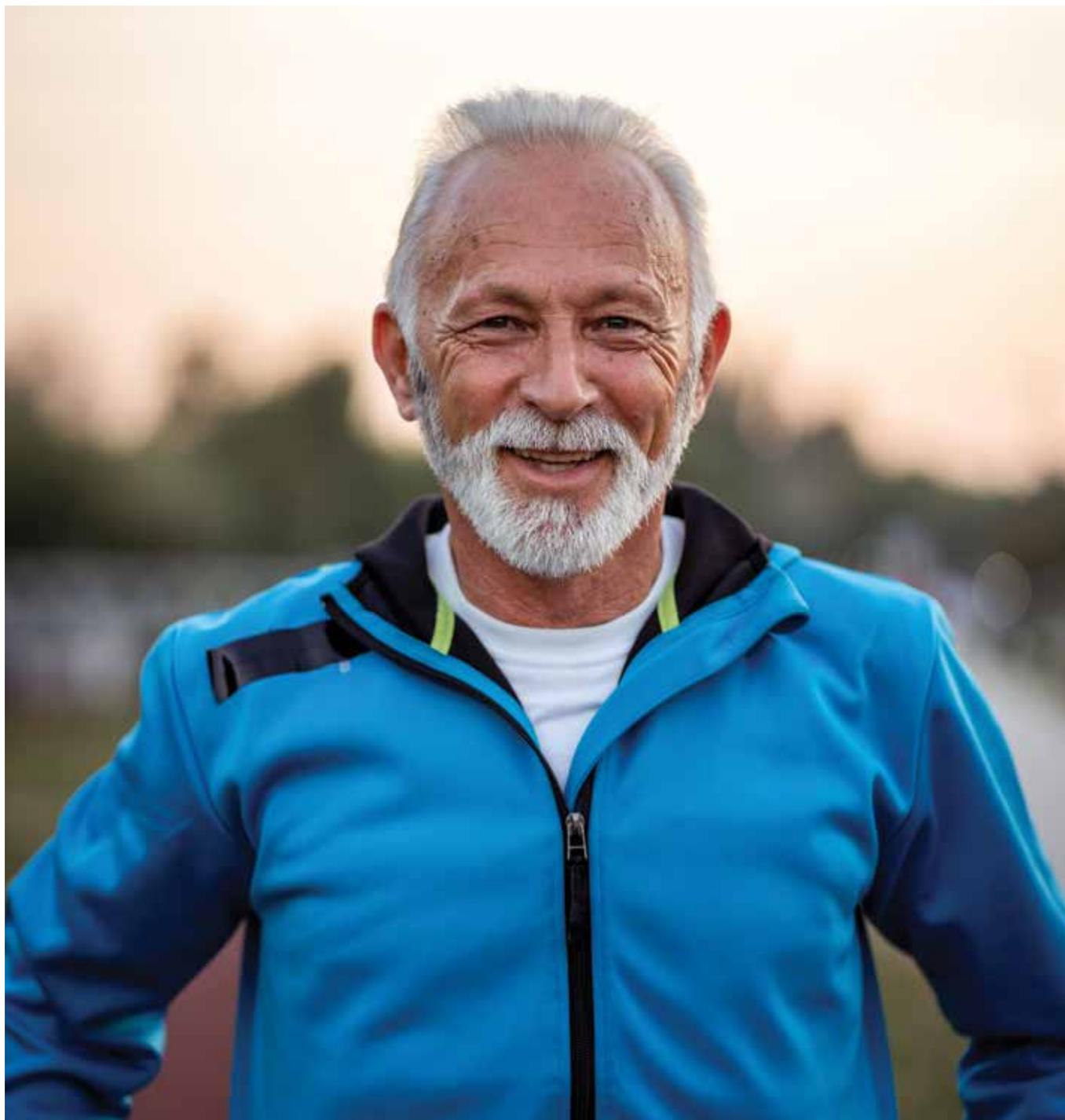



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Health & Beauty

124 HEALTH REPORT | 125 FRESH TAKE | 126 A DECADE'S IN THE MAKING!



Health Report

By Lisa J. Gotto



COULD HOT YOGA BE A HELP FOR MDD?

MDD, or Major Depressive Disorder, is a chronic and non-remitting form of depression that transcends the emotional experiences of sadness, loss, and changing moods. It is said to affect about 15 percent of the adult population at some point of their lives and has, thus far, been unresponsive to many traditional treatments for depression.

That is a why a study currently underway at Massachusetts General Hospital (MGH) is being seen as critical toward advancing treatment. MDD is a leading cause of disability issues with significant socioeconomic implications worldwide.

The study intends to follow 30 adults from age 18 to 80—who are in otherwise good general health but who experience significant symptoms of MDD—through the practice of Bikram yoga, a type of hot Hatha yoga. This yoga is typically practiced in a room heated to 105 to 110 degrees with about 40 percent humidity. Using standardized dialogue, it will take participants through 26 sequenced postures, which are performed in the same order during every 90-minute class.

Maren Nyer, PhD, is the director of Yoga Research in MGH's Depression Clinical and Research Program. "Hot yoga, practiced by a growing number of people, appears to be a promising treatment for depression," she says, citing that its regular practice may regulate certain physiological functions that could contribute to the reversal of a depressed state.

The eight-week program has been designed to test the safety, effectiveness, and tolerability of Bikram yoga compared to a control group of waitlisted participants. The study will examine the effects on a participants' depression, quality of life, functioning, and the common physiological markers associated with depression. These include inflammation, autonomic arousal, and stress hormones.

Researchers are hopeful that results bear out a positive outcome so they will have a new treatment for a condition that has, thus far, been frustrating and challenging to treat.

"This is an important study," says David Mischoulon, MD, PhD, director of Research of the MGH Depression Clinical and Research Program. "If hot yoga proves to be effective, it would be an excellent and safe treatment option for people who have not benefited from regular antidepressants, cannot tolerate their side effects, or choose not to take them."

TRENDING SLEEP AID

Toss. Turn. Repeat. If this is your nightly routine, you have probably tried just about everything from melatonin to warm milk to lavender to get relief. Have you tried a weighted blanket yet?

The weighted blanket has been used medically for some time as a way to administer therapy for children with autism or to calm behavioral disturbances in children. This methodology has been compared to work in the same way as swaddling does for

a baby at sleep time by making the infant feel more secure and comforted. This is also known as a sensory activity that associates sleep with a particular calming object, like a teddy bear, or a practice, such as aromatherapy.

These blankets are becoming more popular for use among adults as our society continues to struggle with getting a good night's sleep. (One in four people develop insomnia every year.)

As a result, companies who manufacture these blankets have noticed a definite uptick in sales over the last two-year period. Their popularity is increasing, in part, due to their holistic approach to insomnia with no doctors' visits and no drugs required.

Weighted blankets look much like regular blankets, but are filled with plastic beads or pellets to make them heavier, weighing anywhere from three to 20 pounds. For the best results, manufacturers recommend using your body weight as a guide, so you should select one that weighs approximately 10 percent of your total body weight.

So, do they work? Unfortunately, blind studies on their use are not possible because participants can easily tell if a blanket is heavy or not.

If you wish to try the trend be prepared to dig deeper than the cost of the lavender spray, as they cost anywhere from \$100 to \$200, and while some users claim they work wonders, most user satisfaction data varies widely.

When it comes to sleep, however, most sufferers would be willing to pay just about anything for a good night's worth.

POTENTIAL GOOD NEWS FOR WOMEN REGARDING COGNITIVE DECLINE

Researchers are encouraged by the results of a recent clinical study of 2,000 post-menopausal women. The study, which recently appeared in the *North American Menopause Society* (NAMS) journal, followed women over a 12-year period, analyzed the link between levels of estrogen and cognitive decline. The study took into account the women's reproductive history, the number of years that had passed between their first period and menopause, number of pregnancies, how long the women had breastfed, and if they had ever used hormone replacement therapy, and, if yes, for how long.

The study concluded that estrogen exposure is linked to better cognitive health in older women. The benefits were also found to be stronger for the oldest women in the sample, who started taking estrogen the earliest.

"Although the assessment of the risk-to-benefit balance of hormone therapy use is complicated and must be individualized, this study provides additional evidence for beneficial cognitive effects of hormone therapy, particularly when initiated early after menopause," stated Dr. Stephanie Faubion, the medical director of the NAMS.

Fresh Take

MEYER LEMONS

By Lisa J. Gotto

So, it's the middle of winter and that means many of our favorite fresh fruits are harder to come by. You don't have to forego all the wonderful sources of vitamin C this time of year, however, as Meyer lemons are currently in season. "What's the difference between a regular lemon and a Meyer?" you may ask. Meyer lemons are somewhat sweeter than their standard counterpart, so they contain more sugar, but less acid, making them taste milder and not as tart as regular lemons. As a result, they work exceptionally well in many entrée- and dessert-based recipes. Our advice is to grab a few and whip up this recipe—Zesty Glazed Lemon Pound Cake—to add a little sunshine to an ordinary winter day.



Zesty Glazed Lemon Pound Cake

INGREDIENTS

1/2 Tbsp. butter to grease pan
 1 1/2 cups all-purpose flour, plus a little more to dust pan
 1/2 tsp baking powder
 1/4 tsp baking soda
 1/4 tsp kosher or sea salt
 3/4 cup sugar
 2 Meyer lemons, zested
 1/4 cup, softened, unsalted butter
 1 large egg
 1/4 tsp pure vanilla extract
 1/4 cup plain fat-free yogurt
 3/4 cup low-fat buttermilk

INGREDIENTS FOR GLAZE

1/2 cup sifted confectioners' sugar
 1 Tbsp Meyer lemon juice
 1/2 tsp Meyer lemon zest

DIRECTIONS

Preheat oven to 350°F. Coat an 8 x 4-inch loaf pan with butter, dust the inside with flour, tapping to remove excess flour. Line the bottom of the pan with parchment paper and butter and dust that with flour, as well. Tap out excess flour. You can substitute non-stick spray for the butter, if desired. Set pan aside. Using a whisk, blend flour, baking powder, baking soda, and salt in a medium-sized bowl. Set aside. Place lemon zest and

sugar in a food processor and pulse for 30 seconds. Beat butter and lemon sugar mixture in a large mixing bowl at medium speed until mixture is light and fluffy. Beat in egg and vanilla. Combine yogurt and buttermilk in a small bowl. Begin to add 1/2 the flour mixture at low speed just to combine with the ingredients in the large mixing bowl. Then add the yogurt and buttermilk to this. Finish by adding the rest of the flour mixture and continue on low speed until batter is smooth. Add to prepared pan, smoothing the top and tapping the pan on counter top to dislodge any air bubbles in batter. Place in the middle of centered rack in oven and bake for 60 minutes. Insert toothpick upon removal to ensure the cake is baked through. Cool pan on a wire rack for 10 minutes and then remove to a wire rack to complete cooling. To make glaze, combine sifted confectioners' sugar in a bowl with lemon zest. Add the lemon juice and whisk all ingredients together. Drizzle mixture back and forth across width of completely cooled cake. Let set before serving. Storing suggestion: Keep in an air-tight container for up to 3 days in refrigerator.

A Decade's in the Making!

20 TIPS FOR A HEALTHY NEW YEAR

By Lisa J. Gotto

2020 has arrived! Can you believe it? A fresh, new decade is upon us and to make the most of it you are going to want to feel and be your healthy best. To help in that effort we have compiled a list of 20 things you can do right now to improve your quality of life into the decade ahead.

STOP VAPING. If the reports of hundreds of vaping-related illnesses and deaths haven't been enough to sufficiently scare you, the fact that we won't know what the long-term consequences of this practice will be, should. Needless to say, if cigarette smoking remains your vice of choice—QUIT!



ADD PLANTS TO YOUR HOME. The medicinal, environmental, and practical purposes alone make this a no-brainer. Make this the decade you start healing with natural plants like aloe vera, improve your home's environment by enhancing air quality with plants, and get cooking

with fresh herbs that you have grown in container or outdoor gardens.

GET YOUR HOME TESTED FOR LEAD, MOLD, ASBESTOS, AND RADON.

The air that we breathe is paramount. The presence of any of these elements in your home can severely affect your health. You can even perform some of these tests yourself, and websites like healthfinder.gov can also help your find resources for testing.

TRY A CEREBRAL WAY OF WORKING OUT: QI GONG.

Steeped in the centuries-old Chinese philosophy of combining movement of the body and the innerworkings of the mind, this practice of coordinated movements is used in combination with breath work and meditation to increase stamina, improve balance, and enhance circulation.



REMOVE PESTICIDES FROM YOUR HOME. By focusing on prevention, you can deter many common household insects like ants, roaches, and flying insects from getting into your home, bypassing the need for pesticides alto-

gether. Simple rules like, "Don't leave dirty dishes in the sink or anywhere else in the home," is a good place to start. Yes, teenagers, we're looking at you! Clean up all food residue after dining or preparing food. Just one jam-smearing knife left on a counter, can enlist an army of ants to infiltrate your kitchen. Be sure to keep food packages and storage containers tightly closed and check to make

sure any dubious cracks or entry points to your home are properly sealed so the crawling and insects flying insect stay outside where they belong.

REDUCE YOUR USE OF TEFLON. Pans with Teflon and other non-stick coatings contain Perfluorinated chemicals, or PFCs, which over time, can accumulate in the body. While there is currently nothing linking their use to cancer cases,

the FDA does say there is a known human carcinogen among those chemicals and recommends discretion when using these types of pans.



SWAP OUT YOUR TOXINS AT HOME. Cleaning your home is never fun and depending on what you're using to clean it can be dangerous to your health, as well. Swap the chemically-based toxic agents found in store-bought cleaners for more natural agents: vinegar instead of bleach; use hydrogen peroxide as a stain fighter; baking soda to clean tub and tile grout; and borax to control mold. Combining diluted lemon juice with vinegar is also a great window cleaner!



MAKE A COMMITMENT TO REDUCE YOUR SCREEN TIME. By now, there have been enough studies that show that too much screen time on mobile and other devices can lead to sleep problems, relationship issues, and psychological and social

disorders. Start by taking your kids' cell phones at dinner and silence your own. Practice the art of conversation with them.

ENGAGE YOUR BRAIN MORE.

It's not just about retaining your memory anymore. Engaging the brain so it is more agile can produce many benefits. An agile mind helps one elevate their experiences and live more resilient and happy lives. So how does one create mental agility? Changing things up in small ways can help. Taking a vacation or even a coffee break sometimes is enough to create a mind shift. Learn something new. Novelty aids mental flexibility and the act of learning contributes to brain growth. Purposeful spontaneity and being more mindful about words you use and how they can affect you is also useful. Substitute unnecessary negative words and phrases for ones that will better serve you.

FORGIVE SOMEONE. It is true that holding onto something that has hurt you in the past will continue to affect you in the future if it remains unresolved. While this is often not an easy process, the health benefits are worth making the effort. Experts say that people who can forgive exhibit lower levels of depression, anxiety, and hostility. They are also less likely to suffer from substance abuse, have higher self-esteem, and generally are more satisfied with life.



ENGAGE A PEN PAL. While the Internet has provided us with an array of cool communication tools over the last two decades, it has also flooded our inboxes with copious emails we never even open and has us banging into doors or worse, because we're trying to walk and text. Find one friend to strike up a letter-writing relationship with this year and get excited about opening your real mailbox again.

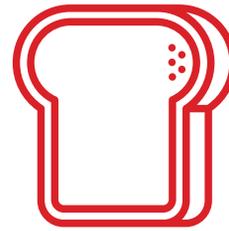
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BUY A BICYCLE. And when you ride it, take some time to remember what this first real taste of personal freedom and conveyance felt like when you were a kid.

RECOGNIZE/REDUCE YOUR SALT INTAKE. Take a look at any processed food you are eating for its sodium count. Just a few of these foods per day can easily tip you over the recommended daily limit of 2,300 milligrams of salt per day. Restaurant meals are also notorious for high sodium content, so diner beware! Too much salt can lead to

high blood pressure, belly bloat, and down the road, it can lead to an increased risk of heart attack, stroke, kidney disease, and dementia. A good rule of thumb if you're watching your salt is not to add any extra to meals or recipes, buy low-sodium options whenever possible, and eat more whole foods.



LEARN TO BAKE BREAD, MAKE ICE CREAM, OR GROW A VEGETABLE FROM SCRATCH THIS YEAR. The satisfaction gleaned from this process alone might surprise you especially if you share the experience with family members and make a project of it. An added benefit? You know exactly where your food came from.

BECOME A MENTOR OR MENTEE. There is so much to be gained from these special relationships. While mentors are helping mentees to build self-esteem, provide career support, and explore best practices, mentees enable mentors to further identify and achieve their career goals, enhance confidence, and gain perspective on their own personal development. Once made, these bonds are often ones that are maintained for the long-term, as well, and it's always beneficial to know you have someone in your career corner.



COLLECT RAINWATER AND USE IT TO WATER YOUR NEW INDOOR PLANTS. This is pretty much self-explanatory; everyone and everything benefits, and it is one of the most basic of recycling practices.

SEE YOUR PHYSICIAN ABOUT ANY MAINTENANCE DRUGS YOU MAY BE ON. Ensure that you actually still need to be taking the medications you're on, or see if you could perhaps be taking a smaller dose. While our physicians may write the scripts, our health is ultimately in our hands.

THROW OUT ANY ZANTAC OR ITS EQUIVALENT YOU HAVE IN YOUR HOME. In September of 2019, the FDA announced that there is an ingredient in the common heartburn drug, ranitidine, that can cause stomach cancer. It's a good idea to do a bathroom cabinet sweep to toss out any expired OTC meds at this time of year, as well.



ALLOW YOURSELF TO REMEMBER AND FEEL JOY. Spreading joy is not a bad idea either. That will help make this a happier New Year for sure!



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Photo by Stephen Buchanan

All So Good in Odenton

By Tom Worgo

Photography by Stephen Buchanan



THE HIDEAWAY

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The Hideaway's owner, Bob Krohn, was in his late-50s when he decided to turn his hobby of cooking into a profession.

So, he embarked on a crash course on barbecue. He read dozens of books, constantly watched cooking shows, and was particularly influenced by the Food Network's Myron Mixon, a celebrity chef and four-time barbecue World Champion.

"I actually went to Myron's house in Georgia for three days," Krohn says of the workshop he attended. "He gives you the enthusiasm and the knowledge of the really fine details to make sure you come up with the best."

Krohn finally jumped into the restaurant business, opening the Smokehouse in Annapolis in 2013. Two years later, he bought The Hideaway in Odenton and sold the Smokehouse, which heinto a popular destination. Beside the food, Krohn says part of the restaurant's appeal is its out-of-the way location.

"As a restaurant and bar, the average of food sales to alcohol sales varies enormously," he says. "Our food sales are way out proportion to a normal bar. We have about 70 percent food to 30 percent alcohol. The reason for that is because everybody loves the food so much."

We recently sat down to talk to Krohn about his succulent barbecue, his extensive selection of bourbons, and the history of The Hideaway.



Tell me about the history of the restaurant

It was previously called Jim's Hideaway. Originally, it was a little front bar and an apartment upstairs going back almost 100 years. In the early '70s, a guy bought it and called it Jim's Hideaway. It was nothing but a little area in the front bar. He went on to build a large dining room and what we consider the main bar. Jim's Hideaway was the place to go for crabs and shrimp. People would come from all over. After Jim died around 2000, there were several owners and the building fell into disrepair. It just died. When I got it, I decided I didn't want to get rid of the name because of its history. We called it The Hideaway.

How would you describe your barbecue?

We have barbecue from all over the place. The pulled pork people might think of as Southern or Memphis. The ribs you would think of as St. Louis or Southern. The brisket, however, is known from Texas and the West. All these items are smoked over pecan wood at a low temperature. We take the extra time to make the barbecue better. It's not about spending more money to make it better, but to give it more time and attention.

What is the biggest challenge in making consistently good barbecue?

When you are talking about barbecue, it is critical you be consistent every single time because if the customers come in and if they love it, they expect to it be exactly the same the next time. It's very important to me to keep the temperature the same every single time. So, we make sure to hold the temperature at 225 degrees and we only vary it five degrees in either direction. Then you have to watch the time very closely. It's a time and temperature thing. When you think you are getting close to the end and it's ready, we always take the temperature of the meat and do something to feel it and make sure it's done.

What is your best-selling item?

It's the wings. They are first dry rubbed, then put in a smoker over pecan wood until they are fully cooked. When they are ordered, they are put in the fryer for about three minutes to crisp up the skin and caramelize some of the sugar that's in the rub. They are, by far, the most popular item.

What else are customer favorites?

After the wings, there are three things tied almost to the dollar in sales. The smoked fried chicken is prepared the same way as

the wings. It's half a chicken. The ribs and the sampler are the others. The sampler has a couple of ribs, pulled pork, a couple of wings, and two sides. The ribs are St. Louis cut pork ribs. They are dry rubbed with our own special sauce. There are 18 different ingredients in the rub. They sit in the cooler all night soaking up all the flavor. They go into a smoker over pecan wood for five and a half hours. When ordered, they are put in a 500-degree oven for about three minutes to bring them up to a mouth-watering finish.

How do you keep the customers coming back?

The food. We go out of the way for that. Once you keep your food quality up and it's tasty, it's very important to make sure the customers feel comfortable. Customers say it a lot that they are comfortable. I go around to the tables greeting everybody, and make sure they feel wanted.

What did you do before you got into the restaurant business?

I was a general manager of a number of large manufacturing facilities. In that job, you managed employees and a process. You make sure the product you are making stays perfect. A lot of these things I learned in manufacturing facilities has translated into the restaurants.

What made you decide to jump from one profession to the other?

I lived in Annapolis down toward Arundel on the Bay. Back then, there was very little choice in what to eat down there. I kind of played this game with myself for a couple of years: was I going to open a restaurant or not and what would it be if I did? I went for it. I thought about what type of restaurant would be good for my talent. The first thing I thought about was barbecue because I wouldn't have to have all kinds of sauté pans and people who know French cooking.



Succulent Pulled Pork

Ingredients

- Blade in (bone in) pork butt (normally 5-7 lbs.)
- Apple cider vinegar
- Apple juice
- Brown sugar-based BBQ rub

Directions

Mix two cups of apple juice and one cup of cider vinegar. With a kitchen injector, inject the pork butt all over, about every one inch apart (and don't be stingy). Apply a heavy amount of rub all over the pork butt and, if you don't have a smoker, place in a pan, in a 275-degree oven, and cook until the internal temperature reaches 200 degrees (about 4-6 hours). Remove and let pork rest about 20 minutes. Then pull apart with barbecue "claws" or forks.

For complete recipes of the country-style mashed potatoes and roasted Brussels sprouts, visit Whatsupmag.com.

How did you come about to feature so many bourbons? Is that a big draw?

That's mostly my son and partner Michael. Michael did something similar that I did. When he decided to learn about the bar side of the business, he studied night and day. He has studied thousands of hours. We have about 50 bourbons. Michael can tell you where every one of them comes from, how they are made, and the different types of bourbons and scotches. Bourbons are very popular in our place. Now, when I drink a bourbon, I will generally sip it and enjoy the differences that Michael has taught me.

Why have you decided to open another restaurant in Annapolis?

If you are a restaurant owner and successful, you kind of look around to see what spaces might be open and have the infrastructure in place. I grew up in Annapolis and know the town and people very well. Julep (a Southern Kitchen and Bar) is the new place. It's Southern food combined with a really good bar. There is just nothing here like it. I just didn't want to open another barbecue place. So why not specialize in Southern food? I can carry some of my top barbecue choices down from The Hideaway. The Julep features southern food from chicken fried steak to pecan smoked ribs to shrimp and grits.

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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; Panerabread.com; American café; breakfast, lunch, dinner \$ 🍷

Querétaro

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

Renos Restaurant

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

Royal Kabab Restaurant

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

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; Vnoodlehouse.com; Vietnamese; lunch, dinner \$

Hanover

George Martin's Grillfire

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

NONNA ANGELA'S

"The Penne alla Vodka is sooo tasty!"

-Cami Benjamin

Little Spice Thai Restaurant

1350 Dorsey Road, Hanover; 410-859-0100 Littlepicethaicuisine.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; Thegrill-atquarterfieldstation.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; Libations-smd.com; American; lunch, dinner, weekend brunch \$\$ ☎ 🍷 🍷 *

Mi Pueblo

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

Pappas Restaurant & Sports Bar

6713 Ritchie Highway, Glen Burnie; 410-766-3713; Pappasrestaurantglenburnie.com; American, seafood; lunch, dinner \$\$ ☎ 🍷

Sunset Restaurant

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

MI CASITA

"The service is great and the restaurant has a nice, cozy atmosphere." -Sydney Roberts WINNER

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; Hunanlrose.com; Chinese; lunch, dinner; Family Friendly: Yes \$

Mamma Roma

Village Center Shopping Center, 8743 Piney Orchard Parkway #102-103, Odenton; 410-695-0247; Mammaromas.com; Italian, catering; dinner \$

Orchard Café

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

Perry's Restaurant

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

Rinconcito Mexicano

1103C Annapolis Rd, Odenton; Rinconito-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; Hideaway-odenton.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; Giannispizzaseverna.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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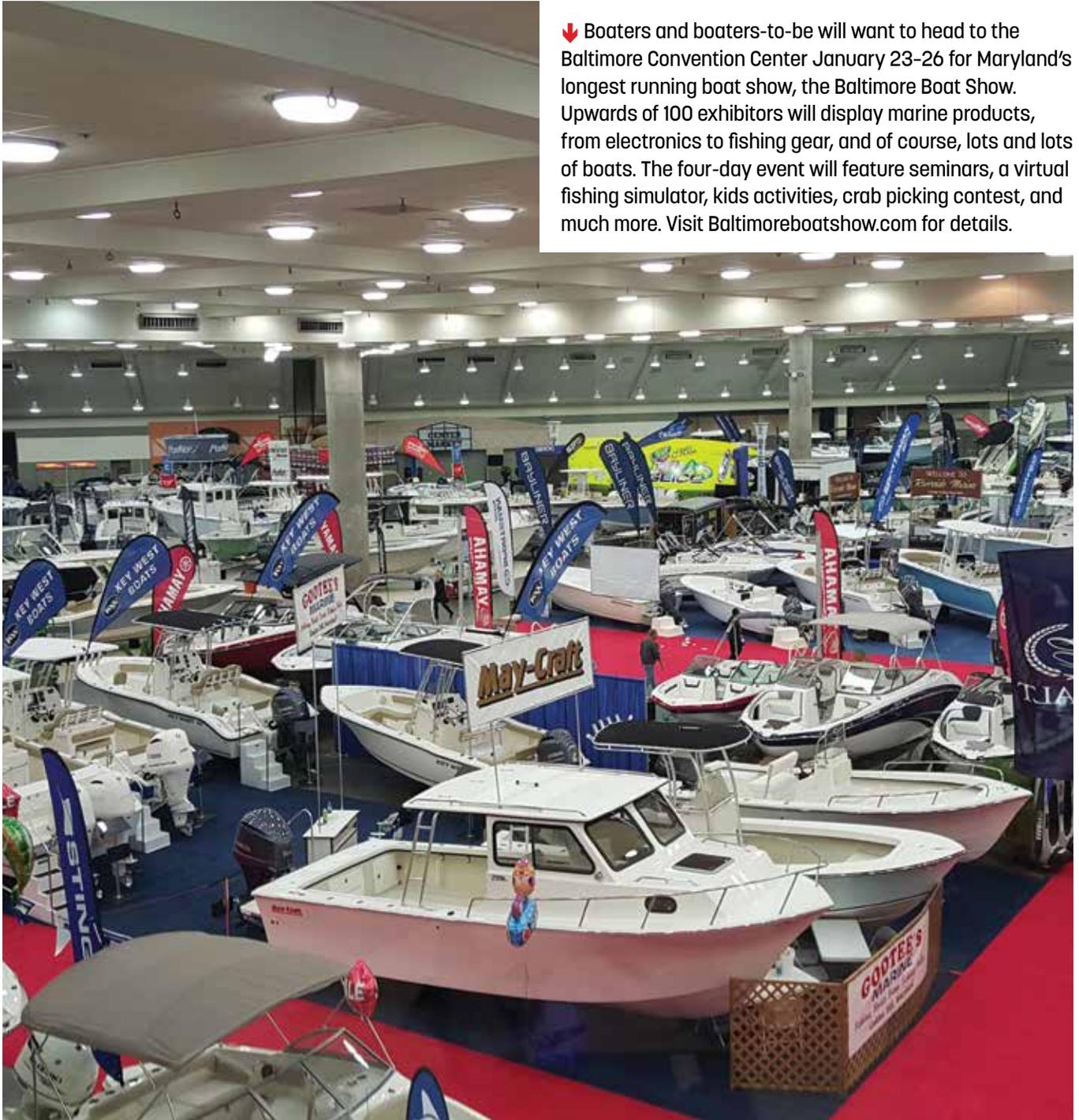
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January Calendar

(F) FAMILY EVENTS (C) CHARITY EVENTS (TIX) AVAILABLE AT WHATSUPTIX.COM

Advertisers listed in red What's Up? Tix event listed in blue



↓ Boaters and boaters-to-be will want to head to the Baltimore Convention Center January 23-26 for Maryland's longest running boat show, the Baltimore Boat Show. Upwards of 100 exhibitors will display marine products, from electronics to fishing gear, and of course, lots and lots of boats. The four-day event will feature seminars, a virtual fishing simulator, kids activities, crab picking contest, and much more. Visit Baltimoreboatshow.com for details.

Wednesday

1

SPECIAL EVENTS & MONTH-LONG EXHIBITIONS

Lights on the Bay at Sandy Point State Park, Annapolis. 5 p.m. This is the last day to attend. 410-268-4388. Lightsonthebay.org (F)

Nativity Scenes From Around The World at Cambridge House Bed and Breakfast, Cambridge. 2 p.m. 410-221-7700. Cambridgehousebandb.com (F)

New Year's Day Brunch at Knoxville's Table at Knoxville's Table at The Inn, Stevensville. 9 a.m. 443-249-5777. Bay-beachclub.com/happenings

Weekly Fine Art Classes at Chesapeake Fine Art Studio, Stevensville. 10 a.m. Other days/times vary; all month long. 410-200-8019. Chesapeakefineartstudio.com/weekly-classes

First Day Hike at the Harriet Tubman Underground Railroad State Park & Visitor Center, Church Creek. 10 a.m. Registration is required. E-mail Ranger Angela Crenshaw (angela.crenshaw@maryland.gov) to register and for information about the event.

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

Bodyphones and Jivadan 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 31, 2020. 410-822-2787. Academyartmuseum.org

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. Americanindian.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 5, 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 5, 2020. 202-292-6100. Newseum.org

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 31, 2020. 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 2020. 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 17, 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 5, 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 12, 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 20, 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 20, 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 13, 2020. 202-633-1000. Hirshhorn.si.edu

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

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 5, 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. Now through April 12, 2020. 202-633-7970. Americanart.si.edu

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 17, 2020. Nga.gov

Pat Steir at Hirshhorn Museum, D.C. 10 a.m.-5:30 p.m. daily. Now through September 7, 2020. 202-633-1000. Hirshhorn.si.edu

The Outwin 2019: American Portraiture Today at Smithsonian National Portrait Gallery, D.C. 11:30 a.m.-7 p.m. daily. Now through August 30, 2020. 202-633-8300. Npg.si.edu

Marcel Duchamp: The Barbara And Aaron Levine Collection at Hirshhorn Museum, D.C. 10 a.m.-5:30 p.m. daily. Now through October 12, 2020. 202-633-1000. Hirshhorn.si.edu

Recent Acquisitions at Smithsonian National Portrait Gallery, D.C. 11:30 a.m.-7 p.m. daily. Now through August 30, 2020. 202-633-8300. Npg.si.edu

Chiura Obata: American Modern at Smithsonian American Art Museum, D.C. 11:30 a.m.-7 p.m. daily. Free. Now through May 25, 2020. 202-633-7970. Americanart.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 1, 2024. Prices vary. 410-244-1900. Avam.org

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 5, 2020. 410-244-1900. Avam.org

Every Day: Selections from the Collection at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through January 5, 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 12, 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 1, 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 19, 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 19, 2020. 443-573-1700. Artbma.org

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

Maryland Photography Alliance: Fine Art Imagery at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through February 19, 2020. 410-263-5544. Marylandhall.org

National Juried Art Exhibition: Visualizing the Word at John A. Cade Center for Fine Arts Gallery, Arnold. 8 a.m. (Mon.-Sat.). Now through January 24, 2020. 410-777-7105. Aacc.edu

Mickalene Thomas: A Moment's Pleasure at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through May 21, 2021. 443-573-1700. Artbma.org

Holiday Exhibition at Massoni Gallery, Chestertown. 11 a.m.-4 p.m. (Wed.-Fri.), 10 a.m.-5 p.m. (Sat.). Now through January 12, 2020. 410-778-7330. Massoniart.com

Adorned: African Women and the Art of Identity at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through June 19, 2020. 443-573-1700. Artbma.org

Portraits of the World: Denmark at Smithsonian National Portrait Gallery, D.C. 11:30 a.m.-7 p.m. daily. Now through October 12, 2020. Free. 202-633-8300. Npg.si.edu

Free Form: 20th-Century Studio Craft at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through June 7, 2020. 443-573-1700. Artbma.org

PERFORMING ARTS

The Lion, The Witch, and The Wardrobe at Imagination Stage, Bethesda. 12 a.m. Performance times vary other days. 301-280-1660. Patrons.imaginationstage.org

My Fair Lady at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. Performance times vary other days. 202-467-4600. Kennedy-center.org

Peter Pan & Wendy at Shakespeare Theatre Company, D.C. 7:30 p.m. Performance times vary other days. 202-547-1122. Shakespearetheatre.org

Murder on the Orient Express at Everyman Theatre, Baltimore. 7:30 p.m. Performance times vary other days. 410-752-2208. Everymantreatre.org

MUSIC

Musiq Soulchild at Rams Head On Stage, Annapolis. 9 p.m. 410-268-4545. Rams-headonstage.com

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com/rams-head-center-stage

SPORTS

Washington Wizards vs. Orlando Magic at Capital One Arena, D.C. 7 p.m. Nba.com

Thursday

2

PERFORMING ARTS

Jersey Boys at The National Theatre, D.C. 7:30 p.m. Performance times vary other days. 202-628-6161. Thenationaldc.org

My Fair Lady at The John F. Kennedy Center for the Performing Arts. (See 1/1)

Peter Pan & Wendy at Shakespeare Theatre Company (See 1/1)

Murder on the Orient Express at Everyman Theatre (See 1/1)

MUSIC

Eric Brace & Last Train Home w/ Thomm Jutz at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Friday

3

PERFORMING ARTS

Singin' In the Rain at Olney Theatre, Olney. 8 p.m. 301-924-3400. Olneytheatre.org

Peter Pan & Wendy at Shakespeare Theatre Company (See 1/1)

Jersey Boys at The National Theatre. (See 1/2)

My Fair Lady at The John F. Kennedy Center for the Performing Arts (See 1/1)

Murder on the Orient Express at Everyman Theatre (See 1/1)

MUSIC

Bruce in the USA at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Justin Trawick and the Common Good at Stoltz Listening Room, Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalontheatre.com

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideaway-odenton.com

SPORTS

Maryland Black Bears vs. Northeast Generals at Piney Orchard Ice Arena, Odenton. 7:45 p.m. Marylandblackbears.com (F)

Washington Wizards vs. Portland Trail Blazers at Capital One Arena, D.C. 7 p.m. Nba.com

Saturday

4

SPECIAL EVENTS

Learn to Ice Skate! at Piney Orchard Ice Arena, Annapolis. 9-40 a.m. 410-672-7013. Pineycerinkoom.com

Things Are Looking Down: Drone Photography by Rich Isaacman at Maryland Hall for the Creative Arts, Annapolis. Daily, through February 29. 410-263-5544. Marylandhall.org

40 Under 40: Young Artist National Showcase at Maryland Hall for the Creative Arts, Annapolis. Daily, through February 29. 410-263-5544. Marylandhall.org

PERFORMING ARTS

Singin' In the Rain at Olney Theatre. (See 1/3)

Peter Pan & Wendy at Shakespeare Theatre Company (See 1/1)

Jersey Boys at The National Theatre. (See 1/2)

My Fair Lady at The John F. Kennedy Center for the Performing Arts (See 1/1)

Murder on the Orient Express at Everyman Theatre (See 1/1)



WHAT'S UP? MEDIA

Party FOR THE arts

"Bright as Day, Dark as Night"

**ARTIST RECEPTION
WEDNESDAY, JAN. 29**

5:30 - 7:00 p.m.

201 Defense Hwy., Annapolis - 2nd Floor
Please RSVP on whatsuptix.com

On Stage

Annapolis & Anne Arundel County

The Children

Colonial Players; January 10 through February 1; \$23; Thecolonialplayers.org; 410-268-7373 Two retired nuclear scientists reside in an isolated cottage by the sea as the world around them crumbles. Together, they are going to live forever on yogurt and yoga, until an old friend arrives with a frightening request. The Children raises profound questions about whether having children sharpens or diminishes, one's sense of social responsibility. Nominated for Best Play in 2018, this genuinely disturbing play asks what the baby boomers, if anything, owe the younger generation.

9 to 5: The Musical

Chesapeake Arts Center; January 24 through February 8; \$18-20; Chesapeakearts.org; 410-636-6597 Violet, Judy, and Doralee—three downtrodden working women at Consolidated Industries—suffer under the tyranny of the sexist, lecherous, and pompous, Franklin Hart. Violet has worked at Consolidated for many years, but has never been given the chance to rise above senior supervisor status. Judy is newly separated and joins the company having never worked before. Doralee is a sexy, happily married country girl, but she is ostracized from the other female workers. The trio imprison Hart in his own home while they gather evidence that he is embezzling from the company. During his “absence,” they make a few changes at work.

Eastern Shore

Other Desert Cities

Church Hill Theatre; January 17 through February 2; \$10-20; Churchhilltheatre.org; 410-556-6003 Brooke Wyeth returns home to Palm Springs after a six-year absence to celebrate Christmas with her parents, her brother, and her aunt. Brooke announces that she is about to publish a memoir dredging up a pivotal and tragic event in the family's history—a wound they don't want reopened. In effect, she draws a line in the sand and dares them all to cross it.

Baltimore

Murder on the Orient Express

Everyman Theatre; Through January 5; Prices vary; Everymantheatre.org; 410-752-2208

Board the exotic Orient Express as it takes off into the opulence and grandeur of the 1930s, with a train full of suspects and an alibi for each one. This dazzling new adaptation of Agatha Christie's masterpiece from comedic master Ken Ludwig is filled with twists, turns, and larger-than-life characters. Wax your mustache and bring your family as detective Hercule Poirot solves the perfect murder mystery this holiday season.

D.C.

Jersey Boys

National Theatre; Through January 5; \$54-114; Thenationaldc.org; 202-628-6161 They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story—a story that has made them an international sensation all over again. Go behind the music and inside the story of Frankie Valli and The Four Seasons in the Tony and Grammy Award-winning true-life musical phenomenon, *Jersey Boys*.

Peter Pan & Wendy

Shakespeare Theatre Company; Through January 12; Prices vary; Shakespearetheatre.org; 202-547-1122 Bold, budding scientist Wendy Darling dreams of earning a Nobel Prize. When Peter Pan arrives at her bedroom window, she takes a leap and leaves finishing school behind, chasing adventure among the stars. Facing down fairies, mermaids, and the dastardly Captain Hook, Wendy, Peter, and their friends discover the power of standing up together for what's right.

My Fair Lady

The John F. Kennedy Center for the Performing Arts; Through January 19; Prices vary; Kennedy-center.org; 202-467-4600 *My Fair Lady* tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a “proper lady.” But who is really being transformed?

MUSIC

Bruce in the USA at Rams Head On Stage, Annapolis. 6 p.m. 410-268-4545. Rams-headonstage.com

Cold Chocolate at Stoltz Listening Room, Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalontheatre.com

SPORTS

Maryland Black Bears vs. Northeast Generals at Piney Orchard Ice Arena, Odenton. 7:45 p.m. Marylandblackbears.com (F)

Washington Wizards vs. Denver Nuggets at Capital One Arena, D.C. 8 p.m. Nba.com

Sunday

5

SPECIAL EVENTS

Nativity Scenes From Around The World at Cambridge House Bed and Breakfast, Cambridge. 2 p.m. 410-221-7700. Cambridgehousebandb.com

PERFORMING ARTS

Sean Sarvis Comedy Show ft. Hamburger & Curtis Gaskins at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Singin' In the Rain at Olney Theatre. (See 1/3)

Peter Pan & Wendy at Shakespeare Theatre Company. (See 1/1)

Jersey Boys at The National Theatre. (See 1/2)

My Fair Lady at The John F. Kennedy Center for the Performing Arts. (See 1/1)

Murder on the Orient Express at Everyman Theatre. (See 1/1)

SPORTS

Washington Capitals vs. San Jose Sharks at Capital One Arena, D.C. 12:30 p.m. Nhl.com

Monday

6

SPECIAL EVENTS

What's Up? for Lunch Networking at Blackwall Barn & Lodge, Gambrills. 11:30 a.m. 410-266-6287. Whatsuptix.com (TIX)

Open Portrait Studio at Academy Art Museum, Easton. 1 p.m. 410-822-2787. Academyartmuseum.org

Live Playwrights' Society meets at Garfield Center for the Arts, Chestertown. 7 p.m. 410-810-2060. Garfieldcenter.org

MUSIC

Bluegrass Jam at St. Andrew's Episcopal Church, Hurlock. 7 p.m. 410-943-4900.

SPORTS

Washington Wizards vs. Boston Celtics at Capital One Arena, D.C. 7 p.m. Nba.com

Tuesday

7

SPECIAL EVENTS

Annual Members' Show at Dorchester Center for the Arts, Cambridge. Through January 25. Free; 410-228-7782. Dorchesterarts.org

PERFORMING ARTS

Peter Pan & Wendy at Shakespeare Theatre Company. (See 1/1)

My Fair Lady at The John F. Kennedy Center for the Performing Arts. (See 1/1)

MUSIC

Jesse Valenzuela of Gin Blossoms at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

SPORTS

Washington Capitals vs. Ottawa Senators at Capital One Arena, D.C. 7 p.m. Nhl.com

Wednesday

8

PERFORMING ARTS

Peter Pan & Wendy at Shake-speare Theatre Company. (See 1/1)

My Fair Lady at The John F. Kennedy Center for the Performing Arts. (See 1/1)

MUSIC

Newmyer Flyer Presents Mysterious Traveler: The Music of Weather Report at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com/rams-head-center-stage

Thursday

9

SPECIAL EVENTS

"Magic Lantern Show"—An Evening with Marc Castelli at Chesapeake Bay Maritime Museum, St. Michaels. 5 p.m. 410-745-4991. Cbmm.org

PERFORMING ARTS

Peter Pan & Wendy at Shake-speare Theatre Company. (See 1/1)

My Fair Lady at The John F. Kennedy Center for the Performing Arts. (See 1/1)

MUSIC

Terrapin: The Ultimate Grateful Dead Experience at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Friday

10

SPECIAL EVENTS

Girls Gotta Eat at Lincoln Theatre, D.C. 6:30 p.m. Thelincoldc.com

PERFORMING ARTS

The Children at The Colonial Players, Inc., Annapolis. 8 p.m. 410-268-7373. Thecolonialplayers.org

Peter Pan & Wendy at Shake-speare Theatre Company. (See 1/1)

My Fair Lady at The John F. Kennedy Center for the Performing Arts. (See 1/1)

MUSIC

JD Souther at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Dan Navarro at Stoltz Listening Room, Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalontheatre.com

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideawayodenton.com

SPORTS

Washington Wizards vs. Atlanta Hawks at Capital One Arena, D.C. 7 p.m. Nba.com

Saturday

11

SPECIAL EVENTS

Father's Without Children Book Release Party at West End Bar and Grill, Annapolis. 1 p.m. Fatherswithoutchildren.com

Second Saturday Art Night Out at St. Michaels. 5 p.m. Tourtalbot.org

2nd Saturday in Downtown Cambridge at Cambridge. 5 p.m. Downtowncambridge.org

Girls Gotta Eat at Lincoln Theatre, D.C. 6:30 p.m. Thelincoldc.com

PERFORMING ARTS

Ron White at The Anthem, D.C. 6:30 p.m. Theanthemdc.com

The Children at The Colonial Players. (See 1/10)

Peter Pan & Wendy at Shake-speare Theatre Company. (See 1/1)

My Fair Lady at The John F. Kennedy Center for the Performing Arts. (See 1/1)

MUSIC

The English Channel: A Tribute to the British Invasion Decade at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

The Met: Live in HD 2019-20

Season at Avalon Theatre, Easton. 1 p.m. 410-822-7299. Avalonfoundation.org

Grayson Moon at Stoltz Listening Room, Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalontheatre.com

SPORTS

Washington Capitals vs. New Jersey Devils at Capital One Arena, D.C. 7 p.m. Nhl.com

Sunday

12

SPECIAL EVENTS

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

PERFORMING ARTS

The Children at The Colonial Players. (See 1/10)

Peter Pan & Wendy at Shake-speare Theatre Company. (See 1/1)

My Fair Lady at The John F. Kennedy Center for the Performing Arts. (See 1/1)

MUSIC

Suede at Rams Head On Stage, Annapolis. 6:30 p.m. 410-268-4545. Rams-headonstage.com

SPORTS

Washington Wizards vs. Utah Jazz at Capital One Arena, D.C. 3 p.m. Nba.com

Monday

13

SPECIAL EVENTS

B2C Mastermind at Anne Arundel Chamber of Commerce, Annapolis. 9 a.m. 703-439-7804. Annapolism-b2c.eventbrite.com

Open Portrait Studio at Academy Art Museum, Easton. 1 p.m. 410-822-2787. Academyartmuseum.org

SPORTS

Washington Capitals vs. Carolina Hurricanes at Capital One Arena, D.C. 7 p.m. Nhl.com

Tuesday

14

SPECIAL EVENTS

Voices of Experience: Living Well with Mental Illness at St. John Vianny Catholic Church, Prince Frederick. 6 p.m. 410-884-8691. Namimd.org

PERFORMING ARTS

My Fair Lady at The John F. Kennedy Center for the Performing Arts. (See 1/1)

Wednesday

15

SPECIAL EVENTS

Fast Drafting For The Not So Speedy Writer at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. Maryland-hall.org

PERFORMING ARTS

The Other Side of the King: The Musical at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. Free. 410-263-5544. Marylandhall.org

My Fair Lady at The John F. Kennedy Center for the Performing Arts. (See 1/1)

MUSIC

Big Bad Voodoo Daddy at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com/rams-head-center-stage

Thursday

16

PERFORMING ARTS

The Diary of Anne Frank presented by the National Players at Chesapeake Arts Center, Brooklyn Park. 10 a.m. 410-636-6597. Chesapeake-arts.org (F)

Gilbert Gottfried at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Popovich Family Pet Theater at the Todd Performing Arts Center, Chesapeake College, Wye Mills. 7:30 p.m. \$15-25. Chesapeake.edu

The Children at The Colonial Players. (See 1/10)

My Fair Lady at The John F. Kennedy Center for the Performing Arts. (See 1/1)

SPORTS

Washington Capitals vs. New Jersey Devils at Capital One Arena, D.C. 7 p.m. Nhl.com

Friday

17

SPECIAL EVENTS

32nd Annual Dr. Martin Luther King, Jr. Awards Dinner at La Fontaine Bluey, Glen Burnie. 6 p.m. Mlkjrmd.org

PERFORMING ARTS

Other Desert Cities at Church Hill Theatre, Church Hill. Through 2/2. 8 p.m. Performance times vary other days. Churchhilltheatre.org. 410-556-6003

The Children at The Colonial Players. (See 1/10)

My Fair Lady at The John F. Kennedy Center for the Performing Arts. (See 1/1)

MUSIC

The Hot Sardines at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

The Dirty Grass Players at Stoltz Listening Room, Avalon Theatre, Easton. 5 & 8 p.m. 410-822-7299. Avalontheatre.com

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideawayodenton.com

SPORTS

PBR Velocity Tour Baltimore Invitational at Royal Farms Arena, Baltimore. 8 p.m. Royalfarmsarena.com

Saturday

18

SPECIAL EVENTS

Cover Your Chin for Charity Shave Party at Waterfowl Building, Easton. Coveryourchin.com

Delaware Restoration: Sawn and Bent Frames at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m. 410-745-4991. Cbmm.org

Contra Dancing at Annapolis Friends Meeting Hall, Annapolis. 6:30 p.m. 443-540-0867. Contradancers.com/atds

PERFORMING ARTS

The Children at The Colonial Players. (See 1/10)

Other Desert Cities at Church Hill Theatre. (See 1/17)

My Fair Lady at The John F. Kennedy Center for the Performing Arts. (See 1/1)

MUSIC

Hollis Brown at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Live at the Fillmore at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalontheatre.com

SPORTS

PBR Velocity Tour Baltimore Invitational at Royal Farms Arena, Baltimore. 7 p.m. Royalfarmsarena.com

Sunday

19

Exhibitions



Steve Sattler, *Fall Cascade*, photograph, 16" x 20"

Annapolis

↑ Maryland Photography Alliance: Fine Art Imagery

Maryland Hall for the Creative Arts; Through February 19; Free; Marylandhall.org; 410-263-5544 The Maryland Photography Alliance is comprised of 18 independent clubs whose goal is to encourage the understanding and appreciation of photography. The Alliance strives to be a cultural stimulus which fosters artistic creativity. This exhibition is a representation of the work from a talented group of artists in member clubs throughout Maryland.

Things Are Looking Down: Drone Photography by Rich Isaacman

Maryland Hall for the Creative Arts; January 4 through February 29; Free; Marylandhall.org; 410-263-5544 Flying a drone is like having a portable skyscraper, offering striking vantage points and visual perspectives that are not otherwise available to earthbound viewers. Local photographer Rich Isaacman's drone explorations encompass ice on the Chesapeake and snow-covered farms; vertical views of Hawaii's coral reefs; and otherworldly panoramas of Iceland's fjords and volcanic landscapes.

40 Under 40: Young Artist National Showcase

Maryland Hall for the Creative Arts; January 4 through February 29; Free; Marylandhall.org; 410-263-5544 Celebrating 40 years of arts experiences and education at Maryland Hall, this exhibit will showcase 40 talented artists, 40 years of age or under, from around the country. A call for artists went out nationwide in Fall 2019.

National Juried Art Exhibition: Visualizing the Word

Cade Gallery at Anne Arundel Community College; Through January 24; Free; Aacc.edu; 410-777-7105 This exhibit highlights ekphrastic work that is inspired by literature and/or including literary work. The exhibit will feature a variety of visual art mediums.

Eastern Shore

On Land and On Sea: A Century of Women in the Rosenfeld Collection

Chesapeake Bay Maritime Museum; Through March 1; Free for CBMM members, \$6-15 for non-members; Cbmm.org; 410-745-2916 *On Land and On Sea: A Century of Women in the Rosenfeld Collection* features the work of Morris and Stanley Rosenfeld, who created the world's largest and most significant collection of maritime photography. The iconic photos featured in this exhibition are recognizable to the general public and are treasured by boating enthusiasts. *On Land and On Sea* reveals the social and historical context of women over the better part of the 20th century through the lenses of the Rosenfelds' cameras.

Bodyphones and Jiwa dan Raga

Academy Art Museum; Through May 31; \$3 for non-members, free for children under 12; Academyartmuseum.org; 410-822-2787 The Academy Art Museum presents *Bodyphones and Jiwa dan Raga*, immersive installations by Aaron Taylor Kuffner (1975). The Gamelatron Project exposes us to the rich and profound nature of resonance and its effect on the psyche. It strives to create harmony in the tension of fusing the east and the west, the modern and the ancient. The Gamelatron's contrasting materials and mechanisms tell us a story of globalization and modernization.

Annual Members' Show

Dorchester Center for the Arts; January 7-25; Free; Dorchesterarts.org; 410-228-7782 Annual juried show for DCA member artwork. This year's exhibition will also include a W. Robert Tolley Retrospective, which will highlight the work of one of DCA's late founders.

Baltimore

Adorned: African Women and the Art of Identity

Baltimore Museum of Art; Through June 19; Free; Artbma.org; 443-573-1700 This exhibition brings together two dozen works from the BMA's collection to demonstrate the critical role of women in shaping and maintaining social identities across 20th-century Africa. These vibrant works served as visual signifiers of age, marital status, ethnic identity, economic achievement, and political authority.

Free Form: 20th-Century Studio Craft

Baltimore Museum of Art; Through June 7; Free; Artbma.org; 443-573-1700 This exhibition presents a selection of embroidery, ceramics, and jewelry by innovative American artists who shifted away from the functional aspect of craft towards an avant-garde engagement with abstraction and expression.

D.C.

Portraits of the World: Denmark

National Portrait Gallery; Through October 12; Free; Npg.si.edu; 202-633-8300 *Portraits of the World: Denmark* will feature the painting "Kunstdommere" by Michael Ancher (1849-1927), on loan from the Museum of National History in Hillerød, Denmark. The monumental group portrait pays tribute to a tightly knit artists' community in northern Denmark, which served as the incubator for the Modern Breakthrough in Danish painting. A complementary display of American portraits will highlight the proliferation of artists' communities in New York City during the first half of the twentieth century, which likewise accelerated the development of modern art in the United States.

SPECIAL EVENTS

Delaware Restoration: Sawnd and Bent Frames at Chesapeake Bay Maritime Museum (See 1/18)

PERFORMING ARTS

The Children at The Colonial Players. (See 1/10)

Other Desert Cities at Church Hill Theatre. (See 1/17)

MUSIC

Taimane at Rams Head On Stage, Annapolis. 7:30 p.m. 410-268-4545. Rams-headonstage.com

Richard Thompson at Avalon Theatre, Easton. 7 p.m. 410-822-7299. Avalontheatre.com

Monday
20

SPECIAL EVENTS

What's Up? for Lunch Networking-Happy Hour at Houlihan's, Gambrills. 5 p.m. 410-266-6287. Whatsuptix.com (TIX)

Open Portrait Studio at Academy Art Museum, Easton. 1 p.m. 410-822-2787. Academyartmuseum.org

MUSIC

Three Dog Night at Rams Head On Stage, Annapolis. 7:30 p.m. 410-268-4545. Ramsheadonstage.com

The Neotheater World Tour: AJR at The Anthem, D.C. 6 p.m. Theanthemdc.com

SPORTS

Washington Wizards vs. Detroit Pistons at Capital One Arena, D.C. 2 p.m. Nba.com

Tuesday
21

SPECIAL EVENTS

National Hugging Day is celebrated in the United States and worldwide. Spread kindness with a hug (but ask first). Nationalhuggingday.com

Wednesday
22

SPECIAL EVENTS

Meet the State at Lowe House of Delegates Building, Annapolis. 9:30 a.m. 410-269-0642. Mdchamber.org/event/meetthestate

PERFORMING ARTS

Spring Awakening at Round House Theatre, Bethesda. 12 a.m. Performance times vary other days. 240-644-1100. Roundhousetheatre.org

MUSIC

Chuck Prophet at Stoltz Listening Room, Avalon Theatre, Easton. 7 p.m. 410-822-7299. Avalontheatre.com

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com/rams-head-center-stage

National Symphony Orchestra: The Planets at The Anthem, D.C. 6:30 p.m. Theanthemdc.com

Thursday
23

SPECIAL EVENTS

Wild & Scenic Film Festival: Where Activism Gets Inspired at Maryland Hall for the Creative Arts, Annapolis. 5:30 p.m. 410-263-5544. Marylandhall.org

Baltimore Boat Show at the Baltimore Convention Center, Baltimore. Through 1/26. Baltimoreboatshow.com

PERFORMING ARTS

The Children at The Colonial Players. (See 1/10)

Spring Awakening at Round House Theatre. (See 1/22)

MUSIC

Town Mountain at Stoltz Listening Room, Avalon Theatre, Easton. 7 p.m. 410-822-7299. Avalontheatre.com

Lil Baby at The Anthem, D.C. 6 p.m. Theanthemdc.com

Friday
24

SPECIAL EVENTS

Baltimore Boat Show at the Baltimore Convention Center, Baltimore. Through 1/26. Baltimoreboatshow.com

PERFORMING ARTS

9 to 5: The Musical presented by Stand Up for Theatre at Chesapeake Arts Center, Brooklyn Park. 8 p.m. 410-636-6597. Chesapeakearts.org

The Children at The Colonial Players. (See 1/10)

Other Desert Cities at Church Hill Theatre. (See 1/17)

Spring Awakening at Round House Theatre. (See 1/22)

MUSIC

The Second City: Laughing For All The Wrong Reasons at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideawayodenton.com

SPORTS

Navy Ice Hockey vs. Temple University at McMullen Ice Arena, Annapolis. 7:30 p.m. Usnahockey.com

Saturday
25

SPECIAL EVENTS

Bosom Buddies Ball at the Westin Annapolis Hotel, Annapolis. Bosombuddiescharities.com

School of the Incarnation Winter Open House at School of the Incarnation, Gambrills. 10 a.m. 410-519-2285. Schooloftheincarnation.org

Delaware Restoration: Sawnd and Bent Frames at Chesapeake Bay Maritime Museum (See 1/18)

Miss Nature Girl Pageant

hosted by National Outdoor Show at Moose Lodge, Cambridge. 7:30 p.m. 443-521-0422. Nationaloutdoorshow.org

Monster Jam 2020 at Capital One Arena, D.C. 1 & 7 p.m. Capitalonearena.com (F)

Baltimore Boat Show at the Baltimore Convention Center, Baltimore. Through 1/26. Baltimoreboatshow.com

PERFORMING ARTS

Children's Opera: Mr. Brewster's Invigorating Invention presents by Annapolis Opera at Maryland Hall for the Creative Arts, Annapolis. 11 a.m. 410-263-5544. Marylandhall.org (F)

Jeff Dunham at Royal Farms Arena, Baltimore. 5 p.m. 4103472020. Royalfarmsarena.com

The Children at The Colonial Players. (See 1/10)

Other Desert Cities at Church Hill Theatre. (See 1/17)

Spring Awakening at Round House Theatre. (See 1/22)

9 to 5: The Musical at Chesapeake Arts Center. (See 1/24)

MUSIC

Jackson Dean w/Taylor Bennett at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Classic Albums Live: David Bowie's Ziggy Stardust at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalontheatre.com

Grace Potter at The Anthem, D.C. 6 p.m. Theanthemdc.com

Sunday
26

SPECIAL EVENTS

What's Up? Bridal Expo 2020 at Graduate Annapolis (formerly Loews), Annapolis. 1 p.m. \$15 410-266-6287. Whatsuptix.com (TIX)

Film Screening & Panel Discussion: Nobody Wants Us at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. 410-263-5544. Marylandhall.org

Delaware Restoration: Sawnd and Bent Frames at Chesapeake Bay Maritime Museum (See 1/18)

East New Market Volunteer

Fire Company's Designer Purse Bingo at East New Market Firehouse. 1 p.m. \$35, includes 20 regular bingo games. Check out their facebook page for updates

Monster Jam 2020 at Capital One Arena, D.C. 1 p.m. Capitalonearena.com (F)

Baltimore Boat Show at the Baltimore Convention Center, Baltimore. Baltimoreboatshow.com

PERFORMING ARTS

The Children at The Colonial Players. (See 1/10)

Other Desert Cities at Church Hill Theatre. (See 1/17)

Spring Awakening at Round House Theatre. (See 1/22)

9 to 5: The Musical at Chesapeake Arts Center. (See 1/24)

MUSIC

Steve Forbert & The New Renditions at Rams Head On Stage, Annapolis. 1 p.m. 410-268-4545. Ramsheadonstage.com

Marc Cohn at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

United States Naval Academy Band: Brass Ensemble Concert at Maryland Hall for the Creative Arts, Annapolis. 4 p.m. 410-263-5544. Marylandhall.org

Monday
27

SPECIAL EVENTS

Open Portrait Studio at Academy Art Museum, Easton. 1 p.m. 410-822-2787. Academyartmuseum.org

Tuesday
28

MUSIC

G. Love & Special Sauce w/ Jontavious Willis at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Wednesday
29

PERFORMING ARTS

Spring Awakening at Round House Theatre. (See 1/22)

MUSIC

Open Mic Night at Garfield Center for the Performing Arts, Chestertown. 7:30 p.m. 410-810-2060. Garfieldcenter.org

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com/rams-head-center-stage

SPORTS

Washington Capitals vs. Nashville Predators at Capital One Arena, D.C. 7:30 p.m. Nhl.com

Thursday
30

SPECIAL EVENTS

Allowance Workshop at CovingtonAlcina, Annapolis. 1 p.m. 410-457-7165. Covingtonalsina.com/events

Winter Speaker Series 2020: Transformation of a Waterfront: Navy Point in St. Michaels over Two Centuries at Chesapeake Bay Maritime Museum, St. Michaels. 2 p.m. 410-745-4947. Cbmm.org

PERFORMING ARTS

The Children at The Colonial Players. (See 1/10)

Spring Awakening at Round House Theatre. (See 1/22)

MUSIC

The Samples w/ Kavoossi & The Typos at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Front Country at Stoltz Listening Room, Avalon Theatre, Easton. 7 p.m. 410-822-7299. Avalontheatre.com

SPORTS

Washington Wizards vs. Charlotte Hornets at Capital One Arena, D.C. 7 p.m. Nba.com

PERFORMING ARTS

Lit AF Tour with Martin Lawrence at Capital One Arena, D.C. 7:30 p.m. Capitalonearena.com

The Children at The Colonial Players. (See 1/10)

Other Desert Cities at Church Hill Theatre. (See 1/17)

Spring Awakening at Round House Theatre. (See 1/22)

9 to 5: The Musical at Chesapeake Arts Center. (see 1/24)

SPORTS

Maryland Black Bears vs. Jamestown Rebels at Piney Orchard Ice Arena, Odenton. 7:45 p.m. Marylandblackbears.com (F)

Friday

31

SPECIAL EVENTS

Compass Regional Hospice's Annual Gala at Chesapeake Bay Beach Club, Stevensville. Compassregionalhospice.org

Film Screening & Storytelling: I'm Not Leaving at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-263-5544. Marylandhall.org

MUSIC

Cowboy Mouth at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideawayodenton.com

Greensky Bluegrass at The Anthem, D.C. 6 p.m. Theanthemdc.com

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Where's Wilma?

FIND WILMA AND WIN!

New year, new decade! Ring in 2020 with Wilma as she takes you through *What's Up?* magazine's first edition of the new year. Read up on how the Maryland Black Bears Junior Hockey team has impacted the Odenton community. Be sure to peruse the Private School Guide and check out "Out on the Towne" for some fun events. Let's make 2020 a great year!

Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to this month's winner:
Maria Lysse of Odenton, 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



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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 January 31, 2020. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of *What's Up?* West County.

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Maryland Oral Surgery Associates.....	3
Monsignor Slade Catholic School.....	LIE
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