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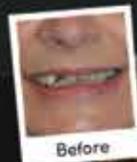


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On the Cover: Youth mountain biking competition in Maryland is booming. Photo by @kerriannphotography. Design by August Schwartz. Contact *What's Up? West County* online at whatsupmag.com. Please recycle this magazine.

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March contents

COMING UP IN
MAY 2020

Best of West County Food & Dining
Leading Lawyers 2020
Year of the Woman
Power Couples

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



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UPCOMING MARCH EVENTS ON

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2

What's Up? for Lunch Networking

What's Up? Media
The Blackwall Barn & Lodge
11:30am - 1:00pm | **FREE**

13

Best Girlfriends Night Out!

Haven Ministries
Prospect Bay Country Club
6:00pm - 9:00pm | **\$65-\$100**



18

What's Up? for Happy Hour Networking

What's Up? Media
Mamma Roma
5:30pm - 7:00pm | **FREE**

21

Annapolis Oyster Roast & Sock Burning

Annapolis Maritime Museum
Annapolis Maritime Museum
12:00pm - 4:00pm | **\$15-\$85**

27

Win a Trip for Two worth \$12,000! The Baltic Music Experience Tour Raffle!

Friends of Annapolis Symphony Orchestra
Maryland Hall for the Creative Arts
7:00pm - 8:30pm | **\$60-\$100**

3, 10,
17, 24

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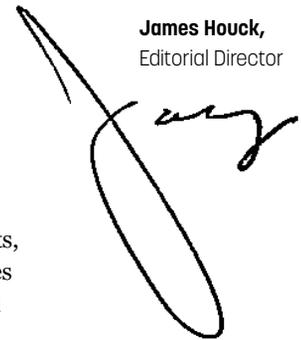
Our goal is to host tickets for all organizations, from small charity groups, artists and entrepreneurs to the region's largest festivals, concerts and playhouses. So, no matter what you're interested in attending—cooking lessons, networking lunches, concerts, fundraisers, food and wine festivals and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



From the editor

pool—to keep the dream alive of a more fulfilling and enjoyable living space. Our health and beauty section piggy-backs this theme (and even considers the secret benefits of a good beer—perhaps best enjoyed after all that home-work).

Often, I can be seen on my back deck in the mornings and evenings, coffee in hand in the a.m. or maybe a cold one at night, looking over the railing into the yard, the trees, the neighborhood...all the while pondering the space that I call home. “What can I do to improve it?” is a question I find myself asking over and over again. And what’s funny is that, when you think about it...what we do on the home-front becomes an extension of what we enjoy and how we are, beyond the front door. So, as I rev myself up to rake the yard clean, prep the mower for it’s first run, and draw out landscaping plans—knowing full-well I’ll utter more than a few curse words during it all—I’ll take comfort that this is a means toward a satisfying end. To enjoy the Spring season at home with a peace of mind that, in turn, frees me up to get out there and enjoy the best that our community has to offer...events, friends, camaraderie, the riches of Chesapeake Bay living...and all of it sans socks, finally.



James Houck,
Editorial Director

“You’re in Chesapeake country now!”

Ryelled with a sly grin over cheers and hollers to my buddy who was witnessing his first sock burning God-knows-how-many-years ago. Could have been 15 or so. It’s an annual rite of Spring in Annapolis and, now, at many more harbors regionwide; doffing one’s socks and tossing them into a bonfire while quaffing swills of heady beer and slurping fresh-shucked oysters. Welcoming boating season...Spring...in a most jovial way. It’s one of the many quirky and unique traditions that locals have come to love this time of year.

Seems to me, the month of March ushers in the year’s first consistent rush of celebrations: the aforementioned; the Spring Equinox; St. Patrick’s Day of course, Women’s History Month; NCAA March Madness basketball, and events...lots of events. After our winter hibernation, do we ever come out of the woodwork! And this issue of *What’s Up? West County* highlights a number of them: speaking events, a film festival, home and garden shows, bull and oyster roasts, wildlife festivals, culinary festivals...festival this, festival that. The time is nigh to get outside and celebrate community many times over.

Beyond all this fun and celebration, there’s also work to be done. Like it or lump it, we all know it. With Spring comes cleaning, indoors and out (heck, there’s even a decluttering seminar in this month’s calendar). There’s a big focus on organizing our homes and, in turn, our lives. I know when I push on through a day of cleaning or yardwork, somehow my entire livelihood feels more at peace (if only until the kids and dog undo it all). This issue has a batch of home and garden ideas—from interior design trends to revealing signs that you may be ready for an inground

Letters to What’s Up?

Dear What’s Up?, I want to thank you for such a great January edition of Eastern Shore Magazine. I really enjoyed the well written, engaging and educational articles in the magazine. I especially enjoyed the Year of the Woman: Sirens Call (I never knew that passage of the amendment for a woman to vote came down to one vote in one State!), “Striving for 100” (what inspirational women, we can all learn from) and Disappearing Act (well written explanation about the fate of the Chesapeake Islands). I’m looking forward to the next edition and more information about Women Suffrage- it’s amazing how little is taught in schools about it. Thanks for your good work- we are all a little better for it.

—Lynn Mayo, Chestertown

Thank you Lynn Mayo for your kind words!



This is a selection of readers’ responses and questions sent to editors and staff at large. To send your comment or question, email editor@whatsupmag.com or assistant@whatsupmag.com.

WHAT'S UP? MEDIA upcoming events

What's Up? Media Best of Eastern Shore Party 2020

Presented by Chaney Homes

Prospect Bay Country Club
6:00pm - 9:00pm | \$60-\$100

We've found a way to make Monday sound good! Come out to Prospect Bay Country Club on Monday, May 11th for our What's Up? Media Best of Eastern Shore Party! Celebrate with the best restaurants on the shore by sampling freshly prepared food and drink all under one roof. This year's party is going coastal so wear your best seaside attire. The silent auction proceeds will benefit **Talbot Hospice**. There are VIP tickets available that will allow early access to the party, a private VIP room, unlimited drinks throughout the night, and a swag bag filled with goodies. Thank you to our presenting sponsor Chaney Homes. This is a 21+ event.

Tickets are available at whatsuptix.com



EASTERN SHORE

5/11



ANNAPOLIS

6/3

What's Up? Media Best of Party 2020

Doordan Institute Conference Center
6:00pm - 9:00pm | \$85-\$135

Kick off summer with the best party in Annapolis! Don't miss our annual What's Up? Media Best Of Party happening on June 3rd at the Doordan Institute Conference Center at Belcher Pavilion located at Anne Arundel Medical Center. Enjoy entertainment, music, and freshly prepared food and drink samples from the best local restaurants. This year's party is going coastal so wear your best seaside attire. The silent auction for this year's event will benefit **Gigi's Playhouse**. There are VIP tickets available that will allow early access to the party, valet parking, a private VIP room, unlimited drinks throughout the night, and a swag bag filled with goodies. This is a 21+ event.

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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.

This open enrollment season, it all adds up to Kaiser Permanente. Visit kp.org/annearundel



* 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.

Out on the **TownE**

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↓ 2020 Maryland Chicken Wing Festival

Tickets are now available for the 7th Annual Maryland Chicken Wing Festival on April 4 from 11 a.m. to 7 p.m. at the Anne Arundel County Fairgrounds. This family-friendly event will include food, beer, contests, music, kid's areas, and of course, plenty of chicken wings. Tickets are \$15. For more information, or to buy tickets, visit abceventsinc.com.



Photo by K. Sandoval Photography

Annapolis Restaurant Week →

Annapolis' 12th Restaurant Week is the first week of March this year (February 29–March 8). Make your way through Annapolis by visiting over 40 restaurants in the Annapolis area and Downtown. The participants will be offering two-course, price-fixed meals for breakfast and lunch, as well as three-course meals for dinner. For more information, and a list of participating restaurants, visit downtownannapolispartnership.org.

Photo by Remis Head Tavern.



MARYLAND HOME & GARDEN SHOW

The first and second weekend of March will be the Spring 2020 Maryland Home & Garden Show themed 'Entertaining with Nature's Pizzazz.' Held at the Maryland State Fairgrounds in Timonium will be the spring craft show, 400 home design and improvement booths, a petting zoo for kids, an orchid show and sale (March 6–8 only), and a wine tasting. This event will be open February 29, 10 a.m.–8 p.m., March 1, 10 a.m.–6 p.m., March 6, 10 a.m.–6 p.m., March 7, 10 a.m.–8 p.m. and March 8, 10 a.m.–6 p.m. For more information, visit mdhomeandgarden.com.

↑ BRIGADOON: INDIAN CREEK UPPER SCHOOL SPRING MUSICAL

Indian Creek's Upper School Performing Arts Department presents "Brigadoon," a magical musical about jaded New Yorkers who find magic and music in their vacation in Scotland which leads them to the enchanted village of Brigadoon. This musical, which features over 60 students, will have four performances: April 23 and 24 at 7:00 p.m. and April 25 and 26 at 3:00 p.m. All four performances will be at Jack and Nancy Becker Center for the Performing Arts at Indian Creek Upper School Campus. For more information, visit indiancreekschool.org.





Escape London Town: Ferguson Tavern

This specially-made escape room traps you and your friends in Elizabeth Ferguson's Tavern at Historic London Town and Gardens in Edgewater, open April 11, 12, and 25 beginning at 3:30 p.m. You and your friends must work together to free yourselves before the ship leaves for England. This experience will be available certain additional days through November. To pre-register or find more information, visit historiclondontown.org.

JOSH GROBAN

Josh Groban will be visiting Live! Casino and Hotel on April 16 at 9 p.m. Tickets start at \$69.99 to see the Grammy Award-nominated singer/songwriter, and actor. To buy tickets for this 18+ event, or for more information, visit livecasinohotel.com.



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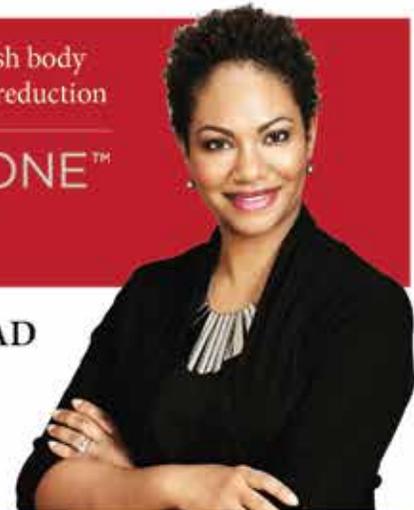
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International Women's Day →

The National Museum of Women in the Arts in Washington, D.C. is celebrating International Women's Day on March 8, during Women's History Month. This admission-free event will include conversation pieces, special vendor pop-ups, and more along with a special opening of The Betty Boyd Dettre Library and Research Center. For more information, visit nmwa.org



Photo by Kevin Allen



14th Annual Beer, Bourbon & BBQ Festival

On April 3 and 4, from 6 to 10 p.m. each day, the Maryland State Fairground hosts the 14th Annual Beer, Bourbon & BBQ Festival. These two days will include over 60 beers, 40 bourbons, and barbeque from many different smokehouses. There also will be a cornhole tournament, whiskey maze, and plenty of exotic smoked meats including alligator, bison, and lamb. For more information, visit timonium.beerandbourbon.com.

↓ THE CLUTTER SOLUTION WORKSHOP

Get rid of both your physical and emotional clutter on March 28 from 9 a.m. to noon at Calvary United Methodist Church in Annapolis. This workshop will help you understand how clutter may limit your life potential and happiness, how to declutter any room, what to keep and what to get rid of, and so much more because it is never about the “stuff” but about the emotional connection that we have with it. This event is \$20 online, or \$25 at the door. For more information, visit thecluttersolution.com.



FOR MORE EVENTS VISIT OUR CALENDAR ON pg. 85 OR GO TO WHATSUPMAG.COM

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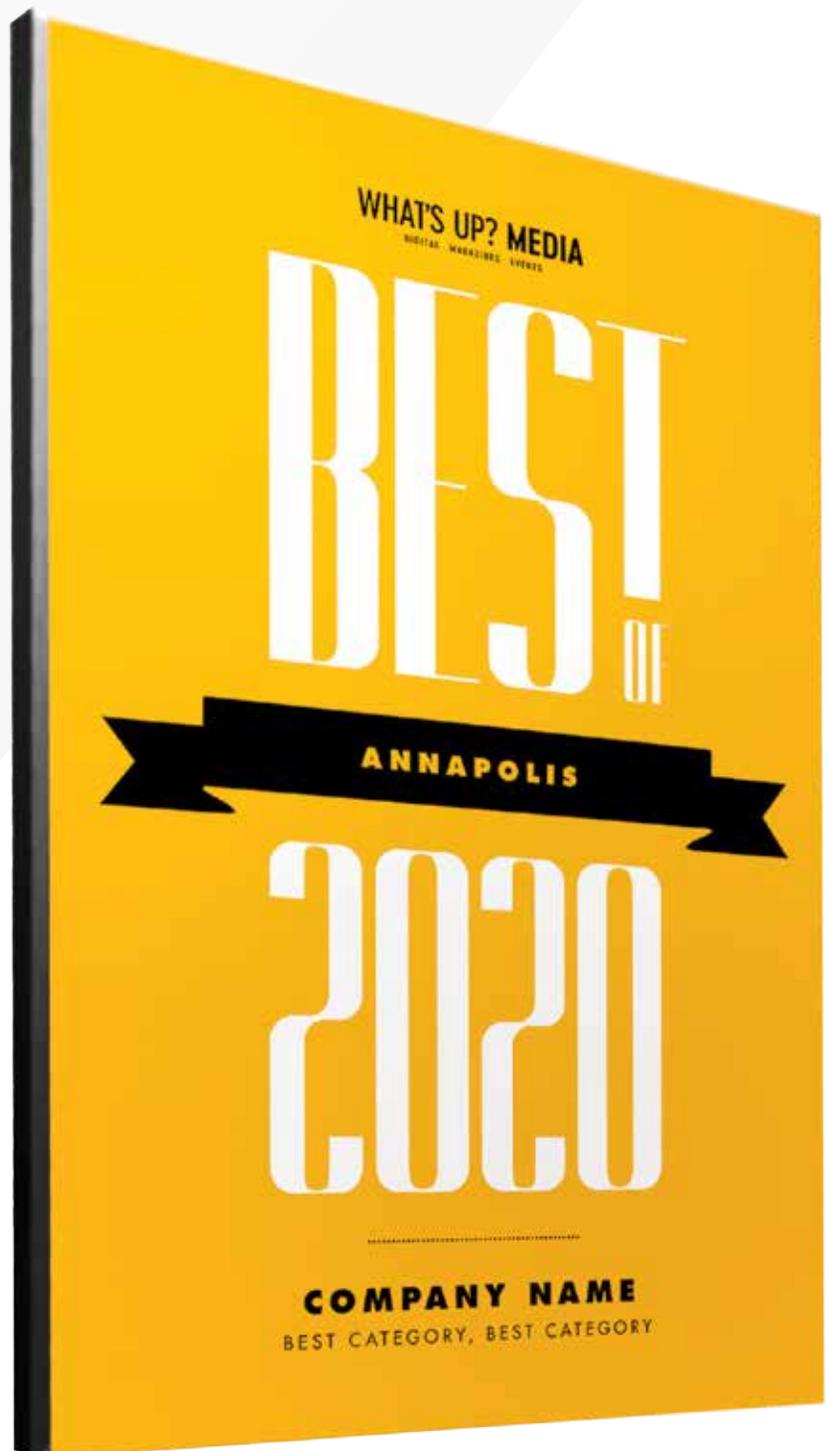
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TOWNE SOCIAL

What's Up? Media Bridal Expo

On January 26, What's Up? Media hosted its annual Bridal Expo at the Hotel Annapolis in the heart of Downtown Annapolis. Brides starting their planning, finishing up the last details, or anywhere in between, met with many vendors, as well as sampled delicious desserts, experienced the fashion show, had fun in the photo booth, and enjoyed live demos and exclusive wedding savings.

Photography by Stephen Buchanan **1**. Event sponsor Coldwell Banker Residential Brokerage Annapolis Church Circle **2**. Event sponsor Eastern Shore Dental Care **3**. Model during bridal fashion show **4**. A happy bride-to-be with event director Melanie Quinn **5**. The view from above **6**. Event sponsor Arthur Murray Dance Centers demonstrate first-dance moves



Bosom Buddies Ball

On January 25, Bosom Buddies Charities hosted its annual ball. This year's theme was "Hope Anchors the Soul." Guests enjoyed an evening of inspirational speakers, formal dinner, and silent auction to benefit breast cancer awareness, early detection, support, and treatment.

Photography by Stephen Buchanan **1.** Paul Reed Smith speaks **2.** Mari Foster, Suzanne Bracerros, and Susan Rodahaver **3.** Heather Backer, Deb Terhune, and Liz Verhelle **4.** Claudia Baldyga, Lori Freedman, and Laura Pell **5.** Karen and Doug Smith **6.** Tim Ruff, Jessica Ruff, Janice Feely, and John Minnick



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Hank Libby

Anne Arundel Community College Foundation

By Caley Breese

Most people would agree that a good education is invaluable. To Hank Libby, however, earning a good education is a passion—for himself and for others.

A Louisiana native, Libby is a life-long learner. He graduated from The Wharton School at University of Pennsylvania and went on to receive his JD degree from Penn Law, as well as a master's of tax law from George Washington University. Libby went into private practice for 25 years and when he retired from law, he went back to school and received a degree in marine biology.

"I guess learning is something that I've always enjoyed, and it's something that I think everybody ought to enjoy," Libby says. "Although I know that's not true, so we [Anne Arundel Community College Foundation] do what we can to get people interested and help them through school."

Libby is an avid philanthropist and advocates for many organizations through his own foundation, the Carol M. Jacobsohn Foundation, which is a strong supporter of the Anne Arundel Community College (AACC) Foundation. According to Libby, the Carol M. Jacobsohn Foundation focuses on offering grants to tax-exempt institutions that specialize in children's education, women's rights, and women's education. He began volunteering with AACC Foundation 13 years ago. Libby served as board president from 2016 until 2018 and has contributed significantly to the Foundation's many programs.

"What got me involved was a concept of scholarships for women who were single heads of households or who had been out of college, working for a long time," Libby explains. "So, through the Foundation, we created this scholarship program which focuses on women. That got me hooked because I liked the way it was working. And since then, we've done other scholarships, raised money for some equipment purchases for the nursing students."

AACC Foundation's mission is to make higher education more accessible for members of the community by procuring funds that support scholarships and opportunities for students. These funds are made possible through private philanthropic efforts. Through the Carol M. Jacobsohn Foundation, Libby has been able to support and contribute to AACC Foundation's scholarship and program offerings.

"One of the things that [Hank has] worked really hard on, as our other board members, [is] reaching out into the community," AACC Foundation Director of Development Wendy Thomas says. "Hank has been masterful at helping other people understand the role that philanthropy plays here at the college, because most people think community college is funded by state and local government. There's really been an education curve, and Hank has been at the forefront of making sure that people understand that in order to have these kinds of programs, [we go] above and beyond what we can typically offer."

Libby has been an instrumental leader for the AACC Foundation's Launching the Future campaign. The campaign's goal is to raise funds for the community college's new building, the Clauson Center for Innovation and Skilled Trades, which is scheduled to open for classes by the fall of 2021. There will be six trade programs offered at the Clauson Center, including electrical, forklift operator, HVAC, plumbing, welding, and general contracting.

"Hank sits on both sides," Thomas explains. "He gives money, but he is also helping us raise money. He's out actively meeting with other members of the community, and right now, the focus is on the Clauson Center for Innovation and Skilled Trades."

Libby says his favorite part about volunteering with the AACC Foundation is working on the Clauson Center project and hopes that whether



Photo courtesy of AACC Foundation

"I guess learning is something that I've always enjoyed, and it's something that I think everybody ought to enjoy"

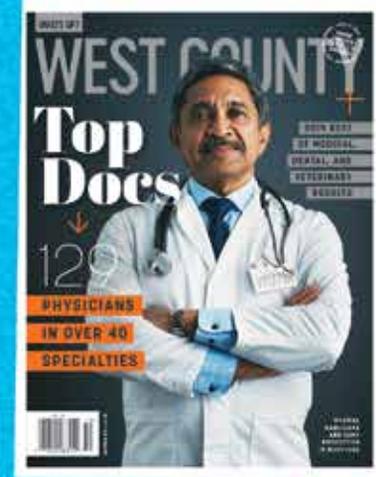
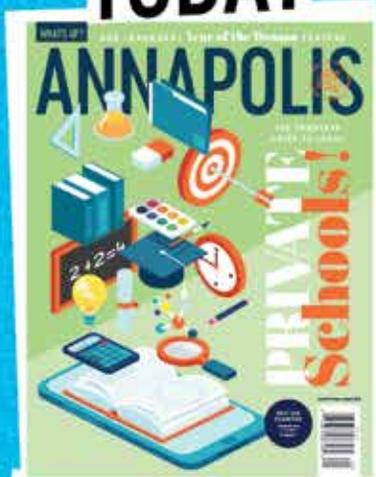
students come in on scholarships or come in on their own, the school will be able to help them.

"We feel so fortunate having Hank's leadership," Thomas says. "He is someone who understands that, through education, opportunities are endless. That's central to our mission at the community college. So, we feel really fortunate that we found someone like Hank, who understood that vision and has taken it and just really transformed the work that we're doing here at the Foundation, and how we're supporting not only the college, but the community [as well]."

For more information on the Anne Arundel Community College Foundation, visit aacc.edu/about/aacc-foundation.

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Photo by Unconquered

↑ Boys' Latin School of Maryland Recognizes Military History

Boys' Latin School of Maryland opened the Center for Military History in 2017 and is the only school in Maryland that houses its own military history museum. The Center for Military History honors more than 200 years of service and sacrifice and provides students with unique learning opportunities through hands-on activities and interactive exhibits. The museum features over 10,000 military artifacts from the Revolutionary War all the way through the War on Terror, and includes more than 1,200 print and digital documents, including unpublished photos, diaries, manuals, and letters. The Center for Military History hosts more than 3,500 visitors per year, including veterans' groups and senior citizens, community associations, and school groups.

SEVERNA PARK HIGH SCHOOL SENIORS SUPPORT SENIOR DOG SANCTUARY

As part of their leadership project, students from Severna Park High School supported the Senior Dog Sanctuary in January. Seniors Stephanie Schmidt and Molly Meyers raised more than \$150, collected and donated over 60 items from Senior Dog Sanctuary's wish list, and visited the Severn facility several times. The Senior Dog Sanctuary is a nonprofit organization dedicated to providing a safe haven for senior dogs who were unable to be cared for by their owners, who were abandoned or abused, or who faced euthanasia. To learn more about Senior Dog Sanctuary, or to view adoptable dogs, visit seniordogsanctuary.com.



Maryland Black Bears goalies Andrew Takacs and Cooper Black. Photo by Brian Collett

Maryland Black Bears Announce New Promotions

The Maryland Black Bears, a Tier II junior ice hockey team based in Odenton, participated in the October Saves Goalie Challenge, a competition in which participating hockey goalies collected pledges for every save they made throughout the month of October. October Saves is a nonprofit dedicated to raising money and awareness for cancer-related organizations and research and has raised over \$800,000 through more than 90,000 saves since 2014. Additionally, the Maryland Black Bears announced that Severn Bank will be the sponsor of the Ticket Center, located in the front entrance of the Piney Orchard Ice Arena. The center has been renamed the Severn Bank Ticket Center.



↑ Mr. Handyman Receives National Award

Kevin Crysler, owner of Mr. Handyman of Anne Arundel and northern Prince George's counties, received the President's Award from Mr. Handyman International. The award recognizes a franchisee who contributes to the organization by serving in a leadership capacity on various committees, by helping other franchisees, and by demonstrating a commitment to the Mr. Handyman code of values which includes respect, integrity, customer focus, and having fun during the process.

DOUGLAS REALTY RANKED BY *INC.* MAGAZINE

For the fourth consecutive year, *Inc.* magazine ranked Pasadena-based Douglas Realty as one of the fastest growing, privately owned residential real estate companies in the country. The firm includes a roster of more than 400 agents serving in Maryland, Virginia, Pennsylvania, Delaware, Florida, and Washington, D.C. Additionally, in 2019, Douglas Realty was named one of *Baltimore Business Journal's* Best Places to Work.

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TOWNE ATHLETE

Spencer Hanks

Arundel High School Soccer

By Tom Worgo

If Arundel senior Spencer Hanks had a nickname, it would probably be the finisher. Once Hanks takes control of the ball around a soccer goal, count on it finding the back of the net. That's how good Hanks is, and he will play next season on a soccer scholarship at the University of Maryland Baltimore County, where he has a legitimate chance to play right away.

"I think I only need one chance," Hanks says of scoring. "I have been playing for so long, I don't even need to put my head up."

Brash? Maybe, but Hanks' stats back up his talk. He scored a whopping 30 goals this season, leading the Wildcats to a 14-3-1 record and their first Class 4A state semifinal berth in 32 years.

He also dominated as a junior and scored 21 goals to guide the Wildcats to a 10-5-3 mark.

"What he did better this year is finish opportunities, and worked on being quicker," Arundel Boys Soccer Coach Mike McCarron says. "He worked on having a quicker release. When he had a scoring opportunity, he rarely missed."

Hanks certainly got recognized for his stellar 2019 season. He was named the county's Player of the Year for the second season in a row and earned United Coaches Soccer All-American honors.

"It's very rare for someone to have a season like he did," says McCarron, who has coached at Arundel for 16 years. "He has such a love for the game and it shows every time he plays. His work ethic and technical ability to play with both feet separates him from a lot of players."

Hanks broke two 33-year-old school records: scoring 30 goals and finishing his four-year career with 71. But being named an All-American had a special meaning for him. He's worked tremendously hard during his 13 years in soccer to get to this point.

"You really don't think about it until it happens because it's such a big honor," Hanks says. "To represent Arundel at a national level is a very cool thing."

Hanks, a four-year varsity starter and two-time team co-captain, won't knock opponents around much when he is trying to score. He is 5-foot-7-inches and weighs 145 pounds. He gets by on hustle, grit, speed, and determination.

"He is the best forward in the state," UMBC Men's Associate Coach Anthony Adams says. "He was getting double and triple teamed and opponents physically try to intimidate him and get in his head, but all he did was score goals."

"He is a lot stronger than people give him credit for," he adds. "I grew up with a guy named Shane Dougherty, who played for Maryland and the Blast. Spencer reminds me a lot of him because of his size."

The 17-year-old Hanks is thrilled to be going to UMBC, Georgetown University and the University of Maryland also aggressively recruited him.

"UMBC has a great program and I felt at home there," Hanks says. "I really knew it was the right fit. And I love the fact that my friends and family can watch me play."

When Hanks wasn't playing for Arundel, he suited up for the top-notch Baltimore Celtic.

"I am sure everyone on the roster will play in college," says Hanks, who balances competing for the Celtic in the offseason with participating in Unified Bowling in the winter and Unified Bocci in the spring for Arundel.

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

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TOWNE INTERVIEW

Talking Terps

University of Maryland hoops star Anthony Cowan Jr. answers our questions

By Tom Worgo

Maryland senior point guard Anthony Cowan Jr.'s goal of winning a Big Ten title or going on a long NCAA basketball tournament run remains unfulfilled. Instead, early exits have been common.

Cowan will have another shot in March, and expectations are high with Maryland ranked among the best teams in the country. Even so, Cowan will leave a lasting legacy either way. He's on pace to finish among Maryland's all-time top-10 scorers. It's an impressive list that includes Len Bias, Juan Dixon, John Lucas, and Tom McMillen. All four were NBA first-round picks.

“It would be a blessing just to be able to finish with some of the best that have come through the program.”

“It would be a blessing just to be able to finish with some of the best that have come through the program,” Cowan says.

The 22-year-old declared for the NBA draft in May, but decided to return to school to chase a title and improve his stock for next year's draft. He's been nothing but consistent at Maryland. The Bowie resident has averaged in double figures every year and earned second-team All-Big Ten honors last season after averaging 15.6 points and 4.4 assists per game.

The 5-foot-10, 180-pound Cowan has started every game in his career and is aiming to become only the second player to do that during head coach Mark Turgeon's nine years. Turgeon has praised Cowan for his outstanding leadership with Maryland's youthful roster.

We recently talked to Cowan about playing so close to home, his leadership role, and the lofty expectations for the 2020 Terps.

What does it mean for you to play at Maryland since you grew up in the area?

It means a lot. I grew up 15 or 20 minutes away. All my friends and family come to games and see me play. I have been a huge fan of some

Maryland players and it's definitely an honor to put on a Terps' uniform.

Why did you return to school after declaring for the draft?

Everybody wants to get to the next level and realize their dream by playing in the NBA. I wanted to make sure I leave a lasting and winning legacy at Maryland, so people will remember my name. That's what I am trying to do right now.

After you finish your Maryland career, how exciting will it be to play professionally?

It will be super exciting. I not only want to continue playing basketball, but also get paid for doing it. That will be a great thing and I will be very fortunate for that. I got a sense of what it's like. My former teammates and my friends tell me about the good and bad of playing at the next level.

Maryland has been ranked in the top-10 this season. Do you and the team feel more pressure to have a breakout season?

Yes. I definitely think we invite the pressure. We are a team of competitors, so we want everyone's best shot. I love the attention. You have to do it while it lasts. You are only going to be a college basketball player one time in your life, so you have to take advantage of it.

How would you describe your leadership style? Since you're the team's only senior and 10 freshmen joined the team the past two years, have you had to step up?

I am not as loud as a lot of other leaders, but I definitely talk a lot. The thing about me is I lead by example. I am a big believer in if the people you are leading see you do something and doing it with a lot of effort, they will do the same thing. A lot of the freshmen didn't know what they were doing, so I had to make sure I was a better leader.

How would describe your relationship with coach Mark Turgeon?

We have a great relationship. I have known him for a long time—ever since I was a sophomore in high school. Our relationship grows every year. He trusts me running the team.



How important has he been in your development?

Huge. He was also a small guard who had a successful college career (at Kansas). He has taught me a lot in terms of leadership, different skills, and things a player with our height should do as a point guard. He definitely has taught me a lot.

Once you finish basketball, what do you want to do for a career?

I already graduated with a degree in communications. I studied sports broadcasting. I would really like to be a broadcaster and I want to stay in sports. I think sports broadcasting is something I can do.

Do you have a pregame routine?

I listen to music. That's my routine. I usually listen to my cousin, Marty Maw, who is a Hip-Hop artist. He is from Bowie as well. I listen to him until I have to go onto the court.

What do you do to relax after a game?

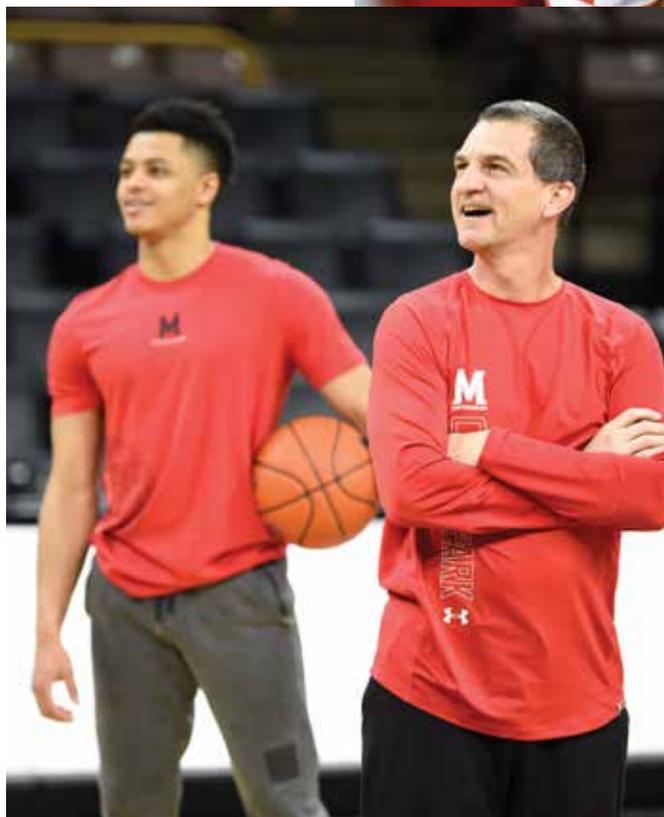
I usually go back to my room and play video games. I am a big fan of video games. I also talk to my teammates. I am a real boring guy. I don't do anything out of the ordinary. I just try to calm my body down.

What do you for fun when you are not playing basketball?

The benefit of going to Maryland is that you are close to home. It allows me to see friends and family and play with my French bulldog Drizzy.

What charities have you devoted time to?

One that sticks out the most to me is a food drive, called SOME (So Others Might Eat), we did in Washington, D.C., to help out the homeless. It was a great time and the team genuinely wanted to be there. I have also done Special Olympics every year I have been here. It's a great feeling to see the kids. I can put basketball away for a while.



The Key to Our Fortunes?

Shockingly Low Inflation

By Anirban Basu

It wasn't supposed to be this good. By December 2015, the Federal Reserve had begun to ratchet up interest rates and borrowing costs in an effort to normalize monetary policy and head off emerging inflationary pressures. The prior year, unemployment had begun to dip to the point that workers across the wage spectrum were beginning to experience chunkier wage increases. The combination of ongoing job growth and faster wage increases helped perpetuate an economic expansion that had begun during the summer of 2009.

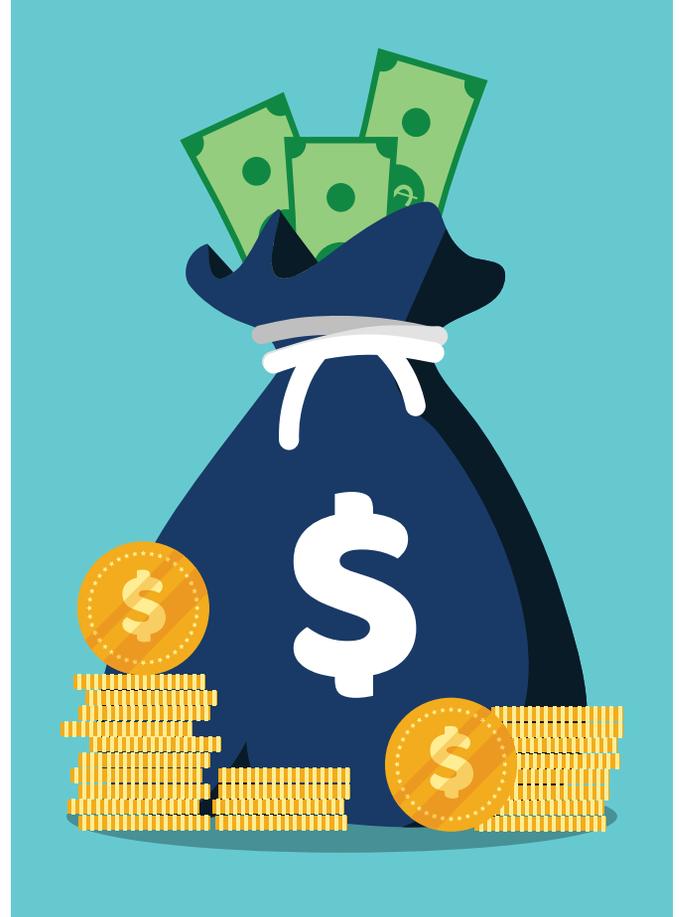
Ultimately, the Federal Reserve would raise short-term rates nine times between December 2015 and 2018. Messaging from Federal Reserve Chairman Jerome Powell and others indicated that further rate increases were forthcoming. Coming into 2019, unemployment was approaching a 50-year low—a low at which it presently sits (3.5 percent to end 2019). Based on basic economic logic, this was supposed to generate faster wage growth and additional inflationary pressure, inducing the Federal Reserve to further bolster borrowing costs. By late-2018, the average interest rate on a 30-year fixed rate mortgage had already reached 5 percent, resulting in a precipitous decline in owner-occupied housing market activity. The expectation was that 2019 would be even more problematic.

At the start of 2019, nearly a quarter of economists surveyed by the *Wall Street Journal* predicted that a recession would occur at some point during the year. At the time, it seemed like they were correct. The U.S. was manifesting substantial indications of both slowing and vulnerability.

The economy was adding an average of 163,000 net new jobs in the first half of the year. By comparison, the economy was adding 235,000 net new jobs over the same period in 2018. By mid-year, the economy was sending out signals of imminent recession, with the yield curve inverting and financial markets gyrating.

Then the unexpected occurred. Rather than pick up, inflation dissipated, in part because of a weakening global economy. Many factors have been at work. For instance, China began to expand at its slowest pace in three decades, laying low the Asian economy and nearly driving Germany into recession. Economies in Africa and Latin America, increasingly reliant on Chinese investment, also began to languish.

The result was that rather than raising rates, the Federal Reserve cut rates three times in 2019. Not only did this



reduce borrowing costs, it sent Wall Street into a tizzy, with the S&P 500 expanding 29 percent last year. Consumer spending continues to be robust, in part because of low interest rates on consumer and auto loans. Job growth also remains strong, inducing more consumers to spend, supporting the creation of additional employment opportunities in the process.

MARYLAND BOUNCES BACK

What a difference a year can make. At the start of 2019, the country was in the midst of the longest federal government shutdown in modern history. While the impact on the national economy was minimal, the same could not be said for Maryland, which due to its proximity to the nation's capital, dedicates a large portion of its workforce and economy to federal agencies and government contractors.



About

Anirban Basu

Anirban Basu is Chairman & CEO of Sage Policy Group, Inc., an economic and policy consulting firm headquartered in Baltimore, Maryland. In 2014, Maryland Governor Larry Hogan appointed him Chair of the Maryland Economic Development Commission. Basu earned his B.S. in foreign service at Georgetown University in 1990. He earned his master's in public policy from Harvard University's John F. Kennedy School of Government, and his master's in economics from the University of Maryland, College Park. His juris doctor was earned at the University of Maryland School of Law.

As a result, job growth in the Free State was stagnant for much of last year as the state's economy spun its wheels. But eventually, the state's economy gained traction, and rather than spinning its wheels, the local economy jolted aggressively forward. The pace of job growth has been akin to the adrenalin pumping beauty of burning rubber in a Ford Mustang GT. Indeed, few states added jobs as robustly as Maryland during the latter stages of 2019.

The aggregate result of an awful first half of 2019 and a superior second half was that Maryland ranked right in the middle of U.S. states in terms of percentage job growth last year. Virtually all of the jobs added in Maryland on net have been added in the Baltimore metropolitan area, home to large-scale redevelopments in downtown Columbia, downtown Towson, Tradepoint Atlantic, and along the Baltimore City waterfront.

In total, the Baltimore Metropolitan Area added 23,600 jobs in November on a year-over-year basis. This translates into an increase of 1.6 percent, ranking the region 16th among the nation's 25 largest metro areas, tied with St. Louis, MO. That ranking puts Baltimore ahead of other areas in the Mid-Atlantic and Northeast, including Boston (1.4 percent, 20th), New York (1.0 percent, t-21st), and Philadelphia (1.0 percent, t-21st). The Baltimore region's unemployment rate of 3.2 percent ranks it 17th among the same group of metropolitan areas. In short, coronavirus notwithstanding, given Maryland's newfound momentum, the outlook for the state's economy looks promising for at least the initial half of 2020.

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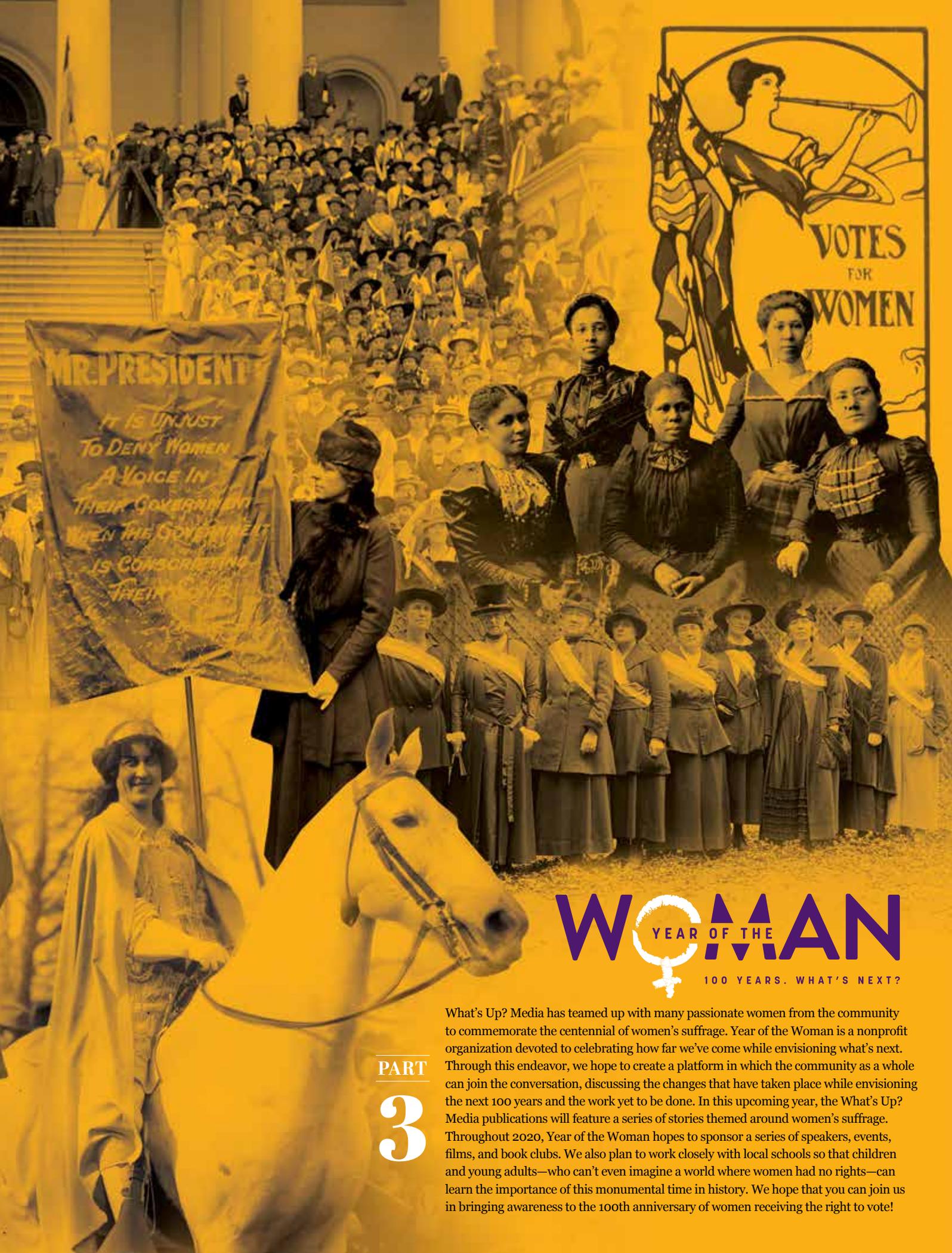


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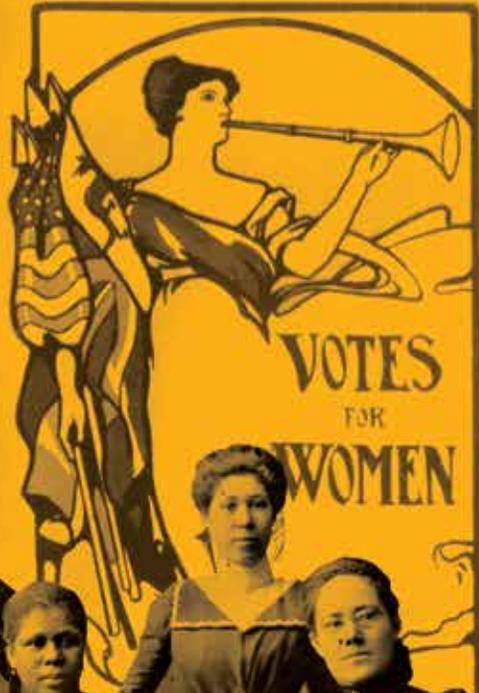


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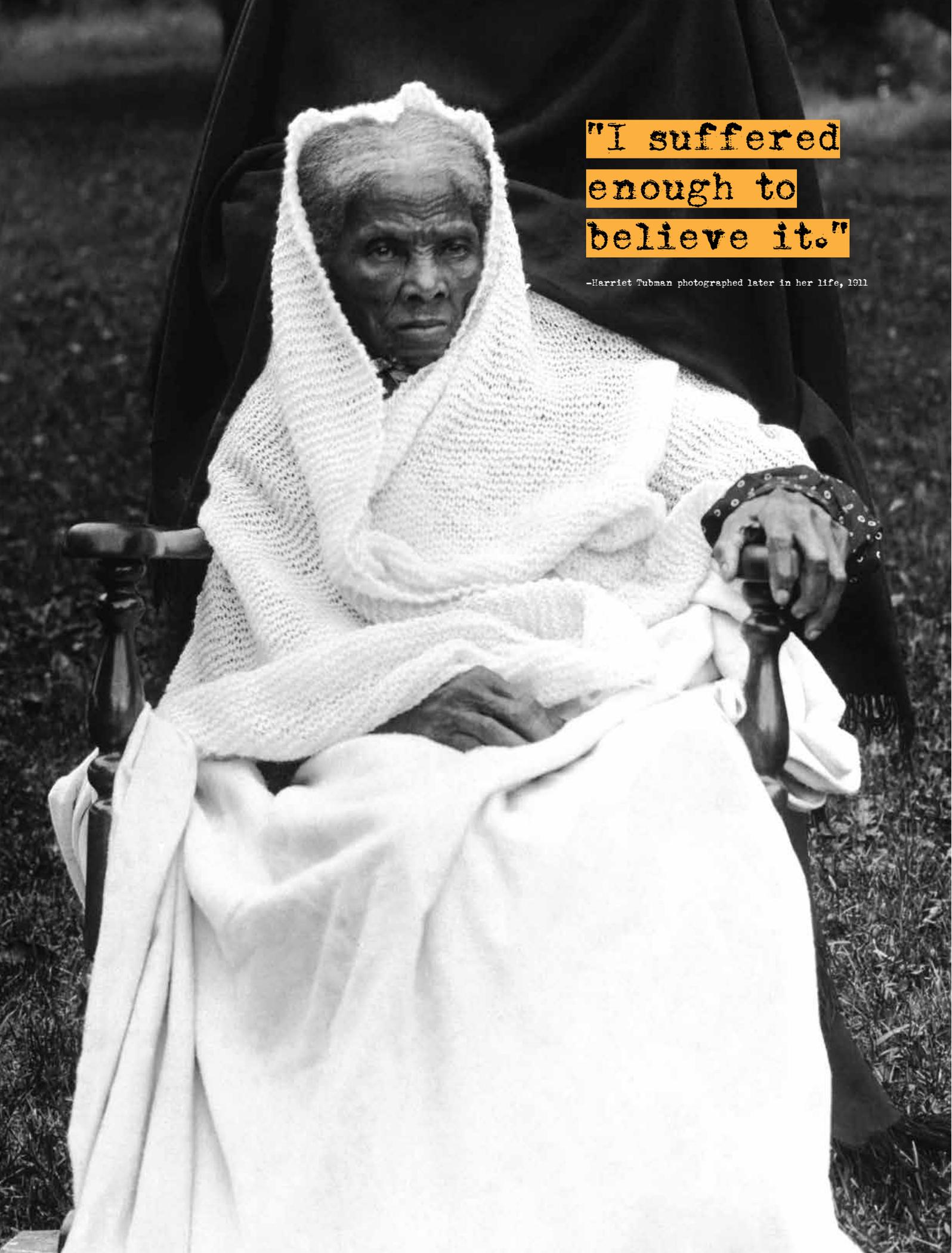
YEAR OF THE

100 YEARS. WHAT'S NEXT?

PART

3

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!



"I suffered
enough to
believe it."

-Harriet Tubman photographed later in her life, 1911

Lighting the Torch of Universal Suffrage

Black suffragists blazed the trail for
black men and white women to secure
voting rights in the United States,
all while being rejected by both groups

By Maya Davis



Sojourner Truth, circa 1870.
Photograph courtesy National Portrait
Gallery, Smithsonian Institution.

When it comes to women's history and, especially, the suffrage movement, certain names will always stand out, such as Susan B. Anthony and Elizabeth Cady Stanton. They have been highlighted many times in the annals of history. However, there are many more names, which the history books often neglect to shed light upon or give a voice. They are the lesser-known or forgotten figures of the movement. This is especially true for trailblazing African American women, including Sojourner Truth, Ida B. Wells, Mary Church Terrell, and Lillie Carroll Jackson. These women stood at the intersection of being black and being female in a society that didn't respect either classification. In Maryland, two women, Francis Ellen Watkins Harper and Harriet Tubman, also gave their voice for the cause of woman suffrage.

Frances Ellen Watkins Harper and Harriet Tubman were from the same state but came from different backgrounds. Harper, an accomplished poet, abolitionist, and suffragist was born of free parentage in 1825, in Baltimore, Maryland. Although she was born free, Harper was subjected to many of the oppressive conditions inflicted upon enslaved and free blacks living under Maryland's strict slave laws.

Her mother died when she was a young girl, leaving Harper to be raised by her uncle Rev. William Watkins. Harper was greatly influenced by her uncle who was a supporter of anti-slavery efforts and who spoke out against colonization. She, herself, would go on to become an outspoken orator, speaking out against slavery after witnessing it in the border state in which she was born. In 1856, Harper visited escaped slaves who settled in Canada. That experience was documented in a letter she wrote from Niagara Falls which stated, "Well I have gazed for the first time upon Free Land, and, would you believe it, tears sprang to my eyes, and I wept. Oh, it was a glorious sight to gaze for the first time on a land where a poor slave flying from our glorious land of liberty would in a moment find his fetters broken, his shackles loosed, and whatever he was in the land of Washington, beneath the shadow of Bunker Hill Monument or even Plymouth Rock, here he becomes a man and a brother."

In 1860, she married Fenton Harper, causing Harper to slow down on her speaking engagements. The Harpers quickly grew their family when they gave birth to a daughter, Mary. Sadly, the Harper union was short lived when Fenton Harper died in 1863 leaving his wife a widow and single mother. His death put Frances Ellen Watkins Harper back on the pulse of issues facing her people. Now, Harper was the only breadwinner in her home and needed to secure funds to provide for herself and her daughter.

Harper's life and career spanned the course of abolition and women's rights in the 19th century, essentially charting the course for her work to champion both causes. As a poet, she gave voice to the plight of enslaved communities and women. Like Frederick Douglass, Harper made a living as an orator, speaking at abolitionist events. As Harper traveled widely throughout the North and the South, she gained a fuller understanding of the issues affecting African Americans and women. She lived in Ohio before settling in Philadelphia in 1870. This new understanding shifted her oratorical lectures to focus on women's rights including suffrage. Her treatment in Ohio caused her to reflect on her condition as a woman and a widow, and she shared that experience at the 11th Annual

Frances Ellen Watkins Harper, born in Baltimore in 1825, fought for women's rights until her death in 1911.



Aunt Chloe's Politics

*Of course, I don't know very much
About these politics,
But I think that some who run 'em
Do mighty ugly tricks.*

*I've seen 'em honey-fugle round,
And talk so awful sweet,
That you'd think them full of kindness,
As an egg is full of meat.*

*Now I don't believe in looking
Honest people in the face,
And saying when you're doing wrong,
That "I haven't sold my race."*

*When we want to school our children,
If the money isn't there,
Whether black or white have took it,
The loss we all must share.*

*And this buying up each other
Is something worse than mean,
Though I thinks a heap of voting,
I go for voting clean.*

Woman's Rights Convention in 1866. "Had I died instead of my husband, how different might have been the result. By this time, he would have another wife, it is likely; and no administrator would have gone into his house, broken up his home, sold his bed, and taken away his means of support. I say then that justice is not fulfilled so long as a woman is unequal before the law."

Harper, equipped with her new position on women's rights joined various suffrage organizations. She was a member of the American Woman's Suffrage Association. During this time, she also returned to writing poetry, some of which shared her views on politics and voting from a woman's perspective: <<

In 1869, when Susan B. Anthony and Elizabeth Cady Stanton left the American Equal Rights Association because it was supporting the 15th Amendment, Harper refused to follow realizing that the two women were prioritizing the privilege of their race over that of black men.

She noted that she could not rely on white women to prioritize the concerns of their nonwhite sisters. Frederick Douglass would also part ways with the two women, instead placing his focus on the cause of Negro suffrage. Harper fought for women's rights until her death in Philadelphia on February 22, 1911.

A contemporary of Harper, Harriet Tubman is internationally known for her courageous life, liberating herself and numerous others held in bondage. However, often overlooked is the life she lived after the emancipation of slavery in the United States. While Tubman was a valorous abolitionist, she went on to become a leading champion for women's suffrage.

Born enslaved in Dorchester County under the name Araminta Ross, Tubman was greatly influenced by the women in her life. Her grandmother, Modesty, was an African. Tubman's own mother, "Rit" Green, inspired her to become self-determined. Often described as uneducated because she was not able to read or write, Tubman shone bright as a communicator with years of experiential knowledge.

In 1860, Tubman made her first speaking appearance at a suffrage meeting in Boston. She was a close friend of suffragist Lucretia Mott and was a member of Anthony and Stanton's National Woman Suffrage Association (NWSA).

During an interview in 1911, Tubman was asked "Do you really believe that women should vote?" Before responding she paused due to her surprise at the question. Her response was simply "I suffered enough to believe it." That phrase alone summed up the feelings of hundreds of black suffragists.

Endorsing the Cause

When the 15th Amendment was adopted into the U.S. Constitution in 1870 granting African-American men the right to vote, all women were excluded. While it seemed like an easy win for African American men, many tactics were put into place to prevent them from voting. Some states instituted poll taxes and literacy tests to hinder them from the polls. As a result of this exclusion, a divide was created between white women and African Americans. Various groups were formed to help push the agenda of women's suffrage. However, race kept black women at the sidelines of the larger Women's Suffrage Movement.

Southern politicians and racist women spoke out against securing the vote for black women. African American women's exclusion from white-led suffrage groups did not deter them from organizing their own separate groups. Through the formation of their own organizations, African American women could work on social issues that affected them. Among the first groups was the National Association of Colored Women (NACW), which was founded in 1896 in Washington, D.C. The motto of the NACW was "Lifting as we climb."

1913, the Alpha Suffrage Club of Chicago was founded by Ida B. Wells, as the nation's first Black women's club focused specifically on





suffrage. Wells co-founded the Alpha Suffrage Club with white suffragist Belle Squire. One of the first activities the newly formed Alpha Suffrage Club participated in was the 1913 Women’s Suffrage Procession organized by suffrage leader Alice Paul in Washington, D.C., in support of a suffrage amendment to the Constitution. This event, like other suffragist affairs, was hindered by racist sentiments from southern white women who objected to African American women marching with them. As a result, organizer Alice Paul suggested that marchers be grouped, with African American women marching at the end of the parade. Fortunately, a later decision was made to have all women march with their home states meaning that African American women would not be segregated, nor marching at the end of the processional.

In November 2019, the Maryland Women’s Hall of Fame recognized African American suffragist Augusta T. Chissell, who worked tirelessly towards universal suffrage but without great recognition. Although, not as well known in the African American canon as Mary Church Terrell and Ida B. Wells, Chissell had a huge impact on the cause for women’s suffrage. Chissell, who was deeply embedded in Baltimore’s women’s clubs, used her social platform to push the voting agenda. Chissell was an active member

of the DuBois Circle, a women’s club established in Baltimore. The group grew out of W.E.B. Du Bois’ Niagara Movement, which was established in 1905 and was a precursor to the NAACP. Like other black women of the time, Chissell and the DuBois Circle organized and hosted political meetings at their homes and churches in Baltimore. In addition to the DuBois Circle, Chissell was an officer in Baltimore’s Progressive Women’s Suffrage Club.

On August 26, 1920, the 19th Amendment was enacted stating that “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.” After the 19th Amendment was ratified in 1920, black women still had to fight for basic voting rights.

Although black women were largely excluded from white suffrage organizations, they continued to champion universal suffrage for all. Their organizations did not play into segregationist ideology but instead focused on “lifting as they climbed!”

Tune in each month as we continue our “Year of the Woman” article series, and in the meantime, check out the upcoming related events at

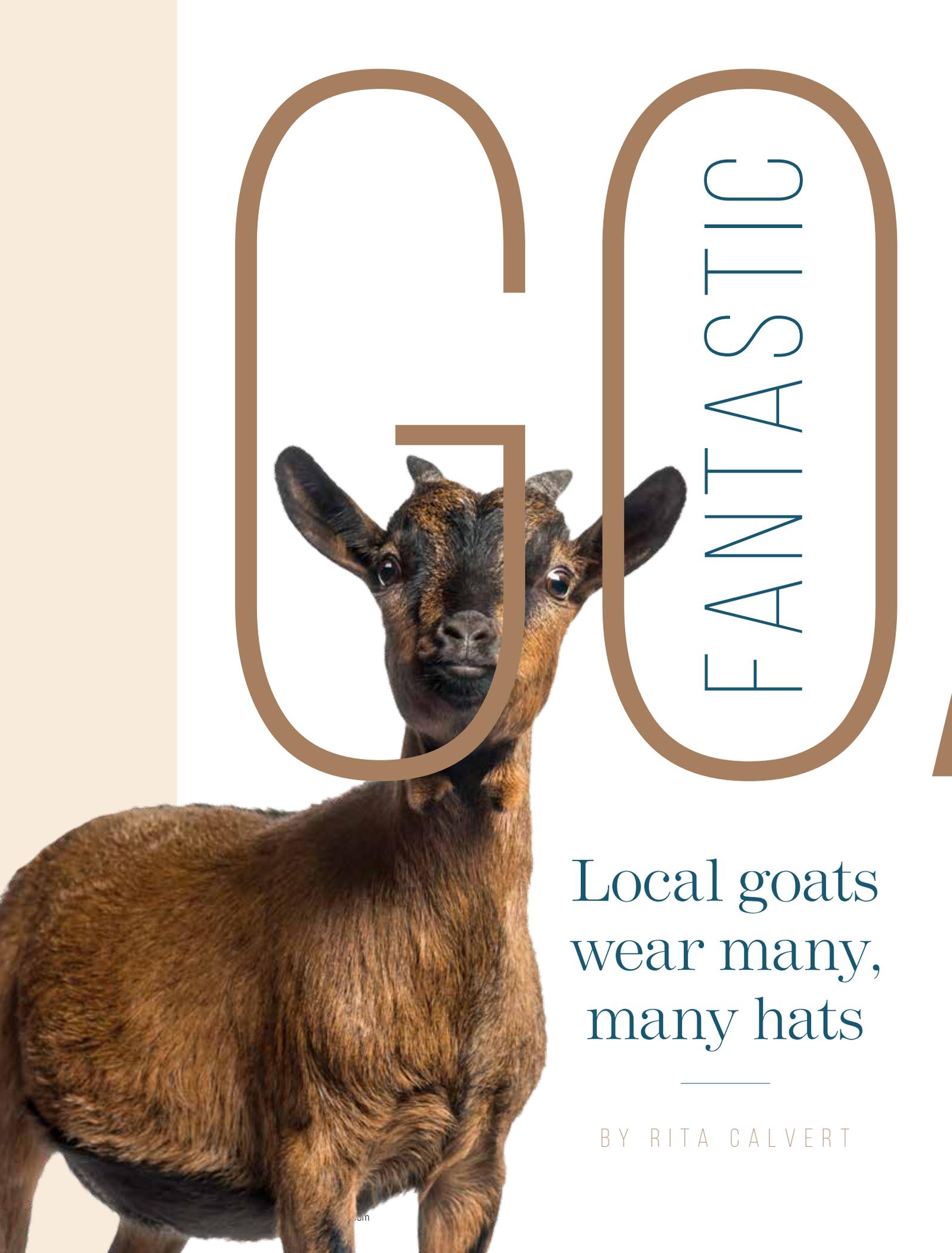
yearofthewoman.net



Portrait of Ida B. Wells (1862–1931), an African-American journalist and civil and women’s rights activist.



Portrait of Augusta T. Chissell (1889–1973), photo by Maryland Historical Trust and Mark Young



FANTASTIC

Local goats
wear many,
many hats

BY RITA CALVERT

ATS

From providing milk, cheese, meat, fiber, and even therapy to foraging, browsing, and acting as mascots, goats have many varied and extensive jobs and it's a great time for these adorable ungulates, as goats are called in the science world. We can't seem to get enough of their personalities, especially with accompanying talking (i.e. bleating). Scientists have even suggested that goats could rival dogs in forming an emotional bond with their owners.

Foragers, Weed Wackers, Browsers

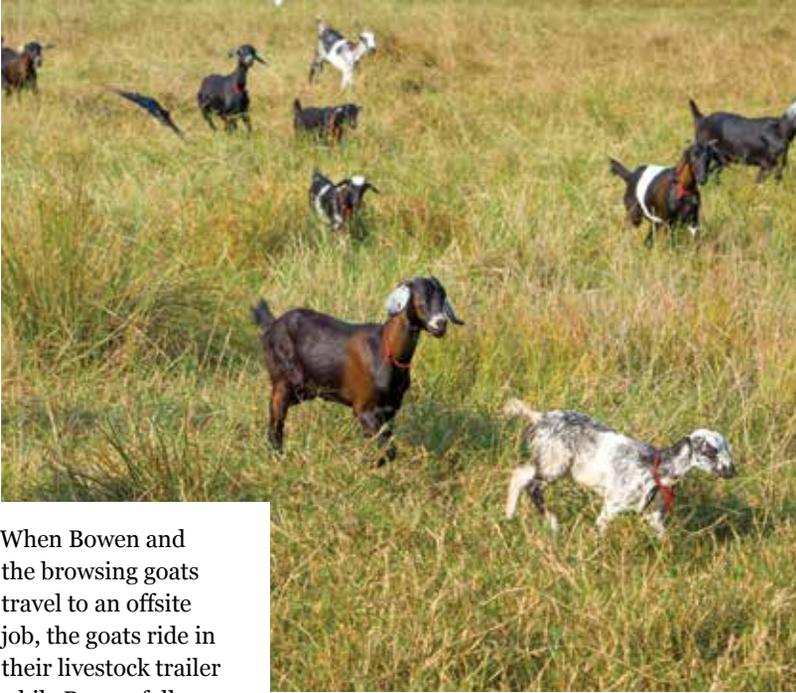
Goats are increasingly being used as an environmentally-friendly form of weed eradication, and even for devouring dry grasses to prevent forest fires, such as in the 2019 California Easy Fire. Goats helped save the Ronald Reagan Presidential Library by eating the brush, creating a fire break that slowed the flames and gave firefighters extra time to react.

Mary Bowen's farm, Prosperity Acres, in Sunderland, Maryland, is home to what she terms "the browsing goats." She calls each of her 60 goats by their own name as they control invasive species in and around Maryland, Virginia, and Washington, D.C. waterways. Bowen sets the goats up with temporary electric fencing in the area that needs to be cleared and, in a few days, the goats have devoured all the unwanted vegetation. Bowen explains, "Hiring goats for land clearing is good for your health—they are sustainable, environmentally-friendly, fun, and they create community. But most of all, their use is earth-friendly. No need for spraying herbicides. Goats browse/graze in places where mowers and humans can't go. They eat a wide range of invasive species, including poison ivy, poison oak, poison sumac, kudzu, oriental bittersweet, multiflora rose, Japanese honeysuck-



le, wisteria, knotweed, phragmites, briars, honeysuckle, and much more. Long-legged goats can stand on their hind legs and reach up to six feet for vines growing up trees."





When Bowen and the browsing goats travel to an offsite job, the goats ride in their livestock trailer while Bowen follows in her camper. When I caught up to this very busy gal, “Team Prosperity Acres” had two different jobs in Virginia and was traveling for an entire month. Bowen rents her goats to properties in environmentally-sensitive critical areas, where strict regulations prevent landowners from using herbicides.

Meanwhile, at Towson University, a crew of 18 goats was recruited from Harmony Church Farm of Darlington to effectively and safely control a weed problem around an area of native Maryland trees that’s been designated an arboretum. A unique approach here was that the goats don’t get stung by nesting yellowjackets as the volunteers did. This has turned out to be an annual job for the local goats.

From Eco-Goat Forester to Full-Fledged Farmer

Forester and conservation consultant, Brian Knox states that it is easy to see that our roadsides, open fields, woodlands, and backyards are becoming overrun with invasive species and other unwanted vegetation. That is how Eco-Goats, a division of Sustainable Resource Management, became the first goat foraging company in Anne Arundel County, where landowners can hire the goats to get rid of encroaching weeds. Also among Eco-Goats’ clients: both Historic St. Mary’s City and the American Chestnut Land Trust in Calvert County, Congressional Cemetery, and the town of Urbana in Frederick County.

Knox has been leading his teams since 2010, starting with 140 rescue “ruminants,” who often worked seven days a week. Although Eco-Goats has gone through a few herds of various sizes, a crew of 28 goats now live at Where Pigs Fly Farm in Centreville, Maryland.

To get the job rolling, Knox first offers a free visit to walk the property, evaluate needs, and answer questions. The herd is transported to the job location and stays in the trailer, while Knox, his partner Jennifer Vaccaro, and Vaccaro’s nephew inspect the area invasive species and vines suitable for the goats to eat. Low-lying plants are to be avoided as the goats can pick up parasites from the ground, so Knox and the Vaccaros take

over when the growth is not goat-appropriate. The job area is confined by a movable electrified fence with the three humans digging post-holes in whatever ground they may find. It can be backbreaking work for people while for the goats it’s a lark of a buffet! At the finish, goats and fence are removed while the goat droppings are *not*, as they become great fertilizer.

Back at Where Pigs Fly Farm, Knox and Vaccaro have become full-fledged farmers and produce vegetables and eggs for sale. For the first time, turkeys are being raised for the Thanksgiving holiday. Vaccaro says they are just charming and will keep a few each year to continue the flock.

Traveling with goats, we can only go so far... literally. That’s why Knox is now available to consult with individuals and civic groups who would like to have their own goats do the work. Profit margins are slim in the professional goat foraging business but Knox is a forester first and cares about the health of the land. His natural resource consulting firm: Sustainable Resource Management, specializing in forest stewardship, invasive species management, and education adds to the income stream. He has a special connection to the soil and plants. One of his most valuable farming skills is his ability to stop and listen to what the soil is telling him.





Therapy

Therapy goats can be a unique fusion between farm and hospital. Goats have a strong sense of intelligence for interaction with humans. They seem to love the attention and want to give it back. Goats' entertaining nature is among the qualities that make them excellent therapy animals. Their playfulness can bring people out of their shell, lift their spirits, and even lower blood pressure. Prosperity Acres Child Enrichment Programs allow children to have first-hand experience with young farm animals' calming effect. The farm offers Children's Day with a full menu of hands-on activities, goat snuggle/story time, a six-week Tot Goat Yoga program, and goat-themed birthday parties. Bowen also created *Nadia The Wonder Goat*, a children's book to help little ones see the caprines as friendly farm friends.

Goat Dairy

Goats tread lightly on the earth, and they bring us goat cheese! Goat milk is the most popular milk worldwide. Even though we drink cow milk almost exclusively in the States, around the globe, more people drink milk from goats than any other animal and there are good reasons. It's naturally homogenized (meaning, it doesn't separate out into layers in its original state) and not only is goat milk healthier for you, but it is also easier than cow milk for your stomach to digest. The milk is rich in protein, calcium, magnesium, phosphorus, potassium, and vitamins A, B12, C, and D.

Pam Miller of Charlottetown Farm in Freeland, Maryland, has taken her happy goat milk in decidedly upscale directions: chevre, ricotta, Crotin, and



feta are her cheeses while yogurt, Cajeta—caramel sauce, goat milk fudge, and a fantastic European-style cheesecake from silky chevre are her extra special items.



Goat Yoga

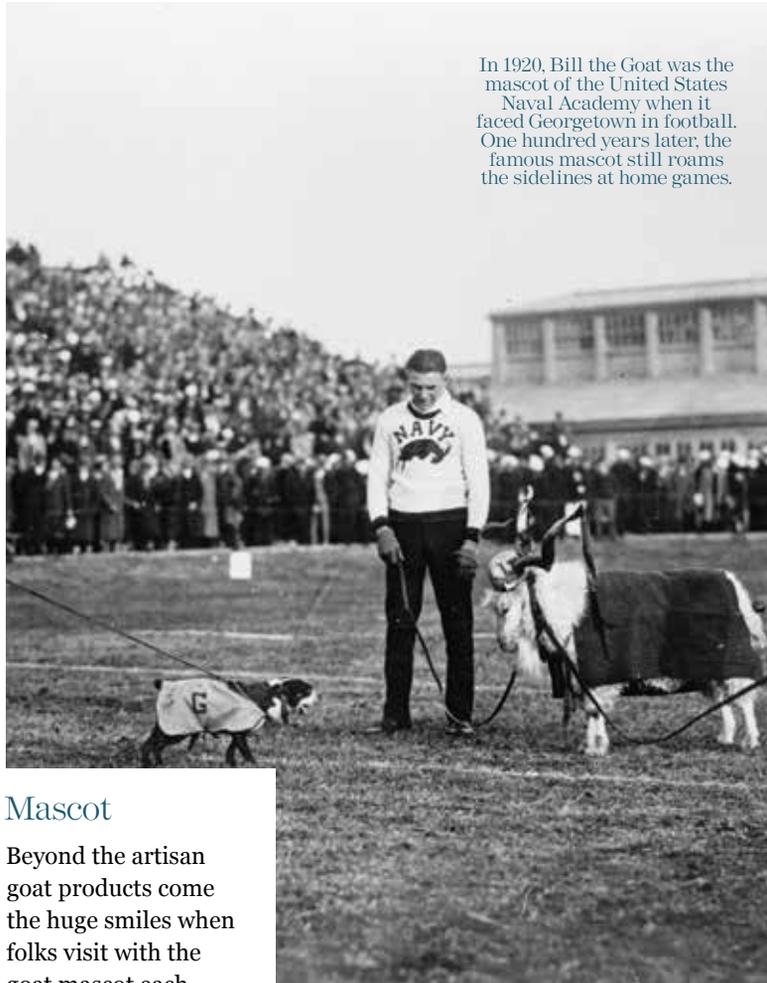
It's the exercise craze sweeping the world—goat yoga! It's yoga, but with goats and it is even a program at Congressional Cemetery, now that the many obstacles of the District's austere regulations have been trimmed. This exercise has become a rage as dozens of tiny goats happily play among the yoga mats and climb on the yogis' backs. No worries about the weight load as the sprightly kids (or baby goats) are the participants. Goat to Be Yoga is based in Sunderland, Maryland, and Amanda Bowen (yes, adult daughter of Mary Bowen) gives outdoor baby goat yoga classes right on Prosperity Acres Farm or travels to many local wineries, breweries, or any setting that fits requirements to find Zen with the kids. On the Eastern Shore, Emily's Produce offers goat yoga classes. So too does Amanda Ritter, who has always loved animals. So much so, that she is studying at the University of Delaware to become a veterinarian. In the meantime, she offers Goats for Hire: Experienced in Yoga!



Meat

What's for dinner tonight? In most of the world, *the* meat would be goat. As before, goats are browsers and will feed on tender twigs, shrubs, and pastures. However, they will not feed on tin cans and T-shirts, except possible to satisfy their curious nature. They are very particular about clean water. The browsing diet makes their meat very lean and gives it a flavor and texture somewhat like venison. This meat is a very healthy source of protein, with lower fat, fewer calories, and less cholesterol than both beef and chicken.

Baby goat—called kid or cabrito—is especially tender and less-gamey flavored than lamb. Cabrito is widely consumed in hostile terrains like Africa, the American Southwest, Asia, and Latin America, or as Halal, meaning food that is permissible according to Islamic law. Cabrito is now finding popularity in upscale dining. Prosperity Acres (being all things goat) sells goat meat in sides or quarters of the animal. In Frederick, Maryland, Sycamore Spring Farm also sells goat meat.



In 1920, Bill the Goat was the mascot of the United States Naval Academy when it faced Georgetown in football. One hundred years later, the famous mascot still roams the sidelines at home games.

Mascot

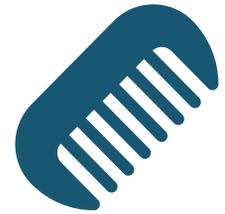
Beyond the artisan goat products come the huge smiles when folks visit with the goat mascot each spring and fall at Baltimore's Waverly Farmers Market. Pam Miller explains, "Goats just bring joy! They provide cuddles, bonding, petting, and brushing. They interact with humans much like a dog but with a lot of antics. I only take smaller, Nigerian Dwarf goats to events with people, as these particular goats are raised by 4H-ers, so they are used to being shown to and paraded around people."

Let's be clear, all goats are not alike. Meat goat breeds such as Boer or Kiko, for example, would not be

used for socializing and are not comfortable with people. Varied breeds of goats are said to have unique personalities like the long droopy-eared Nubian who is a big talker. Is it good for the goats? Miller never puts the goats in a situation where dogs are permitted as they are a predator.

Miller has had such success with her social goats interacting with humans, that she has started a company, Party Goats. You got it... those same PR goats hanging out looking sweet at birthdays, Bar Mitzvahs, or just any celebration. Miller has also discovered how much folks enjoy her goat cheese classes presented at breweries and wineries complete with pairings.

And let us not forget to mention the most famous and local mascot goat of them all—Bill the Goat of the United States Naval Academy. He is a live goat and can be seen trotting about at all the Navy home football games and many other sporting and social events of the Academy.



Fiber

To see the unusual coat of an Angora goat, look no further than the Naval Academy mascot goats. The "Bills" have always been the Angora. These are the softest, fluffiest breed of goat in the world. The Angora goat originated in the historic town of Ankara, Turkey. Most goats have two kinds of hair: long primary hairs, and short secondary curly hairs. The Angora goats lack primary hairs while their secondary hairs are closely packed and grow longer. Mohair is made from Angora wool and is used in sweaters, scarves, coats, and other products, including floor coverings and doll hair. The United States is a leading producer of mohair with Texas being the top-producing state.

It's no wonder the highly-intelligent, four-legged *Capra aegagrus hircus* has become our hero as a domesticated friend.

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ORATION

by gary jobson

HOW TO FEEL AND LOOK COMFORTABLE WHILE SPEAKING IN PUBLIC

Lessons from one's youth can have a defining impact on life. For me, there was one horrifying experience in my seventh-grade class that inspired me to improve my public speaking skills. I was one of a handful of candidates running to be our home room representative to the student council. Each candidate had to get up in front of the class to make our case about why one of us should be elected. I had written out my speech and felt ready, until I got up in front of the class. I was nervous. In fact, I was scared to death. I could hardly read my written words. My voice wavered and sounded like I was out of breath. When I looked up at the class, it seemed that everyone was staring at me with their mouths open and aghast at my halting delivery, which of course, made my speech even worse. When I finished and returned to my seat, it was quiet and I was emotionally drained and distraught. I knew that I needed to work on my public speaking.

That night I told my father about my alarming performance. He listened to my sad story and offered some advice, "Speaking in public is fun. The key is to prepare in advance and then be enthusiastic about your topic. If you are enthused, your audience will respond favorably to you talk." It sounded simple, but overcoming my fear, after my traumatic speech, took a long time.

"Speaking in public is fun. The key is to prepare in advance and then be enthusiastic about your topic. If you are enthused, your audience will respond favorably to you talk."

Several years later, I was hired by our local yacht club to be a sailing instructor. Every day, I spoke to younger sailors about sailing techniques. It's hard to keep the attention of 8–15-year-olds, but I was able to connect by telling stories with a message. And, remembering my father's wise counsel, I always had an outline and spoke with enthusiasm. Over the next four summers, I taught sailing and worked on improving my public speaking routine. I kept my outlines and later turned many of my lectures into articles. These articles became the basis for several books on sailing and advanced racing techniques. Looking back, I realize that writing, public speaking, and commentating on television are all related. It is the effective communication of ideas that you want to instill in your readers, viewers, and audiences.



↑ gary jobson

Being an effective communicator is important for everyone to succeed in life, and to build a robust working career. One must be able to sell ideas, products, or services. Standing in front a large audience or even a small group and presenting your case is never easy. I started keeping track of my public appearances soon after college. At this writing, I have given over 2,800 presentations. I am no longer nervous and I learn from each engagement how to improve. Audiences are my focus groups. You can tell when a group likes your presentation, or doesn't like something. My experiences in front of live audiences are a tremendous asset when commentating on television. I knew what people enjoyed hearing about and I worked to deliver interesting narratives.

At the opening ceremony before the Olympic Games in 1996, I was the narrator with a full symphony orchestra. My role was to read a complicated script in sync with the music. I practiced my words for weeks and with the orchestra for two days. I could feel the nervous tension building when I walked onto the stage with the conductor. There were many thousands in a park waiting to hear the concert. As the conductor raised his hands to start the performance, he must have recognized my nervousness. He put his hands down, leaned over, and said, "They've all had two cocktails. You'll be fine." I instantly calmed down and off we went without a hitch.

There are many courses, books, and articles on public speaking. I have developed my own criteria that works for me. Preparation is the first step. I always spend time researching and writing an outline before every talk. I have given six graduation speeches over the years. Each time, I prepared a written speech and also had an accompanying outline. I worried that if I got nervous in front of 5,000 people, I could revert to reading my speech. I am happy to report that each time I used my outline, which I hope, made my words sound natural. The fact that I had the written version at the ready helped calm any nervousness that might have developed. When I am in front a group, I like to experiment with my routine. Here are several techniques that have helped me:

- Always look at people in the audience. By connecting directly with them, I find it easy to develop a comfortable atmosphere.
- Feel free to stray from the podium. I use a podium, or small stand for my notes, but audiences like to look at the speaker.
- Avoid distractions like overusing your hands or constantly playing with your papers. These actions take away from your message. Rubbing your hands together is another audience turn off.
- Help the person making your introduction by providing a short biography of your career. Long introductions exhaust audiences. One short story and a handful of accomplishments is appropriate.
- Try not to speak while wearing reading glasses. It reminds people of the old school teacher that seemed to hide behind the glasses. Print out your notes using large type and make sure the podium is well lit. At all costs never wear sunglasses, even if you are outside. Take the sunglasses off for your speech.
- In a long room, set up the podium in the middle of the room so you connect with the entire audience. If the podium is all the way in front of a long rectangular room, the back half will not see well, and not connect. This also helps to prevent audiences from talking during your speech.
- Use simple sentences. Never use the word, "Um" or repeat lines two or three times. Another over used word in the English language these days is, "Like." Try to avoid using trendy vernacular. Speak at a slow pace so people can understand your words.
- Never use foul language.
- Never drink alcohol before a speech. You need to focus on your words and message.
- Speak with an enthusiastic voice. If you are enthused your audience will stay with you.

When I was first hired by ESPN to commentate on the America's Cup races, I called a broadcast veteran who I had sailed with several times. The man's name was Walter Cronkite. I can still hear his voice on the other end of the phone line when he responded to my question about what I should do to be a good commentator. He told me, "Gary, make every word count. Speak clearly and slowly. Do your

“Make every word count. Speak clearly and slowly. Do your homework in advance, even though you will never use 90 percent of the information. You want to be prepared. And, if you don’t have something good to say, sometimes it’s better to just be quiet.”



Left: Griff Hall speaks at the 2019 Ignite Annapolis
Right: Sheila Johnson speaks at the 2019 Ignite Annapolis

homework in advance, even though you will never use 90 percent of the information. You want to be prepared. And, if you don’t have something good to say, sometimes it’s better to just be quiet.” This was good advice from a seasoned hand. I have followed his suggestions to this day.

My basic presentation always begins with a short story that offers a message. I may refer to the story later in my presentation. Think of a James Bond film that always starts off with some kind of action sequence. The credits come later, but the audience is hooked right up front. Thank yous and acknowledgements are better placed later in a speech. Build suspense by teasing some unique information early and revealing it later in your talk. Avoid power point presentations. Too many speakers rely heavily on power point as a crutch. To me, there is nothing worse than a speaker reading a power point to an audience. You might as well just post the speech on the Internet. Your goal should be to get the audience to listen

carefully to your words. This works best when they look at you. Agree, in advance, about the time frame for your talk. Do not go over the time limit because you are likely cutting into the next speaker’s time. It takes practice to get your timing perfected. It is better to cut a talk a little short than staying on stage too long.

The heart of any lecture is good story telling. I like to surprise people with new stories that either have an inspiring message, or offer some humor about the topic. There are times that call for a serious reflection; at a memorial service for example, or after some kind of calamity. A speaker can be somewhat upbeat, but brevity is a good policy during emotional moments.

I use a series of short films to augment my presentations when I am talking about sailing. This takes considerable effort to acquire worthy footage and edit the footage into compelling sequences. I add appropriate music to each sequence that does not overpower my words. Narrating videos live is a strong format. It

helps to memorize the words so you are not reading from notes when the films are running. I usually show about six separate films in a lecture that averages 2-8 minutes in length.

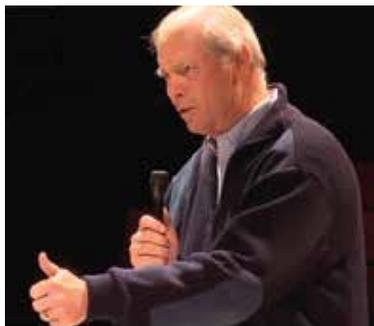
People attend lectures to learn something new and this is why research and preparation are so important. It is good practice to offer your opinion and view on issues. People may disagree with your viewpoint, but they will listen and consider your thoughts. I have had a few hecklers over the years. It can be hard to ignore a loud voice coming from the back of the room. I have invited the heckler to the stage on occasion, or let the heckler run out of steam. Happily, audiences generally do not appreciate an uninvited voice and will help you turn off the distraction.

At the end of most of my lectures, I take questions. When you answer a question, paraphrase the question in your answer, so the whole audience understands what has been asked. Always be grateful for any question. If you don't know the answer it is better to say, "I don't know," and not fake it. Someone in an audience will know if you state something that is inaccurate. Avoid asking for a show of hands. I find audiences generally don't like it as it reminds them of being back in school. Avoid reading your speech from a computer that makes an audience feel like you making a canned speech. It is absolutely essential that you write your own speeches. It is acceptable to have help and get advice, but you will always present better in your own words. It took me a long time to realize I was a better television commentator when I wrote my own material.

Clothing is a complicated issue these days. My father used to tell me, "You'll never go wrong wearing a jacket and tie." Many meetings and conventions tend to allow attendees to wear "casual" clothing. My rule of thumb is to always try to be just a little bit more dressed up than most of the people in the audience. Wearing a blazer always works.

It is a great thrill to share knowledge with an audience. It helps me learn about new topics. I like to present material that is not found anywhere else. My favorite talks are in front of a new audience that has never heard me before. No one knows what to expect. For me, it is almost as much fun as winning a sailboat race. By the way, to my great surprise, I won the election to be the home room representative to the student council in seventh grade, so my speech might not have been as bad as I thought, but it sure inspired me to work on my speaking style.

Gary Jobson is a world-class sailor, television commentator, author, speaker, board members to several national and local nonprofits, and longtime resident of Annapolis. He is the pre-eminent ambassador of sailing of the U.S.



See Speakers in Action at Ignite Annapolis #5

For the fifth time, Annapolis will play host to Ignite Annapolis, a high-energy evening of talks by people who have a burning idea—and the guts to get onstage and share it with their hometown crowd.

The event is scheduled to take place on Thursday, March 12, at Maryland Hall for the Creative Arts, with an opening reception at 6 p.m. and the program beginning at 7 p.m. The event is produced in partnership with Annapolis-based nonprofit The Friends Foundation and proceeds will benefit The Capital Gazette Memorial Scholarship Fund, benefiting students of the University of Maryland's Philip Merrill College of Journalism.

Ignite #5 will feature 17 thought-provoking speakers, each presenting for five minutes with 20 slides. The evening will be emceed by local radio DJ Rob Timm of WRNR and will include topics like civic discourse, religion, healthcare, sexual assault, race, fertility, addiction, the environment and much more.

The selected speakers (and their topics) include:

Sandy Travis Bildahl (Bravery Becomes You: On the Road Fearless and Free) • Meghan Brennan (Let's Face the Music and Dance) • Anne M. Brooks (Scars into Stars) • Felicia Barlow Clar (The Death Positive Movement: Reclaiming Our End of Life) • Chanel Compton (Black Museums Matter) • Dr. Michael Freedman (How to Survive an Apocalyptic Healthcare System) • Chris Hopkinson (1 Oyster, 50 Gallons of Water, and 200+ Miles of Paddle Boarding) • Marissa Jachman (How We Prevent Rape) • Nancy Johnson (The Unflattering Side of Fashion) • Stacy Korbela (Argue Like an Ancient Greek) • Derek Matthews (Falling Down and Getting Back Up) • Christopher McCleary (Corporate Partnerships and Public Housing) • Suzanne Ratti (The Face of Addiction) • Sherry Samuels (Nine Months & Counting) • Ermis Sfakiyanudis (Disconnected in a Connected World) • Patrick Shurney (Religion & Politics) • Carol Velandia (Language as an Equalizer)

Tickets for Ignite Annapolis #5 are \$10 and are available for purchase at www.igniteannapolis.com.

Happy Campers

TALES AND TIPS TO ENSURE YOUR CHILDREN HAVE FOND MEMORIES OF SUMMER SLEEP-OVER CAMP

BY JANICE F. BOOTH



“IT’S BEEN 68 YEARS, AND I STILL REMEMBER MY TIME AT THE YMCA CAMP ON THE BLANCO RIVER...AND THAT’S LARGELY BECAUSE OF ONE, CHARACTER-BUILDING, LAST-NIGHT PRANK PLANNED BY THE CAMP COUNSELORS AND EXPERIENCED CAMPERS.”

So begins attorney Chuck Parson’s tale of prattle and pranks that ended with the screaming new-boys racing off to their bunks to escape the half-spider, half-gorilla that attacked them as they lounged around the campfire on their final night. “The next morning the counselors came around to our bunks to assure the first-timers that by surviving that fright-of-our-life, we 10- and 11-year-olds had crossed from boyhood to manhood that night. My self-confidence soared. There might even have been a bit of a swagger in my gait when my parents picked me up from camp.”

Sometimes, summer camp is just a week away from those endless chores at home, like making your bed and taking out the garbage. But sometimes summer sleepover camp changes the way a child sees herself—her abilities and her strength. What can grown-ups do to make a summer sleepover camp experience as positive as possible? And, what pitfalls might we guard against as we help children acquire more self-reliance through their sleep-over camping adventures?

“I think the most valuable thing I learned at camp was to ask for help,” Jessica Brodt observes. She spent a week last summer studying piano at the Kieroff Academy in Georgetown, D.C. Jessica, a junior at Broadneck High School and member of their Performing and Visual Arts Program, was encouraged by her music teacher, Yesook Suh, to apply to the renowned Kieroff Academy’s summer camp for young performers. “I learned so much, and not just about music and performing...Most of the students were from South Korea. Only four of us were Americans,” she says. “Everybody spoke Korean, or, almost everybody. I used my Google translator app a lot. The food was mostly Korean...It was very competitive. I got to attend master classes, one-on-one with world-renowned artist...The Korean students practiced all the time. There were 40 piano students and 15 pianos. It took a while for me to figure out when I could practice...I really learned not to let obstacles get me down; I learned coping skills and to be prepared for anything. For example, cold showers! There didn’t seem to be any hot water; we took cold showers. Eventually, someone figured out how to jiggle the faucets so hot water came out. Coping skills.” Jessica’s advice to summer campers, “Be prepared for anything.”

We all want those affirming experiences for our children. We want summer sleep-over camp to build confidence and provide experiences that are unique, fun, and valuable. So, now that we have a few examples of camping adventures, here are some general tips to help you and your children get the most out of that week or two away from home.

IS THIS THE RIGHT TIME?

Deciding, first, when it’s time to encourage a child to try a sleep-over camp can be a tough call. Educators and child psychologists suggest somewhere between eight and nine years old may be a good age to start sleepover camp. You are the best judge of your candidate’s comfort level with being away from familiar surroundings. Can he spend an entire day away from home, away from parents and siblings? Has she been comfortable staying overnight at a friend or relative’s? Did he introduce the idea of going away to camp? How did she react when you suggested spending a week away at camp? The answers to those questions can guide your decision about whether to move forward with a sleepover camp, or perhaps simply find a day camp that might be preparatory to next summer’s sleep-over camp adventure.

CHOOSING A GOOD FIT

Once you’ve decided whether your child is ready to leave the family for a week or possibly longer, you might want to work together with your son or daughter to research the right camp experience for her or him. Ask your child to tell you what she thinks would be fun to do at camp. Maybe he wants to hone his skills as a drummer. Or, perhaps she knows of a great soccer camp she wants to attend.

There are camps for children with physical limitations, camps for kids with diabetes, or asthma, kids in wheelchairs, or who are blind. There are camps for children mourning the loss of a parent or recovering from other traumas. Is your child interested in music or theater? Does he want to dance or paint landscapes? Perhaps she wants to learn more about birds, or edible plants, or ecology. Whatever a child’s interest, perceived or nascent, there’s a camp for that. It may prove fun to research the choices with your future camper, let her feel she has a stake in the choice. (A caution, however, on this point: If budget is a concern, be sure to prepare your child for that restriction. Provide age-appropriate guidelines for choosing a camp based on cost, distance, or any other factors you know must be considered.)



GROWN-UP RESEARCH INTO THE CAMP YOU'RE CONSIDERING

Once you've got a list, or a camp in mind, you will want to do some investigations on the matters only adults can judge. Sometimes your concerns can be quickly resolved by friends who've sent their children to a particular camp and know the camp's specifics. The reputation of some camps, particularly specialty camps, like the Kieroff Academy that Jessica attended, may be well-established. Well-established camps usually have extensive information on their web sites. You can begin your own, grown-up research with the American Camping Association's Guide to Accredited Camps: www.acacamps.org. There are often regional camp guides that provide a starting point for your investigation. You'll find local camps listed in this magazine as well.

Some of the areas you may want investigate before encouraging your child's interest in attending a particular camp: 1. What is the camp philosophy, and does it fit with your family's? 2. Who is the director? What is her/his background?

Questions about the staffing of the camp include: 1. How are staff selected? What percentage of staff return for more than one season? 2. What training is provided to camp counselors? Are all staff involved with the campers every day? 3. What is the counselor to camper ratio? **Regarding safety measures:** 1. Are there medically trained staff members? 2. How do counselors handle water safety? Hiking precautions? Weather related dangers, such as rain storms and wildfires? 3. In the event of a serious injury or medical emergency, how are campers cared for and where are they taken for emergency treatment? 4. What are the rules for counselors? For campers? And how are they enforced? 5. What are the costs? Are there additional expenses, such as fieldtrips or supply costs, that should be taken into consideration?

Once you've answered these questions to your own satisfaction, you can encourage your child's participation in the camp-finding project.

FIGURING IT OUT TOGETHER

This next step may be lots of fun and give you some fresh insights about your child. Together, create a list of qualities you and your child want for a camp experience. He might say, "I want to sleep in a tent." Or she might list, "They have to serve mac-and-cheese at least once while I'm at camp." Or maybe, scratch the mac-and-cheese and add kale and broccoli.

While your future camper is making a list, you can insert some pertinent issues of your own. For example: What's a normal daily schedule? What are the activities, and what happens if a camper doesn't want to participate in a particular activity? How do counselors handle homesickness? Discipline: What happens if there are arguments between campers? Bullying? Inappropriate language or behavior?

With the final, joint list, you can set up a phone conference with the camp's director, you, and your child participating. You're modeling for your child a great way to handle interviews for jobs, school, or any other decision involving other people and organizations.

TECHNOLOGY: CELLPHONES, IPADS, AND ELECTRONICS AT CAMP

A critical issue for you and your camper may be the camp's regulations on children's use of smartphones and computers. Before you can evaluate the camp's approach to this topic, you need a clear idea of how you think technology should be handled by the camp. And,

this may depend, in part, on the age of your camper. Camp policies for children under the age of 13 might be quite different from policies for teen campers or for specialty camps, such as computer camps, of course. Do you want your child to be able to call you at any time if she/he feels the need? Are you hoping for a cellphone decoupling period while your camper is in the wilds?

Usually, there are some natural barriers to extensive use of technology while at camp. Nature camps are often out of reach of the regional cellphone towers. Signals for phone or internet are weak or nonexistent. Kids in tents are not going to have outlets for charging cellphone and iPads. So, technology might be a non-issue.

Most camps do have a clear policy on technology, often posted on the camp's web site. What are the consequences for non-compliance? One camp warns on its web site, in several places, that any cellphone found in the possession of a camper will be confiscated *and* donated to the town's homeless shelter. Cellphones, once confiscated, will not be returned.

After you've read the policies of the camp, if you think they're wise, discuss those policies with your child. Some camps plan for certain times of day or days of the week when campers can access camp-provided computers that have Internet access, so children can email Mom and Dad rather than write a letter on that blank sheet of paper with its self-addressed, stamped envelope—the old-fashioned way.

OPENING OR EXPANDING COMMUNICATIONS WITH YOUR CAMPER

Once you and your camper have chosen the right camp, the shopping and packing get underway. While you're working together sorting clothes and packing up equipment, this is a great opportunity to encourage your young camper to talk about all sorts of things: What do you think it will be like to sleep in a lodge with five other girls? How do I know I'll like going canoeing? What if I fall in? I don't like to be in the dark; what if I can't find my way to the bathroom at night? What if you feel tired when it's time to get up in the morning?

There are all sorts of questions that may be lurking in your camper's imagination. You can help by posing "What if...?" questions. Do some problem solving and role-playing. Laughter can defuse anxiety, deflate looming dangers. While you're folding t-shirts and sorting socks, invite her to describe what she thinks will happen on the first day at camp. Ask him what he'll do if he doesn't like what's being served for breakfast. Their answers may surprise and delight you.





A FEW ODDS-AND-ENDS

Just a few final tips that don't fit into categories but may be of help as you and your child plan the summer's camping adventure:

- If you're not sure if your child will be able to sleep away from home, try a practice. Arrange a sleepover for your future camper at the home of a friend or relative. Try to make it a two-night experience. With two nights, there may be some tears that first night, but by the second night, your child may be too exhausted from having fun to miss you.
- If your child is not accustomed to being outdoors for extended periods, plan some trips to local and regional parks and bird sanctuaries. Take a hike together; eat a picnic in the woods. Go through the drill of dress-

ing appropriately, covering face and hands with sunscreen, and spraying oneself with bug repellent. If your camper knows the drill, she can gain some credibility helping fellow campers do the right things.

- For very young campers, help him or her practice the basics of self-care. Be sure he can brush his own teeth properly – using toothpaste. Allow her to lace up those hiking boots or sneakers herself. Let your child select the appropriate jacket and hat for the weather conditions. Your camper will gain confidence and experience.
- Notify the camp director of any personal, social, or health issues that may have popped-up between the time you filled out all the paperwork for your camper and the time she arrives. Did his dog die? Has she developed

an allergy to tomatoes? Are his wisdom teeth coming in, causing toothaches?

Here's an easy, stellar hint: Mail two or three letters and postcards to your camper before they leave for camp. That postcard of the Chesapeake Bay will be waiting for her on her cot. Your letter with a photo of Mom and Dad will be a real comfort to him that first night or two.

"Amy" in her "Thoughtful Parent" blog reminds us, "Summer camp builds *resilience*. Children experience 'tolerable risks' and gain skills in coping and identity-formation." She points out that young campers learn to cope with unpredictable circumstances, adapt to physical challenges, and make new friends. Visit thoughtfulparent.com for more advice.

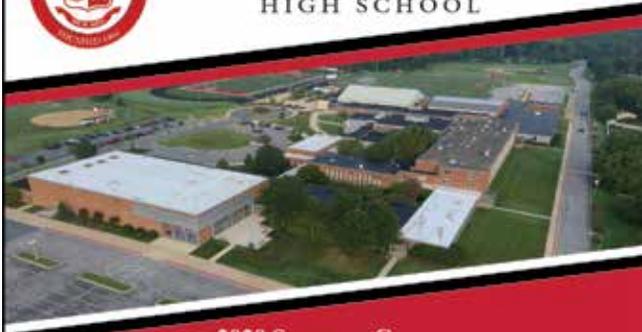
Annapolitan Pat Patten recalls experiences long ago

and far away. "When I was a little girl, two friends and I went across the New Orleans Causeway to summer camp in Slidell, Louisiana. What I loved most was the marsh, just outside the building where we slept. We went out in boats to see the cypress trees and the ugly Garfish. Nutria pelts the Cajuns hung out to dry impressed me. We saw snakes and birds. That's where I really came to love the outdoors, even though I didn't like the dark water of the lake where we had to practice swimming. I wrote letters home with stories about our adventures."

If your child's summer, sleepover camp experience achieves these valuable goals and provides such charming memories, the resources and time you invested in providing this experience will be amply rewarded.



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TRAIL BLAZERS

BY KAT SPITZER



BUILDING THE SPORT OF MOUNTAIN BIKING
AND NEW TRAILS IN ANNE ARUNDEL COUNTY



When the weather turns nice, there is nothing better than heading outside, enjoying the fresh air, and getting some exercise. Annapolis and Anne Arundel County are full of gorgeous waterways, so there is never a shortage of opportunity to enjoy a day on the water. But, if you want to take to some trails in the woods on a mountain bike or nice hike, the options had been fairly limited. Until five years ago.

Local mountain bike enthusiasts have taken the initiative, gathered volunteers, and worked with the county and city to build miles of trails close to our own back doors. In 2014, Phase One began on building bike trails in Bacon Ridge, located in Crownsville. Mike Klasmeier, owner of Trailwerks Cyclery Inc., decided to gather individuals and pursue the project. “I wanted to design an environment so that I, and other enthusiasts, could make this an area that I want to live in,” Klasmeier says. A long-time mountain biker and racer since the early 1990s, he wanted to be the solution for all mountain bikers in the area.

For anyone who mountain bikes, the passion for the sport can reach epic levels. “Mountain biking provides an opportunity to get outside and explore nature in an environmentally-friendly way,” Klasmeier says. “You are getting exercise, breathing fresh air, reducing stress, and unlike most other sports, you can do the activity with your whole family or by yourself in a meaningful way. It makes all the hard stuff easier to deal with.”

Getting the trails in order was, and continues to be, no easy feat, however. Klasmeier worked as an agent with M.O.R.E. (Mid-Atlantic Off Road Enthusiasts) to get the Bacon Ridge project off the ground. In order to make proper and sustainable trails, Klasmeier and a team of volunteers make sure that all trail building is done to avoid erosion and work within international guidelines for environmental sustainability. Working with the county, they were able to create the trails on easements on county property.

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When people think of building trails, the first image might be bulldozers, or pavement, maybe even bulk wood chips. But that is not how trails are built in the mountain bike world. “We walk the woods and consider soil types, incline grades, naturally occurring sight lines, and making sure to use trees as anchors,” Klasmeier explains. “It is essential to maintain the integrity of the woods.” No machines or bulldozers are involved. Instead, teams of volunteers, sometimes over 100 at a time, venture in with rakes and get to work. The key is to rake away the soft topsoil, and reach the harder mineral soil underneath to create trails. Nothing is brought in for the trails, and nothing is removed. Building the trails leaves nature intact. In the last five years, that volunteerism at Bacon Ridge has yielded roughly 17 miles of trails for use for mountain biking, hiking, running, and nice walks through the woods.

With the success of Bacon Ridge underway, the group next worked with the City of Annapolis in 2018 to begin work on trails on what is now known as the Waterworks Trails—at Waterworks Park, the site of the City’s former dam and aquifer. Within a year of discussing the project with the Mayor Gavin Buckley, the volunteers were able to build close to nine miles of trails. A short ride on the road currently allows bike access between the Waterworks and Bacon Ridge trails, but the team is hoping to be able to connect those two trail systems with a dirt path in the near future.



Volunteers and private funding not only plan and build the trails, but also maintain them. “It’s a real group effort,” says Steve Harper, trail liaison with M.O.R.E. for the upcoming Severn Run trails, which will become 12 miles of new trails, running near the Arden on the Severn neighborhood, behind Indian Creek School, and close to Arlington Echo. “You will see teens and adults all working together on trails with leaf blowers and rakes,” he says. “Everyone is excited because they’re



photo by @kerrinphotography

“Mountain biking is my favorite thing to do and I enjoy cheering on younger kids from our team in races and seeing them improve. High school sports nowadays are very competitive and high pressure, and it’s nice to be a part of an inclusive sport where everyone can participate.”

creating the best possible environment for everyone.” In order to keep the trails environmentally sound, riders will often post Facebook messages to spread the word if trails are too muddy and wet to ride. Riders do not want trails harmed by careless users. When maintenance is due, an online call to action will garner many volunteers to help. Trail users are passionate, and the community spirit robust, about upkeep to make sure trails are in good condition for years to come.

With new mountain bike trails come new ways to engage the sport. Harper, the trail liaison, also works with the new local youth mountain bike team, the Anne Arundel Blur, which competes within the Maryland Interscholastic Cycling League (MICL). Using Bacon Ridge, and now Waterworks, as practice trails, the Blur will enter its third season of competition in the fall of 2020. “Mountain biking is my favorite thing to do and I enjoy cheering on younger kids from our team in races and seeing them improve,” says Garrett Miller, a sophomore at Broadneck High School and racer with the Blur for the past two seasons. “High school sports nowadays are very competitive and high pressure, and it’s nice to be

a part of an inclusive sport where everyone can participate.” The Anne Arundel Blur is comprised of middle- through high-school-age children and is coed.

Jon Posner, co-Founder and League Director of MICL, which is part of the nationwide organization National Interscholastic Cycling Association (NICA), echoes the positivity the sport brings to families. “I cannot even list all the positive aspects of mountain biking as a sport,” she says. “The inclusivity and welcoming environment is really special. Everyone participates and nobody feels threatened because all the riders’ efforts count toward their team. But it goes beyond the bike. There is intentional family involvement. Unlike other sports, you don’t drop your child off and stand behind a fence. You can ride in practices with them; help work the events. Mountain bikers make better food choices, so they feel good on the bike. They make better sleep choices, so they will be in good form for racing. Mental organization, cognitive abilities, and overall clarity improve.” During a NICA race weekend, 60–70 minutes will be active riding of the course, but the rest of the day is quality time spent with families and teammates, camping, socializing, and strategizing the course.

The local trails are designed for all levels of riders. Beginners can feel completely comfortable at Bacon Ridge and Waterworks. “We’ve built these trails to be the best for everyone,” Klasmeier says. “We want people to feel comfortable trying it for the first time, but as you go deeper, you will find fun jumps and steeper terrain for the more experienced. Everyone can have fun. We are lucky because unlike more rocky northern trails in Maryland, these trails are part of the coastal plain, which means sandier soil with maybe some roots. This makes it easier for riders and a little less technical.”

Casual riders, as well as competitive mountain bike riders, seem to appreciate the influx of trails. They are easily accessible, often with the option of riding directly to them without having to drive. “There are so many trails available now in Anne Arundel County, which cater to all skill levels,” says Lisa Lauer, a local rider and bike enthusiast. “It allows my family to get outside and ride together, even though some of us are more seasoned riders than others. Finding common ground with teenagers is often challenging, but this activity has brought us together in such a positive way.” Posner put it another way, saying, “Mountain biking has been a savior to me.”

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While the trail system is growing, it’s important to note that the work is far from over. Klasmeier, and the rest of the volunteers, continue to build and improve. “We are creating maps, more online presence, safety markings on the trails without interfering too much with the nature of the trail, GPS reporting in case people are injured on the course, and community education about the trails,” he says. There are Facebook groups for Bacon Ridge, Waterworks, and Annapolis Trails to stay informed of the projects and options for helping out. Youth riders ready to compete can look into the MICL website, marylandmtb.org, or the NICA website, nationalmtb.org, for more information.

In an otherwise busy, cluttered, and often overwhelming world, it’s nice to have the natural refuge of these new trails to better your mind, body, and family life all at once. Mike Klasmeier and all the volunteers and bike enthusiasts have so much more in store for us to look forward to in the near future. Grab your bike and hit the trails.

“Mountain biking has been a savior to me.”



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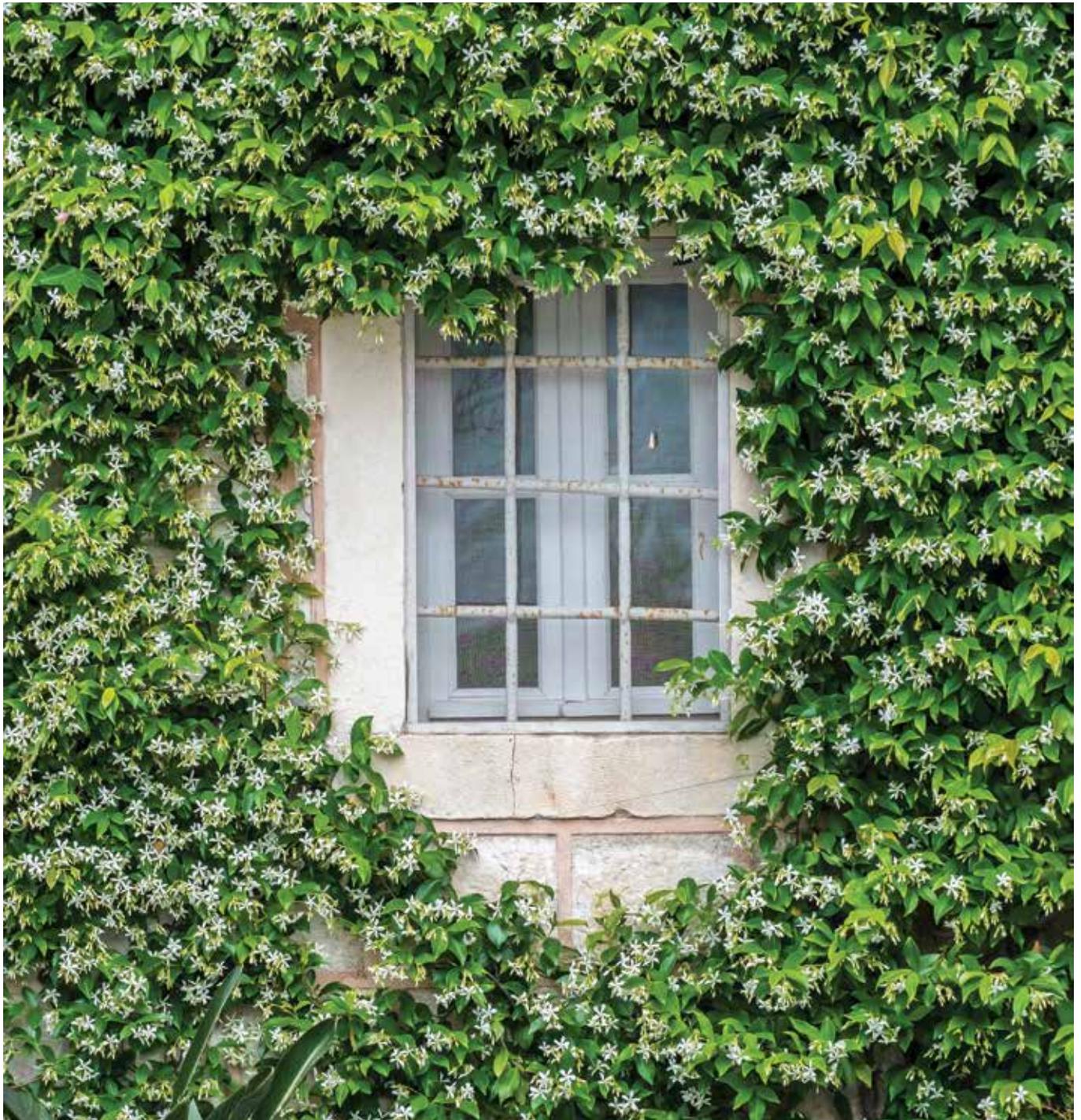
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Trending Interiors Spring 2020

NEXT-LEVEL CHESAPEAKE DECOR

By Lisa J. Gotto

Spring provides more than just a chance to open our literal windows to let more light and fresh air in, it also can open the windows of our creativity, which makes this the perfect time to re-envision the space in which we live with refreshing new elements. Here are five fab trends to try this spring!



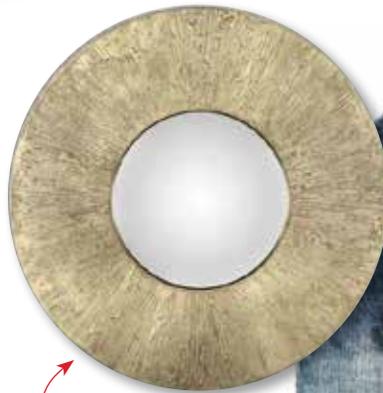
LIKE A BREEZE

Winding and bending like the impulse of the wind, this silver leaf polished pendent-style lamp of stainless steel is an evocative commentary of your good taste. Its fluidity and curves square effortlessly with today's trends in free-flowing and unrestricted design. corbettlighting.com



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A FINE FINISH

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UNDERSTATED UNDERFOOT

The Pantone Color of the year, Classic Blue, fits right in with our greater Chesapeake sensibilities; it's true. But instead of going all-in with a whole wall of color, or various accent pieces to incorporate the trend, which may be overkill for this very dense hue, we suggest picking a statement piece like this handcrafted oval rug with an understated take on the trend. And the oval shape is a lovely complement to the new curvy sofa. westelm.com

SEXY SOFA

Sensuous silhouettes with curves remain a key design trend and are simply executed in this Polara sofa from Kravet Furniture from the Michael Berman Collection. Spring is a great time of year to refresh at least one large piece of furniture in your home and this year is it's all about the sofa. kravet.com



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HOME DESIGN

In the Swim!

5 SIGNS YOU ARE READY FOR AN INGROUND POOL

By Lisa J. Gotto

What are two of the most popular words associated with summer? “Pool party!” But before you start buying noodles and floating chaises, there are things you should know and do before you decide to break ground on any inground pool project.

YOU HAVE SET A REALISTIC BUDGET

Never underestimate the expense of a pool in both its creation and its long-term maintenance. This is probably

the most expensive add-on you can do to a home, so think it through wisely in terms of your home’s resale value, the affect it has on the overall look of your property, and its on-going annual expenses. (The jury remains out on whether a pool adds or detracts from a home’s value.) Your initial investment, will no-doubt cost in the tens of thousands and perhaps even more depending on the type of pool you choose and the bells and whistles you wish to add.

From the get-go, you should understand that it is somewhat likely that setbacks and issues will crop up during the construction process, especially if your home is within a “critical area.” An experienced contractor will help you understand issues, such as water table heights, that you may face and what that will mean for the bottom line. A qualified contractor will also help you navigate another cost associated with pool creation; the acquisition of proper permits. Seeking the assistance of a qualified professional with knowledge of these key processes and procedures can save you money and aggravation down the line, so it is prudent to provide for these costs in your budget.

While devising that budget, remember that the extent of your pool surround has to be factored into that number.

COST BASICS

Average Range for Installation

CONCRETE: \$50,000 to \$100,000

FIBERGLASS: \$45,000 to \$85,000

VINYL LINER: \$20,000 (DIY) or \$35,000 to \$65,000

Consider that you would not wish to build a pool, if you were not prepared to also invest in the environment around it, as well. What good is having a beautiful pool if the area surrounding it is not supportive of it from an aesthetic and functional standpoint? It’s just a watery hole in the ground surrounded by dirt and mere grass, otherwise.

Do you wish to have a spa feature, as well? It is best to account and provide for this option now as it is not an easy endeavor to just add one in later.

What will you do to satisfy your responsibility to fence in the pool? This is a code requirement for every pool owner. So, plan on adding the cost of meeting this obligation in your pool budget, as well.

YOU'VE DETERMINED YOUR PROPERTY IS SUITABLE FOR AN INGROUND POOL

While your backyard may look large enough to the untrained eye, you will always need to keep in mind that every property has a property line and therefore you are required to account for the amount of setback required from your property line. This may denote how large your in-ground pool can be and, if indeed, there is enough room at all. Remember, you will need to provide a minimum six- by six-foot space, if you require some patio area. If you are planning on having an outdoor kitchen-type of space, that will require at least a 12- by 12-foot area.



YOU UNDERSTAND HOW YOUR POOL WILL BE USED

This is where thorough research followed by candid discussions with a qualified pool contractor/installer can really come in handy. These discussions will help you determine what shape of pool is right based on who will be using your pool. If total recreation and relaxation is key to you, you can probably get away with a smaller pool versus someone who is seriously into swimming laps; lap pools are longer than recreational pools. So, it would follow that if you're a lap swimmer, you would not choose a curved pool design. Remember, the size of your pool will determine what

types of activities can occur in it. It also serves to go as big as possible, since once installed, you will not be able to "upgrade" the size later.

This is also a good time to have the salt water pool versus chlorine debate with your pool pro. Probably the biggest misconception about salt water pools is that they are free of chlorine. The truth is both pools have levels of chlorine, the difference is in how the chlorine is produced or provided to the pool. Salt water pools have chlorine generators installed in them that create chlorine from the salt added to them. Basically, the primary differences are associated with cost, water feel, and time spent maintaining the pool environment.



SALT WATER

Pros & Cons

You do not need to buy and maintain chlorine tablets	chlorine from the generator
It's easier to adjust the chlorine production rate	Installation and replacement cell costs are higher
The water in a salt pool feels softer on skin; smells better than chlorine	Requires adding heavy bags of salt regularly to maintain salt and stabilizer levels
Your pool is cleaner for longer periods of time because there is a constant flow of	If spilled on your deck or lawn, salt can cause potential damage



YOU ARE READY TO MAKE INFORMED DECISIONS/CHOICES—AND MANY OF THEM

Deciding what type of pool you want is just the beginning. Initially, you will need to choose from fundamental construction materials; will your pool be made of concrete, fiberglass, or will you opt for a vinyl liner? And once that is done, you will need to decide what size and shape you wish the pool to be. Sometimes, these two big decisions are interchanged, as what shape you choose may influence what material you use. You may also wish to choose the option that helps cut down maintenance issues. For instance, some homeowners find it is easier to maintain and keep a rectangular pool clean because you can opt to build in an automatic cover that closes with

the flick of a switch. Definitely an easier alternative to having to skim the pool of leaves and debris after every summer thunderstorm.

If you have dedicated divers in the family, that is another option you may want to consider. Then you will need to decide what type of diving apparatus is right for your family: a diving board, a diving platform, or a flexible jump board (primarily recommended for pros only). There are also surface types for diving boards from which you will choose.

And there are tons of additional material choices yet to be made, especially if you are choosing a concrete pool. These include what kind of tiling you will want for around the pool, tiling for *in* the pool, for the pool edge, and what type of pool edging

you will want; curved or rectangular? It can get pretty involved, so the more you can research prior to the day the contractor asks you for your preference, the better. You can always do some web surfing and make an online mood board for your pool, so when the time comes you are ready with your ideas.

YOU UNDERSTAND THE LONG-TERM COMMITMENT OF A POOL OWNER

Every potential pool owner needs to consider their long-term commitment as far as four-season maintenance, including winterization and repairs, is concerned. Assess whether you will be the one

attending to these year-round duties or if you will have a service company contracted to address all or a portion of them.

Winterization alone can involve draining the pool, removing water from its filter, pumps, heater, bottom drains, and pipes; removing cartridges from the filter and shutting down the heater; removing the drain plugs from your pool's pump, filter, heater, and chlorinator; and adding a pool cover, among other chores. Phew! Well, you get the point!

You will need to be honest with yourself about the time, effort, and financial resources that will be required of you to have the pool you have always wanted. In other words, you must love the entire concept of being a pool owner—because looking upon a pool as a mere status symbol, for example, would be a mistake.

At the end the day, perhaps one hot summer's day, only you can answer the question, "How deep does my passion for a pool go?"



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Vines

THE GOOD, THE BAD, AND THE UGLY

By Janice F. Booth

Perhaps you've watched those charming BBC murder mysteries where all the victims live in sweet, vine-covered cottages with picket fences and mullioned windows. Or you've toured England's Cotswold or York districts and wandered beneath trellises overflowing with vining roses and dined at a picturesque pub with trumpet vines and English ivy screening the parking lot. How do the English coax those rambling roses, wisteria, and ivy to behave so well, dripping blossoms, and weaving gracefully above windows and porticos?

There's a wonderful, old book by Roy E. Biles entitled *The Complete Book of Garden Magic*, copyright 1935. First, I love the arrogance; Roy is certain he's covered it all! Everything one needs for a memorable garden can be found within the covers of his book. (If only!) But I digress. In the section of Biles's book dealing with vines, he says, "Vines have a place in garden decoration that cannot be taken by any other plant. They have the ability to produce a large quantity of flowers in the minimum of space and to hide or soften ugly materials or outlines."

That pretty well sums it up.

But, the idea of planting vines in our gardens has

tended to be received with dread, or at least hesitancy. Visions come to mind of kudzu choking out vast tracks of woodland or fat and fuzzy poison ivy slithering up trees. But Roy and I are here to tell you, "Never fear!" A lush wisteria can be trained to drape and float across the arbor near *your* deck. Disguise your neighbor's unsightly chain-link fence with trumpet vines; their shiny, dark green leaves will cover the rusty metal quickly, and you'll be delighted with the four-inch long, red, orange, and yellow trumpet-shaped blossoms from June to September.

As one element of your garden, vines are useful and relatively carefree. Wherever you need a bit of softening or filling-in, there's probably a vine that will work. If there's an unattractive architectural feature that can't be removed, disguise it with trellised vines. While most vines wind their way into your heart slowly, growing three or four feet every year, some annual vines, like morning glories, gourds, and even pumpkin vines can provide a quick rescue. You can pop them in behind the spindly, young lantana you've just planted. The morning glories will bloom and vine around that section of the garden, providing color and interest while the spindly lantana settles into its new home. At season's end, the morning glory vines can be removed easily and the area cleared so that in the spring the maturing lantana can take over its area unencumbered. How much more interesting to have had a summer of blossoms greeting the morning than an awkward, young plant sitting forlornly in the garden.





If you've decided there's a place for vines in your garden, you may want to consider the aesthetics you're looking for. In addition to the interest of the vine weaving its way up walls or around trees, there are three categories from which to choose your plants:

COLOR, FOLIAGE, FRAGRANCE

Some vines may provide several or all of these qualities, but if you have a priority, you can focus on that element.

COLOR: For example, if you've cultivated a lavender garden, the **perennial climbing hydrangea** will fill its allotted space with purple-fading-to-blue or pink blossoms from June through September. Climbing hydrangea takes care of itself in our zone, and its reddish stalks add interest to the winter garden. Of course, **perennial clematis vines** are popular in our region, and you can choose pale lilac or deep purple blooms to delight you all summer long.

FOLIAGE: If you'd rather not have the distraction of blossoms, but want lush foliage as a filler or camouflage, **Boston** and **English Ivy** are popular choices. They grow well in Zone 7, our climate range. Looking for something a bit more distinctive? The green leaves of the **Virginia Creeper**, a lover of full sun, turn bright red and gold in autumn. If it's springtime greenery you're seeking, the hardy **Kiwi Vine** can be a show stopper. I can't guarantee you'll reap a harvest of kiwi in the fall, but the vine puts out its small, spade-shaped leaves quite early in the growing season. Those leaves capture the early springtime sun and dazzle us as tiny fluttering sun catchers.

FRAGRANCE: Is there anything more delightful than the sweet or spicy fragrance of a favorite flower or plant? If you enjoy those olfactory surprises wafting in the open window or greeting you as you settle into that hammock, then planting fragrant vines here and there may be a wonder-filled delight. **Honeysuckle** springs to mind. There's the golden trumpet variety and the Dropmore Scarlet honeysuckle. This variety produces a pretty, red berry in the autumn. Their heady fragrance attracts not only the gardener and guests but the hummingbirds and butterflies as well. Another heavenly producer of scent

is the **Star Jasmine**. According to legend, 19th century herbalists recommended jasmine against headaches and migraines. And you can train a vine to encircle your bedroom window, wafting healing fragrance your way as you sleep. I can't leave this topic without a nod to the queenly **wisteria** vine. Both fragrance and lush blossoms are hallmarks of all varieties of wisteria. This splendid vine will drape over anything and provide beautiful, lavender clusters of flowers and lush foliage throughout the growing season.

CAUTIONS: Now, perhaps, I've piqued your interest, and you're thinking a vine or two might be just the ticket. I'm going to point out a few considerations when planting **perennial** vines. (No need to worry about the annuals.) The key terms here are **rhizomes** and **tendrils**. Some vines, wisteria for example, are clever reproducers. Not only do they produce graceful, slender seedpods in the autumn. They also send out **rhizomes**. Rhizomes are strong roots that travel just below the surface or





developed **tendrils**. These pretty, hardy cords of green attach themselves to surfaces, such as brick and stucco, and make their way up and across the wall or fence. These tendrils are pretty—sweet pea vines are notable for their tendrils. However, if not kept in check, the tendrils will insinuate themselves into crevices, rooflines, eaves, and windowsills, where they're definitely not welcome.

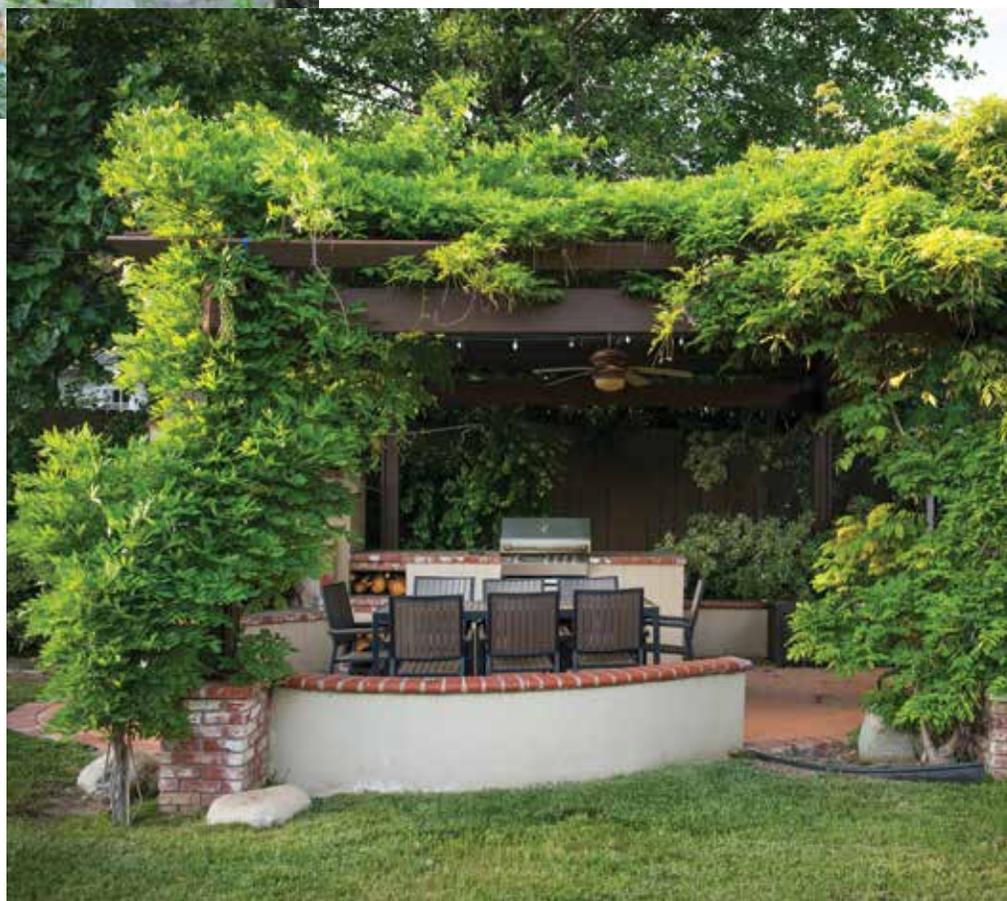
RETAINING CONTROL: Don't be dissuaded from your plans for lovely vines in your garden. There is a fairly easy solution—easy to implement, but tough to maintain. The remedy for the wandering vine is **pruning**. Vines need very little maintenance, except for one thing, pruning. There are two goals for pruning. The first is to train

your vine to grow around or over some specific thing—around a window or over a trellis. A pair of scissors can snip off the thin, green tendril-explorers, enabling you to train the vine to grow around a window or along a fence. The second goal is to limit and contain where your vine grows. You or your gardener must remain vigilant throughout the growing season. Cut out rhizomes and snip off tendrils that are headed in the wrong direction or, in the case of those rhizomes, any direction at all. Don't let them get away from your control.

Fragrant, colorful, lush vines can add to your garden's glory. They will repay the attention you give them with stunning displays of color and heady fragrance.

even just above ground. They travel until they find a new host—a tree or fence or structure. Once the rhizome encounters the vertical support, they begin to rise—up, up, and around. Your gardener or you will need to remain vigilant for runaway rhizomes. Chopping them out won't suffice. They'll produce new vines from each broken place. You'll need to either dig up the rhizomes or use a strong weed killer if you want to contain these over-zealous travelers.

In addition, vines climb, and to do so they need some method to hold on, lacking fingers as they do. And so, some varieties of vines have





Primary Structure Built: 1987
Sold For: \$2,000,000
Original List Price: \$2,350,000
Bedrooms: 4
Baths: 3 Full, 2 Half
Living Space: 6,145 sq. ft.
Lot Size: 1.9 acres

HOME REAL ESTATE

Church Creek Contemporary

By Lisa J. Gotto



Impressive, expansive, and high-quality would best describe this 6,000-plus square-foot contemporary home custom-built in 1987. Located in Edgewater, the home offers outstanding views of Church Creek and beyond, and to the South River from a plethora of floor-to-ceiling windows in the open-plan main living areas. The best-case scenario of indoor/outdoor living options is provided with the home's beautifully executed and professionally upgraded landscaping, adding a crowning level of detail.

Outside, the 1.9-acre lot is well situated for privacy with an ample population of majestic, mature trees, that at once provide both the water and wooded views most prized by nature lovers. The tree-lined drive to the front door gives the visitor the ultimate first impression, as does the multi-tonal stone façade and multi-level decking.

"Nature is a huge part of the view and not an obstruction," says the seller's agent, Scott Schuetter of Century 21, Church Circle, Annapolis.

The new homeowners will have easy access to Church Creek from the property's 172-foot-long pier that offers multiple slips, as well as a boat lift. Recreational opportunities abound throughout the water-privileged community with its marina and marina club nearby.

Inside, the new occupants can enjoy years of longevity in the home as it has a main floor master bedroom suite outfitted with an enviable walk in-closet. Custom beam work and a soaring ceiling treatment lend visual interest in all directions on the main level, as do unique curved staircases, and stretches of wall ready for their cherished works of art.

Three additional bedrooms grace the home, all generous in size. Each bathroom in the home is unique in layout and detail with custom tile work and glass vessel sinks.

The new homeowners intend to build on the home's good bones with some upgrades

that will help further maximize the home's views of the local waterways.

"The beautiful couple buying the home are hilarious and warm-hearted and made the entire experience very gratifying. I can't wait to see the finished product and enjoy a cocktail with them as we enjoy the view," says Schuetter, who adds that the buyer is a Naval Academy grad who is excited to be returning to and living in the area.

The sellers' agents remarked about the home's advantageous location on the North Shore of the South River. "An outstanding location for the commuter, while convenient to all that Annapolis and Edgewater have to offer."

Listing Agents: Anne Harrington & Brent Allen; Coldwell Bank Residential Brokerage; 4 Church Circle; Annapolis, MD; o. 410-263-8686

Buyers' Agent: Scott Schuetter; Century 21; 1730 West St., Suite 200; Annapolis, MD; m. 410-900-7668; o. 410-266-9005



Primary Structure Built: 2007
Sold For: \$1,200,000
Original List Price: \$1,295,000
Bedrooms: 5
Baths: 4 Full, 1 Half
Living Space: 3,495 sq. ft.
Lot Size: 0.21 acres

HOME REAL ESTATE

Incredible Craftsman Coastal

By Lisa J. Gotto

Open up and say, “Wow!” This home in the highly desirable community of Bay Ridge, is exquisitely updated to reveal a warm and wonderful place to not just live, but dwell. With three finished floors, more than 3,000 square feet of indoor living space, and lovely landscaped grounds, this is the epitome of what is meant by the adage, “Home Sweet Home.”

Inside, the main floor aesthetic is clean, light, and bright with a combination of eco-friendly bamboo hardwood and Brazilian cherry wood on the floors and an all-white kitchen with a white brick backsplash and white marble countertops; a true cook’s dream. The main floor flows effortlessly from one well-conceived room to the other, and includes a separate entryway, large living and dining areas, and a screened-in three-season room just off the dining space. This room acts as an additional large living area with generous dimensions for entertaining and a dining area that seats six. Its large windows flood the space with light and offer tranquil views of an idyllic wooded lot that includes a charming tree house. The home also offers two generous spaces for home offices; one off the main level.





“This house was built in 2007 and the sellers had a lot of input into the original design,” says seller’s agent, Sarah Greenlee Morse of Coldwell Banker Residential Brokerage in Annapolis. “The home has been meticulously maintained and the kitchen was completely renovated in recent years.”

The second-floor master is also large and light, and offers a spacious walk-in closet with custom built-in storage shelving and racks—a wardrobe collector’s dream! There’s ample space for side-chair reading and a well-equipped master bath. Three additional generous bedrooms, two full baths, laundry facilities, and another office complete this floor.

Extended stay guests will be well-accommodated and family visits will be a breeze with the home’s totally finished and spacious third-floor in-law suite or au pair quarters.

Probably the primary amenity offered by the home is its superb, private location within the highly-regarded lifestyle community of Bay Ridge. As members of the community, the new homeowners will enjoy access to the Bay Ridge marina, its private beaches, club house, community pool, not to mention access to the Bay via Lake Ogleton.

Listing Agent: Sarah Greenlee Morse; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; Office: 410-263-8686

Buyer’s Agent: Linda Fredeking; Berkshire Hathaway Homesale Realty; 1425 Clarkview Rd, Suite 700, Baltimore; Office: 410-307-1704

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- INSTALL SMOKE DETECTORS
- PAINT LIVING ROOM
- CAULK AROUND TUB
- INSTALL CROWN MOLDING
- REPAIR WOOD ON DECK
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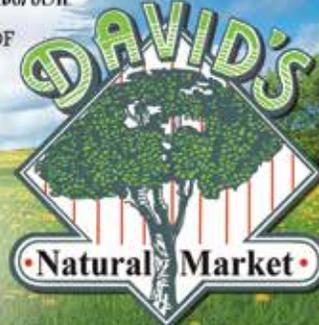
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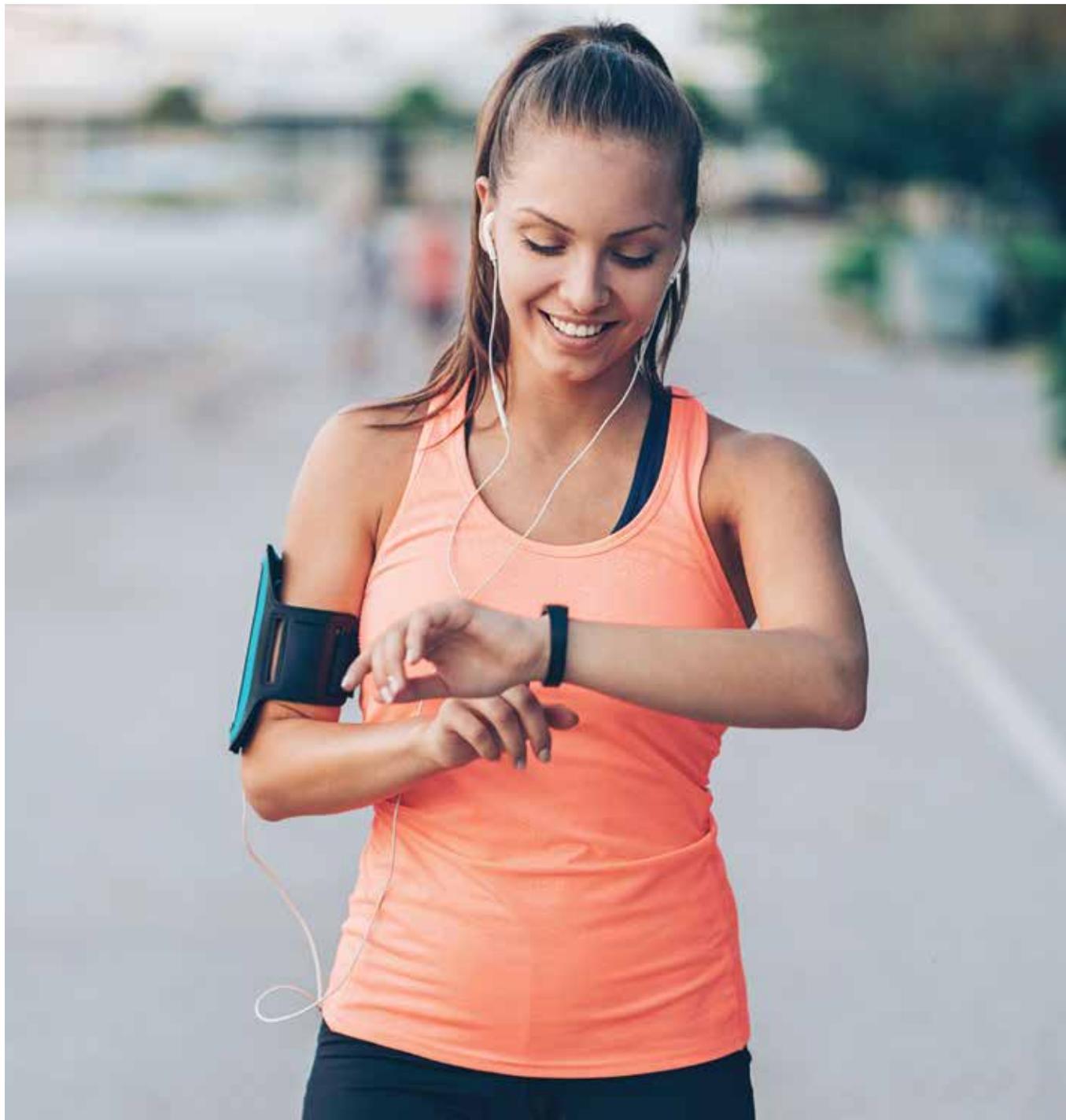
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HEALTH & BEAUTY HEALTH

Does Beer Have Secret Health Benefits?

WE'LL DRINK TO THAT THOUGHT

By Dylan Roche

On St. Patrick's Day, almost everyone is a little bit Irish. Even people with no Irish ancestry whatsoever can't help but feel a little bit in touch with the Emerald Isle.

And for most people, their way of celebrating is to enjoy a beer. In fact, St. Patrick's Day is the fourth-biggest drinking holiday in the United States after New Year's Eve, Christmas, and Independence Day. Each year, Americans consume about 13 million pints of Guinness as a way of paying tribute to Irish tradition.

And maybe—just maybe—that beer could be part of the secret behind the luck of the Irish, as research shows that beer has a few underappreciated health benefits.

The idea that beer can be healthy is not a new concept. Nearly 20 years ago, the *American Journal of the Medical Sciences* highlighted the benefits of moderate consumption as part of a healthy lifestyle. While wine usually gets all the credit for being the healthy, enjoy-in-moderation alcoholic beverage of choice, beer has just as many antioxidants as wine—it's just that the flavonoids in barley and hops are different from those in grapes. Furthermore, beer has protein and B vitamins that wine doesn't have.

So, what is it about your beer that will give a boost to your health? Let's take a look.

WHAT'S IN BEER?

Made from malted barley and hops, which give it that balance of sweetness and bitterness, beer is a fermented brew that can range in its alcohol content anywhere from 3 percent to 40 percent. That's a pretty big difference, but if you stick with a pale lager, you can usually rest assured your drink has about 5 percent alcohol.

When examining the benefits of alcohol, nearly all experts emphasize that people must be moderate in their consumption, as drinking in excess has negative health effects that will quickly negate any benefits. Moderate alcohol consumption, as defined by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, is one drink per day for women and two drinks per day for men. In the case of beer, 12 fluid ounces constitutes one drink.

That moderate amount of beer might be good for your heart. A 2018 study published in the health journal *Nutrients* examined the effects of moderate beer intake on the cardiovascular health of overweight and obese adults who were not showing other risk factors like Type 2 diabetes or hypertension. The study found that moderate intake of beer helps prevent blood lipids from building up plaque on the walls of your arteries, and there were no ill effects in terms of heart health or body weight.

That's just the beginning of what beer has to offer. Loyola University Chicago Stritch School of Medicine has deter-

mined moderate beer drinkers are less likely to develop dementia or cognitive decline, and Harvard Medical School has found that middle-aged men who drink one or two beers a day have a 25 percent less chance of developing Type 2 diabetes.

Beer is also a source of flavonoids and polyphenols, types of antioxidants found in plant foods. Beers that are rich in hops, such as pale lagers, have polyphenols that are good for kidney health and might help prevent kidney stones. Similarly, the flavonoid xanthohumol found in beer protects brain cells from oxidative damage, which might explain its benefits for cognitive health.

It's important to remember that the amount of antioxidants in beer are still relatively small compared with fruits and vegetables, so you shouldn't think of drinking as your way of fighting off disease; however, if you enjoy indulging in a beer, it's good to know there's at least a little perk to it.

In the long term, excess alcohol consumption can lead to high blood pressure and various cancers. The Academy of Nutrition and Dietetics lists other detriments like elevated triglycerides and liver damage.

So when celebrating St. Patrick's Day this month, we suggest observing responsible practices as drinking slowly, alternating drinks with water or another nonalcoholic beverage, and consuming food so they aren't taking in alcohol on an empty stomach. And always rely on a designated driver to return you home safely.

Brain Power

READING AND OTHER COGNITIVE EXERCISES
BENEFIT YOUR MIND AND BODY

By Dylan Roche

“The more that you read,
THE MORE THINGS YOU WILL KNOW.
The more that you learn,
THE MORE PLACES YOU’LL GO.”

These wise words from acclaimed children’s author Dr. Seuss in his book “I Can Read with my Eyes Shut” could easily sum up the spirit of Read Across America, an initiative driven by the National Education Association to motivate students to read.

Every year on March 2nd—Seuss’ birthday—schools, libraries, and community centers participate by offering programs that get kids to connect with the written word and celebrate the benefits of reading. As the National Education Association emphasizes, reading is important for improving language skills, developing empathy, being creative thinkers, and gaining knowledge.

But it’s not just children who benefit from reading, and it isn’t just educational benefits that readers will reap. Getting plenty of mental exercise is important for people of all ages because

it has a positive effect on many aspects of your health and well-being.

Most prevalent among those benefits is the way reading affects your cognitive health, defined by the National Institute on Aging as the ability to think, learn, and remember.

According to Harvard Medical School, forms of mental stimulation like reading are the best way for you to protect your mental abilities and ward off dementia. Mental activity is just as important for people as physical activity, and working specific cognitive functions—such as comprehending new information or remembering information—will increase your ability to perform those functions. As with other forms of strength and power, you need to use it or you might lose it.

Words Alive!, a nonprofit organization that strives to inspire commitment to reading,

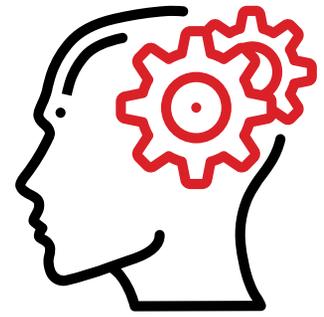
emphasizes that reading can help improve your mental health by increasing self-esteem, reducing symptoms of depression, and building better relationships. What’s known as bibliotherapy—popular in the United Kingdom and gaining traction in America—seeks to treat mild to moderate symptoms of mood-related conditions like depression and bipolar disorder by having patients read for pleasure.

By identifying with characters and their situations, readers feel less alone, experience an emotional catharsis, come to better understand their own life experiences, and gain perspective, thus making progress in their emotional healing.

But it’s not just your cognitive abilities and mental health that can benefit. Reading can be good for your physical health too. By pulling your attention away from everyday stressors, it lowers your heart rate and eases tension in your muscles, according to the University of Minnesota.

That said, the actual material you’re reading makes a big difference in whether it’s a good de-stressor. Novels and lighthearted nonfiction are good choices, whereas upsetting content—like the news—could have the exact opposite effect.

In fact, reading might help you live a longer life. Back in 2016, the Yale University School of Public Health noted a link between frequent reading and increased longevity



after observing people who read three and a half hours a week or less, people who read more frequently, and people who didn’t read. Even after researchers took into account factors like wealth, education, cognitive ability, and other variables that might give bookworms an advantage, there was still a decreased rate of mortality in those who read more frequently.

Although it is the most common, reading is hardly the only cognitive workout people can undertake. Crossword puzzles, building models, concentration games, and learning a new language are all ways to keep the mind sharp. What’s most important, according to Harvard Medical School, is that the hobby is active—that is, it requires engagement, as opposed to passive activities like watching television.

As with physical activity, you have to be challenging yourself constantly to get stronger. Most children get plenty of mental activity because they’re constantly exposed to new experiences. Reading is an activity where adults should learn to follow the example kids set and strive to become lifelong learners. Your mind and body will thank you for it.



HEALTH & BEAUTY HEALTH

Fresh Take

MAKING PIZZA A HEALTHY OPTION FOR PI DAY

By Dylan Roche

You don't have to be a math enthusiast to be excited for Pi Day on March 14th, observed because 3.14 are the first three of infinite digits in the famous mathematical constant *pi*. (Get it?)

Although the annual observation is about celebrating mathematics and numbers, many people just look forward to an excuse to enjoy pie. If you're one of them—and hey, who isn't?—you might consider pizza pie for lunch or dinner.

But eating pizza doesn't have to imply being unhealthy. Sure, most people think of pizza as junk food, and with good reason. The pizza you get from your typical delivery chain is probably a mess of white flour, overly sugared sauce, excess sodium, too much cheese, and lots of processed meat. The Cleveland Clinic even estimates that a two-serving slice of meat lover's pizza from a chain pizza restaurant could exceed a whole week's worth of your daily recommended saturated fat intake.

But pizza can be a healthy option if you do it right. This year, you can celebrate Pi Day by making a pizza at home that combines a whole-grain or vegetable crust with fresh tomato sauce and lots of vegetables on top. Do it right and here are just a few of the health benefits you'll enjoy:

FIBER: The Dietary Guidelines for Americans recommends that at least half the grains you eat should be whole grains instead of refined ones. Why? Because when you consume all parts of the grain (the bran, the germ, and the endosperm) instead of the versions that are processed to have the germ and bran removed, you're getting more fiber and nutrients. Fiber is good for helping you feel fuller faster and stay fuller longer, helping you maintain a healthy weight. It's also good for lowering your risk of heart disease and diabetes.

CALCIUM: As with other dairy products, that cheese you're topping your pizza with is full of calcium, which is important for building and maintaining strong bones. Just be careful to opt for a reduced-fat for fat-free cheese. Fat-free versions might not melt very well, but giving it a spritz of antioxidant-rich olive oil before putting it in the oven will help.

The U.S. Department of Agriculture lists 1 cup of fat-free mozzarella cheese as having

about 1,085 milligrams of calcium (about 84 percent of your daily value) for only 159 calories. That cheese is also a great source of protein, vitamin B12, and zinc.

LYCOPENE: Ever wonder what gives tomatoes their bright red color? They get it from the phytochemical lycopene, which is good for protecting both your prostate and your skin. It's also worth noting that lycopene concentrates during the cooking process, so the extended simmer you give your tomatoes on the stovetop when you're making sauce is going to make them better for your health.

And all of this is just a starting point—from here, it's all about what nutritious toppings you want to choose. Spinach? It's a great source of iron. Grilled chicken? Nice way to add protein plus vitamin B12. If you're somebody who likes plain pizza, you can still get some extra nutrients by preparing a side of salad or antipasto with lots of marinated vegetables, lean meats, and heart-healthy olives

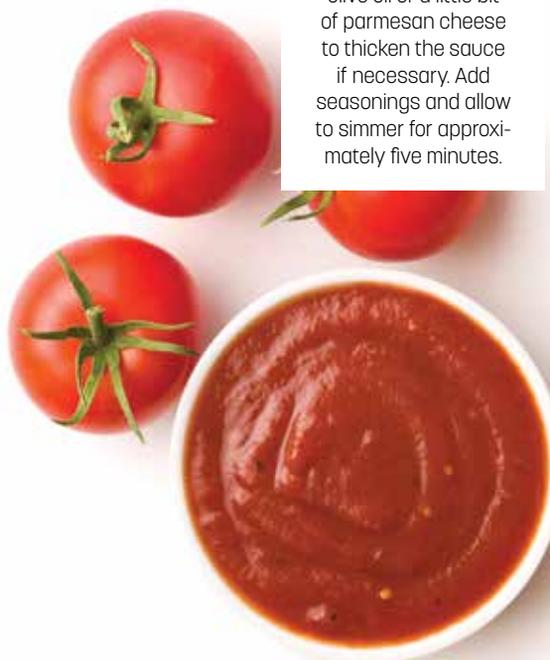
HERE ARE SOME TIPS FOR MAKING PIZZA AT HOME:

If you're feeling ambitious, make your own pizza dough and sauce. It's a hands-on family activity to get children excited about healthy eating, and it gives you greater control over the ingredients. Short on time? You can use whole-wheat dough, pita pockets, or English muffins as a crust and buy jarred tomato sauce (just be sure to get one that's low in sodium and added sugar). Once you've assembled your pizza pies, pop them in the oven at 400 degrees until the cheese is melted and bubbly.



Tomato Sauce

This version of tomato sauce is made without any added sugar, but if you want a little bit of sweetness to balance out the acidity, try adding two tablespoons of pureed carrots or carrot baby food. You'll be surprised how much the carrots can sweeten things up!



Pizza Dough

You can buy pizza dough at the store, but you'll often find that even versions marketed as whole wheat are actually made with a 50-50 ratio of whole-wheat to white flour. When you make it from home, you can use all whole-wheat flour to increase the nutritional density.

INGREDIENTS:

- 1 teaspoon rapidly rising yeast
- 1/2 cup lukewarm water
- 1/2 teaspoon salt
- 1 teaspoon olive oil
- 1 cup whole-wheat flour

DIRECTIONS:

Preheat oven to 400 degrees. Add yeast to the water, followed by salt and oil, and then slowly add in flour until it forms a dough. Move to a floured surface and knead the dough until it becomes stretchy. Prepare a baking sheet by rubbing it with olive oil and sprinkling lightly with cornmeal. Place dough in the center of the baking sheet and use your fingers to push the dough into the shape of the crust. Cover with toppings before baking for 5 to 7 minutes until the cheese melts and the crust looks nicely browned.

INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 1 clove chopped garlic
- 2 cans (approximately 14.5 ounces) tomato puree
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 1 teaspoon parsley
- 1/2 teaspoon ground black pepper

DIRECTIONS:

Heat the olive oil and garlic in a saucepan over medium heat for about 30 seconds. Add tomato puree and bring to a simmer. Add more olive oil or a little bit of parmesan cheese to thicken the sauce if necessary. Add seasonings and allow to simmer for approximately five minutes.

Cauliflower Pizza Crust

Maybe you're watching your carbohydrate intake, or maybe you just want to incorporate more vegetables into your diet. Either way, making a cauliflower crust is an excellent way to adapt pizza to fit your diet.

INGREDIENTS:

- 1 large head of cauliflower
- 1 large egg
- 1 cup shredded mozzarella cheese
- 1/4 cup parmesan cheese
- 1 teaspoon salt
- 1/2 teaspoon pepper

DIRECTIONS:

Chop the cauliflower head into florets, then pulse in a food processor until you have nothing but small, rice-sized pieces. Transfer to a microwave-safe dish and microwave for 5 minutes. Remove from the microwave and allow to cool. Wrap the cooked cauliflower up in a thin towel or piece of cheesecloth and squeeze out the moisture. Combine cauliflower pieces with the egg, shredded mozzarella, parmesan, salt, and pepper. Form a pizza crust on top of a baking sheet lined with parchment paper. Bake at 400 degrees for 20 minutes, flip and bake for another 20 minutes. Remove from oven for toppings, then continue cooking until the cheese melts.



HEALTH & BEAUTY HEALTH

The Importance of Getting Enough Zs

DON'T UNDERESTIMATE HOW BEING EXHAUSTED AFFECTS YOUR HEALTH

By Dylan Roche

When was the last time you enjoyed a full eight hours of sleep? If it was recently, consider yourself lucky. The Centers for Disease Control and Prevention estimates that as much as 19 percent of the U.S. adult population is sleep deprived.

If you think that's no big deal, think again. To spread awareness of chronic sleep deprivation and the negative effects it can have on our health, the National Sleep Foundation observes National Sleep Awareness Week every March to help more people understand the importance of getting an adequate number of Zs.

The observance begins on the first Sunday of Daylight Savings Time—when countless individuals bemoan losing an hour of precious shut-eye—and runs through the following Saturday. This year's dates are March 8 through 14, and it just might be a good time for you and your family to reflect on some of your sleeping habits.

ARE YOU GETTING ENOUGH?

Getting enough sleep ranks right up there with eating right and exercising regularly—you have to do it for your body to function at its best. The National Sleep Foundation recommends between seven

and nine hours of sleep every night. Older adults can get away with less, whereas young adults and teenagers need a little bit more. Some people believe they can train their bodies to operate sufficiently on less sleep, but the CDC emphasizes that this is a myth.

Sleep is important because it's a state when important processes happen in your body, according to the U.S. National Library of Medicine. It's a time when the body releases hormones that help children grow and adults build muscle and repair cells. It's also when the body creates cytokines, the hormone necessary for the immune system to fight infection.

Missing out on sleep hinders you from thinking clearly and reacting quickly, which would prevent you from meeting your full potential either at your job or at school. In fact, the National Sleep Foundation estimates that between sickness and lost productivity, sleep deprivation costs the United States about \$66 billion every year.

Sleep deprivation has long-term effects on health too. People who are chronically sleep deprived face a higher risk of conditions like high blood pressure, heart disease, obesity and Type 2 diabetes.

SLEEP DEBT: WHAT'S THAT?

You might have heard about something called sleep debt, which is exactly what it sounds like. You accrue an amount of lost sleep over time and you have to compensate for it at some point. The scientific explanation behind this is that a chemical called adenosine accumulates in your bloodstream while you're awake only to be bro-

ken down by the body when you're sleeping. If there's too much adenosine built up in your bloodstream, your body's response time slows.

You therefore need to make up for the sleep you missed if your body is going to break down the adenosine, the National Sleep Foundation says, but that can be difficult to do if you're consistently missing out on rest. Think about losing an hour of sleep every weeknight—that means you have to make up five hours on Saturday and Sunday. And sleeping in can then throw off your sleep cycle come Sunday night.

That's not the worst part. If you miss two or three hours of sleep a night for three or four nights in a row, that's the same as missing a full night's sleep. Even though most people have pulled an all-nighter at some point in their lives, they might not consider how dangerous it can be in some situations.

Drowsy driving can be just as bad as drunk driving. Per the CDC, as many as 6,000 fatalities every year are a result of sleepy people behind the wheel.

HOW TO IMPROVE SLEEP

The big problem is that people get busy—they have jobs, classes, homework, chores, errands, volunteer efforts, and social obligations. Sleep is usually the first thing they'll cut back on when life gets to be too much.

In other situations, people have trouble falling asleep. They feel exhausted all day long, but as soon as they crawl into bed, their mind keeps them wide awake.



If you're somebody who fails to make sleep a priority or who struggles to fall into a deep slumber at the end of the day, there are a few ways experts recommend you can make it easier on yourself:

- Start examining your habits before bedtime. Don't nap late in the afternoon, and avoid nicotine, caffeine, and large meals late at night.
- Although exercise is good for destressing and tiring yourself out, it's best to do it earlier in the day, as late-night workouts could potentially wind you up.
- Before bed, avoid bright lights, including those from screens like your phone or TV.
- Lower the temperature in your bedroom to around 68 degrees.
- Take a warm bath or shower. Once you get out of the warm water, the drop in body temperature will make you feel sleepy.
- Read or listen to soothing music before bed in lieu of watching TV or scrolling through your phone.
- When it's time to finally turn out the lights, try earplugs or white noise, such as a fan, to drown out any background sounds. Avoid inconsistent noise, such as that from a TV or radio, which can disrupt your sleep.
- If the pressure to fall asleep stresses you out, turn your alarm clock the other way to avoid looking at it.

However, if you know that 20 minutes have gone by and you can't fall asleep, don't force yourself—get up and do something relaxing. Stress about sleep can make this situation even worse.

Remember that occasional insomnia is normal and something most people experience from time to time. But if it happens three nights a week for more than a month, it is considered chronic insomnia. In this situation, talk with your doctor about ways you might be able to alleviate your sleeplessness.

Telehealth? What's That?

By Dylan Roche

It's not always easy to get out to visit a doctor. Sometimes it's because of a patient's condition, whereas in other cases, it might be because of hectic schedules. Whatever the reason, advances in modern technology have made it so that you don't have to be physically right there with your doctor to receive medical care.

This new trend—known as telehealth—is changing the way patients get treatment, doctors interact with other doctors, pharmacists fill prescriptions, and other aspects of the health industry. Think of it as telecommuting but for all your medical needs.

It's a broad term that can be applied in many different scenarios, but its general definition, according to the Mayo Clinic, is the use of communication technology, whether from a computer or smartphone, to access health-related services from a remote location. This could include counseling, dentistry, physical therapy, occupational therapy, or even management of a chronic disease.

The American Hospital Association explains that the popularity of telehealth has grown significantly over the past few years, and that more than half of the hospitals in the United States are using telehealth in one form or another. When a doctor checks in on patients following an in-person visit or consults a

specialist via video conferencing, that's considered telehealth. In other scenarios, surgeons can even use robot technology to perform surgery from a remote site.

The popularity of telehealth has grown significantly over the past few years, and that more than half of the hospitals in the United States are using telehealth in one form or another.

Use of telehealth makes care much more manageable, especially for people with limited mobility, people with tight schedules, or people who live in rural areas far from hospitals. Even people who live in developed communities will sometimes have trouble traveling long distances to see specialists for complex conditions, and telehealth makes it possible for them to have a virtual appointment.

Then there are cases in which a patient wears a monitoring bracelet from home and a doctor or nurse can measure their blood pressure, heart rate, or other stats from a distance. Patients can also access test results, request prescription refills, or even order medication.

Of course, telehealth does have its drawbacks, mainly that essential information from a person's medical history might not be available if they are using a web-based health service, or a diagnosis might not be as accurate as it would with an in-person interview. Furthermore, some services might not be covered by insurance.

Telehealth also faces other obstacles before it reaches its full potential. The Centers for Disease Control and Prevention, which supports telehealth projects across the country, acknowledges that information security, patient privacy, licensing, insurance reimbursement, and liability concerns are all issues that need to be addressed. Visit the CDC online at www.cdc.gov to access more resources about the legal side of telehealth as it develops.





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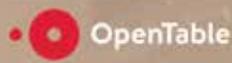
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Dining

80 TASTE | 82 GUIDE

Butternut
Squash Soup
at Blackwall
Barn & Lodge

WHAT'S UP? READERS

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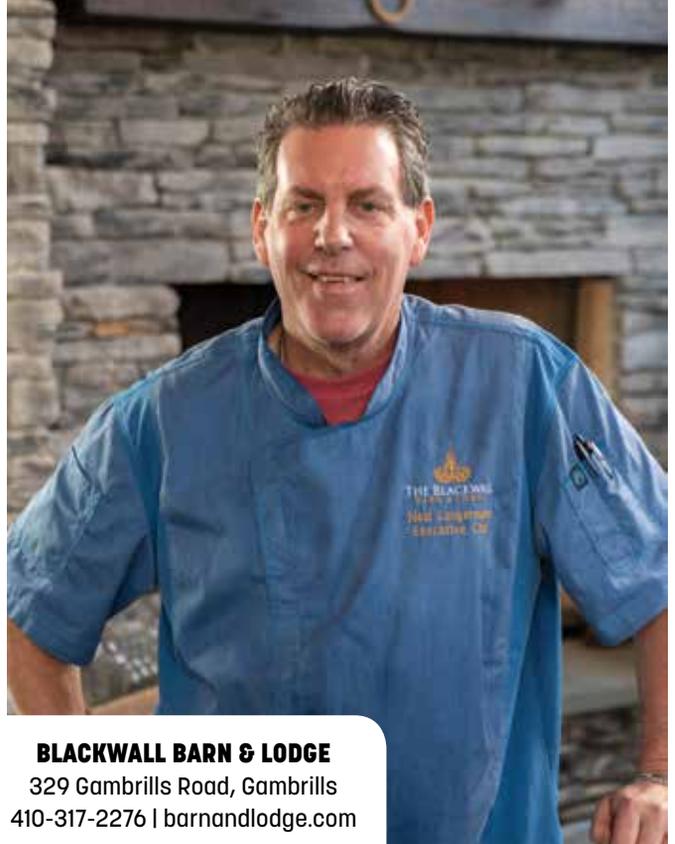
Blackwall Barn & Lodge's menu is as big as the vast space the restaurant and event center occupy. The expansive menu, in the eyes of owner James King and executive chef Neil Langermann, is a recipe for big-time success. "We don't really have bad nights here," King says. "No question, the quality of the food is better and its more consistent."

Enter the 57-year-old Langermann, who joined the restaurant in April, with his impressive culinary background and achievements. Langermann earned Restaurant Association of Metropolitan Washington, D.C.'s Chef of the Year in 2001 and is a three-time winner of Baltimore Restaurant Week's Appetizer Challenge. He owned his own restaurant, Langermanns, in Canton for eight years and worked 14 years in Washington, D.C., including 10 at the four-star Georgia Brown's.

At Georgia Brown's, King says Langermann put out consistent dishes for a 175-seat restaurant. Blackwall Barn, part of the local Blackwall Hitch group, seats 200.

"I have worked with some incredible chefs who do some incredible things when they are serving 25 seats," King explains. "They have all night to do it. These same guys crumble on a Friday night when they have to put 300 plates out. Neal doesn't."

We recently talked to Langermann, a Bowie resident, about how he became an executive chef, his favorite dishes to cook, and impact at Blackwall.



BLACKWALL BARN & LODGE

329 Gambrills Road, Gambrills
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Why did you choose to work at Blackwall? What was so appealing about the opportunity?

I have a mutual friend (Greg Casten) with James King and he put us together. It started off as a farm-to-table concept. James told me, "I need you to do Greek or things on the fly. It's not going to be an American menu all the time." I have a very well-rounded background. I am able to adapt to different cultures and cuisines. I liked what they were doing. James gave me his vision and I like what he's trying to achieve. I feel we can get there. I think my talents fit in well.

You have won several awards. Which one meant the most to you?

The Chef of the Year was the biggest one for me because it was voted by peers. It is very rewarding. That's recognition in the industry by people who know what we do and how we do it. For them to pick me, showed that all the things I have been taught and was teaching were valid.

What kind of impact do you feel you've made with the restaurant?

The biggest impact has been the consistency of the operation. You have to have a personality, be a leader, and have everyone buy into it. That's why the relationships are so important. You have to earn everyone's respect. People follow when they are being taken in the right direction.

How do you keep up on the latest trends?

When I am not at the restaurant, I am online constantly, googling things for new ideas and talking to people. I am trying to find the next great thing. You have to stay current. What do they say about college? You spend one hour in class and two hours studying outside class. It's the same in the restaurant business. When you get home, you have to keep pounding the pavement. I'm here 60 to 65 hours a week, then I'm working at home another 15 to 20 hours. As an executive chef, there's really no day off.

How did you become an executive chef?

I was always working in restaurants. I got introduced to a master chef in San Francisco, where I grew up. After a couple of months of working with him, he invited me to do a European apprenticeship. So, I spent three years with him, doing everything from dough-making to a nine-course tasting menu and working with the finest ingredients and some of the world's best wines. I always loved to cook and I am really good at it because I can remember the flavors. I love the chaos of it and trying to figure it out on a daily basis.

What does the executive chef position involve?

There's a lot more than cooking. You have to be good with people because you are working with 20 or 30 in the kitchen. It's like a radio station. You have to tune into each person, making sure everybody responds and understands. You also have to teach people. You have to have everybody buy in and you have to take them where they can't get by themselves. It's a business-mind approach to things. I am being asked to run a five-million-dollar business, which means I am being asked to spend one million dollars of someone's money.

How would you describe your menu?

Standard and seasonal. You can get salmon anywhere, so we don't have a salmon entrée. We have a salmon salad, and sandwich. We have very nice herb roasted chicken. It's not a pedestrian chicken. A lot of restaurants save a couple of spots for people

who aren't adventurous. They want something they are familiar with. We try to give them unique things you don't often see. It has to do with the way we present it, like the way our burgers go out on boards. We don't want pedestrian; what you could have gotten anywhere. We feel we offer a very unique experience, and it always needs to be on the cutting edge. We think the comfort food works for us with a unique twist. The food speaks for itself.

What is your top-selling dish?

A flaming crab dip is our number one. We put a little sherry on it, and flame it table side. Our saffron risotto with shrimp and scallops. The shrimp and scallops get people's attention. We pair it with the saffron risotto. The dish looks beautiful. We stand the shrimp up and scallops on top of the risotto. We put butter sauce on it and some micro green for garnish. They turn around and say, "What is that?" Our French onion soup is also popular.

We use three different onions. We use a little of bit vermouth and sherry, seasoning, sour dough croutons, and two cheeses, so it has that beautiful crust.

What else are best sellers?

Our prime rib is fantastic. We do a prime rib every single day. We do three on Thursday because its prime rib night. We put rosemary and garlic and a little bit of Montreal seasoning and olive oil on it. We are really a meat lover's paradise.

What is your favorite dish to cook?

I would say the butternut squash soup with apples and ginger bread spice. It's just a nice beautiful flavor profile that we seem to hit pretty successfully. I also like to cook Osso Buco. It's like a veal shank. The reason I like cooking it is because it takes time. You have about 30 different steps to make it right. When it's right, it's falling off the bone.



Butternut Squash Soup

Yields 3 1/2 quarts

Ingredients

3 pounds butternut squash
4 ounces unsalted butter
1/2 pound yellow onion cut julienne
1/2 pound carrots
cut into 1/4 inch rounds
2 each granny smith
apples peeled and core removed
1/2 ounce rubbed sage
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon ground ginger
2 quarts chicken stock
1 cup heavy cream
1 tablespoon kosher salt
1/2 cup honey

Directions

In a small sauce pot over low heat melt the butter. Add julienne onions and sauté until softened. Add carrots, butternut squash and apples. Add chicken stock and cream. Bring to boil and allow to simmer for 15 minutes until vegetables are soft. Add seasonings. Blend using a food processor, beurre mixer, or blender. When soup is blended, serve hot, or transfer to a container to cool in refrigerator. To re-heat, place in pan and bring to a boil over medium heat.

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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 \$-\$\$ * 🍷

Frank and Luke's N.Y. Pizza Kitchen

1151 MD-3, Crofton Md 21114; 443-292-8510, fandlpizza.com; italian, lunch and dinner \$\$, 🍷

Frisco Taphouse

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

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; Vnnoodle-house.com; Vietnamese; lunch, dinner \$

Hanover

George Martin's Grillfire

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

THE HIDEAWAY

"Live music, Karaoke, and my favorite chili!" –Michael Wood

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-quarterfieldstation.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 \$\$ 🍷 🍷

WILLY'S KITCHEN

"Biscuits, bacon, eggs, never a bad breakfast choice here"—Ashley Johnson 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; Hunanrose.com; Chinese; lunch, dinner; Family Friendly: Yes \$ 🍴 🍷

Mamma Roma

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

Orchard Café

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

Perry's Restaurant

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

Rinconito 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; Founders-tavernandgrille.com; American; lunch, dinner \$ 🍴

Garry's Grill & Catering

Park Plaza Shopping Center, 553; Baltimore Annapolis Boulevard, Severna Park; 410-544-0499; Garrysgrill.com; American, Seasonal, catering; breakfast, lunch, dinner \$\$ 🍴 🍷



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—Anne Solomon

Gianni's Pizza

2622 Severn Square Shopping Center, Severn; 410-551-5700; Giannispizzasevern.com; Italian; lunch, dinner \$ 🍷

Lisa's Deli

2608 Mountain Road, Pasadena; 410-437-3354; Sandwiches; lunch, dinner, \$ 🍷

Mi Pueblo II

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

Park Tavern

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

Mike's Crab House North

1402 Colony Road, Pasadena; 410-255-7946; Mikesnorth.com \$\$ 🍷 🍷 🍷 🍷

Annapolis Area & Beyond

Bean Rush Café

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

Blackwall Hitch

400 6th Street, Annapolis; 410-263-3454; Theblackwallhitch.com; Upscale-casual New American restaurant; brunch, lunch, dinner, late-night \$\$ 🍷 🍷 🍷 🍷

Broadneck Grill & Cantina

1364 Cape St Claire Road, Annapolis; 410-757-0002; 74 Central Avenue West, Edgewater; 410-956-3366; Broadneckgrill.com; Contemporary American and Mexican Cuisine; serve breakfast Saturday and Sunday; lunch, dinner \$\$ 🍷 🍷 🍷 🍷

Davis' Pub

400 Chester Avenue, Annapolis; 410-268-7432; Davispub.com; American; lunch, dinner, late night \$ 🍷 🍷 🍷 🍷

Fuji Japanese Steakhouse

1406 S. Main Chapel Way, Gambrills; 410-721-6880; Jcfuji.com; Japanese; lunch, dinner \$\$ 🍷 🍷

G&M Restaurant & Lounge

804 N. Hammonds Ferry Road, Linthicum Heights; 410-636-1777; Gandmcrabcakes.com; Seafood; lunch, dinner \$\$ 🍷 🍷 🍷

Grump's Café

117 Hillsmere Drive, Annapolis; 410-267-0229; Grumpscafe.com; American; breakfast, lunch, dinner \$\$ 🍷 🍷 🍷

Harvest Thyme Modern Kitchen & Tavern

1251 West Central Ave, Davidonsville; 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 \$\$\$ 🍷 🍷 🍷



WHAT'S UP FOR LUNCH?

Come join us for a great Business to Business Networking Lunch!

Monday, March 2nd
from 11:30 am to 1:00 pm

at **The Blackwall Barn & Lodge**
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RSVP to this event at whatsuptix.com

CROFTON WHAT'S UP? MEDIA

The networking is on us, the lunch is on you!

March Calendar

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

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



↑ The Knights of Columbus will be hosting the 8th annual Taste of Crofton on March 26 from 6:00 p.m. to 9:00 p.m. The event will be held at Knights of Columbus Hall in Bowie and a \$25 ticket will include food and drink sampling from many different local restaurants and Taste of Crofton 2020 glassware, while the event will also offer a cash bar, raffles from each restaurant, and a portion of all proceeds will benefit the food bank. For more information, visit croftonchamber.com.

Sunday

1

SPECIAL EVENTS

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. 10 a.m. aacofarmersmarket.com

Crawfish Boil & Muskrat Stew Fest at Downtown Cambridge, Cambridge. 1 p.m. visitdorchester.org

Delaware Restoration: Sawn & Bent Frames at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-2916. cbmm.org

Sea Kayaking 101 Training Program at Cult Classic Brewing Company, Stevensville. 8:30 a.m. visitqueenannes.com

Gamelatron at Academy Art Museum, Easton. 10 a.m. Through April 30 academyartmuseum.org

Monster Jam at Royal Farms Arena, Baltimore. 1 p.m. royal-farmsarena.com [F]

Graciela Iturbide's Mexico at National Museum of Women in the Arts, D.C. 12 a.m. Through May 25. 202-783-5000. nmwa.org

Delita Martin: Calling Down the Spirits at National Museum of Women in the Arts, D.C. 7:30 p.m. Through April 19 202-783-5000. nmwa.org

Spring Maryland Home and Garden Show at Maryland State Fair, Timonium. 10 a.m. 410-863-1180. mdhomeandgarden.com

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. 2 p.m. thecolonialplayers.org

The 39 Steps at Annapolis Shakespeare Company, Annapolis. 2 p.m. 410-415-3513. annapolishakespeare.org

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. 2 p.m. repstage.org

The Mineola Twins at Fells Point Corner Theatre, Baltimore. 2 p.m. fpct.org

Wicked at The Hippodrome Theatre, Baltimore. 1 & 6:30 p.m. france-merrickpac.com

YAO YAO at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 & 4 p.m. kennedy-center.org

Celia and Fidel at Arena Stage, D.C. 2 & 7:30 p.m. arenastage.org

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. 3 & 7 p.m. kennedy-center.org

A Thousand Splendid Suns at Arena Stage, D.C. 2 & 7:30 p.m. arenastage.org

Trixie Mattel: Grown Up at Lincoln Theatre, D.C. 6:30 p.m. thelincolndc.com

Mother Road at Arena Stage, D.C. 7:30 p.m. arenastage.org

Richard & Jane & Dick & Sally at Centerstage, D.C. 2 p.m. centerstage.org

MUSIC

Todd Snider at Rams Head On Stage, Annapolis. 8 p.m. ramshheadonstage.com

SiriusXM Hip Hop Nation pres. Young Dolph & Key Glock: No Rules Tour at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilver-spring.com

Aretha - A Tribute at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m.

Soulwax at 9:30 Club, D.C. 7 p.m. 930.com

Washington National Opera: Samson and Delilah at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m.

Washington Performing Arts Presents I am a Man: Reclaiming Brilliance in the Midst of Brokenness at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m.

Baltimore Symphony Youth Orchestra Concert at George Washington Carver Center, Towson. 2:30 & 5:30 p.m. bsymusic.org

Monday

2

SPECIAL EVENTS

City of Annapolis: Annapolis Education Commission Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 6 p.m. annapolis.gov

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

City of Annapolis: Human Relations Commission at Pip Moyer Recreation Center, Annapolis. 6:30 p.m. annapolis.gov

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. 9:30 a.m. theccm.org

Jay Fleming: Capturing the Chesapeake Bay in Photos at Chesapeake Bay Trust, Annapolis. 6:30 p.m. 410-974-2941. cbtrust.org

Chesapeake Film Festival: Harriet at Talbot County Free Library - Easton Branch, Easton. 6 p.m. [F]

Weekend Walk-In: Workshops for All Ages at American Visionary Art Museum, Baltimore. 1 p.m. avam.org [F]

PERFORMING ARTS

Live Playwrights' Society at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 7 p.m. garfield-center.org

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Chester River Youth Choir Practice at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 4:15 p.m. garfieldcenter.org

of Montreal at 9:30 Club, D.C. 7 p.m. 930.com

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. kennedy-center.org

DEMO by Damian Woetzel: NOW 2020 at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m.

SPORTS

Orioles Spring Training vs. Rays at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Tuesday

3

SPECIAL EVENTS

City of Annapolis: Board of Appeals at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Bus Trip from St. Michaels, Md. to the Philadelphia Flower Show at Philadelphia Convention Center, Philadelphia. 12 a.m. 410-745-6073. stmichaelscc.org

PERFORMING ARTS

Young Actor's Performance Company at Everyman Theatre, Baltimore. 6:30 p.m. everymantheatre.org

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. 7:30 p.m. everymantheatre.org

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Mother Road at Arena Stage, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Bandstand at The National Theatre, D.C. 7:30 p.m. thenationaldc.com

MUSIC

John Lodge of the Moody Blues at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramshheadonstage.com

G Herbo - PTSD Tour at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilver-spring.com

Aventura: Inmortal Tour at Capital One Arena, D.C. 8 p.m. capitalonearena.com

Wednesday

4

SPECIAL EVENTS

City of Annapolis: Alcoholic Beverage Control Board at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Archaeology Lab Open House at Anne Arundel County Archaeology Lab, Annapolis. 10 a.m. historiclondontown.org [F]

AAWG's Women and Leadership Forum at Blue Heron Center, Annapolis. 6 p.m. givingtogether.org

Annapolis Horticulture Society Talk & Meeting at Annapolis Horticulture Society, Annapolis. 6:45 p.m. annapolishorticulture.org

Masterchef Junior Live! at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. modell-lyric.com [F]

PERFORMING ARTS

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Mother Road at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Bandstand at The National Theatre, D.C. (See 3/3)

MUSIC

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

Lil TJay - True 2 Myself Tour at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilver-spring.com

Dermot Kennedy at The Anthem, D.C. 6:30 p.m. theanthemdc.com

Washington National Opera: Samson and Delilah at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m.

SPORTS

Washington Capitals vs. Philadelphia Flyers at Capital One Arena, D.C. 7 p.m. nhl.com

Thursday

5

SPECIAL EVENTS

City of Annapolis: Planning Commission Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Projectile Point Workshop: The Bob Ogle Collection at Anne Arundel County Archaeology Lab, Annapolis. 3 p.m. historiclondontown.org

Play Group: Creek Critters at Chesapeake Children's Museum, Annapolis. 10:30 a.m. theccm.org

From Our Living Room to Yours: The Leroy E. Hoffberger School of Painting at Maryland Hall for the Creative Arts, Annapolis. 12 a.m. Through May 2

Unnatural Causes: Earth Day 50th Anniversary at Maryland Hall for the Creative Arts, Annapolis. 12 a.m. Through May 2

Lecture Series: LGBTQ+ History in Maryland at Historic London Town and Gardens, Edgewater. historiclondontown.org

Heart & Music Opening Night Gala at Oxford Community Center, Oxford. 6 p.m. fall-seasonsinc.org [C]

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. (See 3/1)

Play Club: Berta, Berta at Everyman Theatre, Baltimore. 10:15 a.m. everymantheatre.org

Five Spoons at Theatre Project, Baltimore. 8 p.m. theatreproject.org

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Martha Graham Dance Company: The EVE Project at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. kennedy-center.org

Mother Road at Arena Stage, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Bandstand at The National Theatre, D.C. (See 3/3)

MUSIC

Chelsea Cutler: How to be Human Tour with Alexander 23, X Lovers at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilver-spring.com

Koe Wetzel at 9:30 Club, D.C. 7 p.m. 930.com

Aventura: Inmortal Tour at Capital One Arena (See 3/3)

SPORTS

Orioles Spring Training vs. Twins at Oriole Park at Camden Yards, Baltimore. 3:05 p.m.

Friday

6

WOMAN

YEAR OF THE

100 YEARS. WHAT'S NEXT?

PUBLIC ART + BLACK VOICES + CIVIL RIGHTS

A public arts project that transforms the interior galleries of the Banneker-Douglass Museum with 16+ murals that interpret the Association for the Study of African American Life and History (ASALH) 2020 theme: African Americans and the Vote. This temporary exhibit is going on now through December 21, 2020.

CHESAPEAKE FILM FESTIVAL: HARRIET

On March 2 at Talbot County Free Library—Easton Branch at 6 p.m. This just released feature film celebrates one of America's greatest heroes, Harriet Tubman, whose courage and ingenuity helped free hundreds of slaves. Sponsored by the Friends of the Library.

AAWGT'S WOMEN AND LEADERSHIP FORUM

Anne Arundel Women Giving Together is pleased to announce Maggie Gunther Osborn, Sr. Vice President and Chief Strategy Officer of the United Philanthropy Forum, as speaker for our annual Women and Leadership forum. Ms. Osborn's timely topic will be The Cost of Silence. The March 4 event (6:00 to 8:00 PM) is open to AAWGT members and the general public.

AFRICAN AMERICANS AND WOMEN'S SUFFRAGE MOVEMENT

Join the Banneker Douglass Museum on March 5 from 6 to 8 p.m. for a lecture and discussion with Asst. Professor Sharon Harley of the University of Maryland College Park, and Dr. Eveyln Higginbotham of Harvard University as we explore the important and often overlooked presence of African American women during the Women's Suffrage Movement. Voter registration will be held at this event.

WOMEN OF THE WORLD FESTIVAL BALTIMORE

On March 7 from 10 a.m. to 4 p.m. come celebrating all women who are gaining momentum to collectively make change, the WOW Festival will feature artists, writers, politicians, performers and activists to promote inclusivity, honor the strength and inventiveness of women, and actively break down societal barriers through events, workshops, lectures, debates, activities, and performances. Presented by Notre Dame of Maryland University. Admission is \$10-30.

2020 ANNE ARUNDEL COUNTY TRUST FOR PRESERVATION LECTURE SERIES

Kacy Rohn will be discussing the outstanding digital story map program she created for the Maryland Historical Trust that provides a tour highlighting the people and places of the Maryland women's suffrage movement at Robert E Kauffman Theatre, Pascal Center for the Performing Arts at Anne Arundel Community College on March 9 at 6:00 p.m. Admission is free and open to the entire community.

CHESAPEAKE FILM FESTIVAL: MAIDEN

Join The Friends of the Talbot County Free Library and the Chesapeake Film Festival on March 9, at 6 p.m. at Talbot County Free Library—Easton Branch for the showing of Maiden. The story of Maiden's upstart, defiant run at the Whitbread Round the World Race has all the elements of an epic adventure tale—50-foot waves, life and death drama, near-mutiny, thrilling victory—grounded in a perceptive group portrait of a team of courageous young women led by the remarkable, complicated Tracy Edwards.

FLY GIRLS: WOMEN AVIATORS IN WWII

On March 16 at 7:00 p.m., Bruce Kagan will be visiting the Severna Park Community Library to put on his historical presentation of the little known heroic contribution brave women made to win WWII. These women were the first female pilots of U.S. military aircraft. Their story is of women past, present, and future.

WOMEN'S RIGHTS... THE STRUGGLE FOR THE VOTE

Join Bruce Kagan once again on March 17 at either Odenton Library at 1:00 or Maryland City at Russett Community Library in laurel at 7:00 p.m for the story of key figures in the Suffrage Movement. Get a digital look at the historic homes of Elizabeth Cady Stanton and Susan B. Anthony.

CYRANO OF THE SUFFRAGISTS—A LIVING HISTORY PERFORMANCE OF ELIZABETH CADY STANTON

Mary Ann Jung will be at Eastport-Annapolis Neck Community Library March 21 at 2:00 p.m. to bring to life Elizabeth Cady Stanton's journey as a champion for Women's Rights at the same time she is busy being a mom of seven. Stanton was a speech writer for Susan B. Anthony, fought and won property rights for married women, and earned equal guardianship of children.

CLARA BARTON: RED CROSS ANGEL

Award winning actress and Smithsonian Scholar Mary Ann Jung relays the story of Clara Barton, Red Cross Angel on March 21 at the Severn Community Library at 11:00 a.m. Miss Barton was a true heroine, risking her life to help others while nursing at the Battle of Antietam. She was a passionate and moving public speaker, and became the first woman to work for the Federal Government, as well as America's first female ambassador.

COMING IN APRIL

AMENDING AMERICA: HOW WOMEN WON THE VOTE

Come down to Discoveries: The Library at the Mall on April 2 at 7 p.m. for a one-woman performance by Kate Campbell Stevenson. FREE/Open to the public. Sponsored by The League of Women Voters of Anne Arundel County.

IRON JAWED ANGELS

To celebrate 100 years of women voting, the League of Women Voters of Anne Arundel County will host a screening of Iron Jawed Angels on April 9 from 6 to 8 p.m. at the Eastport-Annapolis Neck Community Library. The film is a moving tribute to the suffragists who worked tirelessly for passage of the 19th Amendment giving women the right to vote. Not a documentary, the movie focuses on the final decade of a 70 year battle, led by the younger Alice Paul (Hilary Swank), Lucy Burns (Frances O'Connor), and the elder activist Carrie Catt (Anjelica Houston). (NR, 2004).

On Stage

Annapolis

The 39 Steps

Annapolis Shakespeare Company; Through March 8; Prices Vary; annapolishakespeare.org. In this comedic adaptation of Alfred Hitchcock's 1935 thriller, a cast of four actors portrays every hero, villain, spy, and love interest in this farcical mystery. Moving by train from London to the moors of Scotland, the characters' many illusions to Hitchcock films, and amusing Scottish accents, provide lots of laughs and surprises along the way.

Book of Days

The Colonial Players; Through March 14; \$23; thecolonialplayers.org When murder roars through a small Missouri town, Ruth Hoch begins her own quest to find truth and honesty amid small town jealousies, religion, greed, and lies. This tornado of a play propels you through its events like a page-turning mystery and proves that there are no small roles in life. "An intriguing, prismatic and thoroughly engrossing depiction of contemporary small-town life with a murder mystery at its core."

Fences

Bowie Community Theatre; March 13 through March 29; Prices Range \$17-\$22; bctheatre.com This sensational drama centers around Troy Maxson, a former star of the Negro baseball leagues who now works as a garbage man in 1957 Pittsburgh. Excluded as a black man from the major leagues during his prime, Troy's bitterness takes its toll on his relationships with his wife and his son, who now wants his own chance to play ball.

Baltimore

Wicked

The Hippodrome Theatre; Through March 8, 2020; Prices Vary; France-merrickpac.com Wicked, the Broadway sensation, looks at what happened in the Land of Oz...but from a different angle. Long before Dorothy arrives, there is another girl, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikely of friendships...until the world decides to call one "good," and the other one "wicked."

Queens Girl: Black in the Green Mountains

Everyman Theatre; March 3 Through April 12, 2020; Prices Vary; Everymantheatre.or As the Vietnam War rages and the Kent State killings ignite college campuses across the country, Jackie arrives in Vermont to begin college. Caught between wildly divergent sets of friends—outrageously wealthy "WASPS," militant black activists and passionate theatre people—Jackie is forced to confront the space between white and black culture to find her place in the world.

D.C.

Celia and Fidel

Arena Stage; Through April 12, 2020; Prices Vary; Arenastage.org Can one woman change the mind of a man and the fate of a nation? Fidel Castro's most trusted confidant and political partner, Celia Sánchez, is never far from his side as he grapples with how to move his country forward. It's 1980 and a failing economy has led 10,000 Cuban citizens to seek asylum at the Peruvian Embassy in Cuba. Castro must decide what kind of a leader he wants to be: merciful or mighty. Imbued with magical realism, Arena Stage's seventh Power Play imagines a conversation between Cuba's most influential female revolutionary and its most notorious political leader in a contest between morality and power.

Berta, Berta

Arena Stage; March 17 through April 26; Prices Vary; Arenastage.org Mississippi, 1920. Leroy returns to the doorstep of his long-lost lover, Berta, covered in blood after committing a shocking crime. With his freedom in the balance, the clock is ticking for him to make amends. As their quarrelsome beginning transforms into an impassioned consummation of their love, can the inevitability of his fate be averted? A hit from last season's Contemporary American Theatre Festival, this "riveting, gut-wrenching fable" (DC Metro Theater Arts) weaves an intimate, yet epic love story inspired by the prison work song, "Berta, Berta."

Shear Madness

The John F. Kennedy Center; October 1, 2019 through June 7, 2020; \$56; kennedy-center.org Set in present-day Georgetown, *Shear Madness* engages locals and visitors alike as armchair detectives to help solve the scissor-stabbing murder of a famed concert pianist who lives above the Shear Madness unisex hairstyling salon. The show combines up-to-the-minute improvisational humor and a mixture of audience sleuthing to deliver a unique performance each night.

SPECIAL EVENTS

American Indian Art from the Fenimore Art Museum: The Thaw Collection at The Mitchell Gallery, St. John's College, Annapolis. 12 a.m. Through April 26. 410-626-2556. sjc.edu

Art and Story Time at Chesapeake Children's Museum, Annapolis. 10:30 a.m. theccm.org

Public Night: Sip & Scratch at Chesapeake Bay Maritime Museum, Saint Michaels. 6 p.m. 410-745-4980. cbmm.org

Spring Maryland Home and Garden Show at Maryland State Fair, Timonium. 10 a.m. 410-863-1180. mdhomeandgarden.com

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. (See 3/1)

Jim Jefferies Oblivious Tour at MGM National Harbor, Oxon Hill. 7:30 p.m. 844-346-4664. mgmnationalharbor.com

Five Spoons at Theatre Project, Baltimore. (See 3/5)

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. 8 p.m. chesapeake-shakespeare.com

The Mineola Twins at Fells Point Corner Theatre, Baltimore. (See 3/1)

Mother Road at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Bandstand at The National Theatre, D.C. (See 3/3)

MUSIC

The Weight Band feat. members of The Band and Levon Helm Band at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramshtheadonstage.com

Pat Owens Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. riverbayroadhouse.com

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

Eric Johnson Classics: Present and Past at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilverpring.com

70's Soul Jam at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. modell-lyric.com

Vivaldi Mandolin Concerto at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m.

Little Brother at Rams Head Live!, Baltimore. 8 p.m.

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

La Roux at 9:30 Club, D.C. 8 p.m. 930.com

SPORTS

Maryland Black Bears vs Johnstown Tomahawks at Piney Orchard Ice Arena, Odenton. 7:45 p.m.

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

Saturday

7

SPECIAL EVENTS

The 2020 Annapolis St. Patrick's Hooley! at Susan B. Campbell Park, Annapolis. 5:30 p.m. [F]

Intro to Prenatal Fitness at Anne Arundel Medical Center Clatanoff Pavilion, Rotary Room, Annapolis. 9 a.m.

Barbara W. Ellis "Greener Gardens, One Step at a Time" at Woods Memorial Presbyterian Church, Severna Park. 10 a.m. unitygardens.org

Spring Hearth Cooking Workshop with Rebecca Suerdieck at Historic London Town and Gardens, Edgewater. 10 a.m. historiclondontown.org

St. Michaels Chocolate Fest at St. Michaels, 11 a.m. stmichaelsmd.org

Spring Maryland Home and Garden Show at Maryland State Fair, Timonium. 10 a.m. 410-863-1180. mdhomeandgarden.com

Bull & Oyster Roast 2020 at Baltimore Museum of Industry, Baltimore. 10 a.m. thebmi.org

Operation Secret Sleepover at International Spy Museum, 7 p.m. spymuseum.org [F]

Dance Fitness at The John F. Kennedy Center for the Performing Arts, D.C. 11:30 a.m.

Harriet Tubman Day at the Visitor Center at Harriet Tubman Underground Railroad Visitor Center, Church Creek. 9 a.m. visitdorchester.org [F]

Women Of The World Festival Baltimore at Columbus Center, Baltimore. 10 a.m.

PERFORMING ARTS

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. (See 3/1)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Five Spoons at Theatre Project, Baltimore. (See 3/5)

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

The Mineola Twins at Fells Point Corner Theatre, Baltimore. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Jonathan Richman & Bonnie "Prince" Billy at Lincoln Theatre, D.C. 6:30 p.m. thelincolndc.com

Mother Road at Arena Stage, D.C. (See 3/1)

Bandstand at The National Theatre, D.C. (See 3/3)

MUSIC

The Dirty Grass Players at Rams Head On Stage, Annapolis. 8 p.m. ramsheadonstage.com

Brandt Dunn Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410-757-2919. riverbayroadhouse.com

Johnny Gill & Ralph Tresvant at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. mgmnationalharbor.com

Changes in Latitudes: Jimmy Buffett Tribute Show at Todd Performing Arts Center, Chesapeake College, Wye Mills. 8 p.m. 410-827-5867. chesapeake.edu

Fundraising Concert & Dance: The Fabulous Hubcaps! at St. Michaels Inn, Saint Michaels. 7:30 p.m. 410-745-6073. stmichaelscc.org [C]

Teen Artist's Ensemble at Everyman Theatre, Baltimore. 9 a.m. everymantheatre.org

Washington National Opera: Samson and Delilah at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m.

The lil Smokies & Joe Pug at 9:30 Club, D.C. 6 p.m. 930.com

Vivaldi Mandolin Concerto at Strathmore, North Bethesda. 8 p.m.

SPORTS

Navy Men's Lacrosse vs Colgate at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m.

Maryland Black Bears vs Johnstown Tomahawks at Piney Orchard Ice Arena, Odenton. 7:45 p.m.

DC United vs Inter Miami CF at Audi Field, D.C. 3:30 p.m.

Annapolis St. Patrick's Parade at Downtown Annapolis, Annapolis. 1 p.m. [F]

Spring Hearth Cooking Workshop with Rebecca Suerdieck at Historic London Town and Gardens, Edgewater. 10 a.m. historiclondontown.org

Hoopers Island Gun Bash at Governors Hall at Sailwinds Park, Cambridge. 11 a.m. visitdorchester.org

Wine Seminar Series 2: Pairing Food & Wine at Crow Vineyard & Winery, Kenndyville. 1 p.m. 302-304-0551.

Linda Nochlin: The Maverick She at National Museum of Women in the Arts, D.C. 12 a.m. Through July 31. 202-783-5000. nmwa.org

Women's History Month: International Women's Day at National Museum of Women in the Arts, D.C. 12 p.m. 202-783-5000. nmwa.org

Spring Maryland Home and Garden Show at Maryland State Fair, Timonium. 10 a.m. 410-863-1180. mdhomeandgarden.com

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. (See 3/1)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

The Mineola Twins at Fells Point Corner Theatre, Baltimore. (See 3/1)

Five Spoons at Theatre Project, Baltimore. (See 3/5)

Mother Road at Arena Stage, D.C. (See 3/1)

Bandstand at The National Theatre, D.C. (See 3/3)

MUSIC

Columbia Pro Cantare: Celebrating Women Composers at First Evangelical Lutheran Church, Ellicott City. 4 p.m. 410-696-2888. procantare.org

Vivaldi Mandolin Concerto at Joseph Meyerhoff Symphony Hall, Baltimore. 3:30 p.m.

Silversun Pickups at 930.com Club, D.C. 7 p.m. 930.com

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. kennedy-center.org

Washington Performing Arts presents Seong-Jin Cho, piano at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. kennedy-center.org

SPORTS

Orioles Spring Training vs. Yankees at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Washington Wizards vs. Miami Heat at Capital One Arena, D.C. 7 p.m. nba.com

Monday

9

SPECIAL EVENTS

City of Annapolis: Regular Meeting of the City Council at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

Talbot County: Chamber Ambassador's Lunch at Headwaters Seafood & Grille, Annapolis. 12 p.m. talbot-chamber.org

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

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. (See 3/2)

Tom Major: Underwater Photography at Maryland Hall for the Creative Arts, Annapolis. 7 p.m.

Sunday

8

SPECIAL EVENTS

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. (See 3/1)

2020 Anne Arundel County Trust for Preservation

Lecture Series at Robert E. Kauffman Theatre, Pascal Center for the Performing Arts, Anne Arundel Community College, Arnold. 6 p.m. annearundeltrust.org

Chesapeake Film Festival: Maiden at Talbot County Free Library - Easton Branch, Easton. 6 p.m. [F]

PERFORMING ARTS

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Tuesday

10

SPECIAL EVENTS

City of Annapolis: Rules and City Government Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 4 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Historic Preservation Commission at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Leadership Anne Arundel Board Meeting at TBD, Annapolis. 8 a.m. 410-571-9798. leadershipaa.org

PERFORMING ARTS

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Rome & Duddy - Friends and Family Acoustic Tour at Rams Head On Stage, Annapolis. 8 p.m. ramsheadonstage.com

Silverstein: 20 Year Anniversary Tour at Rams Head Live!, Baltimore. 7 p.m.

The Districts at 9:30 Club, D.C. 7 p.m. 930.com

Celia and Fidel at Arena Stage, D.C. (See 3/1)

SPORTS

Orioles Spring Training vs. Braves at Oriole Park at Camden Yards, Baltimore. 6:05 p.m.

Washington Wizards vs. New York Knicks at Capital One Arena, D.C. 7 p.m. nba.com

Wednesday

11

SPECIAL EVENTS

City of Annapolis: Recreation Advisory Board Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Intro to Prenatal Fitness at Anne Arundel Medical Center Sajak Pavilion, Annapolis. 6:30 p.m.

Cultural Capital: Motherhood ReDux at National Museum of Women in the Arts, D.C. 7 p.m. 202-783-5000. nmwa.org

Vital Voices Global Partnership Presents Vital Voices 2020 Global Leadership Awards at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

PERFORMING ARTS

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

jaimie branch's Fly or Die (part of DIRECT CURRENT) at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

MUSIC

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

Rain - A Tribute to the Beatles at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. modell-lyric.com

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Celine Dion - Courage at Capital One Arena, D.C. 7:30 p.m.

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

Thursday

12

SPECIAL EVENTS

City of Annapolis: Economic Matters Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 4 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Annapolis Conservancy Board at Pip Moyer Recreation Center, Annapolis. 5:30 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Transportation Committee Meeting at Mayor John T Chamber Jr Council Chambers, Annapolis. 6 p.m. annapolis.gov

City of Annapolis: Financial Advisory Commission at Annapolis City Council Chambers, City Hall, Annapolis. 7:30 a.m. 410-263-7997. annapolis.gov

Ignite Annapolis at Maryland Hall for the Creative Arts, Annapolis. 6 p.m. maryland-hall.org

Play Group: Creek Critters at Chesapeake Children's Museum, Annapolis. (See 3/5)

Flagship 2020 Law and Public Safety Day at Aa Office Of Emergency Mgt, Glen Burnie. 8 a.m. 410-571-9798. leadershipaa.org

Sante: A Taste of Baltimore at American Visionary Art Museum, Baltimore. 6 p.m. 410-494-8545. kidneymd.org

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

MUSIC

Olivia O'Brien at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilverpring.com

Radical Face at 9:30 Club, D.C. 7 p.m. 930.com

Mahler Symphony No. 3 at Strathmore, North Bethesda. 8 p.m.

Forfe-A Film by David Donnelly (part of DIRECT CURRENT) at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

SPORTS

Washington Capitals vs. Detroit Red Wings at Capital One Arena, D.C. 7 p.m. nhl.com

Friday

13

SPECIAL EVENTS

Art and Story Time at Chesapeake Children's Museum, Annapolis. (See 3/6)

PERFORMING ARTS

Susannah at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. marylandhall.org

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

TNT: Queen's Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. 6:30 p.m. everymantheatre.org

Nate Bargatz: Good Problem to Have Tour at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. modell-lyric.com

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

The Mineola Twins at Fells Point Corner Theatre, Baltimore. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Caleb Johnson & The Ramblin' Saints (Winner of American Idol Season 14) 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. hideaway-odenton.com

Brian Fallon & The Howling Weather at Lincoln Theatre, D.C. 6:30 p.m. thelincoldc.com

Mahler Symphony No. 3 at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m.

Washington National Opera: Samson and Delilah at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m.

Women DJs (part of DIRECT CURRENT) at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

Ellen Reid / Roxie Perkins: prisms (part of DIRECT CURRENT) at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

The Motet & TAUK at 9:30 Club, D.C. 8 p.m. 930.com

Overkill with Exhorder, Hydraform at Fillmore Silver Spring, Silver Spring. 7 p.m. fillmoresilverpring.com

SPORTS

Orioles Spring Training vs. Blue Jays at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Saturday

14

SPECIAL EVENTS

St. Paddy's Day 5K and 1 Mile Fun Run at General James F. Fretter Community Center, Denton. 7:30 a.m. 410-479-8120. [F]

Eagle Festival at Blackwater National Wildlife Refuge, Cambridge. 9 a.m. 410-228-2677. friendsofblackwater.org [F]

Open Boatshop at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4980. cbmm.org

Wikipedia Edit-a-thon: Women Artists of Latin America at National Museum of Women in the Arts, D.C. 10 a.m. 202-783-5000. nmwa.org

Shiny Happy Things Workshop with Bob Benson at American Visionary Art Museum, Baltimore. 11 a.m. avam.org

Sound Health: Second Saturdays at The John F. Kennedy Center for the Performing Arts, D.C. 9:30 & 11:30 a.m. kennedy-center.org

Generosity at Lincoln Theatre, D.C. 7 p.m. thelincoldc.com

PERFORMING ARTS

Passion and Film: Voices of Light at St. Anne's Church at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. marylandhall.org

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Sebastian Maniscalco: You Bother Me at Modell Performing Arts Center at the Lyric, Baltimore. 7 & 9:30 p.m. modell-lyric.com

The Mineola Twins at Fells Point Corner Theatre, Baltimore. (See 3/1)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Playwrights Corner at Everyman Theatre, Baltimore. 9 a.m. everymantheatre.org

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Hudson River Line Performing The Music of Billy Joel at Rams Head On Stage, Annapolis. 8 p.m. ramsheadonstage.com

Symphonic Pops at Jim Rouse Theatre, Columbia. 7:30 p.m. 410-465-8777. columbiaorchestra.org

O.A.R- Spring Fling Tour at Live! Casino & Hotel, Hanover. 8 p.m.

Ellen Reid / Roxie Perkins: prisms (part of DIRECT CURRENT) at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. kennedy-center.org

Chris Thile: Live from Here (live national broadcast) (part of DIRECT CURRENT) at The John F. Kennedy Center for the Performing Arts, D.C. 5:45 p.m. kennedy-center.org

Nathaniel Rateliff at The Anthem, D.C. 6:30 p.m. theanthemdc.com

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. kennedy-center.org

Camila Meza and the Nectar Orchestra (part of DIRECT CURRENT) at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

Mahler Symphony No. 3 at Strathmore, North Bethesda. 8 p.m.

Killswitch Engage: Atonement Tour North America 2020 w. August Burns Red at Fillmore Silver Spring, Silver Spring. 7:30 p.m. fillmoresilverpring.com

SPORTS

Navy Men's Lacrosse vs Johns Hopkins at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m.

Washington Capitals vs. Chicago Blackhawks at Capital One Arena, D.C. 7 p.m. nhl.com

Sunday
15

SPECIAL EVENTS

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. (See 3/1)

2020 B&A Marathon and Half Marathon at Severna Park High School, Severna Park. 7:30 a.m. annapolisstriders.org

King Kong at Regal at Waugh Chapel, Gambrells. 1 & 4 p.m. fathomevents.com/categories/classics

PERFORMING ARTS

Susannah at Maryland Hall for the Creative Arts, Annapolis. (See 3/13)

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Sebastian Maniscalco: you Bother Me at Modell Performing Arts Center at the Lyric, Baltimore. (See 3/14)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

The Mineola Twins at Fells Point Corner Theatre, Baltimore. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

The High Kings at Rams Head On Stage, Annapolis. 12 & 8 p.m. ramshheadonstage.com

Symphonic Pops at Jim Rouse Theatre, Columbia. 3 p.m. 410-465-8777. columbiarchestra.org

Music Celebrations International Presents 2020 John Philip Sousa Band Festival at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. kennedy-center.org

Sturgill Simpson: A Good Look'n Tour with Special Guest Tyler Childers at The Anthem, D.C. 6 p.m. theanthemdc.com

Dashboard Confessional: 20 Year Celebration at 9:30 Club, D.C. 7 p.m. 930.com

SPORTS

Washington Wizards vs. Oklahoma City Thunder at Capital One Arena, D.C. 5 p.m. nba.com

Monday
16

SPECIAL EVENTS

City of Annapolis: Audit Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 8 a.m. 410-263-7997. annapolis.gov

City of Annapolis: Housing and Human Welfare Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 3p.m. 410-263-7997. annapolis.gov

City of Annapolis: Public Safety Committee at Annapolis City Council Chambers, City Hall, Annapolis. 3 p.m. annapolis.gov

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. (See 3/2)

Fly Girls: Women Aviators in WWII at Severna Park Community Library, Severna Park. 7 p.m. [F]

PERFORMING ARTS

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Chester River Youth Choir Practice at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 4:15 p.m. garfieldcenter.org

Washington National Opera: Samson and Delilah at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m.

Devin Townsend: Empath Vol. 1 North American Tour at Rams Head Live!, Baltimore. 7 p.m.

SPORTS

Washington Capitals vs. Edmonton Oilers at Capital One Arena, D.C. 7 p.m. nhl.com

Orioles Spring Training vs. Phillies at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Tuesday
17

SPECIAL EVENTS

City of Annapolis: Maritime Advisory Board Meeting at Pip Moyer Recreation Center, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Larry Lay's 25th Year Anniversary at Middleton Tavern, Annapolis. 9 p.m. 410-975-9334.

Women's Rights...The Struggle for the Vote at Maryland City at Russett Community Library, Laurel. 7 p.m. aacpl.librarycalendar.com [F]

Women's Rights... The Struggle for the Vote at Odenton Library, Odenton. 1 p.m. aacpl.librarycalendar.com [F]

PERFORMING ARTS

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

The Band's Visit at The Hipodrome Theatre, Baltimore. 8 p.m. france-merrickpac.com

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

MUSIC

We Came as Romans: To Plant a Seed 10 Year Anniversary Tour at Rams Head Live!, Baltimore. 8 p.m.

SPORTS

Orioles Spring Training vs. Nationals at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Orioles Spring Training vs. Red Sox at Oriole Park at Camden Yards, Baltimore. 6:05 p.m.

Wednesday
18

SPECIAL EVENTS

City of Annapolis: Finance Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 10:30 a.m. 410-263-7997. annapolis.gov

City of Annapolis: Environmental Matters Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 3 p.m. 410-263-7997. annapolis.gov

Archaeology Lab Open House at Anne Arundel County Archaeology Lab, Annapolis. 9 a.m. historiciandontown.org

Postpartum Fitness at Anne Arundel Medical Center Sajak Pavilion, Annapolis. 6:30 p.m.

Writers Block Workshop at Maryland Hall for the Creative Arts, Annapolis. 7 p.m.

The Bachelor Live On Stage at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. modell-lyric.com

PERFORMING ARTS

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

The Band's Visit at The Hipodrome Theatre, Baltimore. (See 3/17)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

MUSIC

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

Blood Orange at Lincoln Theatre, D.C. 6:30 p.m. thelincolndc.com

ZZ Ward at 9:30 Club, D.C. 7 p.m. 930.com

Billie Eilish - Where Do We Go? at Capital One Arena, D.C. 7:30 p.m.

Hippie Sabotage: Direction of Dreams Tour w. ilo ilo at Fillmore Silver Spring, Silver Spring. 8:30 p.m. fillmoresilverpring.com

SPORTS

Navy Women's Lacrosse vs Mount St. Mary's at Navy-Marine Corps Memorial Stadium, Annapolis. 5 p.m.

Thursday
19

SPECIAL EVENTS

City of Annapolis: City Council Work Session at Annapolis City Council Chambers, City Hall, Annapolis. 3 p.m. 410-263-7997 x7745. annapolis.gov

Conversations on Leadership with Griff Hall - Save the Date at TBD, Annapolis. 8 a.m. 410-571-9798. leadershippaa.org

Play Group: Creek Critters at Chesapeake Children's Museum, Annapolis. (See 3/5)

Adam Sandler at Live! Casino & Hotel, Hanover. 8 p.m.

PERFORMING ARTS

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

The Band's Visit at The Hipodrome Theatre, Baltimore. (See 3/17)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

MUSIC

10,000 Maniacs at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramshheadonstage.com

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

Ray Chen Performs Shostakovich at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m.

Best Coast at 9:30 Club, D.C. 7 p.m. 930.com

Friday
20

SPECIAL EVENTS

Annapolis Mothers of Multiples Purse Bingo at The Severna Park Elks, Severna Park. 6 p.m. 410-279-9274. [C]

Scotch and Cigars Dinner at Pusser's at Pusser's Caribbean Grille, Annapolis. 6:30 p.m. 410-626-0004. pussersannapolis.com

Art and Story Time at Chesapeake Children's Museum, Annapolis. (See 3/6)

Masterworks 4 at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. marylandhall.org

Krendl Magic Dinner & Show at Wicomico Youth & Civic Center, Salisbury. 5:30 p.m. 410-548-4911. wicomicoivccenter.org [F]

PERFORMING ARTS

Play Club: Queen's Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. 10:15 a.m. everymantheatre.org

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Furthermore, Also, Too at Theatre Project, Baltimore. 8 p.m. theatreproject.org

The Band's Visit at The Hipodrome Theatre, Baltimore. (See 3/17)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Philadelphia Story at Church Hill Theatre, Church Hill. 8 p.m. churchhilltheatre.org

MUSIC

USNA Pipes and Drums Spring Concert at Mahan Hall, United States Naval Academy. 7 p.m. 410-293-8497. navyperforms.showare.com

Robert DiLutis, clarinet at Annapolis Symphony, Annapolis. 8 p.m.

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

Railroad Earth at 9:30 Club, D.C. 7 p.m. 930.com

Circa Survive at Rams Head Live!, Baltimore. 7:30 p.m.

SPORTS

Maryland Black Bears vs Wilkes-Barre/Scranton Knights at Piney Orchard Ice Arena, Odenton. 7 p.m.

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

Saturday
21

SPECIAL EVENTS

Annapolis Oyster Roast & Sock Burning at Annapolis Maritime Museum, Annapolis. 4 p.m. amaritime.org

Postpartum Fitness at Anne Arundel Medical Center Clatanoft Pavilion, Rotary Room, Annapolis. 9 a.m.

Exhibitions

Annapolis

From Our Living Room to Yours The Leroy E. Hoffberger School of Painting

Maryland Hall for the Creative Arts; March 5 through May 1, 2020; Free; Marylandhall.org; 410-263-5544 The Leroy E. Hoffberger School of Painting has made a permanent name for itself in the world of contemporary art and education as one of the nation's top painting programs because of its community structure, unique specialized curriculum, and in-depth visiting artist and critic relationships. Maryland Hall for the Creative Arts is proud to showcase these eight talented Hoffberger painters uniting under the strong and unique vocabulary that the school is known for. Each painting provides a glimpse into a world constructed by the artist where their mind lives and wanders, asking questions through their individual painting modalities. As a collective whole, these paintings have been given life on the same studio floor and have been in conversation between thin walls.

American Indian Art from the Fenimore Art Museum: The Thaw Collection

The Mitchell Gallery, St. John's College; March 7 through April 26, 2020; Sjc.edu; 410-263-2371 The aesthetic traditions of North America's native peoples are represented through sculptures, paintings, drawings, basketry, textiles, ceramics and other media. The 40 works on view provide insight into the artistry of these spiritual and utilitarian objects. Featured in this exhibition is a mid-13th century Busycon conch shell gorget elegantly carved by a Caddoan sculptor. Also, on view, is a late-19th century war record painted on animal hide by two Lakota artists, and a split buffalo horn Blackfeet headdress embellished with ermine fur, porcupine quills, glass beads, silk ribbon, cotton binding, and other fibers.

Vantage Point: Paintings by Sally Davies

Maryland Hall for the Creative Arts; Through March 22nd, 2020; Free; marylandhall.org; 410-263-5544 Sally Davies paints the human figure from dramatic vantage points and plays with light and shadows to create a strong emotional impact, drawing the viewer into the unfolding narrative. Like the 19th century French Impressionists, she captures moments in time; a commuter biking home, a mother and child crossing a busy street, a skateboarder doing kick-flips, or ballet dancers rehearsing. With minimal architectural details, she leaves a mystery for the individual viewer to infer a sense of place and feel a common bond of humanity.

Baltimore

Lines of Sight: Signs and Signals B&O Railroad Museum; Through March 15th, 2020; Borail.org; 410-752-2490 The B&O's newest temporary exhibit, *Lines of Sight*, explores the aesthetics and design choices of the railroad industry's most iconic signs and signals. This unique collection, comprised of both American and international railroad signs as well as authentic railroad safety signals, features fresh, inventive visual arrangements and engaging hands-on learning opportunities for the whole family to enjoy. Try your hand at recreating the flag signals of the railroad, or simply soak in the sights of railroading's most memorable signs and signals.

Adorned: African Women and the Art of Identity

Baltimore Museum of Art; Through June 19th, 2020; 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 7th, 2020; 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.

Women of Progress: Early Camera Portraits

Smithsonian National Portrait Gallery; Through May 31st, 2020; 202-633-830 In mid-nineteenth-century America, the growing presence of women in public life coincided with the rise of portrait photography. This exhibition of daguerreotypes and ambrotypes from the 1840s and 1850s features portraits of early feminist icons, women's rights advocates Margaret Fuller and Lucy Stone, abolitionist Lucretia Mott and best-selling author Harriet Beecher Stowe.

Cyrano of the Suffragists -- A Living History Performance of Elizabeth Cady Stanton at Eastport-Annapolis Neck Community Library, Annapolis. 2 p.m.

Gigi's Playhouse "Seas" the Day Gala at Annapolis Marriott Waterfront Hotel, Annapolis. 6 p.m. 410-517-7474. gigisplayhouse.org [C]

Masterworks 4 at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. marylandhall.org

Harlem Globetrotters - Pushing the Limits at Capital One Arena, D.C. 1 p.m. [F]

Cultural Capital: Environmental Film Festival at National Museum of Women in the Arts, D.C. 1 p.m. 202-783-5000. nmwa.org

Glen Burnie High School Spring Craft Fair at Glen Burnie High School, Glen Burnie. 9 a.m. 4109034337. gbhsmusic.org/craftfairs.htm

Chart Navigation at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4980. cbmm.org

Clara Barton: Red Cross Angel at Severn Community Library, Severn. 11 a.m. aacpl.librarycalendar.com [F]

PERFORMING ARTS

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

The Band's Visit at The Hippodrome Theatre, Baltimore. (See 3/17)

Furthermore, Also, Too at Theatre Project, Baltimore. (See 3/20)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

MUSIC

The Idles of March Featuring Jim Peterik at Rams Head On Stage, Annapolis. 8 p.m. ramshheadonstage.com

Robert DiLutis, clarinet at Annapolis Symphony, Annapolis. 8 p.m.

Pretty Big Deal Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. riverbayroadhouse.com

Washington National Opera: Samson and Delilah at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m.

Off the Cuff: Shostakovich Violin Concerto at Joseph Meyerhoff Symphony Hall, Baltimore. 7 p.m.

Millennium Tour at Royal Farms Arena, Baltimore. 8 p.m. royalfarmsarena.com

Jordan Davis at Rams Head Live!, Baltimore. 8 p.m.

Walter Trout at Rams Head On Stage, Annapolis. 12 p.m. ramshheadonstage.com

Music Box: Celebrate Spring-time at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m.

SPORTS

Navy Men's Lacrosse vs Holy Cross at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m.

Maryland Black Bears vs Wilkes-Barre/Scranton Knights at Piney Orchard Ice Arena, Odenton. 7 p.m.

Washington Wizards vs. Milwaukee Bucks at Capital One Arena, D.C. 7 p.m. nba.com

The Band's Visit at The Hippodrome Theatre, Baltimore. (See 3/17)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

MUSIC

The Fifth Dimension at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramshheadonstage.com

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. kennedy-center.org

SPORTS

Orioles Spring Training vs. Phillies at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

SPECIAL EVENTS

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Al Di Meola VIP Meet and Greet at Rams Head On Stage, Annapolis. 5:30 p.m. ramshheadonstage.com

Al Di Meola - Across the Universe: Legacy and Record Release Tour at Rams Head On Stage, Annapolis. 8:30 p.m. ramshheadonstage.com

David - A Good Time Tour at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilver-spring.com

SPORTS

Washington Capitals vs. St. Louis Blues at Capital One Arena, D.C. 7 p.m. nhl.com

Washington Wizards vs. Phoenix Suns at Capital One Arena, D.C. 7 p.m. nba.com

Thursday

26

SPECIAL EVENTS

City of Annapolis: Commission on Aging at Annapolis City Council Chambers, City Hall, Annapolis. 11 a.m.

Annapolis Film Festival at Maryland Hall, Annapolis. annapolisfilmfestival.com

Play Group: Creek Critters at Chesapeake Children's Museum, Annapolis. (See 3/5)

Taste of Crofton 2020 at Knights of Columbus, Bowie. 6 p.m.

PERFORMING ARTS

Play Club: Cry it Out at Everyman Theatre, Baltimore. 10:15 a.m. everymanththeatre.org

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

MUSIC

Abbarama (tribute) at Rams Head On Stage, Annapolis. 8 p.m. ramshheadonstage.com

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Caribou at 9:30 Club, D.C. 6 p.m. 930.com

SPORTS

Orioles vs. Yankees Home Opener at Oriole Park at Camden Yards, Baltimore. 3:05 p.m.

Washington Capitals vs. New York Rangers at Capital One Arena, D.C. 7 p.m. nhl.com

Friday

27

SPECIAL EVENTS

LAA 101 at TBD, Annapolis. 8:30 a.m. 410-571-9798. leadershipaa.org

Art and Story Time at Chesapeake Children's Museum, Annapolis. (See 3/6)

PERFORMING ARTS

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

STING in the Last Ship at The National Theatre, D.C. 8 p.m. thenationaldc.com

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

MUSIC

Keven Pollock Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. riverbayroadhouse.com

Hollywood Nights - A True Bob Seger Experience at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramshheadonstage.com

Men's and Women's Glee Clubs Spring "Home" Concert at US Naval Academy - Main Chapel, Annapolis. 7 p.m. 410-293-8497. navyperforms.showare.com

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

James McMurry at Avalon Theatre, Easton. 8 p.m. avalonfoundation.org

Lil Mosey - Certified Hitmaker North American Tour 2020 at Fillmore Silver Spring, Silver Spring. 8p.m. fillmoresilver-spring.com

SPORTS

Maryland Black Bears vs Northeast Generals at Piney Orchard Ice Arena, Odenton. 7 p.m.

Saturday

28

SPECIAL EVENTS

The Clutter Solution Workshop at Calvary United Methodist Church, Annapolis. 9 a.m. 410-507-7924. TheClutterSolution.com

Neighborhood Leadership Academy - Session 3 at TBD, Annapolis. 10 a.m. 410-571-9798. leadershipaa.org/events/event_list.asp

Comedy Show at Riverbay Roadhouse, Annapolis. 6 p.m. 410-757-2919. riverbayroadhouse.com

City of Annapolis: Port Wardens Meetings at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m.

Baltimore Heart Ball at The Hippodrome Theatre, Baltimore. 12 a.m. ahaltimore.org [C]

Delaware Restoration: Sawn & Bent Frames at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-2916. cbmm.org

PERFORMING ARTS

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

STING in the Last Ship at The National Theatre, D.C. (See 3/27)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

In the Company of... Moving Dialogues Part II at Theatre Project, Baltimore. 7 p.m. theatreproject.org

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Kat Edmonson at Rams Head On Stage, Annapolis. 8 p.m. ramshheadonstage.com

Thundercat at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilver-spring.com

Iliza: The Forever Tour at Live! Casino & Hotel, Hanover. 8 p.m.

Young People's Concert: Peter and the Wolf at Jim Rouse Theatre, Columbia. 10:30 a.m. & 1 p.m. 410-465-8777. columbiaorchestra.org

Chamber Concert Three: Beethoven and Beyond at Christ Episcopal Church, Columbia. 1 p.m. 410-465-8777. columbiaorchestra.org

Bruno Major at 9:30 Club, D.C. 10 p.m. 930.com

Sunday

22

SPECIAL EVENTS

Anne Arundel County Farmers' Market at Anne Arundel County Farmers' Market, Annapolis. (See 3/1)

ArtFest at Maryland Hall for the Creative Arts, Annapolis. 1 p.m. marylandhall.org

The Bachelor Live on Stage at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. mgmnationalharbor.com

The Eastern Shore Bridal Show at Kent Island Yacht Club, Chester. 1 p.m. shorebridalupdate.com

Chart Navigation at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4980. cbmm.org

The Artrageous Experience at Todd Performing Arts Center, Chesapeake College, Wye Mills. 2 p.m. 410-827-5867. chesapeake.edu

PERFORMING ARTS

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Monday

23

SPECIAL EVENTS

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. (See 3/2)

PERFORMING ARTS

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

SPORTS

Orioles Spring Training vs. Mets at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

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

Tuesday

24

Wednesday

25

SPECIAL EVENTS

Do We Really Need the Rain? at Tawes Garden, Annapolis. 11 a.m. tawesgarden.org

PERFORMING ARTS

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Charles Esten at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramshheadonstage.com

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

Shenson Chamer Music Concert: McDermott Trio with Paul Neubauer at National Museum of Women in the Arts, D.C. 7:30 p.m. 202-783-5000. nmwa.org

SPORTS

Navy Women's Lacrosse vs Lafayette at Navy-Marine Corps Memorial Stadium, Annapolis. 6 p.m.

Music box: Celebrate Springtime at AMP by Strathmore, North Bethesda. 10 & 11:30 a.m.

Soccer Mommy at 9:30 Club, D.C. 6 p.m. 930.com

Caamp at Rams Head Live!, Baltimore. 8 p.m.

Mozart and Mendelssohn at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m.

SPORTS

Navy Women's Lacrosse vs Calgate at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m.

Maryland Black Bears vs Northeast Generals at Piney Orchard Ice Arena, Odenton. 7 p.m.

Orioles vs. Yankees at Oriole Park at Camden Yards, Baltimore. 4:05 p.m.

Washington Wizards vs. Los Angeles Lakers at Capital One Arena, D.C. 8 p.m. nba.com

Sunday 29

SPECIAL EVENTS

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. (See 3/1)

Delaware Restoration: Sawn & Bent Frames at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-2916. cbmm.org

PERFORMING ARTS

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

STING in the Last Ship at The National Theatre, D.C. (3/27)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

MUSIC

Maysa: 25th Anniversary of First Studio Album at Rams Head On Stage, Annapolis. 5:30 & 8:30 p.m. rams-headonstage.com

Charlie Wilson at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. mgmnationalharbor.com

Hiplet at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m.

Polica at 9:30 Club, D.C. 7 p.m. 930.com

Mozart and Mendelssohn at Strathmore, North Bethesda. 3 p.m.

SPORTS

Orioles vs. Yankees at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Monday 30

SPECIAL EVENTS

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. (See 3/2)

PERFORMING ARTS

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Third Eye Blind at 9:30 Club, D.C. 7 p.m. 930.com

SPORTS

Orioles vs. Red Sox at Oriole Park at Camden Yards, Baltimore. 6:35 p.m.

Tuesday 31

SPECIAL EVENTS

City of Annapolis: Art in Public Places Commission Meeting at Pip Moyer Recreation Center, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

PERFORMING ARTS

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Cry It Out at Everyman Theatre, Baltimore. 7:30 p.m. everymantheatre.org

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

STING in the Last Ship at The National Theatre, D.C. (3/27)

MUSIC

In This Moment & Black Veil Brides w. Special Guests DED & Raven Black at Fillmore Silver Spring, Silver Spring. 6:30 p.m. fillmoresilverpring.com

SPORTS

Orioles vs. Red Sox at Oriole Park at Camden Yards, Baltimore. 6:35 p.m.

Washington Capitals vs. Toronto Maple Leafs at Capital One Arena, D.C. 7 p.m. nhl.com

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FIND WILMA AND WIN!

Spring is finally on its way, and so are warmer temps and longer days! Get in the warm-weather spirit by reading "Happy Campers," which features some summer camp tips and nostalgic tales. Break out your favorite green outfit and follow Wilma over to the calendar to find a fun spot to celebrate St. Patrick's Day. Life becomes busy, so make sure you relax and take a breath of fresh air every once in a while!

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

Congratulations to this month's winner:
William Kessman of Crofton, 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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 Yes, please! _____ No, thanks _____

Entries must be received by March 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.

All Star Pain Management and Regenerative Medicine	70
Annapolis Area Christian School Camps	49
Anne Arundel Gastroenterology Associates.....	21
Archbishop Spalding High School	49
Arundel Federal Savings Bank.....	27
Ashling Kitchen & Bar	78
Ballet Theater of Maryland.....	89
Baltimore Washington Medical Center	IFC
Blackwall Barn & Lodge.....	83
Bowie Siding & Roofing Inc.....	94
Boys' Latin School	50
Ciminelli's Landscape Services Inc.....	63
Crunchies Natural Pet Foods.....	55
David's Natural Market	70
Djawdan Center for Implant and Restorative Dentistry	1
Drs. Walzer Sullivan & Hlousek PA.....	3
Fichtner Services	BC
Fresh Coat Painters of Annapolis.....	95
Harvest Thyme Modern Kitchen & Tavern.....	83
Hospice of the Chesapeake.....	IBC
Hunan L'Rose.....	78
Huntington Learning Center-Crofton	50
Indian Creek School (Upper Campus).....	23
Kaiser Permanente/Crosby Marketing.....	8
Leash Free Living.....	55
Long & Foster-Crofton.....	LREP, 59
Mamma Roma.....	78
Maryland Garage Concepts	95
Maryland Oral Surgery Associates.....	19
Monsignor Slade Catholic School.....	50
Mr. Handyman.....	69
Navy Volleyball Camp.....	23
Odenton Christian School.....	23
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Pongos Learning Lab.....	49
Puppylicious Gourmet	55
Severn School.....	39
Showman Furniture.....	56
Sidewinders Lacrosse.....	50
Sinclair Prosser Law LLC.....	21
Skin Oasis Dermatology	11
The Hideaway.....	78
The Jaklitsch Law Group	13
The Pediatric Dental Specialists.....	27
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Veterinary House Calls.....	55
Woodholme Gastroenterology Associates.....	39

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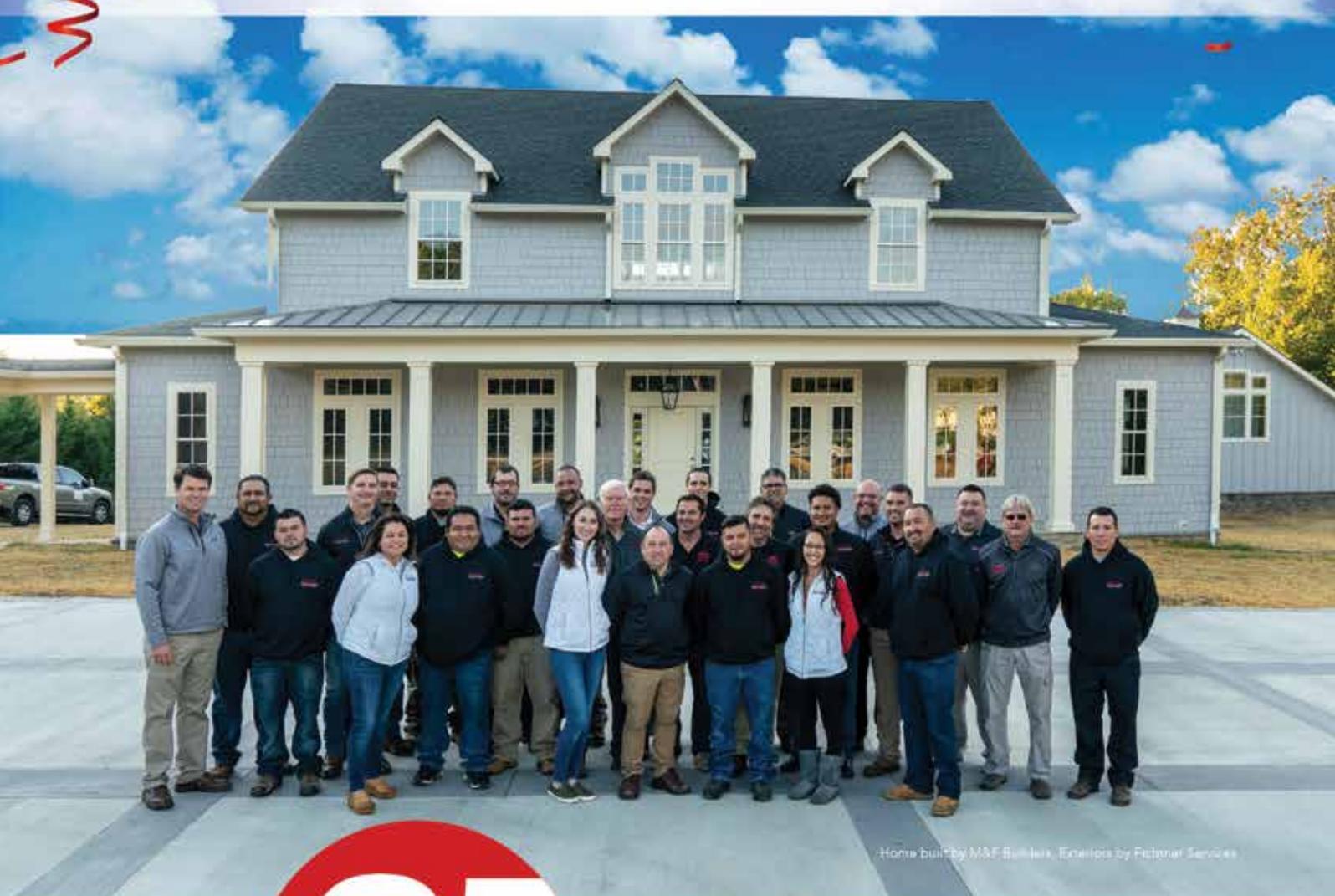
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