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<b>PAMELA ALBAN</b>	✓	✓	✓	✓	✓
Annette DeCesaris	✗	✗	✗	✗	✗
<b>ELIZABETH MORRIS</b>	✓	✓	✓	✓	✓
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**On the Cover:** We celebrate the very best of our local restaurants. Design by August Schwartz. Contact *What's Up? West County* online at [whatsupmag.com](http://whatsupmag.com). ♻️ Please recycle this magazine.

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**Contributing Writers**

Janice Booth, Rita Calvert,

Gary Jobson, Jodie Schram Hardesty,

Lisa Hillman, Tom Worgo

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Steve Buchanan

**Contributing Photographers**

Mary Ella Jourdak, Curtis Martin Photography

**Art Director**

August Schwartz (x1119)

**Graphic Designers**

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

**Web Content Specialist**

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

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JULY 2020

Best of Beauty & Fitness Winners  
Year of the Woman:  
The Silent Sentinels  
Proud to Be an American  
Newbies & Natives Guide to  
Chesapeake Bay Region

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**EDITOR'S NOTE:** May's event-related columns and the Calendar of Events have been removed from this issue due to the high-volume of cancellations related to the COVID-19 pandemic.

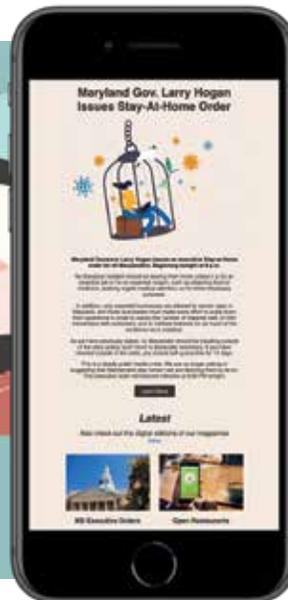
## e-contents

### Following COVID-19

[whatsupmag.com/covid-19](https://whatsupmag.com/covid-19)

What's Up? Media's landing page for COVID-19-related local information features live updates from government, businesses, and community sources.

We've been following closely, vetting and posting information as quickly as possible. Thank you for trusting us and please continue to check this page often. Stay healthy, stay safe.



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# From the editor

the challenges and opportunities ahead. There's even a fun call out for readers to share photos of how you're spending your quarantine time. Some of those photos appear on page 8.

How we spend our time right now is crucial to moving forward and recovering together. The opportunity to connect in new and unique ways with family and friends has been particularly rewarding. This past Easter holiday, families held virtual gatherings—reuniting from across the country in one, digital space. Pretty neat. And my phone is bleeping and booping constantly from text threads with high school, college, and coworker friends.

Many of us are taking online fitness classes offered by local gyms. We're seeing virtual concerts and tip-jars by local musicians almost every night, sustaining their livelihoods and healing ours in a creative way. The restaurants that have kept their kitchens open have been able to focus solely on cooking great food. We ordered delivery from a local restaurant that we'd normally dine at; and were overly impressed with the food. Imagine that; being able to deliver great meals without the added pressures of dine-in service and atmosphere. What an opportunity to put your best foot forward to re-ignite customers' love of your food.

I'm not trying to minimize the economic hits that have reverberated throughout these industries, but rather to emphasize how many individuals and businesses are creating opportunities from an intense situation—to both service the community and offer an ounce of normalcy. And we're doing our best to this end as well.

The daily news feed can be a lot to take in, so it's our hope that this magazine offers a bit of respite in the midst of the cacophony. This issue presents the Best of Food & Dining winners, many of whom are still delivering their best dishes and providing take-out. Who's got the best crabcake in town? Find out on page 55. We also reveal the results of our biennial survey of locally-practicing lawyers and their peer recommendations in more than 30 law specialties. You'll meet several power couples (though they humbly dismiss the label) in the article "Dynamic & Devoted" and their advice on life, love, happiness, business, and, yes, opportunity. It's a natural segue (or juxtaposition perhaps) to the next article in our Year of the Woman series, which explores the institution of marriage and the role of women. And though we don't have the vast amount of local events and entertainment that would normally be scheduled into the magazine (and our own calendars), we offer great home and garden ideas, ways to maintain health and wellness, and a few other fun distractions along the way.

'Til the next time this rooster crows...

**James Houck,**  
Editorial Director

*Opportunity* is a word  
I've said more times

**THAN THE ROOSTER  
CROWS EACH MORNING.**

And it's become much  
more than a word—

**IT'S ACTION, IT'S A FEELING,  
IT'S CARPE DIEM.**

Opportunity is often born from challenge and as we enter week eight or so of the coronavirus pandemic, I like to think many of us have been fortunate enough to discover silver linings during this unprecedented situation. Number one—a greater appreciation for essential services and those working the front lines to help Americans manage this crisis: doctors, nurses, first-responders, janitorial staff, grocers, trash/recycling collection, the USPS...the list goes on and on. Even our politicians. Though partisan politics unfortunately rules the Federal roost, we see our local leaders—from the governor to county executives and councils—uniting to prioritize community health and safety. And I think we should thank them.

On the home front, I consider myself one lucky son of a gun as I sit and type, sit and type, have a Zoom meeting here and there, make a few phone calls, and continue telecommuting...we're still all systems go. I recognize I'm very fortunate to be working and, so, I'm trying to make the most of this opportunity. It's been a recalibration of priorities, projects, articles, and a chance to grow our coverage on other platforms—including [whatsupmag.com](http://whatsupmag.com) and our many e-newsletters and social channels—with consistency and mindfulness. To that end, we've created a bounty of information, blogs, and resources online to help guide our readership through

# Out on the **TownE**

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## Hit the Trail!

Choose your own adventure this spring at one of the many hiking and biking trails that weave through Anne Arundel County. **Popular options include:** Bacon Ridge, Severn Run, B&A Trail, BWI Trail, and others found at local parks.

### Events Have Gone Virtual!

Many events, from film festivals to business chamber mixers, have transitioned to digital forums on platforms such as Zoom and Facebook Messenger.

Get the scoop on great opportunities to connect with your community and interests by visiting [Whatsupmag.com](http://Whatsupmag.com)!



1 2



3

### TOWNE SOCIAL

## Say "Quarantine!"

Most of us have been hunkered down at home during the past month--quarantined, so to speak. And with the spring season's highly-anticipated galas and charity events having been cancelled, we called upon you, our readers, to submit photos of how you're spending this time on the home-front. The results offer a snapshot of how we're all making lemonade out of lemons. Enjoy!

- 1. Submitted by Vassi Horn 2. Submitted by Rick Schimpf
- 3. Submitted by Denise Hadden 4. Submitted by Katie Guido
- 5. Submitted by Claudia Baldyga 6. Submitted by Laura Zollinhofer

To submit your photo, simply visit:  
[whatsupmag.com/show-us-your-quarantine](https://whatsupmag.com/show-us-your-quarantine)

To view the full gallery, visit:  
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people keeping Maryland going  
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On behalf of What's Up? Media  
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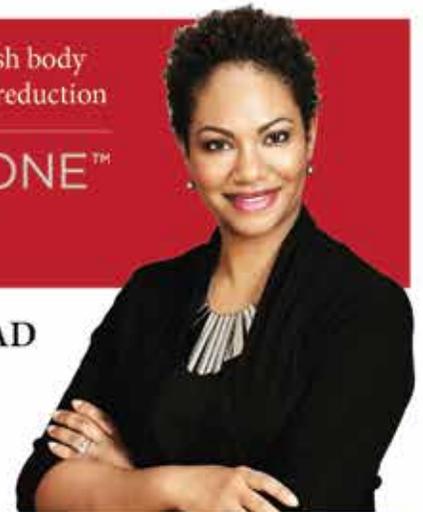
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# Stop Whispering:



Why is hospice one of those words we feel we must whisper? Why is there such a stigma in our society about dying – another whisper word – when it is not only natural, it's inevitable? Let's dispel some of those myths that make saying "hospice" and "dying" so scary:

## Myth #1: Hospice is a place.

Hospice is not a place. It's a health service that focuses on comfort and quality of life. An interdisciplinary team of physicians, nurses, CNAs, social workers, chaplains and trained volunteers cares for patients wherever they call home – a house, a senior living apartment or an assisted-living facility.

## Myth #2: People would rather die in a hospital.

Research has shown that the majority of Americans – more than 80% – would prefer to be at home at the end of life. Hospice makes this possible for most.

## Myth #3: Hospice care is expensive.

Fear of costs should never prevent a person from accessing hospice care, as it is paid for by Medicare, Medicaid and most insurance plans.

# It's Okay To Say "Hospice" Out Loud

## Myth #4: Hospice services are only for people dying of cancer.

Hospice is family-centered care. We serve anyone with a life-limiting illness and their families. Family care continues after the patient has died through counseling and grief services.

## Myth #5: Patients die sooner with hospice care than without it.

Studies show people receiving hospice care actually live longer than similar patients who do not opt for hospice. Thanks to a dedicated corps of volunteers, we can make all those extra days more meaningful by providing complementary services such as art, music and pet therapy; reiki and massage therapy; and veteran's services, including Honor Salutes.

## Myth #6: All hospice care is the same.

Some programs are administered by for-profit groups, which are accountable to their shareholders. Hospice of the Chesapeake is a not-for-profit organization. Our revenues are invested in patient care and community services that support our mission. Any service not covered by insurance is paid for by the generosity of our donors, whose dedication and compassion inspire us to be our best.

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TOWNE SALUTE

# Julie Shay

## Good Neighbors Group

By Tom Worgo

**J**ulie Shay found a remedy for our throw-away culture. Shay takes things that people don't want and gets them to people who need them. Trash, it turns out, inspired her to form Good Neighbors Group in 2006 out of her west Severna Park neighborhood. It has since grown into a network of more than 500 volunteers. They step in before people take items to the landfill that others could put to good use. It's all part of a greater mission to strengthen communities and help the environment.

"My least favorite thing is people just driving a truck of stuff to the dump when somebody can find a home for it," she says. "Good Neighbors Group became popular and people started dropping things off at my house and I ended up with a stoop full of things because they knew I could find a good home for them."

Shay first saw the potential for turning someone's trash into someone else's treasure when her husband served in the Air Force and they were living in Panama.

"In Panama, people are also just so much more creative with re-use," Shay says. "The base was being turned over to the Panamanians, so a lot of stuff was going to go into warehouses and never going to be seen again or was getting thrown away. So, I found stuff some schools could use."

She still uses those same ideas and methods today for salvaging and distributing useful items both locally and to other countries. Shay sends sports-related apparel and equipment and school supplies, including children's books and educational games, to both Honduras and Guatemala. Her organization has also provided beds so children don't have to sleep on dirt floors.

"We only try to send things that would be prohibitively expensive for them there," Shay says.

Back home, Good Neighbors Group partners with businesses and such as Bay Radiology, Café Mezzanotte, and Severna Park Family & Cosmetic Dentistry, and non-

**"I have a trusted relationship with a variety of people and organizations. When they hit their limit with resources, they know they can reach out to Good Neighbors, so we can rally our community to help out in some way."**

profits including Hope For All, Orphan Grain Train, and Annapolis Light House.

"I have a trusted relationship with a variety of people and organizations," Shay says. "When they hit their limit with resources, they know they can reach out to Good Neighbors, so we can rally our community to help out in some way."

Jennifer Haber, a Good Neighbors Group board member, says one of Shay's best ideas was a food drive. And it was a big one.

"She has a captain for basically every neighborhood in Severna Park," Haber explains of the Super Bowl Food Drive. "It's a friendly neighborhood competition to see who can gather up the most food for food banks."

The 54-year-old Shay feels working with local dentists (which donate hygienic items) and radiology labs in Severna Park rank among their most valuable associations.

"[The radiologists] have an ongoing collection of gently used bras from women who come in for mammograms," she says. "The bras are distributed to

women who are homeless or in shelters. People realize those are things women need. Bras are extremely expensive.”

Good Neighbors Group also helps individuals with an urgent need through cooperating organizations.

“There was someone who needed toys for a child with developmental delay,” she recalls. “People in my community are always getting rid of toys. So, I put out a call for toys for a child about a year old and I got them to the case manager.

“There was a woman who had a dog and she needed food for herself and dog food,” she adds. “I put a message out to the community for people to donate food toward her and her dog.”

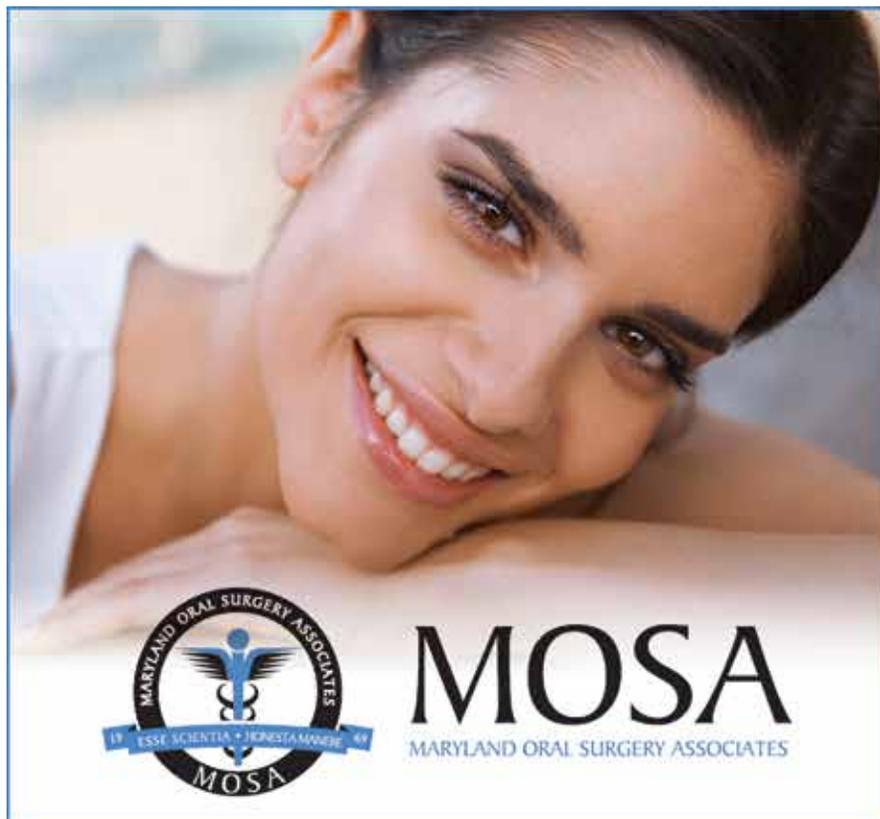
Shay’s volunteers also stage events that promote her nonprofit’s mission. Besides its Super Bowl Food Drive, Good Neighbors Group puts on the Artisan Bazaar, which showcases local and fair-trade artists and crafters with a focus on upcycled and handmade items, and the Severna Park Earth Day Festival. The Artisan Bazaar features local sellers and beverages and promotes buying with minimal waste.

Shay, who used to be a physical therapist, does all this pro bono, though the time she puts into it amounts to a full-time job.

“I have thought about not doing it because it is time consuming and sometimes messy,” she admits. “My basement still has stuff I am trying to find the right home for, and things can get extremely challenging. But then I think, ‘If I end the organization, I am just going to be doing this same thing anyway.’ It’s just in me to jump in.”

For more information about Good Neighbors Group, visit [goodneighborsgroup.org](http://goodneighborsgroup.org).

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



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## ← The Rotary Club of Annapolis Gives \$38,800 in Grants

The Rotary Club of Annapolis recently announced 23 grants totaling \$38,800 from the proceeds of the August 2019 Crab Feast. Funds raised each year at the annual Crab Feast are distributed to nonprofit organizations benefiting the community. The following organizations received grants this year: American Red Cross of Southern Maryland; Annapolis Elementary "Backpack Buddies" Nutrition Program; Annapolis Maritime Museum & Park; Anne Arundel County Food Bank; Arundel House of Hope; Assistance League of the Chesapeake; Backpack Buddies-Heritage Baptist Church; Caring Cupboard; Chrysalis House; Creating Communities; Dare to C.A.R.E. Foundation; HeartSmart-Roop Cardiac Support and Education Foundation; Homes for America; Langton Green; Maryland Therapeutic Riding; Meals on Wheels of Central Maryland; Rolling Knolls Elementary-Backpack Buddies Program; Seeds 4 Success, Start the Adventure In Reading; The Blue Ribbon Project; The Light House; The Way Homes; and YMCA Camp Letts.

## CENTRAL MARYLAND CHAMBER WELCOMES NEW MEMBERS ↓

The Central Maryland Chamber, whose main office is located in Odenton, recently announced several businesses that have joined the chamber as new members.

They are: Blue Flaire, LLC; Farmers Insurance—The Domingue Agency; L&B Concepts; Maryland Coalition for Inclusive Education; McGriff Insurance Services; Morningstar Storage; Teri Spradlin, LLC; and The Frierson Group LLC.



## Chesapeake Arts Center Announces New Executive Director

The Chesapeake Arts Center (CAC) recently announced the appointment of Donna L. Anderson as Executive Director effective February 18. Anderson succeeds Belinda Fraley Huesman who will step aside to transition to other entrepreneurial ventures and will serve as CAC's part-time Strategic Initiatives Advisor through June 2020. Anderson brings more than 25 years of experience in nonprofit management, most recently a 15-year tenure at Maryland Hall for the Creative Arts where she served as VP of Marketing and Development.



## AAMC RECEIVES 2020 AONL PRISM DIVERSITY AWARD

Anne Arundel Medical Center (AAMC) is the recipient of the 2020 Prism Award by the American Organization for Nursing Leadership (AONL). This award recognizes AAMC as a leader for advancing diversity efforts within the nursing profession, community, and organization. "AAMC champions a culture that fosters diversity, equity and inclusion," says Sherry Perkins, president of AAMC. "Our employees play a key role in ensuring we nurture diversity in our community and within the workplace, and we are honored to be awarded with the American Organization of Nursing Leadership Prism Diversity Award."

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



**TOWNE** ATHLETE

# Jahmeer Carter

Archbishop Spalding High School Football

By Tom Worgo

**N**o one can say Archbishop Spalding senior Jahmeer Carter didn't pay the price for his football scholarship to the University of Virginia. Carter trains like a professional athlete during the nine-month offseason. He lifts weights at school for 10 hours per week and then works out six more hours across three days at the Gold's Gym in Glen Burnie that his father, Ferron, owns.

Carter takes off a day here or there, but generally he trains seven days a week. Working out four hours per day is common.

"People probably think I am a little crazy," Carter says. "I have the mindset that I have to work harder than yesterday. I'm trying to do better every day."

The 6-foot-3-inch, 305-pound offensive and defensive lineman says the rigorous workouts have clearly elevated the level of his performance. "I think it has helped with my play on the field because of my strength and conditioning," he explains. "It has given me a mental edge to have a strong work ethic, and I think it gives me a lot more confidence."

Archbishop Spalding Head Football Coach Kyle Schmitt calls Carter a model player when it comes to fitness.

"He is second-to-none in taking care of his body," he says. "I always encourage our athletes to supplement their workouts with their own. What I mean is flexibility, footwork, quickness, and plyometrics. He does a really nice job."

"He takes a lot of pride in being the first one in the weight room and the last one to leave," he adds. "He is not doing it for everyone to see him. That's what you love about him. Humility is going to be a strong point for this kid. He doesn't seek attention. In many ways, he shies away from it."

Carter credits his father, a former Maryland football strength and conditioning coach, for much of his dedication.

"He helped me with what kind of workouts to do, and how to take care of my body," Carter says.

Carter's skills and development make him a strong candidate to play early in his career at Virginia as a nose guard. "I think he can play for Virginia immediately," Schmitt says. "He has been an extremely consistent force. He is a big athletic guy who can take up space. That makes him very valuable in college football."

An impressive list of schools came after Carter, who carries a 3.1 grade-point average. Boston College, Rutgers, and Cincinnati offered him scholarships while Michigan, Michigan State, South

Carolina, and North Carolina aggressively recruited him.

Maryland and Michigan State wanted him to play guard. Virginia was interested enough in Carter that the coaches invited him to a football camp right after his freshman year, and a scholarship offer soon followed. He will sign a National Letter of Intent in February.

"I thought Virginia was just the right fit," says Carter, who played three years for the Brooklyn Park Broncos before joining the Cavaliers' varsity. "It was like a family atmosphere. Once I stepped on campus, I felt I was part of the program. I also like the defensive coordinator's system."

The 18-year-old Carter was a vital part of Spalding's success in recent seasons. He started for four years on both sides of the ball and earned All-County honors for his first three seasons as an offensive lineman. The Maryland Interscholastic Athletic Association A Conference named him to its first-team defense last fall. Carter has 17 career sacks.

"He's the most dedicated kid I have coached in 20 years," Spalding Defensive Coordinator Tyrone Forby says. "He wants to be great. His quickness and power are unmatched. He is so consistent that most teams will double-team him. If you block him one-on-one, it's going to be a long day for someone."

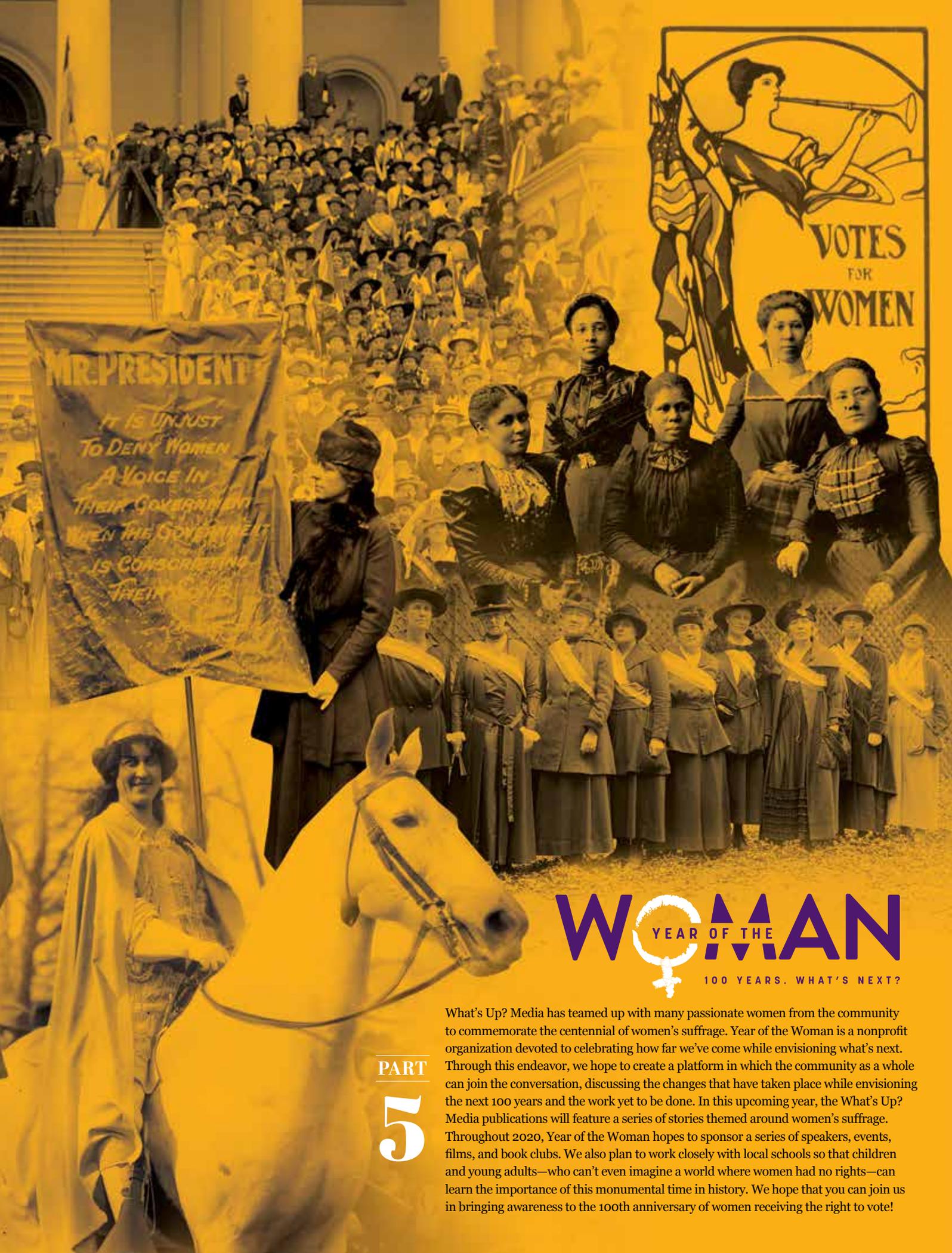
The coaching staff also appreciated how Carter tutored Spalding's younger players. He served as co-captain the past two seasons. "He is a coach on the field," Forby says. "Players look to him for answers. He takes pride in showing them how to do things the right way."

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

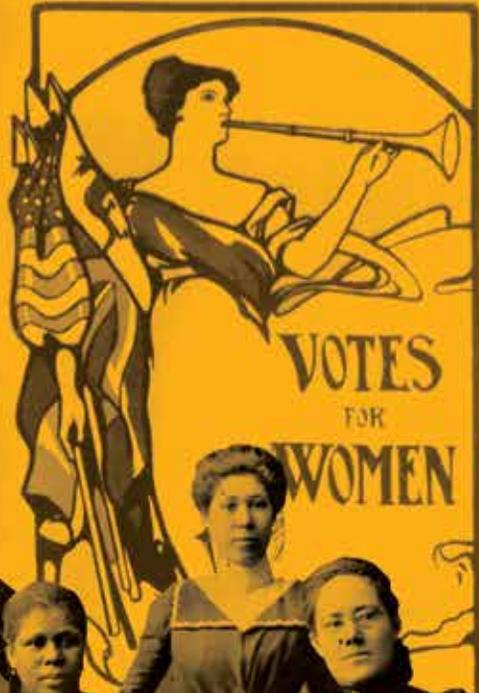


Then - put your shields before your hearts  
and fight with hearts more proof than shields.





MR. PRESIDENT  
IT IS UNJUST  
TO DENY WOMEN  
A VOICE IN  
THEIR GOVERNMENT  
WHEN THE GOVERNMENT  
IS CONSCRIPTING  
THEIR SERVICES



# WOMAN

YEAR OF THE

100 YEARS. WHAT'S NEXT?

PART

# 5

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!



# Women & Marriage

An overview of how expectations of the institution have evolved

By Jodie Schram  
Hardesty

The evolution of marriage in America brings us to a unique place in history. Contemporary observers in the 1790s, 1890s, and 1920s noted concern during each of those periods that marriage was in trouble. Despite every previous generation's assertion that the younger set is ruining the traditions of marriage, the institution today has become more inclusive and less restrictive, which are inherently good qualities when it comes to the loving partnership we understand to be marriage. More significant changes have taken place between men and women in the past 30 years than in the past 3,000, and those changes have had a substantial impact on the structure and perception of marriage.

The notion that marriage was mostly about political alliances and property gains, rather than personal affection, lasted thousands of years. Affluent families married off their sons and daughters as a personal benefit to increase wealth, share resources, and increase labor pools. Even lower-class families considered the practical and economic benefits of marriage over the romantic, albeit on a much smaller scale. Marrying a suitable partner and producing children to help with farms and businesses was more important than a couple's attraction to one another. Despite the strategy behind these couplings, people did fall in love, sometimes with their spouses and

sometimes not. If a woman hoped to find love within her marriage but was thwarted, she was required to suffer in silence while her husband was permitted to seek affection elsewhere. The institution of marriage was simply too vital to economic and political stability to be based on something as seemingly frivolous as love. Marriage played the additional role of demarcating the division of labor within a household, with gender and age determining on whom the power was bestowed: men.

In addition to marriage's institutional and practical functions, the human element of the arrangement didn't always conform to the legal, cultural, or philosophical model of the times. Marriage is, in most cases, a relationship between two people that brings them face-to-face with both the challenges and joys of sharing a life. For far too many years, men had a legal right to physically abuse their wives and force on them their marital privilege of sex. Even in loving marriages, this was a common and acceptable practice.

Throughout most of our country's history, marriage and property laws mimicked those brought over by English colonists, which gave a husband legal possession of his wife as if she were his property. Women were unable to hold assets or control their earnings. Like children and enslaved people, women were considered dependents. With limited ability to make it on her own economically, a woman relied on marriage as a means to survive, making her legally beholden to her husband in all matters.

With marriage comes divorce, which was uncommon but not unheard of in colonial America. Each colony had its own policies on divorce, usually mirroring those of English law. When marriages didn't work out as a couple expected in colonial and early national America, couples could execute an exclusive contract on their own to live separately and divide their assets. Sometimes they relied on the judgment of legislative authorities to grant them divorces. Another form of separation during that time was called a "wife sale," a folk custom of early

modern England. This oddity took place after a couple agreed to part ways, and the symbolic sale of the wife was granted, most often to a relative, but sometimes to her paramour. Some communities considered this an acceptable form of divorce. Women whose husbands skipped town and were unheard of for seven years or more could obtain permission to remarry. Otherwise, remarrying was not allowed and women relied on relatives to support them.

For the Cherokee, in the early days of white colonization and evangelization, tribes were both matrilineal and matrilocal, meaning a man lived with his wife in her family's home. A husband had no right over the property of his wife, their children, or the fields in which they grew crops. Women had full control over the growing, harvesting, and trading of goods. They signed deeds in property transfers and, as late as 1785, participated in negotiations. In 1818, the United States was working toward the removal of Native Americans from their land. A group of Cherokee women recognized that under the new state guidelines of property allotment and patriarchal standards, they would cease to be property owners, with all ownership transferred to their husbands; they refused to sign allotment agreements.

Marriage has always changed with the times. The Victorian Era ushered in the concept of romantic love but maintained the patriarchal structure of it. Baltimore Unitarian pastor George Burnap published a series of lectures

in 1841 called *The Sphere and Duties of Woman*. In them he described marriage as "that sphere for which woman was originally intended, and to which she is so exactly fitted to adorn and bless, as the wife, the mistress of a home, the solace, the aid and the counselor of that ONE, for whose sake alone the world is of any consequence to her." Even as free choice in marriage became the cultural norm and represented emotional safety for men, the pitfalls of marriage increased for women. They became dependent on their husbands for economic stability and remained without legal status. Their role was to bear and raise children, care for the home, and obey their husbands. If anything went wrong within that arrangement, they had little to no recourse.

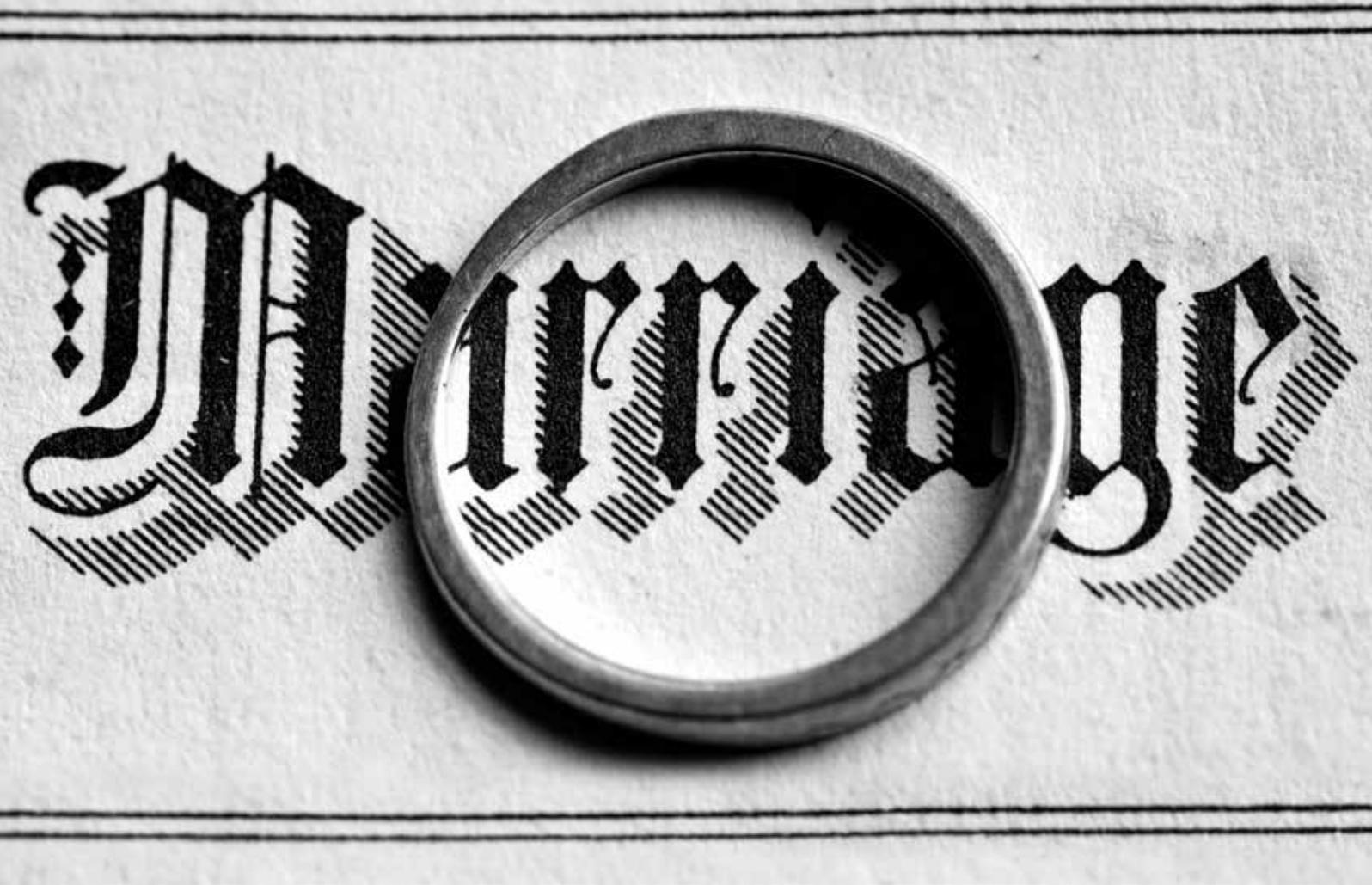
Slavery, like marriage, denied women independent legal existence. Enslaved women (and men) were the property of the men who were responsible for them through ownership. During the eighteenth century, it was not uncommon to find newspaper advertisements placed by men who publicly relinquished their obligation to pay an estranged wife's debts or the debts for slaves who escaped. Enslaved women had no rights. They were utterly dependent on their owners, often sold or traded despite their familial status. While slaves were forbidden to marry, many did so without legal or religious recognition of the union, and at the risk of forced separation.

Before the Civil War, partially in response to the abolitionist movement that argued slavery undermined the institution of marriage within the African American community, and partly because it was economically sensible to do so, owners of the enslaved took an interest in promoting their marriages. They felt it pacified their slaves and provided an incentive for them to stay on their plantations rather than seek freedom without their spouses. After the Civil War, marriage was one of the first civil rights granted to African Americans.

In the early nineteenth century, Connecticut Supreme Court Justice, Tapping Reeve, wrote the first treatise on domestic relations published in the United States. Believing that the courts didn't recognize women's social and business contracts out of fear of male coercion, he argued that the law did not consider husbands and wives one person operating under the husband's power; they were two. He also discussed a second factor that con-

Print shows Francis LeBaron and Mary Wilder during their wedding ceremony in Plymouth, 1695, with many guests, in a room, possibly in the magistrate's residence, officiated by a clergyman.





tributed to the restrictive rules on women's contracts: male marital privileges. If a woman engaged in any agreement that might result in legal actions taken against her, she could go to prison, leaving her husband to fend for himself both in the kitchen and the bedroom. To most American men at the time, that was unacceptable. Once the idea took hold that love and intimacy should be the cornerstones of marriage rather than the arranged alliances of yore, people began to insist on the right to dissolve their marriages. Demanding equal rights for women was, in part, to ensure they could earn and keep their wages. In doing so, they could support themselves financially rather than endure a loveless marriage.

During the 1920s, acceptance of female sexuality seemed revolutionary to the Victorian parents of young women. Sigmund Freud's work influenced psychologists of the time who promoted positive views on sexuality (but only in heterosexual contexts). Birth control became mainstream in middle-class marriages as

a means to an emotionally fulfilling relationship that allowed for sexual pleasure without procreative consequences.

What sometimes gets painted as the golden age of marital ideals, the 1950s, while exceptional in many ways, was an anomaly in the history of marriage. For thousands of years prior, families relied on the contributions of women and children to keep their households afloat. The shared tasks associated with being the breadwinner were spread across an entire family unit. For the first time in American history (and elsewhere in the world), a majority of households consisted of a single, male provider who worked outside the home and a full-time homemaker who only worked within the home, providing all domestic support. This new system was the culmination of over 150 years of marital evolution.

It was only in the mid-twentieth century that opportunities arose in a way that allowed the majority of families to survive on a single income. The outdated patriarchal model of

Painting depicting the marriage of George Washington to Martha Custis in 1759.



marriage was replaced by a love-based model that relied on the male as breadwinner, maintaining his position of power within the family. More than ever before, people accepted the ideals of love and companionship as the basis for marriage. However, loveless marriages were less likely to end in divorce, and the lack of equality between men and women was still accepted. When people comment on what they perceive to be the ultimate stability of marriages in the 1950s and 1960s, they fail to recognize the turmoil and dissatisfaction that was brewing under the surface.

In the last forty years, that model has been turned upside down as we enter uncharted territory in the marital landscape. Even though women today are steadily rising to the tops of their fields, enjoying rights and opportunities that eluded their grandmothers, studies show they are less happy in their marriages than men. In most heterosexual unions, women continue to do more of the unpaid housework, kin keeping, and childcare. They are more likely than their husbands to sacrifice personal and career goals in exchange for time spent fulfilling the needs of their families. Inequality still exists, and marriage can be less beneficial to women than it would be to remain single. When women get divorced, they report increased levels of happiness as divorcees and are more likely than men to enjoy their single status.

At a time when women don't have to rely on partners to support them financially, love and emotional support still provide reasons to marry. However, with marriage rates continuing to decline, it's apparent that men and women still form bonds, live together and raise children, but sometimes without the formality of a legal marriage. The transition currently taking place in both married and non-married partnerships seems to be one of parity where both partners work full-time and take on the domestic tasks that are simply part of life, including childcare. As American women strengthen their independence and ability to thrive economically in society, the shift isn't always to abandon the institution of marriage. Instead, it may emphasize working toward a marriage that better suits both partners and is happier.

A line from the 1996 film *Jerry Maguire* had a culturally impactful effect on our perception of love. When Tom Cruise's teary-eyed character says to the wistful Renee Zellweger,

"I love you. You complete me," there was a collective melting of American's hearts. That line has infected our notion of true love for 24 years too long. Yes, it was a romantic cinematic moment, but should it dictate our expectations of real-life romance? We've evolved beyond that. "We are born wise; we are born complete." This quote was printed onto the little tag attached to a teabag and offers a more pragmatic approach to the self-acceptance required for a healthy partnership.

If we learn anything from history as it pertains to marriage, it's how few precedents are still applicable to today's marital landscape. We've moved from women having little or no choice in who they married to the 2015 Supreme Court ruling that made same-sex marriage legal in all 50 states. Death used to end many more marriages than divorce does today. A husband used to own his wife's property, earnings, and sexuality while a woman who bore a child out of wedlock became a social castoff, only able to survive as either a mistress or prostitute.

When Justice Anthony Kennedy authored his opinion on same-sex marriage, he wrote:

**"No union is more profound than marriage, for it embodies the highest ideals of love, fidelity, devotion, sacrifice, and family. In forming a marital union, two people become something greater than once they were. As some of the petitioners in these cases demonstrated, marriage embodies a love that may endure even past death. It would misunderstand these men and women to say they disrespect the idea of marriage. Their plea is that they do respect it, respect it so deeply that they seek to find its fulfillment for themselves. Their hope is not to be condemned to live in loneliness, excluded from one of civilization's oldest institutions. They ask for equal dignity in the eyes of the law. The Constitution grants them that right."**

While women continue to gain footing in America and across the globe, we can expect to see continued changes in how marriage is interpreted and practiced. As long as equality, respect, and yes, love, are at the forefront of those unions, the institution will remain one of reverence.

**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**

Thank you to all who voted for us this year!

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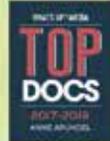


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2020

# BEST OF

ANNAPOLIS & WEST COUNTY

MEDICAL,  
DENTAL &  
VETERINARY

The Best of Annapolis and West County's Medical, Dental, and Veterinary winners are here, *as voted by our readership*. This is an important designation. You chose the winners on the following pages; *nobody paid to be included on this list*.

So, thank you to our loyal readership that took the time to vote for the tops in town when it comes to health services. Last fall we called upon you to write-in your recommendations in many categories. After carefully vetting ballots for any duplicates or multiples originating from one source (no ballot stuffing allowed), we arrived at the resulting winners. Please enjoy perusing *your* list of who's Best of Annapolis and West County and consider employing their services.

## **AND THE WINNERS ARE...**

LISTED ALPHABETICALLY BY *CATEGORY*

*Acupuncturist*  
**mindfulhealing**  
2431 Crofton Lane,  
Ste. 11, Crofton  
410-451-1625  
mindfulhealing.biz

*Addictions Counsel-  
ing Program*  
**Tranquility Woods**  
171-A Ryan Road,  
Pasadena  
410-442-6638  
tranquilitywoods.  
com

*Allergist*  
**Allergy and Asthma  
Associates, P.A.**  
277 Peninsula Farm  
Road, Bldg. 3, Arnold  
410-647-2600  
annapollendocs.  
com

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

*Birthing Center*  
**AAMG Bay Area  
Midwifery**  
2003 Medical  
Parkway, Ste. G50,  
Annapolis  
443-227-5875  
aamcwomen-  
shealth.com/loca-  
tion/aamg-bay-ar-  
ea-midwifery

*Body Contouring*  
*Medical Grade Skin  
Products*  
*Plastic Surgery  
Reconstruction*  
**Sullivan Surgery &  
Spa**  
130 Admiral Co-  
chrane Drive, Ste.  
300, Annapolis  
410-571-1280  
sullivansurgery.com

*Breast Augmenta-  
tion & Reconstruc-  
tion*  
*Laser Skin Treat-  
ment*  
**Sandel Duggal  
Center for Plastic  
Surgery & Medical  
Spa**  
104 Ridgley Avenue,  
Annapolis  
410-266-7120  
sandelduggal.com

*Cardiologist*  
**Chesapeake Cardiac  
Care**  
888 Bestage Road,  
Ste. 215, Annapolis  
410-573-9805  
ccardiac.com

*Child & Family Men-  
tal Health Providers*  
*Psychiatrist*  
**CPE Clinic, LLC**  
130 Admiral Co-  
chrane Drive, Ste.  
103, Annapolis  
410-979-2326  
cpeclinic.com

*Chiropractor Prac-  
tice*  
*Dry Needling*  
**Elevate Life**  
1730 West Street,  
Ste. 105, Annapolis  
410-268-3333  
elevatelifeclinic.com

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

*Cosmetic Injections  
Dermal Fillers*  
**Center for Dermatol-  
ogy and Skin Care of  
Maryland**  
2200 Defense  
Highway, Ste. 201,  
Crofton  
410-451-5500  
dermofmd.com

*Dermatologist*  
**Annapolis Dermatol-  
ogy Associates**  
2002 Medical  
Parkway, Ste. 630,  
Annapolis  
410-224-2260  
annapolisdermatol-  
ogy.com

*Emergency Den-  
tistry*  
**McCarl Dental Group**  
8601 Veterans  
Highway, Ste. 101,  
Millersville  
443-698-8902  
mccardentalmillers-  
ville.com

*Emergency Pet Care  
Veterinarian for  
Small/Exotic Pets*  
**Alexander Animal  
Hospital**  
160 Ritchie Highway,  
A9, Severna Park  
410-777-8678  
alexanderanimal-  
hospital.com

*Family Dentistry  
Office*  
*Hygienist*  
**Chesapeake Dental  
Arts**  
1509 Ritchie High-  
way, Arnold  
410-757-6200  
chesdentalararts.com

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

*General Cosmetic  
Dentist*  
**Scott Finlay DDS &  
Associates**  
1460 Ritchie  
Highway, Ste. 203,  
Arnold  
410-989-7132 (new  
patients)  
annapolisden-  
tistdds.com

*General Dentist*  
**Dr. Brian Valle, P.A.  
Functional and Cos-  
metic Dentistry**  
251 Najoles Road,  
Suite J, Millersville  
410-987-9100  
drbrianvalle.com

*General Surgery*  
**Vincent Sayan, MD,  
FACS General & Lap-  
aroscopic Surgery**  
134 Holiday Court,  
Ste. 300, Annapolis  
410-224-4404  
sayansurgical.com

*Gynecologist Office*  
**Chesapeake Wom-  
en's Care, P.A.**  
2000 Medical  
Parkway, Ste. 306,  
Annapolis  
410-571-9700  
chesapeakewom-  
enscare.com

*Holistic Dentistry*  
**Annapolis Green  
Dental/Maryland  
Holistic Dentistry**  
2331 Forest Drive,  
Ste. E, Annapolis  
4103246370  
marylandholistic-  
dentistry.com

*Hormone Therapy*  
**ProMD Health**  
166 Defense  
Highway, Ste. 302,  
Annapolis  
443-333-4940  
promdhealth.com

*Hospice Care*  
**Hospice of the Ches-  
apeake**  
90 Ritchie Highway,  
Pasadena  
410-987-2003  
hospicechesa-  
peake.org

*Implantologist*  
*Oral & Maxillofacial  
Surgeon*  
**Oral Surgery Spe-  
cialists**  
275 West Street,  
Ste. 100, Annapolis  
410-268-7790  
annapolisoss.com

*Invisalign Specialist*  
**Mairead M. O'Reilly,  
DDS, MS**  
888 Bestgate Road,  
Ste. 301, Annapolis  
410-266-0025  
annapolisortho.com

*Laser Hair Removal  
Facial Rejuvenation*  
**Skin Wellness MD**  
171 Defense High-  
way, Annapolis  
410-224-2400  
skinwellnessmd.  
com

*Mammography*  
**AAMC Rebecca Fort-  
ney Breast Center**  
2000 Medical  
Parkway, #200,  
Annapolis  
443-481-5300  
aahs.org/  
breast-center

*Mental Health Ser-  
vices*  
**Waypoint Wellness**  
166 Defense  
Highway, Ste. 203,  
Annapolis  
410-684-3806  
waypointwellness-  
center.com

*Mommy Makeover  
Plastic Surgery  
Specialists*  
2448 Holly Avenue,  
Ste. 400, Annapolis  
866-550-2135  
plasticsurgeryspec.  
com

*Naturopathic Doctor*  
**Whole Health Inte-  
grative Medicine**  
3168 Braverton  
Street, Ste. 330,  
Edgewater  
410-956-3090  
wholehealthintegra-  
tivedicine.com

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

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

*Oculoplastic Sur-  
gery*  
**Adoro Medical Spa**  
692A Ritchie  
Highway, Ste. 2B,  
Severna Park  
443-569-7774  
myeyelids.com

*Oncologist*

**Annapolis Oncology & Hematology**  
2003 Medical Parkway, Ste. 210, Annapolis  
443-481-4884  
myaamg.org/oncology-and-hematology

*Ophthalmologist Office*

*Cosmetic Laser Eye Treatment*

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

*Orthodontist Office for Adults*

**Labbe Family Orthodontics**  
114 Forbes Street, Annapolis  
443-333-8648  
labbefamilyortho.com

*Orthodontist Office for Children*

**Philbin & Reinheimer Orthodontics**  
802 Bestgate Road, Ste. B, Annapolis  
410-216-4164  
marylandbraces.com

*Orthopedic Hand Surgery*

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

*Orthopedic Hip Surgery*

*Orthopedic Knee Surgery*

*Orthopedic Sports Medicine Office*

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

*Pain Management*  
**The Kahan Center for Pain Management**

170 Jennifer Road, Ste. 240, Annapolis  
410-571-9000  
thekahancenter.com

*Pediatric Dentist Office*

**The Pediatric Dental Specialists**  
16900 Science Drive, #115, Bowie  
301-262-0242  
thepediatricdental-specialists.com

*Pediatrician Office*  
**Annapolis Pediatrics**

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

*Periodontist*

**Annapolis Periodontics**  
2448 Holly Avenue, Ste. 202, Annapolis  
410-224-0500  
annapolisperiodontics.net

*Pharmacy*

**Arnold Professional Pharmacy**  
1460 Ritchie Highway, Ste. 103, Arnold  
443-949-8373  
professionalpharmacygroup.com

*Physical Therapy*  
**AAMG Physical Therapy**

Location in Annapolis, Crofton, Edgewater, Millersville, and more  
443-481-1140  
aamgphysicaltherapy.com

*Podiatrist*

**Podiatry Group of Annapolis P.A.**  
139 Old Solomons Island Road, Ste. C, Annapolis  
410-224-4448  
podiatrygroup.us

*Primary Care Medicine Office*

**Maryland Primary Care Physicians**  
See website for locations  
410-729-5100  
mpcp.com

*Psychologist Therapy Practice*

**Anchored Hope Therapy**  
170 Jennifer Road, Ste. 202, Annapolis  
443-291-8090  
anchoredhopetherapy.com

*Radiology*

**Chesapeake Medical Imaging**  
122 Defense Highway, Ste. 102, Annapolis  
410-571-0350  
cmirad.net

*Rheumatologist Office*

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

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# DYNAMIC



# DEVOTED

They're known as "Power Couples," and what—in their opinions—makes them successful in marriage, careers, and social life may surprise you

**By Lisa Hillman**

You can sense it. You're at a party or a meeting or any large gathering, and that couple walks into the room. All heads turn. There's something about how they hold themselves, shake hands, and smile. And if you didn't know them, you'd ask "Who are they?" **POWER COUPLES.**

Whether on the world stage or in our own communities, they draw our attention. Targets of our fascination, these couples draw both our curiosity and maybe our envy. Who are they? How did they get to be where they are? In what ways are their lives different from ours? Or are they?

What's Up? Media set out to interview four local couples who can claim the moniker "power couple," even though each rebuffs the title. In a region where government dominates, three of the four couples are politically connected. A fourth reflects a highly successful business acumen. All four couples offer something to make our own lives better.

**A BIT OF BACKGROUND.** To some people, the term "power couple" may feel new. We think of celebrities like Kim and Kanye West, Amal and George Clooney, or Beyoncé and Jay Z. Or political leaders, like Bill and Hillary Clinton, or one of the most famous power couples of our time, Barack and Michelle Obama.

But the term actually was cited

nearly 40 years ago when Bob Dole, then U.S. Senator, and his wife Elizabeth, then Secretary of Education, were dubbed a "power couple" by such publications as the *New York Times*, *U.S. News*, and *Cosmopolitan*. Other publications proclaimed the 1990s and the years that followed as the "age of the power couple."

Today, the phrase generally applies to two people who are married or in a relationship with one another, where both have very successful careers, typically in politics or entertainment.

According to a recent article in *Harvard Business Review*, researcher Jennifer Petriglieri notes that dual-earner couples are on the rise. Her findings indicate that "evidence is mounting from social research that when both parties dedicate themselves to work and to home life, they reap benefits such as increased economic freedom, a more satisfying relationship, and lower-than-average chance of divorce."

In a related article *Harvard Business Review's* Executive Editor Ania G. Wieckowski cautions that "Choosing a spouse may be one of the most important career decisions you'll ever make because that person will be either a support or a hindrance to your professional ambitions. So, choose wisely."

# LAWRENCE J. HOGAN, JR. & YUMI HOGAN

It's hard to imagine anyone in this region more powerful than the residents of Government House. By virtue of Larry Hogan's political prominence, Maryland's Governor and First Lady qualify as a "power couple." In 2014, Governor Hogan became the first Maryland governor in more than 100 years elected as an Anne Arundel County resident, and in 2016, the first Republican to win a second term in Maryland since 1954.

But what makes this pair even more attractive is Yumi Hogan's own renown as an artist and teacher. Born on December 25th in South Korea, the youngest of eight children, Mrs. Hogan met her husband in an art gallery in Columbia, Maryland, when he was "in real estate and just passing by." They married May 1, 2004 at the William Paca House in Annapolis, "the year of the cicadas. It was very noisy!"

The first Asian-American first lady of Maryland, she also is the first American artist to live in the mansion, complete with the home's first art studio. Mrs. Hogan teaches at the Maryland Institute of Art and has held exhibitions of her work—applying Sumi ink and mixed media on traditional Hanji paper—in the United States, Canada, China, Korea, and, most recently, in Greece.





# ROBERT NEALL & MARTA HARTING

Another local power couple also has strong government ties. Having served as Anne Arundel County Executive from 1990–94 and State Senator from 1996–2003, Robert Neall now serves as Secretary of the Maryland Department of Health, overseeing 7,000 employees and a \$14 billion budget. For 26 years, he was Senior Vice President of Development and External Affairs for Johns Hopkins Health System.

Marta Harting is a partner with Venable LLP, a law firm headquartered in Washington, D.C., with 850 professionals nationwide. She is a state regulatory and government affairs attorney who represents clients before the Maryland General Assembly, Executive Branch, and State regulatory agencies. Her clients include large Maryland health systems and other health care providers, insurers, public utilities, IT companies, manufacturers, hospitality, gaming, and entertainment companies. Married in June, 2006, the couple first met earlier when she was bond counsel for Anne Arundel County and Neall was County Executive. During his Senate term almost a decade later, the two met again “over a bowl of oyster stew,” which he made.

# VICKI GRUBER & TOM LEWIS

Vicki Gruber is the Executive Director of the Department of Legislative Services, a state agency with 400 employees that provides comprehensive support for the Maryland General Assembly, including policy and fiscal analysis, bill drafting, and committee staffing. An attorney, Gruber formerly served as Chief of Staff for Senate President Mike Miller from 2006–2017.

Tom Lewis, Vice President for Government and Community Affairs for Johns Hopkins Health System and University, oversees a staff of 25, including lawyers, researchers, and community workers. Also an attorney, he served as Chief of Staff for two House Speakers, Casper Taylor and Michael Busch. Married in September, 1999, the couple met at a Maryland Chamber of Commerce Conference in Ocean City, “while working, of course!”





# TINA & JOHN GALDIERI

This Eastern Shore couple epitomizes entrepreneurship. A 1996 graduate of the U.S. Naval Academy, John is President of Trident Aircraft, a company he founded in 2006 to make flight instruction and aircraft rental affordable to midshipmen. Based at Easton Airport, Trident's staff of 47 employees, including 30 pilots, has trained more than 3,500 midshipmen to fly in Maryland and in Trident offices in Milton, Florida, and Ozark, Alabama.

Tina is the National Football League Baltimore Ravens Cheerleading Director, a position she's held since 1998. She hires, fires, and trains the 70-plus cheerleaders, both male and female, who perform at home games and numerous appearances yearlong. She also is General Manager of Epic, one of the largest cheerleading and dance-event planning companies in the United States that hosts some 65 events per year. The couple met when John's younger brother at the Academy couldn't keep a date with a Ravens cheerleader, so John attended and met Tina at the annual cheerleading event. The couple married May, 2006, "in a clubhouse on the water with sundresses and Tommy Bahama shirts."



**A CERTAIN PRIDE**

Spend time with any of these couples, and what emerge first is how each partner has worked hard to be where he or she is, and secondly, how each is proud of his or her spouse.

John Galdieri watches almost in awe as his wife recounts the story of her early years. It's a story he's heard many times, but his face glows as she talks.

As a student pursuing a criminal justice degree at the University of Maryland, Tina realized that she could convert her interest in choreography for cheerleading into a business. At age 20, with grit and hard work, she started building a company that rapidly expanded into hosting camps, clinics, and competitions, and later evolved into Epic. Recently, Epic was bought by Varsity, the largest cheerleading company in the U.S. Tina also loves her work with the Ravens, incorporating dance routines into the athleticism of the performances. On the field for every game, she admits, "It's such unique work," and is proud that it is the first co-ed squad in the National Football League.

John, a pilot since age 16, set sights on flying for the Navy. But a heart murmur detected in his senior year at the Academy landed him on a ship instead. Undeterred, he "built aviation as a career off-duty." After his Navy commitment, he flew charter jets for large, private companies and then started his own company in 2006. By 2010, he'd also landed a contract with the Navy to teach an introductory flight screening program to midshipmen, and his company "took off."

Hard work. Love for what they do. Pride in each other's achievements. Themes that characterize all the couples.

Neall speaks almost reverentially about his wife. He praises her as a "great lawyer with excellent clients." He understands when she takes a "Sunday to work all day because she has a filing due," as she does often. She, in turn, expresses great pride in him, "how he grasps a situation and bears down until it is solved." The two are matched well. Neall, known for a certain "south county" charm and turn-of-phrase is perfectly offset by Harting's more quiet, self-reflective, and studious style. As Neall himself describes their marriage, it's "sort of a merge." And it works well.

For Gruber and Lewis, it is an extraordinary, life-changing event that reflects admiration for one another's stamina and problem-solving. Celebrating their second wedding anniversary in 2001, they were flying to Dulles airport on September 11th when their plane was diverted to St. John's, Newfoundland. Theirs was the second plane to land on the small, sparsely populated Canadian island. They sat on the tarmac for 12 hours, unaware of the tragedy unfolding in the United States until they witnessed it on a jumbo screen in the hockey arena. With all U.S. flights shut down, finding a way home tested the couple's resolve. After five nights sleeping on gym mats, they made their way home by bus and ferry.

As an artist Maryland's First Lady relishes the time she can spend in her studio. She paints often on weekends and admits



**HE PRAISES HER AS A "GREAT LAWYER WITH EXCELLENT CLIENTS."**

she can "get lost in it," sometimes forgetting to stop for meals. It is the Governor who reminds her she has to eat. She, in turn, makes sure he returns to a "warm" home at the end of his typically very long days.



**WHEN CONFLICTS ARISE**

Conflicts are bound to arise with a dual-career, high-powered marriage. Common among all four couples is the goal to avoid them, both at home and in the workplace.

Given Governor Hogan's relentless schedule, the First Lady acknowledges "he's not my husband. He's the whole of Maryland's husband." She's quick to add it is "never any problem. We understand each other. We support each other." She notes he will change his schedule to attend her exhibitions and even help load and unload her artwork.

For Neall and Harting, "conflict" takes a legal meaning, often requiring formal disclosure because of their careers. As a lawyer and a lobbyist, Harting deals with health department staff, but Neall says "I don't even know it. It would never come across my desk." They don't support one another in the traditional sense because "we really don't discuss the other's work." If Harting asks her husband how his day was, he typically quips "Fine. I escaped with my life." It's not uncommon for the two of them to attend the same evening function and to arrive and leave separately. "We try to avoid mixing work and socializing," Neall says, to avoid any conflicts.

It is a similar concern for Gruber and Lewis. Considering that Tom frequents the halls of the General Assembly, Vicki says if there's

even a perceived conflict, "I step away and another member of our staff is assigned to avoid any knowledge or involvement."



**"WE WILL CONTINUE TO LIVE A SECURE, STRUCTURED, FUN, FAMILY CENTERED LIFE."**

Tina and John readily admit managing their hard-charging careers, albeit quite different from one another, has not been "all smooth." Shortly after their daughter Gracie was born 12 years ago, they sought a life coach, a woman they knew from church. Says Tina, "She helped define our roles and acknowledged that we are two highly-successful, controlling people." And it helped. The Galdieris even apply their business sense to their family. Perched on their home computer and refrigerator is the Galdieri Family Mission Statement: "We will continue to live a Secure, Structured, Fun, Family Centered Life."



**TAKING OUT THE TRASH**

In any household, someone has to do it. But what if both husband and wife are working 12-14-hour days, or in the case of the Galdieris, travelling for John's flight school or Tina's event-planning company?

For power couples, resources are rarely a problem. Nevertheless, as with many couples, there's a division of labor regarding routine household chores.

Neall normally gets home first. In his characteristic self-deprecating style, he quips: “Marta has a much stronger work ethic than I do.” He does the trash, cooks, and feeds their three cats. She cleans the litter, does the laundry, and helps with the dishes.

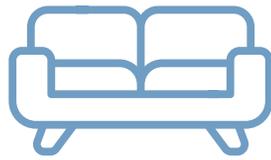


**TOM DOES THE LAUNDRY. SHE LOVES TO GROCERY SHOP AND COOK. HE DOES THE DISHES. THEY BALANCE NIGHTLY WHO WILL BE WHERE AND WITH WHICH CHILD.**

For Gruber and Lewis, it’s more complicated since they still have teenagers at home. Tom does the laundry. She loves to grocery shop and cook. He does the dishes. They balance nightly who will be where and with which child. Adolescent sons Ben and Will both attend Key School where Will plays soccer and basketball and Ben recently acted in the school drama. Tom takes them to school in the morning before heading to Baltimore and she typically picks-up. Any “spare” time is spent with their children. Volunteer activities also reflect the boys’ interests. But Gruber readily admits she couldn’t manage without her parents who moved to Annapolis when Ben was one year old: “They’re invaluable to us in making it all work.”

Balancing household chores is sometimes a challenge for the Galdieris. Says Tina, “John likes the big toys, like taking care of the cars. I do the laundry, shopping, cooking.” They also still have a nanny for Gracie, now almost 13, whom Tina says, “has learned to be very independent,”

and—no surprise—“is very driven.” Mornings, John makes his daughter breakfast and drives her to school.



### DOWN TIME

With hard-charging couples, there’s not much time outside of work. But even Maryland’s first couple makes time for each other and their family.

The Hogans recently vacationed in Disney World with the whole family, including three daughters and four grandchildren, ages 1 ½ to 6. Yumi says her husband “loves the rides.” In a rare glimpse of their private lives, she admits that the couple finds “quiet time before sleep” when they might “watch a drama together.” She also has taken up Korean cooking, something she wants to pass along to the next generation via YouTube.

For couples with children, there’s little “down” time. Vacations become sacred, often spent in remote places to disengage and focus totally on the family. Vicki and Tom reserve the first two weeks of August annually. They have taken Mediterranean cruises, traveling to Italy and Greece with their sons. Time alone for each other? “Not as much as we should,” they confess.

John and Tina also have vacationed with their daughter in Europe. They take frequent overnight trips on their boat, or spend days in their home in Naples, Florida. The couple is very clear that they schedule time just for themselves—one large, annual trip, like a trip to Alaska or Jamaica—but even more important, weekly “date nights.” Says Tina, “We made a New Year’s resolution five years ago to do this. Weekdays we’ll go to dinner while Gracie is at gymnastics. Usually it’s just a speed date, two appetizers and a glass of wine.”

Bucking the vacation trend, Neall claims he cannot do “more than three days or you’d have to retrain me.” The couple spends weekends at either Harting’s house on Brooms Island in Calvert County or their cabin in Berkley Springs, West Virginia. On rare weeknights when they can relax at home, Neall paints this picture: “We’re each in our own leather recliners in the den. She’s with her lap top and I’m watching *Perry Mason* or some old TV show, like *Ma and Pa Kettle*, with a book in my lap, and there’s a stray cat or two nearby.”



### THE HARD TIMES

Power couples are far from immune to family crises or struggle. Sometimes, these even go public.

When Governor Hogan was diagnosed with Stage 3 non-Hodgkin’s lymphoma in 2015, the First Lady followed his lead in being very open about his disease and long-term treatment. During her frequent visits to the hospital, she met and talked with many cancer patients and their families. Inspired by the courage of children fighting cancer, she established “Yumi Cares,” an organization to help children battling cancer and other diseases.

The Galdieris’ world was shaken when Gracie was diagnosed with a rare condition that requires medication and careful monitoring by pediatric specialists. Tina says they have attended more than 30 doctor visits in the last year. Despite the couple’s demanding schedule, both she and John attend every appointment, together.



### TIPS FOR OTHERS

Asked what advice they would offer others, the power couples share combined wisdom:

- Discuss your goals. You need to talk about your goals to attain them.
- Make time for each other. Don’t just “find” time.
- Be flexible, especially when each partner has a career he or she loves.
- Find similar passions.
- Be part of making good things happen for people.
- Have your own space, but stay connected.

Perhaps the First Lady in her more traditional style describes it best: “Understand that sometimes husband is tired. When he comes home, it’s not a time for criticism. Stay in touch throughout the day. Near the end of the day, he often texts me just to tell me, Honey I’m coming home.”

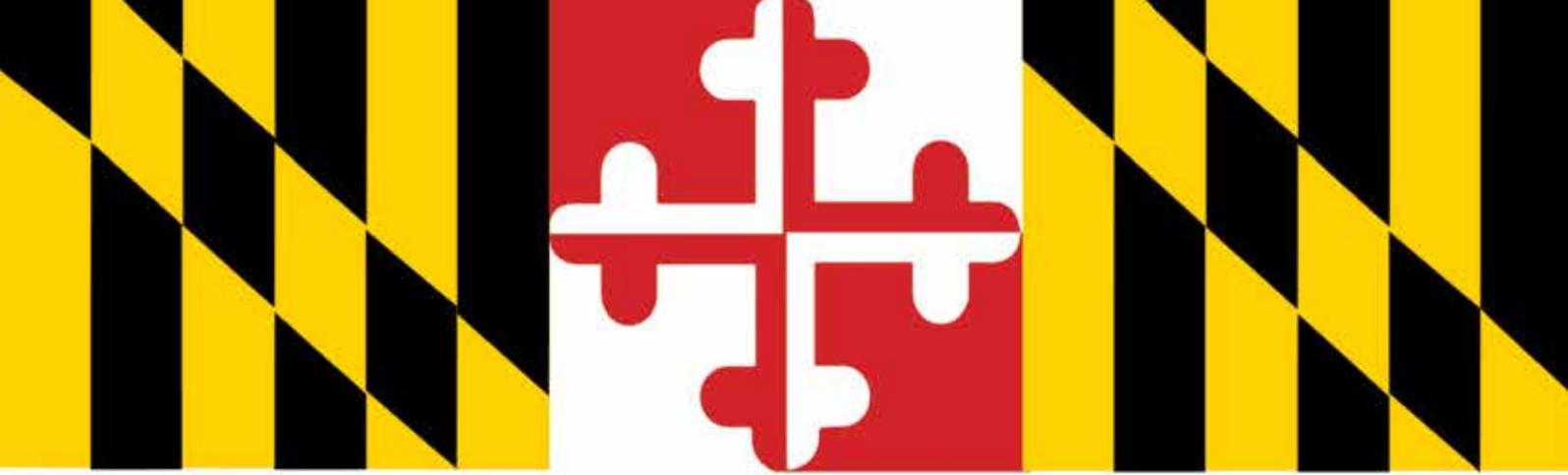


**“UNDERSTAND THAT SOMETIMES HUSBAND IS TIRED. WHEN HE COMES HOME, IT’S NOT A TIME FOR CRITICISM. STAY IN TOUCH THROUGHOUT THE DAY. NEAR THE END OF THE DAY, HE OFTEN TEXTS ME JUST TO TELL ME, HONEY I’M COMING HOME.”**

### A FINAL WORD

When asked “Do you think of yourself as a Power Couple?” no one said “yes.” Despite her considerable span of influence, Gruber says she still thinks of herself as a “staffer.” Tina says she and John simply “both love the business side” of what they do.

But it’s Neall—as a former elected official and now in an appointed post—who responds the strongest. “Power couple? No. Never thought of it as power. It’s the ability to serve citizens. If I don’t do my job well, people suffer. It’s not about power. It’s about service.”



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Anne Arundel County

# LEADING LAWYERS

2020—2021

Last fall, we conducted our biennial **Leading Lawyers Peer Review Survey**, inviting all attorneys and judges who practice law in Anne Arundel County and/or the Eastern Shore to participate. We would like to thank the many area attorneys who took the time and effort to fill out the official ballot online. Lawyers were required to enter their Maryland attorney license number to access the survey and the results were vetted to ensure that only lawyers/surveys in good standing with the state were counted.

**A true peer review survey is a rarity in this day and age**—most publications don't take the time and trouble to conduct the survey and ballot tallying—which makes these results all the more meaningful. These are not "editors' picks" or the result of limitless ballots from the general public. **These**

**honors only come directly from other attorneys and judges**—people who really know what it takes to be a good lawyer right here in Anne Arundel County. We are especially gratified because we believe this biennial poll provides **an invaluable service to our readers**.

The following names, in 28 categories, represent the individuals who clearly received the most substantial amount of votes, not everyone who was nominated. **No attorney paid to be on this list**. Some categories list more names than others. This is as a result of the especially active voting in those categories. Congratulations to all Leading Lawyers named herein!

—**James Houck, Editorial Director**

**ADMINISTRATIVE LAW/  
LIQUOR LAWS/HEARINGS**

**Brian D. Lyman**

Hillman, Brown & Darrow, P.A.  
221 Duke of Gloucester Street, Annapolis  
410-263-3131  
hbdlaw.com

**Harry C. Blumenthal**

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

**James R. Walsh**

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

**Philip C. Dales**

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

**Samuel J. Brown**

Hillman, Brown & Darrow, P.A.  
221 Duke of Gloucester Street, Annapolis  
410-263-3131  
hbdlaw.com

**APPELLATE LAW**

**Cynthia E. Young**

Cynthia E. Young, Esquire  
106 B Defense Highway, Annapolis  
410-224-0407  
marylandappeals.com

**Matthew J. Chalker**

The Law Office of Matthew J. Chalker  
106B Defense Highway, Ste. C, Annapolis  
443-906-3529  
chalkerlegal.com

**N. Tucker Meneely**

Council, Baradel, Kosmerl & Nolan, P.A.  
125 West Street, Fourth Floor, Annapolis  
410-268-6600  
councilbaradel.com

**Philip C. Dales**

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

**ARBITRATION**

**Allen W. Cohen**

Cohen & Greene, P.A.  
156 South Street, Annapolis  
410-268-4500  
cohengreene.com

**Michael J. Marinello**

Kagan Stern Marinello & Beard LLC  
238 West Street, Annapolis  
410-216-7900  
kaganstern.com

**BANKRUPTCY LAW**

**Lawrence J. Yumkas**

Yumkas, Vidmar, Sweeney & Mulrenin, LLC  
185 Admiral Cochrane Drive, Ste. 130, Annapolis  
410-571-2780  
yvslaw.com

**Lisa Y. Stevens**

Yumkas, Vidmar, Sweeney & Mulrenin, LLC  
185 Admiral Cochrane Drive, Ste. 130, Annapolis  
410-571-2780  
yvslaw.com

**Paul Sweeney**

Yumkas, Vidmar, Sweeney & Mulrenin, LLC  
185 Admiral Cochrane Drive, Ste. 130, Annapolis  
410-571-2780  
yvslaw.com

**Steven L. Goldberg**

McNamee Hosea  
888 Bestgate Road, Ste. 402, Annapolis  
410-266-9909  
mhlawyers.com

**BUSINESS LAW**

**Britt G. Rife**

Council, Baradel, Kosmerl & Nolan, P.A.  
125 West Street, Fourth Floor, Annapolis  
410-268-6600  
councilbaradel.com

**F. Joseph Gormley**

Gormley Jarashow Bowman LLC  
162 West Street, Annapolis  
410-268-2255  
gjblawfirm.com

**Jeffrey P. Bowman**

Gormley Jarashow Bowman LLC  
162 West Street, Annapolis  
410-268-2255  
gjblawfirm.com

**James E. Crossan**

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

**Jonathan W. McGowan**

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

**Jonathan P. Kagan**

Kagan Stern Marinello & Beard LLC  
238 West Street, Annapolis  
410-216-7900  
kaganstern.com

**Quinn F. Roy**

Souza Roy LLC/Attorneys  
2543 Housley Road, Annapolis  
410-571-8366  
souzalaw.com

**Stephen A. Oberg**

Council, Baradel, Kosmerl & Nolan, P.A.  
125 West Street, Fourth Floor, Annapolis  
410-268-6600  
councilbaradel.com

**CONSTRUCTION LAW**

**Jeffrey P. Bowman**

Gormley Jarashow Bowman LLC  
162 West Street, Annapolis  
410-268-2255  
gjblawfirm.com

**James E. Crossan**

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

**Kevin M. Tracy**

McNamee Hosea  
888 Bestgate Road, Ste. 402, Annapolis  
410-266-9909  
mhlawyers.com

**Michael P. Darrow**

Hillman, Brown & Darrow, P.A.  
221 Duke of Gloucester Street, Annapolis  
410-263-3131  
hbdlaw.com

**CRIMINAL LAW**

**Crighton A. Chase**

Hillman, Brown & Darrow, P.A.  
221 Duke of Gloucester Street, Annapolis  
410-263-3131  
hbdlaw.com

**Frank C. Gray, Jr.**

Jimeno & Gray, P.A.  
1997 Annapolis Exchange Parkway, Ste. 300, Annapolis  
410-849-0074  
jimenogray.com

**Jennifer M. Alexander**

McNamee Hosea  
888 Bestgate Road, Ste. 402, Annapolis  
410-266-9909  
mhlawyers.com

**Mandeep S. Chhabra**

Cochran & Chhabra, LLC  
116 B Cathedral Street, Annapolis  
410-268-5515  
ccc-law.com

**Robin K. Henley**

Henley & Henley  
47 West Street, Annapolis  
410-220-6621  
henleylaw.net

**Steven F. Wrobel**

Law Office of Steven Wrobel, LLC  
107 Ridgely Avenue, Ste. 9, Annapolis  
410-547-2417  
stevenwrobel.com

**DISPUTE RESOLUTION****Anita C. Deger**

Law Office of Anita C. Deger  
584 Bellerive Road, #3C, Annapolis  
410-974-9294  
anitadeger.com

**Jonathan P. Kagan**

Kagan Stern Marinello & Beard LLC  
238 West Street, Annapolis  
410-216-7900  
kaganstern.com

**Michael J. Marinello**

Kagan Stern Marinello & Beard LLC  
238 West Street, Annapolis  
410-216-7900  
kaganstern.com

**Terrence C. Liff**

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

**DOMESTIC VIOLENCE LAW****Crighton A. Chase**

Hillman, Brown & Darrow, P.A.  
221 Duke of Gloucester Street, Annapolis  
410-263-3131  
hbdlaw.com

**Marla Zide**

Law Office of Marla Zide, LLC  
7310 Ritchie Highway, Ste. 1001, Glen Burnie  
410-760-9433  
marlazidelaw.com

**Samuel J. Brown**

Hillman, Brown & Darrow, P.A.  
221 Duke of Gloucester Street, Annapolis  
410-263-3131  
hbdlaw.com

**EDUCATION LAW****Darren Burns**

Carney, Kelehan, Bresler, Bennett and Scherr LLP  
1997 Annapolis Exchange Parkway, Ste. 300, Annapolis  
410-573-2001  
carneykelehan.com

**Jeffrey P. Bowman**

Gormley Jarashow Bowman LLC  
162 West Street, Annapolis  
410-268-2255  
gjblawfirm.com

**ELDER LAW****Catherine E. Stavely**

Stavely & Sallitto Elder Law LLC  
124 South Street, #1, Annapolis  
410-268-9246

**Gregory P. Jimeno**

Jimeno & Gray, P.A.  
1997 Annapolis Exchange Parkway, Ste. 300, Annapolis  
410-849-0074  
jimenogray.com

**Jason C. Johnson**

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Floor, Annapolis  
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410-268-6600  
councilbaradel.com

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Council, Baradel, Kosmerl & Nolan, P.A.  
125 West Street, Fourth  
Floor, Annapolis  
410-268-6600  
councilbaradel.com

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Law Office of Marla  
Zide, LLC  
7310 Ritchie Highway,  
Ste. 1001, Glen Burnie  
443-557-4153  
marlazidelaw.com

### Robin K. Henley

Henley & Henley  
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henleylaw.net

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Hillman, Brown & Darrow, P.A.  
221 Duke of Gloucester  
Street, Annapolis  
410-263-3131  
hbdllaw.com

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E. Becker, LLC  
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Road, Annapolis  
410-757-5650  
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221 Duke of Gloucester  
Street, Annapolis  
410-263-3131  
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Hillman, Brown & Darrow, P.A.  
221 Duke of Gloucester  
Street, Annapolis  
410-263-3131  
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**Lawrence E. Laubscher, Jr.**  
Laubscher & Laubscher, P.C.  
1160 Spa Road, Ste. 2B, Annapolis  
435-656-0617  
laubscherlaw.com

**Michael K. Fretwell**  
Laubscher & Laubscher, P.C.  
1160 Spa Road, Ste. 2B, Annapolis  
435-656-0617  
laubscherlaw.com

**JUVENILE LAW**

**Crichton A. Chase**  
Hillman, Brown & Darrow, P.A.  
221 Duke of Gloucester Street, Annapolis  
410-263-3131  
hbdllaw.com

**LITIGATION**

**Adam G. Cohen**  
Cohen & Greene, P.A.  
156 South Street, Annapolis  
410-268-4500  
cohengreene.com

**Jeffrey P. Bowman**  
Gormley Jarashow  
Bowman LLC  
162 West Street, Annapolis  
410-268-2255  
gjbllawfirm.com

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Liff, Walsh & Simmons  
LLC  
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Parkway, Ste. 200,  
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410-266-9500  
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**John P. Lynch**  
McNamee Hosea  
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**N. Tucker Meneely**  
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Deger  
584 Bellerive Road,  
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Iliff, Meredith, Wildberger & Brennan, P.C.  
8055 Ritchie Highway,  
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**Kathleen H. Meredith**  
Iliff, Meredith, Wildberger & Brennan, P.C.  
8055 Ritchie Highway,  
#201-203, Pasadena  
410-685-1166  
ilimer.com

**Paul J. Weber**  
Hyatt & Weber, P.A.  
200 Westgate Circle,  
Ste. 500, Annapolis  
410-266-0626  
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Cohen & Greene, P.A.  
156 South Street, Annapolis  
410-268-4500  
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### Andrew T. Burnett

Potter Burnett Law, LLC  
16701 Melford Boulevard,  
Ste. 421, Bowie  
301-850-7000  
potterburnettlaw.com

### Deborah L. Potter

Potter Burnett Law, LLC  
16701 Melford Boulevard,  
Ste. 421, Bowie  
301-850-7000  
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### Mandeep S. Chhabra

Cochran & Chhabra,  
LLC  
116 B Cathedral Street,  
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410-268-5515  
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### Suzanne V. Burnett

Potter Burnett Law, LLC  
16701 Melford Boulevard,  
Ste. 421, Bowie  
301-850-7000  
potterburnettlaw.com

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410-268-6600  
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Liff, Walsh & Simmons  
LLC  
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Parkway, Ste. 200,  
Annapolis  
410-266-9500  
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McNamee Hosea  
888 Bestgate Road,  
Ste. 402, Annapolis  
410-266-9909  
mhlawyers.com

### Lee Ann Adams

Council, Baradel, Kosmerl & Nolan, P.A.  
125 West Street, Fourth  
Floor, Annapolis  
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Council, Baradel, Kosmerl & Nolan, P.A.  
125 West Street, Fourth  
Floor, Annapolis  
410-268-6600  
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Liff, Walsh & Simmons  
LLC  
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Parkway, Ste. 200,  
Annapolis  
410-266-9500  
liffwalsh.com

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888 Bestgate Road,  
Ste. 402, Annapolis  
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### Glen E. Frost

Frost & Associates, LLC  
839 Bestgate Road,  
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McNamee Hosea  
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Parkway, Ste. 200,  
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410-266-9500  
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Council, Baradel, Kosmerl & Nolan, P.A.  
125 West Street, Fourth  
Floor, Annapolis  
410-268-6600  
councilbaradel.com

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Bagley & Rhody, P.C.  
2661 Riva Road, Ste.  
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Street, Annapolis  
410-263-3131  
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### Jack Schmerling

Jack Schmerling, Attorney at Law  
7429 Baltimore Annapolis  
Boulevard, Glen Burnie  
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- **Estate and Trust Administration.** We help clients with the process of winding up a decedent's financial affairs by implementing the individuals' estate plan or in accordance with state law if the person has no valid planning documents. We prepare all estate and income tax returns in-house so we can offer seamless administration services from beginning to end.
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By handling every aspect of our practice area, we create a synergy that strengthens the handling of each matter. Our approach to planning, for example, is strengthened by our estate and trust administration practice. Our handling of both planning and administration is informed by the lessons learned from our fiduciary litigation practice. Our fiduciary litigation practice, in turn, benefits from our understanding of the substantive issues that arise in our planning and administration practices.

Clients are clients of the whole firm – not just of one lawyer in the firm. This starts from the initial meeting and continues to the end. This collaborative approach, coupled with our involvement in all aspects of estates and trusts law, lets us deliver the highest quality of client services. Our approach leverages the knowledge of seasoned lawyers and staff.

The firm consists of three partners: Fred Franke, David Sessions, and Jack Beckett; and two associates, Deb Howe and Sam Draper. Fred is a Fellow of the American College of Trust and Estate Counsel, past chair of the Estate and Trust Section Council of the Maryland State Bar Association, and he has taught at the University of Baltimore School of Law. All three partners have written articles for law reviews or other legal publications and all three present continuing education courses on estates/trusts topics. These activities give back to our profession and deepen and extend our understanding of the law of estates and trusts.

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Comprised of a team of highly skilled trial attorneys, The Valente Law Group is passionate about serving its clients' needs. The attorneys, who specialize in medical malpractice, auto accidents, personal injury, wrongful death, and criminal law, possess the expertise to represent their clients with a personalized touch and a level of professionalism that is unmatched. Indeed, they expertly customize their strategies to each client's specific case and pride themselves on their ability to provide guidance throughout the entire process.

## Attorneys

**John P. Valente, III**, the founder of The Valente Law Group, always had a flair for presenting cases in a courtroom setting, and during the past 25 years, he has dedicated himself to serving his clients. His accomplishments are noteworthy, and he has received numerous awards and honors. Valente has been selected as a Super Lawyer and as one of The National Trial Lawyers: Top 100. In addition, he also has an Avvo "Superb" rating.

Valente realizes the importance of going to trial to achieve the best outcome for his clients. So it's only natural that he built his firm by recruiting talented trial attorneys who excel in the courtroom. Not surprisingly, The Valente Law Group consists of a highly skilled team of attorneys, including **Benjamin Rupert**, **Cole J. Sullivan**, **Joseph Chandlee**, **Adam Z. Chandlee**, and **Meghan Noone**.

## Giving Back to the Community

The Valente Law Group has sponsored and participated in various community service events in which they help members of the community expunge criminal cases from their records, so they can find and maintain employment. The firm has also donated

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## Testimonials

"John has been my go-to attorney for anything related [to] autos. . . . I will never trust another attorney with my auto accident claims. John has always gone above and beyond to make sure my results were the best possible! I have followed [him] from his previous law firm because he is that good. If you need help due to an auto accident . . . look no further. JOHN IS YOUR MAN!!!" – **Satisfied Client**

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Crofton, MD 21114  
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Kagan Stern's business law practice includes corporate formation and organization, drafting contracts and business agreements, mergers and acquisitions, and financing and security transactions. In addition, our attorneys draft and review intellectual property and related licensing agreements and handle other general counsel needs of our business clients. The firm also participates in real estate matters, including drafting and negotiation of leases and purchase contracts, and conducting real estate settlements through our title company affiliate, Title Nation.

The firm's employment law practice involves advising businesses and individuals on nearly all aspects of the employment relationship. The firm's attorneys draft and review employment agreements, nonsolicitation and noncompetition agreements, confidentiality and nondisclosure agreements, severance agreements, employee handbooks, and employment policies. They also advise on matters such as wage and hour compliance, trade secret protection, discrimination and leave laws, and privacy issues. Kagan Stern's lawyers are trained and experienced in conducting confidential internal investigations for businesses regarding potential violations of employment laws and other sensitive business matters.

When litigation arises or becomes necessary, the firm's experienced trial attorneys handle a wide variety of complex civil cases in trial and appellate courts, as well as in arbitration and before governmental agencies or boards. The litigation attorneys

at Kagan Stern are experienced in handling cases involving business, employment, trusts and estates, real estate, and various other types of disputes.

The combination of business, transactional, and trial experience makes the attorneys at Kagan Stern an ideal choice to represent companies as outside general counsel and work with management on a regular basis to address the particular legal needs of the business.



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The Fisher Law Office, LLC, has joined forces with Frost & Associates, giving Fisher Law Office clients more depth and experience in litigation and business matters and bringing Asset Protection, trust and estates planning and probate administration experience and depth to the Frost & Associates lineup.

“We couldn’t be happier that Randy agreed to join us as Of Counsel because he will bring tremendous experience to our team and to our clients,” Glen Frost, Managing Partner of Frost & Associates, said. “We look forward to making his skills available to our client base.”

Frost & Associates will offer Fisher Law Office clients experienced representation in the following areas currently not available through the Fisher Law Office alone:

- IRS Audits & Appeals
- IRS Collections Cases
- IRS Tax Litigation
- Criminal Tax Matters
- Business & Employment Tax Cases
- International Tax Issues
- State Tax Issues
- International Estate Planning
- Bankruptcy

The Fisher Law Office, while merging into Frost & Associates, will continue to represent its existing clients and evaluate new client needs before determining whether to work with them as a Fisher Law Office client or as Of Counsel to Frost & Associates.

“Glen Frost, Eli Noff and Matt Kraeuter (the partners at Frost & Associates) have offered me a tremendous opportunity for the next decade,” Fisher said. “I look forward to both working in their new opportunities and insuring that my clients have the level of representation they deserve now and well into the future.”

Randy Fisher is a member of WealthCounsel, a national network of more than 1,800 estate and financial planning practitioners who collaborate on best practices and changes in the law. Mr. Fisher began practicing law in Washington, D.C., in 1988, and opened his Annapolis practice in 2004. In 2020, Mr. Fisher was again honored with an AV rating, the highest possible rating for legal ability and ethical standards for twenty-three consecutive years by Martindale-Hubbell, the legal profession’s leading peer review organization. He also has been given the “Client Distinction Award,” among other awards and honors. Mr. Fisher belongs to a number of community, professional, and legal organizations, including the Anne Arundel Estate Planning Council.

**Education**

- Texas Tech University School of Law, Lubbock, Texas
  - o J.D. - 1998
- University of Texas, Austin, Texas
  - o Bachelor of Journalism - 1975
  - o Major: Journalism

**Bar Admissions**

- Texas, 1988
- Maryland, 1990
- District of Columbia, 1989
- Wyoming, 2016

**Professional Associations and Memberships**

- American Bar Association , Member, 1988 - Present
- Anne Arundel Bar Association , Member, 2005 - Present



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# Wes P. Henderson, Esquire

## Henderson Law, LLC

Established over a decade ago, Henderson Law, LLC, led by Wes P. Henderson, has established a reputation for handling cases with thoroughness and precision for clients throughout the Annapolis, Baltimore and Washington, D.C., area.

Unlike other firms where clients might have little interaction with their retained attorney, the lawyers at Henderson Law make personal relationships a priority so they can understand the unique circumstances involved in each case. “We’re a small firm, so we have a lot of direct contact with our clients,” Henderson says. “We try to be open and approachable.”

But just because the firm is small doesn’t mean that it can’t handle large-scale, complex cases. On the contrary, Henderson Law handles litigation that other small firms cannot or will not handle. Henderson Law primarily represents plaintiffs, and it is one of the few firms in the state that regularly handles legal malpractice cases; additionally, the firm handles medical malpractice cases, personal injury, and other complex civil matters.

Clients know that they are in good hands when they receive legal guidance from the team at Henderson Law not only because of the team’s insight and experience but also because of their transparency. As Henderson explains, going to trial can be like a sporting match — there are wins, yes, but there are also losses, as much as the average lawyer likes to deny it. But Henderson points out that the occasional loss means a lawyer is better prepared to provide honest advice to clients. “We can let them know what their risk is,” he says. “If they have an offer on the table to settle, we can tell them the pros and cons of accepting or rejecting a settlement offer.”

Striving for favorable results for clients is a hallmark of Henderson’s career, and his outstanding accomplishments in the legal field have earned him the title of Maryland *Super Lawyers* Rising Star in 2016 and 2017, as well as a spot as a fellow with the Litigation Counsel of America and an invitation to The National Trial Lawyers Top 100. Now in the 18th year of his career and his 12th year of owning his own firm, he’s proud to be focusing on individuals and looking after their best interests.



### Henderson Law

2127 Espey Court | Suite 204

Crofton, MD 21114

410-721-1979

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



From L to R: Attorneys Victor A. Lembo, Colleen Sinclair Prosser, Jon J. Gasior, Laura T. Curry and Alexander M. Pagnotta

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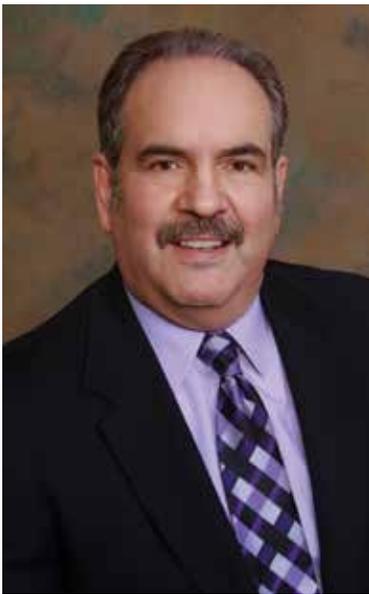
## Estate Planning and Elder Law Attorneys

Do you know what will happen to your family and your assets if you become incapacitated, or what will happen to your loved ones after you pass away? Many people do not like to think about illness, injury, or death. While it is understandable to put these topics out of your mind, you can put your family—and yourself—in a very bad situation if you do not plan ahead in case of illness and for the inevitability of your death.

Waiting too long to make an estate plan can leave you and your loved ones in trouble if something unexpected happens. If you have not planned in advance and you need nursing home care or you get sick and cannot communicate your medical decisions, your family members could be put in a difficult position and you could face significant financial trouble and even receive unwanted medical care that you wouldn't have chosen.

Rather than leave yourself and your family at the mercy of fate and hope nothing bad happens to you, it is best to be prepared in advance. Get the help you need today so everything is in place in case of an emergency. This is just as important for young people as it is for the elderly, especially if you have small children to provide for.

Give us a call at 410-573-4818 or contact us online to learn more about the personalized assistance we can provide to you in Annapolis, Bowie, Millersville, Waldorf, and surrounding areas in Maryland. SinclairProsser Law attorneys Jon J. Gasior, Colleen Sinclair Prosser, Victor A. Lembo, Alexander M. Pagnotta and Laura T. Curry will help ensure you have taken care of the essential estate planning issues so you can give yourself and your family the peace of mind of knowing everyone is protected.



# Jack Schmerling

Jack Schmerling primarily practices workers' compensation law (on the job injuries). However, he also represents individuals in personal injury and Social Security disability. As a solo practitioner with over 30 years of legal experience, he personally represents each client.

His expertise in the field of workers' compensation has been well recognized, having taught various aspects of workers' compensation to other lawyers through training seminars sponsored by the Anne Arundel County Bar Association, Maryland Association for Justice, and Maryland Workers' Compensation Education Association, Inc. Serving as a resource for other lawyers with workers' compensation questions, Jack has been qualified in Circuit Court as an expert witness in the field of workers' compensation. Mr. Schmerling was also honored by the lawyers and judges of Anne Arundel County having been selected by them as the leading lawyer for referrals in workers' compensation as noted in *What's Up? Annapolis* in every poll conducted (years 2010 through 2020).

Mr. Schmerling was selected as a "Super Lawyer" in the field of workers' compensation by other attorneys throughout the State of Maryland as published in *Baltimore Magazine* in 2013 through 2020.

Mr. Schmerling, who, with his wife Sara, has raised four sons, served on various Anne Arundel County and Maryland non profit and charitable boards.

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Gormley Jarashow Bowman, LLC and its attorneys have been recognized by *What's Up? Annapolis* as Leading Lawyers in eleven different practice areas, including Business Law, Arbitration, Appellate Law, Construction Law, Intellectual Property, Employment Law, Medical Malpractice, Education, and General Practice.

For 2020, Jeffrey P. Bowman was recognized in five separate categories: Litigation, Business Law, Employment Law, Construction Law, and Education Law. F. Joseph Gormley was recognized for two categories: Business Law and Intellectual Property Law.

Gormley Jarashow Bowman traces its roots to 1976 when Partner, Ron Jarashow, began practicing in Annapolis. For over 40 years, our lawyers have provided the highest quality services to individual and corporate clients in complex civil litigation and business matters.



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# Catherine E. Stavely, Esquire

Catherine Stavely, a Leading Lawyer in the field of Elder Law for over 10 years, was recently joined by Elena Sallitto to create the firm of Stavely & Sallitto Elder Law, LLC. Catherine and Elena are two of the most experienced, knowledgeable Elder Law Attorneys in Maryland. They offer their combined thirty plus years of experience to seniors, their families, and those with disabilities. Recognized leaders in their field, they are highly skilled and respected by colleagues, health care professionals, clients, and government officials with whom they often interact. Each of their clients receives individual attention, tailored to their particular needs.

The firm mission is to empower seniors and those with disabilities to manage the complex fields of financial management and of health care, at home, in assisted living communities, or in skilled nursing facilities. They offer guidance on medical decision making and financial management tools such as Powers of Attorney and Guardianships. Both Catherine and Elena have served on the Maryland Advisory Council on Quality Care at End of Life, both are past Chairs of the Elder and Disability Rights Section Council of the Maryland State Bar Association, and past Presidents of the Maryland/DC Chapter of the National Academy of Elder Law Attorneys. The firm strongly supports hospice and palliative care programs and interact with the Maryland Legislature on issues impacting their clients.

Ms. Stavely is a Maryland native and graduate of the University of Baltimore School of Law, George Washington University, and Western Maryland College. Ms. Sallitto is a graduate of Catholic University Columbus School of Law, Georgetown University, and a Certified Elder Law Attorney (CELA) through the National Elder Law Foundation.

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# Q & A

## QUESTIONS & ANSWERS WITH THE LEADING LEGAL PROFESSIONALS



**Q:** What should I expect from my lawyer in litigation?

**A:** Litigation results after a lawsuit has been filed. While litigation can often be avoided, there are instances where the court has to be utilized. Competent legal counsel should advise you throughout the process. In advising you, your lawyer should not be a cheerleader; he/she

should clearly communicate the pros and cons of the factual and legal landscape of your case. Litigation is unpredictable, but your lawyer should be able to advise you of the approximate costs and benefits in pursuing certain strategies in litigation.

**JEFFREY P. BOWMAN**  
Gormley Jarashow Bowman, LLC



**Q:** When should I start planning for Medicaid eligibility?

**A:** It is never too early to start planning for Medicaid eligibility, but it should be at least five years prior to the time that you need care if you want to protect the maximum value of the assets you own. You can still

do some Medicaid planning if you wait too long, but starting early allows you to make your plans to avoid temporary disqualification from coverage resulting from the 5-year lookback rule.

**JON J. GASIOR**  
SinclairProsser Law



**Q:** Why is it crucial that I specifically hire a trial attorney for my case?

**A:** The value of your personal injury, auto accident, or medical malpractice case almost always goes up with time. Early on, insurance companies offer pennies on the dollar for your case, hoping that you will settle and resolve your claim. While you

have the option of settling at any time, especially if the offer is fair, insurance companies usually won't offer fair compensation until you are willing to take your case to trial with a reputable and respected attorney. Trial attorneys know the system, and if settlement isn't an option for your case, they won't force you to take an offer that is less than you deserve.

**COLE J. SULLIVAN**  
The Valente Law Group



**Q:** What Asset Protection Laws are available in Maryland?

**A:** In Maryland, an “inter vivos QTIP trust” can now be used for asset protection. Under this new law, one spouse may create a trust for the other spouse but retain the right to receive income or

principal back if the donee spouse dies first. The rules are very precise, but if followed carefully, the trust is not subject to the donor’s creditor claims. For example, a high-risk spouse could create this trust for a low-risk spouse with spendthrift provisions and fund the trust with nonretirement assets.

**RANDALL D. FISHER**  
Fisher Law



**Q:** Can I sue my lawyer?

**A:** Not many people are aware of the fact that, yes, if your lawyer committed error of omissions, you might have a case to sue them for legal malpractice. Situations that warrant suing your lawyer could include missed statutes of limitations, a missed deadline to file paperwork, or a missed court appearance. The failure to do any of these things could be the basis

of malpractice; however, these are difficult because you must effectively prove two cases: first, what would have happened had the lawyer not made an error or omission, and second, that the lawyer did indeed make an error or omission. Bear in mind there are frequently procedural or legal impediments to filing a lawsuit against your former lawyer. A lawyer with expertise in legal malpractice can help you better understand your rights and advise you how to proceed in your specific circumstances.

**WES P. HENDERSON**  
Henderson Law, LLC



**Q:** An employee left our company for a competitor. We did not have an employment agreement and believe he has company materials in his possession. How can we protect our company’s information?

**A:** Employment agreements are not necessarily required to protect company information. While your former employee is free to work for a competitor, he is still prohibited

from using your company’s trade secrets or confidential information. If information is publicly available or legally ascertainable, he may be permitted to use it. With the assistance of counsel, you should consider immediately contacting the former employee to demand he return your company’s information and otherwise preserve all information in his possession so you can determine next steps. If he does not cooperate, you can potentially seek emergency relief in court.

**MICHAEL J. MARINELLO**  
Kagan Stern Marinello & Beard LLC



**Q:** I’ve been thinking about talking with a family law lawyer. Can I still do that in the midst of the COVID-19 coronavirus pandemic?

**A:** Yes! Law firms and attorneys have been designated as essential personnel by Governor Hogan’s Executive Orders. Many

firms are conducting initial consultations and subsequent meetings via telephone or videoconference.

**NATHAN VOLKE**  
Rice Law



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# 2020 BEST OF WEST COUNTY

FOOD &  
DINING

The Best of West County Food & Dining winners are here, *as voted by our readership*. This is an important designation. You chose the winners on the following pages; *nobody paid to be included on this list*.

So, thank you to our loyal readership that took the time to vote for the tops in town when it comes to restaurants and fave dishes. Last fall we called upon you to write-in your recommendations in many categories. After carefully vetting ballots for any duplicates or multiples originating from one source (no ballot stuffing allowed), we arrived at the resulting winners.

**Editor's Note:** *As we go to press on this issue and list of winners, we acknowledge that the COVID-19 situation has affected business operations. The good news is that many restaurants and vendors on this list are still offering delivery, curbside, and takeout menus; and many of the best items on this list are available to purchase. Please support these local businesses as they—like us—navigate, adjust, and creatively survive the COVID-19 situation. Thank you!*

And coming in our July issue, we'll publish the Best of Beauty & Fitness results.

## AND THE WINNERS ARE...

LISTED ALPHABETICALLY BY *CATEGORY*



Ashling Kitchen & Bar



Rik Squillari of Harvest Thyme



The Blackwall Barn & Lodge

*American Restaurant Cocktails*

**The Blackwall Barn & Lodge**  
329 Gambrills Road, Gambrills  
410-317-2276  
barnandlodge.com

*Appetizers Happy Hour*

**Bonefish Grill**  
2381 Brandermill Boulevard, Gambrills  
410-451-5890  
bonefishgrill.com

*Bakery*

**Wegmans**  
1413 S. Main Chapel Way, Gambrills  
443-332-6200  
wegmans.com

*Barbeque*

**Mission BBQ**  
2503 Evergreen Road, Gambrills  
410-697-1002  
mission-bbq.com

*Beer Selection*

**Frisco Tap House**  
2406 Brandermill Boulevard, Gambrills  
443-292-4075  
friscotaphouse.com

*Breakfast Wait Staff*

**Grump's Café**  
2299 Johns Hopkins Road, Gambrills  
443-292-4397

*Brewery*

**Crooked Crab Brewing Company**  
8251 Telegraph Road, Ste. D, Odenton  
443-569-9187  
crookedcrabbrewing.com

*Burger*

**Five Guys**  
1157 Annapolis Road, Odenton  
410-305-0501  
fiveguys.com

*Caterer*

**Local Pizza Mamma Roma**  
8743 Piney Orchard Parkway, Odenton  
410-695-0247  
mammarmomas.com

*Chain Pizza*

**Ledo Pizza**  
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*Chef*

**Rik Squillari with Harvest Thyme**  
1251 W. Central Avenue, Davidsonville  
443-203-6846  
harvest-thymetavern.com

*Chinese Restaurant*

**Hunan L'Rose**  
1131 Annapolis Road, Odenton  
410-672-2928

*Chocolate*

**Kilwins**  
1407 S. Main Chapel Way, Ste. 109, Gambrills  
410-721-3771  
kilwins.com

*Crabcake*

**Hellas Restaurant & Lounge**  
8498 Veterans Highway, Millersville  
410-987-0948  
hellasrestaurantandlounge.com

*Cream of Crab Soup Outdoor Dining*

**Lures Bar & Grill**  
1397 Generals Highway, Crownsville  
410-923-1606  
luresbarandgrille.com

*Cupcakes*

**Cakes Plus**  
3325 Corridor Marketplace, Laurel  
301-490-3600  
cakesplus.com

*Deli*

**Rieve's Deli**  
8376 Piney Orchard Parkway, Odenton  
410-674-4292  
rievesdeli.com

*Dessert*

**Sugar Butter Love**  
410-310-1983  
sugarbutterlove.com

*Family-Friendly Restaurant*

**Steamed Crabs Fat Boys Crab Shack**  
1581 Defense Highway, Gambrills  
410-721-5252  
fatboyscrofton.com

*Farm-To-Table Menu*

**Organic Menu Willy's Kitchen**  
7271 Baltimore-Annapolis Boulevard, Glen Burnie  
410-761-8001  
willyskitchenandcatering.com

*French Restaurant*

**Café Bretton**  
849 Baltimore Annapolis Boulevard, Severna Park  
410-647-8222  
cafebretton.com

*German Restaurant*

**Old Stein Inn**  
1143 Central Avenue, Edgewater  
410-798-6807  
oldstein-inn.com

*Greek Food*

**Perry's Restaurant**  
1210 Annapolis Road, Odenton  
410-674-4000  
perrysrestaurant.com

*Ice Cream*

**Cold Stone Creamery**  
1310 Main Chapel Way, Gambrills  
410-451-4272  
coldstonecreamery.com

*Indian Restaurant*

**Namaste Fine Indian Cuisine**  
2510 Conway Road, #109, Gambrills  
410-721-5654  
namastemaryland.com

*Irish Restaurant*

**Molloy's Irish Pub & Grill**  
1053 Route 3 N., Gambrills  
410-451-4222  
molloyisirishpub.com

*Italian Restaurant*

**Nonna Angela's Italian Bistro & Wine Bar**  
2225 Defense Highway, Crofton  
443-584-4038  
nonnaas.com

*Japanese Restaurant*

**Otani Japanese Cuisine**

1153 Rout 3 N., Ste. K, Gambrills  
410-721-7338  
otanijapanesecuisine.com

*Local Coffee Shop*

**Bean Rush Café**

1015 Generals Highway, Crownsville  
410-923-1546  
beanrushcafe.com

*Maryland Crab Soup*

**The Crab Galley**

1351 Odenton Road, Odenton  
410-672-1272  
crabgalley.com

*Mexican Restaurant*

**Mi Casita Mexican Restaurant**

1334 Defense Highway, Ste. 1, Gambrills  
410-451-0025  
micasitainc.com

*New Restaurant*

**Ashling Kitchen & Bar**

1286 Route 3 S., Ste. 3, Crofton  
443-332-6100  
ashlingco.com

*Place to Take Out of Towners*

**Mike's North**

1402 Colony Road, Pasadena  
410-255-7946  
mikesnorth.com

*Romantic Restaurant*

**Ruth's Chris Steak House**

1110 Town Center Boulevard, Odenton  
240-556-0033  
ruthschris.com

*Scratch Kitchen*

**Founders Tavern & Grille**

8125 Ritchie Highway, Pasadena  
410-544-0076  
founderstavernandgrille.com

*Seafood Restaurant*

**Blue Dolphin Seafood Bar & Grill**

1166 Route 3 S., Ste. 201, Gambrills  
410-721-9081  
bluedolphingrill.com

*Special Occasion*

**Arturo's Trattoria**

1660 Crain Highway S., Glen Burnie  
410-761-1500  
arturostrattoria.com

*Sports Bar*

**Langway's All American Sports Bar & Grill**

1357 Defense Highway, Gambrills  
410-721-4108  
langwayssportsbar.com

*Steakhouse*

**Outback Steakhouse**

2507 Evergreen Road, Gambrills  
410-774-9227  
outback.com

*Sunday Brunch*

**Rip's Country Inn**

3809 Crain Highway, Mitchellville  
301-805-5900  
ripscountryinn.com

*Sushi*

**Fuji Japanese Steakhouse**

1406 S. Main Chapel Way, Gambrills  
410-721-6880  
jcfuji.com

*Thai Restaurant*

**Thai at Waugh Chapel**

1406 S. Main Chapel Way, Ste. 102, Gambrills  
410-415-1004  
thaiatwaughchapel.com

*Trivia Night*

**Mother's Peninsula Grille**

969 Ritchie Highway, Arnold  
410-975-5950  
mothersgrille.com

*Wings*

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The Hideaway



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# Home & Garden

60 PRIME-TIME PATIOS | 62 HOME DESIGN | 64 REAL ESTATE



## Home Resources Still in Service!

Did you know many home service providers, from landscapers to builders, are deemed essential.

And many others, like realtors, are creatively showcasing properties online. For the full list of who's operating and in what manner, visit our Home Resources list online at [Whatsupmag.com](https://www.whatsupmag.com)!



## PAVERS GO LIGHTER

Richer, more intense hues like brick reds and oranges in paver materials are being upgraded with more subtle colors like mauve, grey, and slate. The shapes are changing, as well, from harder squares and rectangles to a look with more rounded corners. *Photo courtesy of belgard.com.*

HOME DESIGN

# Prime-Time Patios

WHAT'S HOT FOR THE WARMER TEMPS AHEAD

By Lisa J. Gotto



## HANGING FURNITURE

If you have the ability to affix a hanging basket chair or even a day bed or love seat swing somewhere in your outdoor scheme, by all means do. This casual take on seating is what true outdoor living is all about. So, catch that wind, tap a nap, soothe a little one to sleep; there's more variations of this trend available than ever! *Photo courtesy of frontgate.com*

## SET TO CHANGE

While it does defy the very essence of our cherished "patio sets," watch and you will see how outdoor furniture gets more eclectic every spring for the foreseeable future. Don't be afraid to start with a few basic pieces from a standard patio set. Then feel free to add in a few seating options from another set or even a flea market find to jazz up the look and by all means—personalize it! *Photo courtesy of cococozy.com*



## NEW SHAPES IN FURNISHINGS

If this is the year you spring for a new patio set, you may be surprised to find what you'll find when it comes to shapes and style. Think rounder edges and softer hues. Also think increased comfort with extra cushy cushions and pillows. It's all about softening the look with extra fabrics like throws for crisper nights and a cozier feel and lending balance to your hardscaping. *Photo courtesy of hayneedle.com*



## FIRE PIT PATIOS

What used to be an extra is now a must-have and what a great way to extend the outdoor season well into the fall! There are two ways to make this feature happen: by adding a free-standing pit; there are many variations that include chairs for fireside chatting, or if you're in the patio planning stage you may wish to build the pit right in. With its increasing popularity, you may want this feature around for the life of your home. *Photo courtesy of belgard.com.*

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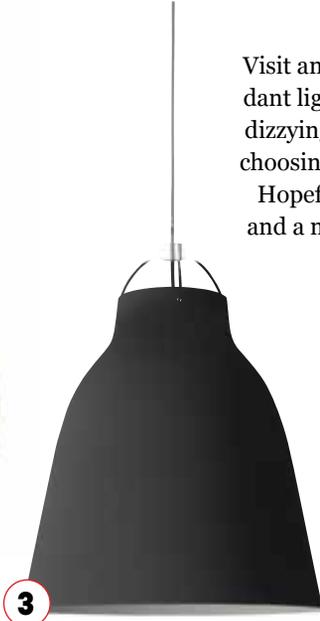
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## NEXT-DECADE PENDANT LIGHTING

By Lisa J. Gotto

Visit any website or retailer selling pendant lighting and you will be met with a dizzying array of options that can make choosing just one style seem impossible. Hopefully, a quick take on the trends and a match-your-style guide can help.



# 1

### GEOMETRY LESSON

Bulkier, geometric shapes bring a more relaxed, casual look to almost any room and are especially popular in today's modern kitchens. The bold rectangular style of this Gracie Oaks Maisie pendant chandelier with four-candle design shines plenty of light on your exceptionally good taste. \$299.85, [wayfair.com](http://wayfair.com) **YOUR STYLE:** MID-CENTURY MODERN, CONTEMPORARY

# 2

### NEXT LEVEL EDISON

Once upon a time, the Edison bulb met the Mason jar and it created a rustic and nostalgic twist on home interior lighting. So many variations on this basic style have since flooded the marketplace. As this Paxton Glass 3-Light pendant clearly shows, going clear with larger shade options is this style's next move. \$299, [potterybarn.com](http://potterybarn.com) **YOUR STYLE:** COASTAL, RUSTIC, OR FARMHOUSE

# 3

### MAKE MINE MATTE

It's all shade, no bulb when it comes to the no-fuss pendant look, and right now designers are getting many calls for matte black, although various colors with matte finishes are trending, including matte gold. Typically, three to five of this style are grouped and used above a kitchen island. This Caravaggio pendant style by Cecilie Manz for Fritz Hansen in matte black is currently a stand-out in many an all-white kitchen. \$523, [hightoweraccess.com](http://hightoweraccess.com) **YOUR STYLE:** TRANSITIONAL, INDUSTRIAL

# 4

### LITTLE BEAUTIES

These sophisticated takes on minimalism combine a simple shape that can be used subtly as one single light or grouped together for a more statement-making accessory. This Rousseau mini pendant from Hudson Valley Lighting with its colored dimpled glass adds an extra layer of visual interest and provides an obscured view of its light source, a filament bulb. \$306-572.00, [lumens.com](http://lumens.com) **YOUR STYLE:** MINIMALIST, CONTEMPORARY

# 5

### BOUQUETS OF LIGHT

Grouping together several smaller pendants into one statement-making, brightness-inducing bouquet of light works well in larger living areas, great rooms, and formal dining spaces. This Fulton Chandelier by Hinkley Lighting says you're a smart and serious homeowner who wishes not to swap looks for utility. \$1,549-2,799, [lumens.com](http://lumens.com) **YOUR STYLE:** CONTEMPORARY, RUSTIC



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# Prestigious Pendennis Mount Charmer

By Lisa J. Gotto

**P**endennis Mount is where you'll find this wonderfully updated and charming four-bedroom dream home. But, don't let the term "charming" fool you. This property offers more than 2,400 square feet of living space in an appealing Cape Cod package.

Tucked away on a quiet cul-de-sac, this home's proximity to the Severn River is ideal and offers water access for kayaking and canoeing. Situated on a mature wooded lot with tall trees, the home has a sweet backdrop for outdoor entertaining, and a large screened-in porch with an IPE deck, for many years of low-maintenance outdoor living.

From your first step inside you see the home offers attractive details. The walls of the inviting entry foyer are highlighted with chair rail and picture frame-style molding. You'll also notice there is abundant natural light streaming from the front from vertical sidelight windows and the half-glass panel front door. This light shows off the home's warm and welcoming hardwood floors which flow throughout the open-plan space. A bright, white, and newly renovated gourmet kitchen features attractive cabinetry (some have glass front doors) and a large center island with granite countertops. The first floor also offers a large formal dining room with double entry doors and more large windows looking out onto the screened-in porch.

The spacious family room flows from the kitchen to a white, bricked see-through hearth with an additional formal seating area on the opposite side that offers tranquil views to the wooded landscape. This floor also features a master bedroom suite for age-in-place living. Three additional bedrooms are located on the home's upper level.





**Primary Structure Built:** 1972  
**Sold For:** \$774,000  
**Original List Price:** \$774,000  
**Bedrooms:** 4  
**Baths:** 4  
**Living Space:** 2,438 sq. ft.  
**Lot Size:** 0.45 acres

Downstairs, there's fully-finished basement with a built-in entertainment center with bookshelves and a large exercise/workout area.

Just minutes from West Annapolis shops and the greater downtown Annapolis waterfront, this truly is one home sweet home; no wonder it sold for asking price!

"We had to move fast and make a clean, non-contingent offer to get the sellers to accept," remarked buyer's agent Liz Montaner of Coldwell Banker, Annapolis, of the highly competitive sale.

**Listing Agent:** Georgie Berkinshaw; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; c. 443-994-4456; o. 410-263-8686; gberkinshaw@cbmove.com

**Buyer's Agent:** Liz Montaner; Liz Montaner & Crew; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; c. 443-871-1143; o. 410-263-8686; emontaner@cbmove.com



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**Primary Structure Built:** 2013  
**Sold For:** \$1,325,000  
**Original List Price:** \$1,359,000  
**Bedrooms:** 3  
**Baths:** 4  
**Living Space:** 3,251 sq. ft.  
**Lot Size:** 0.26 acres

HOME REAL ESTATE

# Easy, Breezy Eastport

By Lisa J. Gotto

**T**he location, layout, and design of this extraordinarily well-built Craftsman-style home offers everything there is to love about the Annapolitan lifestyle—a true home of distinction. Situated among beautifully landscaped grounds just a stone’s throw from Spa Creek, it is an entertainer’s dream with plenty of room inside and out.

Rich, wide-planked hardwood floors greet you from the entry and throughout the first floor open-plan living space. The details on this floor are numerous and include coffered ceilings, a statement-making kitchen with luxurious quartz countertops and gracious breakfast room area, plus a separate formal dining room, living room, family room, and a generous screened-in porch.

“Selling a home of this quality is a real pleasure,” says listing agent Travis Gray of Coldwell Banker, Annapolis. “The fine fit and finish, beautiful craftsmanship, and great outdoor space make this one of the finest homes in Eastport. Add to that





great sellers, fantastic buyers, and a competent buyer's agent, and you get an ideal real estate transaction."

Upstairs, there are three spacious bedrooms including a master suite with en suite bath complete with heated floors, dual vanities, an oversized river-rock shower, and two walk-in closets with a separate dressing area.

"I wish all homes sales were this easy," says buyer's agent Travis Martz, Martz & Associates Real Estate of the no-fuss transaction. "When my clients decided to downsize from Howard County, Eastport was the logical choice. When this house grabbed their attention, they mobilized quickly to provide the sellers with enough assurance that closing would be quick and stress-free. Plus, I always know working with Travis Gray on the other side of any transaction will make things run smoothly."

And there's more to love. The lower level is finished and provides a generous space for a home office and additional living quarters. Everything a homeowner could want and more!

"This is a beautiful house in a great location," say the new homeowners. "A perfect walk downtown into historic Annapolis and around the Eastport peninsula. It's exciting to have so many restaurants close by and year-round community events. What's not to like?"

**Listing Agent:** Travis Gray; Associate Broker; Coldwell Banker; 4 Church Circle, Annapolis; c: 301-641-0809; o: 410-263-8686; TGray@CBMove.com; AnnapolisWaterFrontGuide.com

**Buyer's Agent:** Travis J. Martz; Martz & Associates Real Estate; 60 West Street, Annapolis; c: 240-426-567

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### Dr. Scott Lawrence

Graduate of Wake Forest University, West Virginia University School of Dentistry and The Ohio State University. Dr. Scott received his certificate in Pediatric Dentistry from Columbus Children's Hospital.



# Health & Beauty

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72 FRESH TAKE | 73 STANDING TALL



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# Be Careful About Bites & Stings

By Dylan Roche

On a warm spring day, you're probably eager to emerge from wherever you've spent the last few months feeling cold and cooped up. Unfortunately, you're not the only one—plenty of pests are doing the same exact thing.

Nothing spoils your time outside quite like having to deal with a bite or a sting, but it's a risk you face whether you're hiking in a natural reserved area or just hanging out in your backyard. When something does happen, it's wise to know how to handle the situation, especially if it's one where a doctor's care might be necessary.

*Here's a run-down of the critters that you're most likely to face when you're outside in Maryland, and what you can do to keep yourself healthy and safe.*



## TICKS: CARRIERS OF DISEASE

Found in all parts of the United States, ticks are common in summer and early fall. They're especially troublesome because they can transmit diseases, most notably Lyme disease, but also Rocky Mountain spotted fever. If you're going to be in a tick-infested area, be sure to apply insect repellent and

check yourself thoroughly upon your return home. Ticks are small but visible, and they commonly lodge themselves around the scalp, in the nape of the neck, and around the ankles.

If you come across a tick on yourself (or on your child or pet), remove it as quickly and as carefully as possible to reduce the risk of disease. Using a pair of small tweezers, pinch the tick and pull straight up. Do not try to squeeze or squish the tick with the tweezers, especially while it's still lodged in the skin, as this could increase risk of diseases.

You might not be able to remove the tick, or part of the tick may remain lodged; in these situations, consult a doctor. If you are able to successfully remove the tick on your own, clean the area with soap and warm water, then apply an antiseptic. Keep an eye on the area for signs of infection or disease, particularly a bulls-eye-shaped rash that indicates Lyme disease.



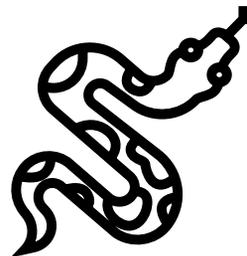
## BEES: POTENTIALLY DEADLY FOR PEOPLE WHO ARE ALLERGIC

Bee stings hurt, but they're only dangerous for people with allergies, who might suffer potentially life-threatening anaphylaxis. Signs of this allergic reaction include swelling of the lips, tongue, or throat, resulting in extremely labored, difficult breathing. There might also be an erratic pulse and violent coughing. This is an emergency and requires immediate medical assistance.

People who are not allergic to bees usually won't require a doctor's care. They may have some swelling or redness, but this will subside within a few days. It's more important that you take care to remove the stinger if it is still lodged in the skin—use a clean pair of tweezers, but do not squeeze.

Apply ice for about 15 to 20 minutes in intervals up to four times a day to reduce the swelling, and if the sting hurts, you can take an over-the-counter painkiller such as acetaminophen or ibuprofen.

The only time a bee sting will present a greater problem for non-allergic individuals is if they accidentally disrupt a hive or swarm and suffer many stings at once. In this case, according to the Mayo Clinic, the accumulation of venom from the stings could bring about a toxic reaction, causing nausea, headaches, dizziness, convulsions, and fever. If you've been stung more than a dozen times at once, a doctor's care is needed.



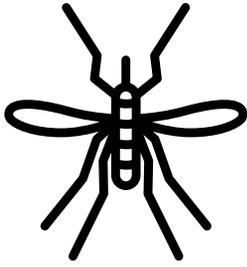
## SNAKES: BE CAREFUL AND KEEP CALM

Maryland is home to 27 species and subspecies of snakes, according to the Maryland Department of Natural Resources, but only two of them are poisonous: the copperhead and the timber rattlesnake. Copperheads are usually found Central and Western Maryland, and the timber rattlesnake is usually found in Western Maryland, primarily in Frederick and Garrett County.

If you are bitten by a poisonous snake, the National Library of Medicine emphasizes that bites can be effectively treated in an emergency room. Keeping a victim of a snake bite calm is important. Remove any constricting items, as the area may swell, and keep a close eye on vital signs: temperature, pulse, breathing, and blood pressure. If you're not sure whether it was a poisonous snake, do not wait for symptoms to appear—seek medical attention immediately. You should also call Maryland Poison Control, available 24 hours a day, at 800-222-1222.

Take precaution against snake bites by wearing suitable clothing (thick boots and long pants) if you're going hiking or camping, especially if you're going to be walking through dense grass or brush. Be careful around rock piles, stacks of old boards or wood, brush piles, or other debris. If you encounter a snake, leave it alone and do not try to capture it.

Even if a snake is not poisonous, a snake bite that breaks the skin may warrant medical attention to prevent infection or allergic reactions. Rinse and clean the wound as best you can, and but don't try to stop the bleeding unless the bleeding is severe. You might need to get a tetanus shot if you haven't had one in the past five years.



## MOSQUITOS: COMMONPLACE BUT ANNOYING

Mosquitos probably seem pretty tame compared with ticks, bees, and snakes, but these biting-prone bugs can wreck your spring and summer if your yard gets overrun with them. They are also known to carry viruses like West Nile and Zika. Be sure to eliminate any standing water around your property, particularly after rain to limit their quantity—just a thimbleful of water is enough for mosquitos to breed.

When you're going outside in an area that will likely have mosquitos, use an insect repellent made with DEET, picaridin, Icaridin, or oil of lemon eucalyptus, all of which are registered with the Food and Drug Administration and the Environmental Protection Agency indicating their effectiveness.

Most mosquito bites heal within a few days, but if your bites are bothering you, use a calamine lotion or hydrocortisone cream to relieve the itching. Mayo Clinic also recommends a paste made from baking soda and water.



HEALTH & BEAUTY BEAUTY

# The Changing Perception of Botox Injections

By Dylan Roche

It's been nearly two decades since Botox made its appearance onto the cosmetic scene, but despite the longstanding stigma the drug has in some people's minds, the culture around it has started to change in recent years. With older generations re-entering the dating scene and younger generations more conscious of their appearance, the demand remains high—but patients should still be careful about where they go to get their injections.

Botox, a brand-name drug manufactured by the pharmaceutical company Allergan, launched in 2002, offering dermatology patients an option for reducing facial wrinkles. When the drug is injected into muscles, it blocks the release of the chemical acetylcholine, the compound responsible for muscle contraction.

This block of acetylcholine paralyzes the muscles, thus relaxing them and reducing the appearance of wrinkles. The injection is done with a needle and usually takes only a few minutes with no anesthesia necessary. Patients will usually see the drug's full effects within 24 hours to seven days, and the effects last for four to six months, after which time the muscle action will return and wrinkles will reappear unless a repeated dose is administered. After several repeat doses, the facial muscles will be relaxed enough that wrinkles will no longer be as severe.

But it's not just for cosmetic uses that Botox can be beneficial. Doctors have prescribed Botox as a therapeutic treatment for conditions like chronic migraines and excessive sweating.

In other cases, its cosmetic uses extend beyond simply helping patients look younger. A clinical trial published in a March 2018 edition of *Plastic and Reconstructive*

*Surgery*, the official journal of the American Society of Plastic Surgeons (ASPS), found that Botox injections can improve the appearance of surgical scars. Member doctors with ASPS surmise this is because the muscle paralysis decreases movement and stress around a wound as it heals, which in turn prevents the scar from widening, getting larger, or getting darker.

Despite its many uses, cosmetics continues to be the primary reason for getting Botox regardless of a patient's age. Last year, ASPS reported that 50,000 cosmetic procedures had been performed on patients 55 and older. These procedures encompassed not only Botox and fillers but also liposuction, hair transplantation, and breast augmentation. This is likely because divorce rates for Baby Boomers have doubled since the 1990s, and more Baby Boomers are returning to the dating scene and wanting to look younger.

But it's not just the older generation. ASPS reported in 2017 that selfie culture has made more young people conscious of their image and in turn helped destigmatize cosmetic surgery. That might explain why Botox saw a 28 percent increase among people ages 20 to 29 since 2010.

The popularity of Botox means that many "Botox bars" have started opening up, offering consumers the option of getting injections at a spa rather than in a doctor's office. Although it is legal for non-physicians to administer Botox, be wary—the Mayo Clinic emphasizes that Botox should be used only under a doctor's care. Improperly administered Botox can be dangerous. In some cases, the toxins in the injection that paralyze the muscles can spread throughout the body. This could potentially cause muscle weakness, vision problems, trouble speaking or swallowing, vision problems, and loss of bladder control.

# Fresh Take

## STRAWBERRIES

By Dylan Roche

If you're a parent struggling to get your kids to eat well—or if you're an adult who is struggling to eat well yourself—then you should rejoice at the thought that strawberries are back in season as of late April, and they'll be at their peak now through August.

Why is this such great news? Well, the Academy of Nutrition and Dietetics notes that half of children ages seven to nine identify strawberries as their favorite fruit. In fact, the average American consumes about eight pounds of strawberries a year!

Those stats sound even better when you consider how good strawberries are for you. At only 50 calories per cup, they're a good source of vitamin C, which is necessary for body tissue repair and a healthy immune system. They also contain fiber, which helps regulate blood sugar and supports good digestion. Strawberries are even a rich source of potassium, which is necessary for fluid balance and may reduce the risk of high blood pressure and stroke.



You know the bright red color associated with strawberries? They get that color from antioxidants known as anthocyanins, which help the body stave off diseases like cancer and diabetes. A 2019 study “Flavonoids in Hypertension,” published in the journal *Current Opinions in Pharmacology*, found that anthocyanin might lower risk of heart attacks.

Because of this, you should look for strawberries that are bright red. Any green or yellow patches on the strawberry's flesh will indicate that they are not fully ripened—and unlike other fruits, strawberries do not continue to ripen after they are picked. You also want to find strawberries that are pleasantly firm, neither too hard nor too soft.

One important thing to note about strawberries is that they are often listed among the Environmental Working Group's Dirty Dozen—the fruits and vegetables most likely to have pesticides on them. If you want to ensure your strawberries are clean, set them in a colander and rinse them under cold running water. Don't use any kind of vegetable washes, which are not regulated by the



## Marinated Strawberries

1 pound strawberries  
3/4 cup goat cheese  
1/4 cup cream cheese  
1 teaspoon fresh basil  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup balsamic vinegar  
2 tablespoons olive oil

Combine olive oil and balsamic vinegar with salt, pepper and basil. Chop strawberries into half-inch cubes. Allow them to marinate in the vinaigrette for three to four hours. In a separate bowl, combine goat cheese and cream cheese. Refrigerate until ready for use. To serve, spread toasted baguette slices with goat cheese mixture and top with marinated strawberries.

## Strawberry Salad

### FOR THE SALAD:

10 ounces baby spinach  
1 pound of strawberries, washed and quartered  
1/4 cup candied pecans  
1/4 cup pistachios  
1 cup feta cheese

### FOR THE DRESSING:

1/2 cup white wine vinegar  
1/2 cup honey  
1/2 cup olive oil  
2 tablespoons lemon juice  
2 tablespoons poppy seeds

Combine ingredients for the dressing and refrigerate for two hours. Whisk the dressing once more right before serving to ensure all ingredients are blended. Toss spinach, strawberries, nuts and cheese before adding the dressing. This salad can be served with grilled chicken if desired.

Food and Drug Administration and may leave residue on fruit.

Strawberries are great to have on hand because there are all kinds of ways to incorporate them into a healthy diet. Slice them up and add them to Greek yogurt with some almonds, or toss them into a blender with banana, avocado, orange juice, and ice for an easy shake.

But if you're feeling ambitious and want to use strawberries to their full potential in the kitchen, try making marinated strawberries for a unique appetizer, or include them in a

spinach salad perfect for a spring dinner. And for dessert, a special summer occasion just wouldn't be complete without strawberry shortcake (recipe online).

# Standing Tall:

## WHY YOUR POSTURE MATTERS

By Dylan Roche

Take a moment to check yourself right now. How's your posture as you read this? Are you slouched over? Maybe your head is craning forward to see the words on the page or on the screen. If you're like most people, then yes—yes to all the above.

Most individuals suffer from weak posture. That's a big problem because posture isn't just about your appearance. Posture affects your overall health in ways you wouldn't expect. As the National Library of Medicine explains, the way you hold your body can cause pain and injuries. It misaligns your musculoskeletal system, decreases your flexibility, and affects the way your joints move. It can even make it hard for you to breathe or digest food.

*Here are a few tips courtesy of the American Chiropractic Association to help you improve your posture.*



**When standing**, keep your feet shoulder width apart with your shoulders pulled back, your stomach pulled in and your knees slightly bent. Your weight should rest primarily on the balls of your feet. Let your knees bend slightly, and hold your arms naturally down at your sides. Your head should be neither pushed forward nor drawn backward, keeping your ears aligned with your shoulders. If you are standing for a long time, shift your weight every so often, either from your toes to your heels or from one foot to the other.



**When sitting**, keep your feet firmly on the floor with your legs uncrossed and your ankles in front of your knees. Your knees should be at the level of your hips, and there should be a slight gap between the edge of the seat and the back of your knees. If you can't adjust the backrest of your chair, prop up a pillow or insert a back supporter. Most importantly, avoid sitting for extended periods of time.



**When lying down**, do so on a mattress that is comfortable and to your liking. The American Chiropractic Association recommends a firm mattress, but you can use a softer mattress if it feels better. Use a pillow, and opt for one that's specially designed for back problems if necessary. You should lie on your side or back rather than on your stomach. Put a pillow between your legs if you sleep on your side or under your knees if you sleep on your back.

will help you replace your old posture habits with new ones. Some people will find it helpful to engage in physical activities that focus on the way you hold your body, such as yoga or tai chi. You can also do exercises that strengthen your core, which will help you hold your body straight.

Let Posture Month be your chance to commit to standing straight and tall. Focusing on your body's alignment every day for 30 days will help make strong posture feel more natural and set you on the path for improved health.

Doctors, therapists, and trainers around the world recognize Posture Month each May ([www.posturemonth.org](http://www.posturemonth.org)) as a way of educating people about the health consequences of weak posture, particularly when it results from too much attachment to technology. Slouched sitting and staring at screens, whether it's your computer screen at your desk or your phone screen while you stand in line at the grocery store, stop people from developing a strong posture.

"Strong" is the way the Posture Month movement encourages thinking about posture. It's not about good or bad posture but rather about strong or weak. It's all about training, the same way balance is all about training. Posture Month encourages people to stand with their head centered above their feet and their shoulders even. In theory, you should be able to draw a line down the center of your body from your nose to your feet.

The National Library of Medicine breaks it down even further by distinguishing between dynamic posture and static posture. Dynamic posture is the way people hold their body when they're moving, such as walking or running, and the static posture is the way they hold their body when they're standing still or lying down.

In general, the best way to improve your posture is by increasing your awareness. Knowing how to stand, sit, and lie properly, and frequently reminding yourself,

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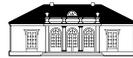
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# Dining

76 DINING REVIEW



Trout  
Amandine  
at Ashling  
Kitchen & Bar

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RESTAURANT  
REVIEW

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**DINING REVIEW**

# Keeping the Beat in Crofton

By Rita Calvert

Photography courtesy Ashling Kitchen & Bar

**T**here is a very interesting back story to a new Crofton dining spot, so named after a Gaelic dream or vision—Ashling. What a charming concept for a restaurant that grew out of co-owner Elise’s experiences as a production tour manager and, later, at Baltimore’s Lyric Theater, where she was called upon to “elevate the backstage experience” for performing artists. Experiences that she notes on Ashling’s website taught her “the value of creating community and a sense of home around a good meal and a stiff drink, wherever you are.”

This well-received, almost year-old neighborhood eatery, is a fitting brick-and-mortar complement to Elise and her business partner Saeed’s successful Ashling Market and Catering. (Check out their client list, which includes notables like John Mayer, Cardi B, and many more celebs.) The restaurant employs 50 people and the catering business employs 30, according to Saeed as he says, “I’m proud to bring that to Anne Arundel County.”

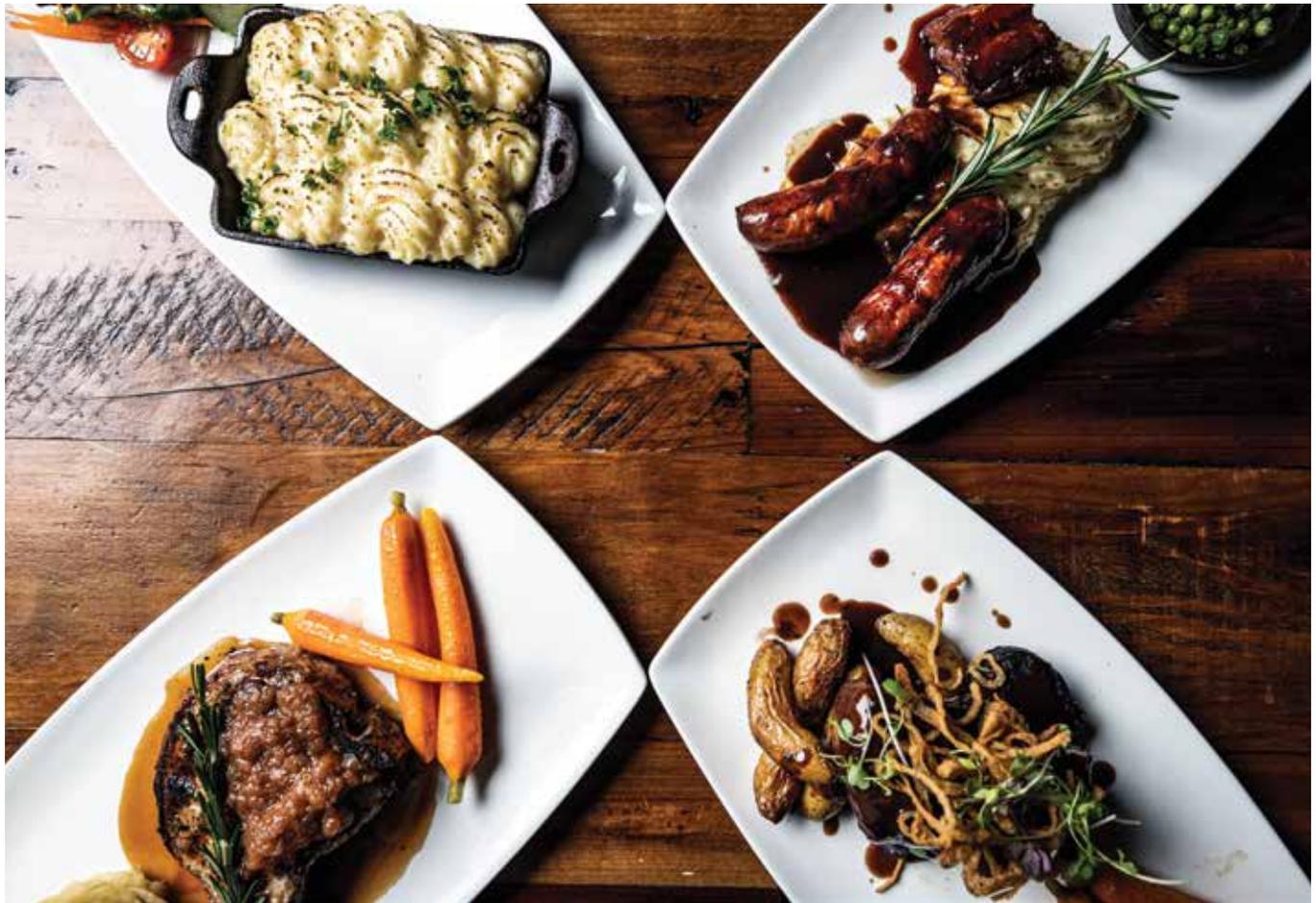
The airy new spot is hip yet welcoming—think au courant black steel and club-y feel *and* a super-friendly, gracious staff. The eye-catching large, glass-paneled, black iron-framed doors and walls and muted tones lend a modern ambiance. Tufted banquetts border one wall while individual wooden-topped tables nestle in the remainder of the dining room. The open black industrial ceiling makes the rather small room feel open while the naked light bulb fixtures add the bling. The back room for meetings or separate parties is visible through large glass paned doors and still has the fireplace from the former occupant, Christopher’s restaurant. Although perhaps comical to comment on the restrooms, we will: proof positive of owner Elise’s music background with colorful concert posters, electric pink walls, black tile with hot pink grout, and floor tile in dark silver grey with a classy trough sink. Plus, guitar shaped hooks on the door. It’s definitely had “design” attention, unlike so many restaurant restrooms.

We chose to sit in the dining room, where happy hour drink prices still apply. To start with beverages, we looked over the short and thoughtful wine list but skipped right to the house wines (\$6 with \$2 off during happy hour) because of the surprise inclusion of Prosecco,

along with simply “red” and “white.” We meant, but forgot, to ask about styles and vintners for the house list. I stuck with seltzer this eve, but my dining companion chose “market” Prosecco, an incredibly reasonable \$4 (usually \$6). The Prosecco was just right with our small plates. A full page of specially-handcrafted cocktails has been created for the restaurant, which was divided into categories of Ashling specialties, fruit varieties, spiced libations, and flower cocktails. An immense selection of bourbons, rye, and Japanese and Irish whiskeys is offered, but are not mentioned on the website—so check them out in person.

First time diners at a new restaurant often pose a challenge to the waitstaff with many questions. These folks were ready! Our waitperson, Kayla, was charmingly gracious and quick to offer check-ins with the chef on anything she didn’t know. Her tip that Happy Hour prices still covered drinks in the restaurant, even though the special food prices are limited to the bar, was much appreciated. The innovative cuisine touches on a French-Canadian specialty, a few nods to Irish dishes, some French accents like mashed potatoes mousseline from Chef Ahmed Koroma—who has had French cooking in his background—and, of course, our Americana comfort foods.





There are several categories of food to choose from, depending on your taste and appetite: options for everyone included a few soups, Irish Chili, salads, classic sandwiches (not to be overlooked is the Guinness-braised corn beef Rueben), burgers, and a vegan burger. There is a dedicated section to the French-Canadian dish, Poutine, which is based on a large base of fries (in this case, curly fries) topped with cheese curds and brown gravy. Literally, it has been described as “une maudite poutine” (a dreadful mess)...but is delicious! The Main Course menu, from which we chose our entrees, features restaurant highlights along with separate sauces to design your own dish.

Many people dine on small plates but we decided to treat them as appetizers before our entrees. The Avocado Eggroll

caught our eye, as did the Irish Chili. However, first up for us was a not-so-small plate of Ahi Tuna Tacos. Three flour tortillas coddled thick slices of tuna, blanketed with a jicama and Asian slaw, diced tomatoes, cotija cheese crumbles, and a drizzle of sriracha aioli. We also shared Nana’s Fried Green Tomato, a generous five slices *lightly* coated and dressed with tasty pimento on a bed of arugula. My friend stated it was practically worth coming back just for that.

We asked about Ashling’s bread rolls that other reviewers have touted. Now served with an herb butter rather than honey butter, we enjoyed the sweet-ish puffs.

I had my eye on the Trout Amandine as an entrée as it is not frequently offered. This Alaskan butterflied filet is dusted with a highly-spiced flour

seasoning and pan fried. Caper brown butter sauce is drizzled over, along with a scattering of slivered almonds. Kayla asked how we were enjoying our entrees and I had to admit I found the trout on the salty side. The manager went out of her way to have another trout prepared with a new and gentler dusting of flour. *Merci beaucoup!*

My dining companion chose the Retro-Shepherd’s Pie and it did not disappoint. Don’t let anyone tell you the portions here are small. This is served in a cute rectangular cast iron pan, with a generous lamb and beef ragout, vegetable medley, and nice gravy, all topped with a king-size portion of very good mousseline potatoes. The dish comes with a market salad, but my friend swapped that (and paid extra) for the Wedge Salad. It’s absolutely colossal! With excellent blue cheese

dressing (a rare treat), bacon slices, and a colorful “skirt” of sweet baby tomatoes.

The house made desserts included some traditional choices: New York cheesecake, key lime pie, and chocolate cake, along with a couple more interesting options, such as the banana white chocolate bread pudding with caramel sauce. We’ll save that for next time.

Ashling offers weekend brunch with a big menu for both the breakfast and lunch mood, daily deals to draw people in, and special happenings, such as wine dinners and holiday events.

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With close to three decades in the food, media production, marketing and public relations fields, Rita has created myriad programs, events, cooking sessions on national television, the stage and The Annapolis School of Cooking. She has partnered in writing cookbooks and product lines to showcase the inspiration, art and nourishment of food. Her work has always embodied the naturally wholesome and satisfying.



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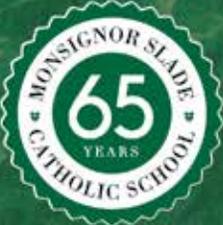
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After many weeks hibernating at home, our fearless mascot Wilma is ready to take to the skies to help others. She'll safely social distance her way to the best restaurants for take-out meals to deliver to others, collect medical supplies for hospitals, and pick up more than a few gift cards from local businesses to distribute to needy individuals and families. Can you help her along the way?

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

**Congratulations to this month's winner:**  
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