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On the Cover: Explore the bounty of businesses, services, and professionals in our Newbies & Natives Guide to the Chesapeake Bay region. Design by August Schwartz. Contact *What's Up? West County* online at whatsupmag.com. Please recycle this magazine.

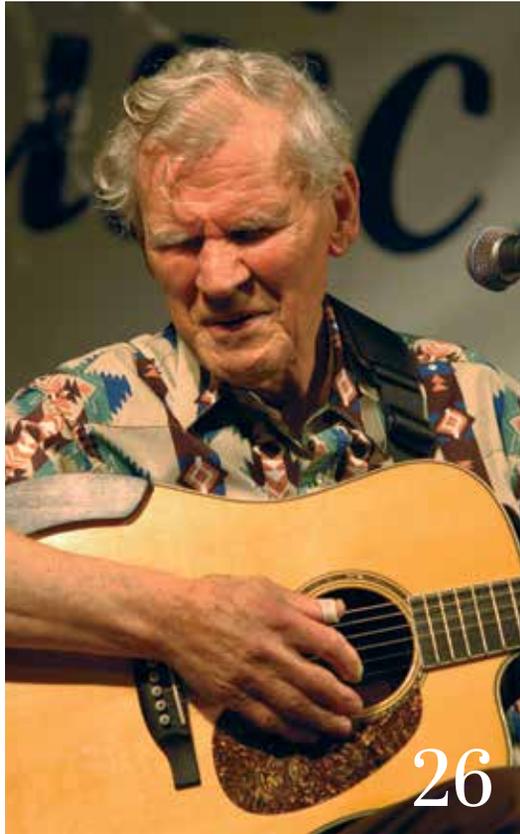
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EDITOR'S NOTE: July's event-related columns and the Calendar of Events have been removed from this issue due to the high-volume of cancellations related to the COVID-19 pandemic.

e-contents

Following COVID-19

whatsupmag.com/covid-19

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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editor *From the*

There are certainly systemic social issues that must be addressed by our citizenship and leadership across the broad spectrum of both public and private sectors. This begs the question, “What will it take to actually realize the words written into our Declaration of Independence?” That...“all men [and women, I’ll add] are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

It’s a broad question, the answer to which dives down many, many rabbit holes. I get that. And in the past 244 years, we’ve made progress. But there’s still so much more to accomplish.

In this issue, our article “Year of the Woman: Their Bond Would Not Break” reflects on the suffrage movement through the lens of the Silent Sentinels—the women who marched on Washington, in front of the White House, more than 100 years ago. They challenged the status quo, picketing and protesting for equal rights for women. A number of these ladies were jailed at Occoquan Workhouse in Lorton, Virginia, and subjected to severe physical abuse, malnourishment, and mental fatigue at the hands of their jailors. Yet they persisted and women earned the right to vote in 1920.

There are many parallels between this 100-year-old story and the call for equal rights that we are reliving today. There are lessons to learn. Lessons for each of us to take to heart, to teach others, to say, “Not all has ever been right in our nation; we can do better.”

So as we hang our American flags and light fireworks to honor and celebrate our Nation’s independence, take pause to consider that not everyone has the benefit of experiencing this independence as it’s intended. And that you and I...yes we, can be contributors to a better society. Let’s be the good apples.

James Houck,
Editorial Director

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

Our nation celebrates its 244th birthday on July Fourth and I’m proud to be an American. I’m proud to celebrate our country because—despite what we see exposed on the news and social media—there are still a lot of very fine citizens doing amazing and positive things every day within our communities, the state, and the USA. I’ve written about this before; the front-line medical workers, first responders, our teachers, parents, and neighbors, nonprofit volunteers serving the less fortunate and disenfranchised, the social justice warriors demanding equity and fairness...the list goes on. In fact, I’ll bet dollars to doughnuts that there are more ethically and socially conscious individuals than there are ignorant and morally-depraved, no matter where the GPS points. We are a nation, by and large, of good people.

We’re halfway through this year, 2020, and it already feels like a lifetime of challenges and emotions have been experienced. We’ve faced historic tribulations that will, not only, define the year, but very likely an entire generation and beyond. Did they bring us together or drive us apart? Somehow, we became accustomed to bearing witness to selfishness, social injustice, racism, divisiveness, and all manner of illogical behavior every day we turned on the television or looked at our phones. Despite my assertion that there are more good folks and deeds in our communities than bad, we seem bombarded with terrible news daily. So it’s up to each of us to shine—to shine a brighter light of empathy and action into this world than the one in which we were born. Trust me, it actually feels good.

Out on the **TownE**

7 ADVENTURES | 10 SALUTE | 12 SPOTLIGHT | 14 ATHLETE



Stoke a Camping Adventure!

It is camping season! With everything else going on, it may have slipped your mind to make reservations at Maryland's State Parks' camping grounds, but we are here to help. The process is simple, as long as you know where to start. →

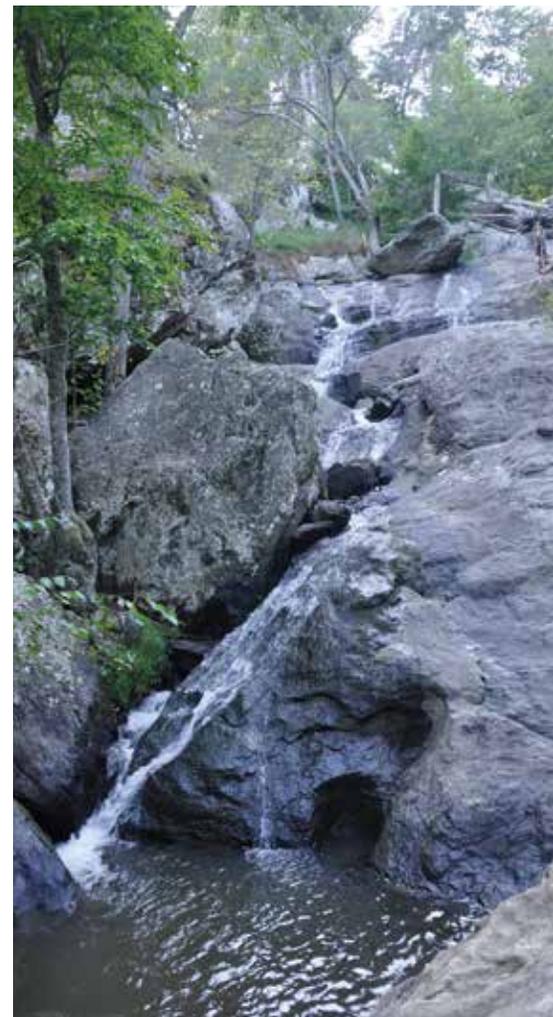
Events Have Gone Virtual!

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

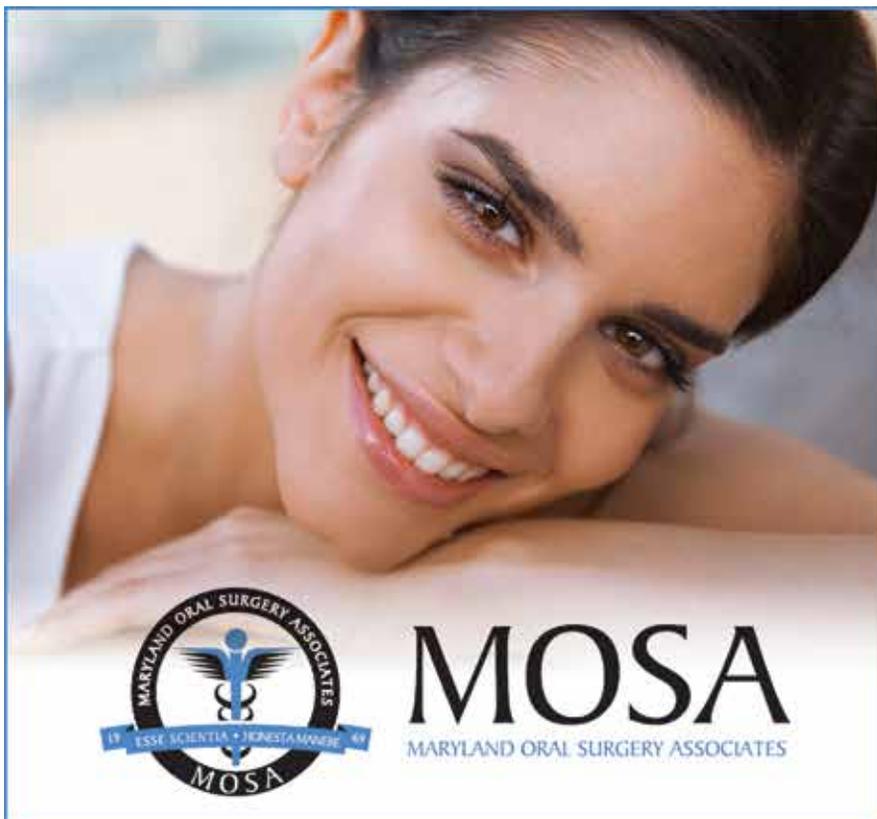
Get the scoop on great opportunities to connect with your community and interests by visiting Whatsupmag.com!

The best and easiest way to begin your search for the perfect park is by visiting ParkReservations.Maryland.gov. Here, you will be able to choose the region of Maryland you'd like to visit (Eastern, Central, Western, etc.) and whether you are reserving a campsite, a cabin, or just want to show up for the day. From there, it will ask you when you want to go, your part size, equipment you need, and several other filters (like pet-friendly camp sites). Once you put in your specifics, the website will display a map, showing all of the parks available to meet your needs. Quick and easy!

Tip. Use *Campsite Assist*. By logging into Campsitephotos.com/campsite-assist, you will be able to get text message alerts for campground availability. Use this if the campground has been sold out; they will text you if a site becomes available.



Cunningham Falls State Park



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Elk Neck State Park

Another website to make reservations for local campgrounds and those in neighboring states is Reserve America (reserveamerica.com). This site will give you all of the available campsites on a map, and give you information about each park. They will also give you a link straight to the reservation page.

Are you military? Maryland Park Service has partnered with The North Face: Explore Your Parks to offer Operation: Campout! Through this program, military individuals and military families are able to borrow a tent, chairs, stove, lanterns, and more equipment free of charge to reconnect with each other and the outdoors. The following parks take part in Operation: Campout! (and are popular for camping, in general):

- Cunningham Falls State Park; 301-271-7574
- Swallow Falls State Park; 301-387-6938
- New Germany State Park; 301-895-5453
- Rocky Gap State Park; 301-722-1480
- Patapsco Valley State Park; 410-461-5005
- Pocomoke River State Park; 410-632-2566

Other popular parks for day use and/or youth group camping include:

- Sandy Point State Park; 410-974-2149
- Rosaryville State Park; 301-888-1410
- Tuckahoe State Park; 410-820-1668
- Wye Island NRMA; 410-827-7577
- Harriet Tubman; 410-221-2290
- Gunpowder Falls State Park; 410-592-2897
- Elk Neck State Park; 410-287-5333

There are many more parks worth exploring in the far reaches of our great State. Visit ParkReservations.Maryland.gov for more details about them all. Happy trails!



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TOWNE SALUTE

Ben Harries

The Arc Central Chesapeake Region

By Lisa A. Lewis

Although Ben Harries' affiliation with The Arc Central Chesapeake Region (The Arc) began as a professional relationship while he was working on a construction project, his interaction with the organization affected him profoundly on a personal level. Indeed, as Harries (one of several owners of a building contractor in Millersville) became acquainted with The Arc, a nonprofit organization that provides support and advocacy for people with intellectual and developmental disabilities, he acquired a deep respect and admiration for its mission and immediately knew that he had to become involved.

"My friend, Doug Siekman, an architect in Annapolis, asked our firm to participate in a construction project on The Arc's headquarters building in Severn," Harries explains. "So he

introduced me to the organization, and I am so glad that he did. I had the opportunity to see a staff of dedicated people with the noble objective of treating people with disabilities as equals in a caring, loving manner and encouraging them to engage fully in the community. It was so inspiring to see the staff members have such a meaningful impact on people's lives. My wife, Sarah, and I know people who have intellectual and developmental disabilities, so this cause is near to my heart."

Harries, who has been actively involved with The Arc for the past three years, is especially impressed by the organization's leadership, and he believes that the staff members' passion and service are akin to doctors and first responders. They are highly motivated professionals who are extremely driven and want to make a difference in people's lives. He regards them as unsung heroes who aren't necessarily recognized for the work they do. But that is exactly what makes them so special: They truly love what they do, and they don't expect recognition for their valuable contributions.

An avid volunteer, Harries primarily dedicates his time to fundraising efforts and is very supportive of all of The Arc's events. The organization's major event is its annual golf tournament, which is held at The Golf Club at South River in Edgewater. Due to the coronavirus pandemic, this year's tournament was postponed from its original date and rescheduled for September 28. For the latest updates, visit thearc.org.

"He is constantly rallying his business, his family, and his community around The Arc. He cares deeply about our vision, and he advocates for our mission. Ben also opens doors for us and helps us deepen our roots in the community."

His business, BuilderGuru Contracting, Inc., is the leading sponsor of the golf tournament, and since it is The Arc's only event this year, Harries encourages donors and participants to step up more than ever to support the organization's mission. Sponsorship opportunities are also available at the time of this writing. For additional information, visit the website or call The Arc's Director of Development & Communications Catie Comer at 410-384-4072.

Harries and his team also strongly believe in giving back to the community and participate in events at The Arc. Last year, the company sponsored families at Christmas and chose gifts for them. Harries' wife and their daughter, Isabelle, 12, also took part in the holiday festivities. This event was a great way to impact the families' lives, and Harries was deeply moved when he saw both his employees and his family dedicate their time to make the holidays special for the families they sponsored.

"Ben has been an incredible advocate since he joined our cause," says Jonathon Rondeau, CEO of The Arc. "He is constantly rallying his business, his family, and his

community around The Arc. He cares deeply about our vision, and he advocates for our mission. Ben also opens doors for us and helps us deepen our roots in the community.”

“Ben is the person I know I can rely on,” Comer adds. “He’s always asking, ‘What do you need?’ [or] ‘What can I do to help?’ It doesn’t matter what it is. He finds a way to make it happen.”

At the time of writing, The Arc offices were closed in response to the coronavirus pandemic. However, since it is an essential business, The Arc is still supporting people with disabilities and helping them live as independently as possible during the crisis. And although the circumstances are uncertain, Harries is not discouraged and is looking toward the future. In fact, he views the situation as an opportunity to assess the organization’s goals and elevate its strategies. Not surprisingly, he is deter-

mined to work together to recover and come back stronger than ever.

“Volunteering for The Arc has made me a kinder, gentler person,” Harries says. “And sometimes I get emotional and even tear up a bit. Seeing the impact that the staff members have on people’s lives is a moving experience that can really tug at my heartstrings. I am so grateful to have the opportunity to help this phenomenal organization, and I am deeply devoted to the cause. It’s definitely become a lifelong commitment for me.”

For more information about The Arc, visit thearc.org.

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↑ Arundel Federal Partners with Pan Pals

Arundel Federal is honored to team-up with Pan Pals, Pandemic Pen Pals, which connects children of local, essential front-line Coronavirus workers with high school teens. The burden placed on our essential front-line workers affects the whole family, especially the kids when their parents cannot be home. Pan Pals, the vision of Severna Park High School Junior Lucy Feldman, matches volunteer teens with elementary aged school children of Coronavirus essential workers for a pen pal relationship. Children receive at least one hand-written letter per week. Upon signing up, Arundel Federal is providing each child with a Pan Pal Backpack gift bag which includes a note pad, stamps and writing utensils. There are also hopes for an Ice-Cream Social at some point in the future as the Coronavirus restrictions are lifted. "There are so many commendable outreach efforts of help and support being done right now because of the Coronavirus. This one was close to our hearts because it focuses on children. In such a disorienting environment, being on lock-down and unable to see their friends, the Pan Pal endeavor is just what these kids need to voice their feelings, make a new friend, and brighten up their day. It is our privilege to help" states Tom Herpel, President and CEO of Arundel Federal. Learn more about Pan Pals at <https://sites.google.com/view/panpals/home>.

CENTRAL MARYLAND CHAMBER OF COMMERCE ANNOUNCES NEW PRESIDENT AND CEO

The Central Maryland Chamber of Commerce announced that Kristi Simon will serve as the Chamber's next President and CEO, effective this past April. Simon has significant experience in leading private business, nonprofit, and chamber organizations, previously serving as Director of Operations at Community Action Council of Howard County. After managing her own small business and volunteering for the Howard County Chamber of Commerce for several years, she accepted the position of Legislative Affairs Coordinator in 2010. She subsequently over the next eight years progressively assumed higher level leadership roles, such as Director of Events and Vice President. The selection of Simon as the Chamber's next President and CEO comes after an exhaustive six month, national search facilitated by the Chamber Board and Search Committee, chaired by Sonja Gladwin, Board Chair.



CFAAC COMMUNITY CRISIS RESPONSE FUND HAS AWARDED \$122,000

The Community Foundation of Anne Arundel County (CFAAC) recently distributed a second cycle of grants through its Community Crisis Response Fund. To date, CFAAC has distributed 58 grants totaling \$122,000 to 47 local nonprofits providing funding for food security and support for basic human needs during the COVID-19 crisis. CFAAC established the Community Crisis Response Fund in 2018 in order to react quickly and efficiently to unforeseen needs in the community during times of crisis. This Designated Fund provides flexible financial support to trusted nonprofit partners across Anne Arundel County who are responding to the most critical needs of our community. Currently, all funds raised through CFAAC's Community Crisis Response Fund are being used to meet the fast-emerging, immediate, and long-term needs posed by the COVID-19 virus.



↑ Rockbridge Academy Students Honor Health Care Workers

Rockbridge Academy upper school students assembled a virtual collage to honor health care workers and first responders on the front lines of the COVID-19 crisis. The message praises workers for selflessly "maintaining courage and bravery through dangerous times," as student Rachel Lee says. The collage has been posted on the school's Facebook page. The students also found ways to serve the community together. In addition to creating the collage, they have written letters to hospitalized COVID patients, reached out to isolated elderly friends, and collected baby supplies for an Annapolis community suffering from COVID-related unemployment.

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TOWNE ATHLETE

Eve Vickery

Chesapeake High School Field Hockey, Indoor & Outdoor Track

By Tom Worgo

Recent Chesapeake High School graduate Eve Vickery plays field hockey non-stop. After Vickery’s high school season ended, she competed for the Odenton-based Freedom Hockey Club team in the winter and participated in the USA Field Hockey Futures championship tournaments at the same time.

During her first three years at Chesapeake, she played club hockey in the spring and attended camps in the summer. Practice with friends on the turf was incessant and consistent. “It’s a never-ending job,” Vickery says. “I am really dedicated and passionate about it. I have been able to travel to different states and talk to players about their experiences. It’s helped shape my life.”

Former Chesapeake Field Hockey Coach Joan Johnson says Vickery’s dedication makes her “better than a lot of college goalies.”

“She is 24-7 with field hockey,” Johnson says. “Year-round. If she is not playing, she is working out at the gym. That’s her.”

The 5-foot-5-inch Vickery will play at the University of Delaware in the fall on a field hockey scholarship. She’ll major in medical diagnostics with an eye on becoming a doctor. “I love the coaching staff,” says Vickery, who carried a weighted 4.66 grade-point average. “They do a really good job of incorporating the goalie into drills. They make you feel like part of the team. It’s a really big deal for me because I have been to camps and they just want you off to the side.”

Delaware Field Hockey Coach Kerry Kiddoo says Vickery is close to the perfect student athlete.

That’s what attracted the school’s coaching staff.

“It’s a never-ending job. I am really dedicated and passionate about it. I have been able to travel to different states and talk to players about their experiences. It’s helped shape my life.”

“She is very smart and academically is off the charts,” Kiddoo explains. “She has definitely been on our radar for a long time. We got to know her through a lot of events at Delaware and we love her potential. We are very fortunate to have someone of her caliber. Her agility, quickness, and strength are really great.”

Vickery’s accomplishments playing club and for the USA Field Hockey Futures program jump off the page. Four times she played for the National Indoor Championship. Three times her team advanced to the National Futures Championship and her team came away with a silver medal last year.

One of her biggest achievements in an eight-year career was making the USA Field Hockey Junior Olympics U-16 team in 2017 in Michigan. “It helped me get recruited, and get my name out there,” Vickery says of playing in the National tournaments. “It’s helped my skill-level improve,

make connections, and getting to know people, which is really important.”

Vickery capped her Chesapeake career with an eye-catching award. In December, The Maryland State Field Hockey Coaches Association named her in December its Defensive Player of the Year after she recorded the highest save percentage of her career (88 percent) and the lowest goal-against average (0.73).

“I didn’t expect that at all,” Vickery admits. “There are so many amazing players in the state. It helped me realize how much hard work and effort I have put in over the years.”

She started her career with a flourish as a sophomore, beating out a senior goalie and leading the Cougars to a Class 3A state championship by posting nine shutouts and a 1.00 goals-against average. Vickery also broke two school records; a 36-year-old mark for career saves (386) and a 37-year-old record for saves in a game (33), held by her coach, Johnson.

“She is so fast,” Johnson says. “She can go side to side better than most goalies. She can go down, make a slide-tackle save, and be back up with her hands in the air right way if they try to shoot high. She’s the boss directing traffic and seeing other things coming down the field that others didn’t.”

The 18-year-old Vickery also competed in track.

She ran indoors for three years and outdoors for one season. That made her a better field hockey player. “It’s about perseverance,” Vickery says. “Sometimes, you might not want to run, but I knew I had to do it if I wanted to be the best field hockey player I can be. As a goalie, you need to be quick and we did a lot of short sprints that helped me.”

Johnson says Vickery has worked as hard as any player she has coached in seven years, but she recalls when the goalie wanted to stop playing the position. “She came to me after her freshman season and said, ‘I don’t want to play goalie anymore,’” Johnson says with a laugh. “I am not sure why, but I convinced her to stick with it.”

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



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

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Lucy Burns
in Occoquan
Workhouse,
Lorton, Virginia in
November 1917.

Their Bond Would Not Break

The Night of Terror in Occoquan served to solidify the determination of the Silent Sentinels and the suffrage movement in America **By Ines Alicia**

Five prison guards held down Lucy Burns as a doctor shoved a tube up her nose to force feed her three times per day. The 38-year-old had launched a hunger strike one week earlier after being beaten and tortured for seeking the vote for women in 1917.

“I refused to open my mouth,” Burns wrote of her experience on tiny scraps of paper which were smuggled out of the jail, according to Burns’ fellow prisoner, Doris Stevens in her book, *Jailed for Freedom: American Women Win the Vote*. Stevens was sentenced for 60 days for picketing at the White House. The doctor “pushed tube up left nostril,” Burns said. “It hurts nose and throat very much and makes nose bleed freely. Operation leaves one very sick. Food dumped directly into stomach feels like a ball of lead.”

Burns and 32 other women, whose ages ranged from 19 (Matilda Young) to 73 (Mary Nolan), were imprisoned at the Occoquan Workhouse in Lorton, Virginia, on charges of unlawful assembly and obstructing the sidewalk after peacefully protesting in front of the White House on November 10, 1917. Some were sentenced for six days while others, like Burns, received six months, wrote Stevens. Their 13

days in the prison eventually drew national media attention for the prison administration’s brutality and its extensive efforts to keep their stay and treatment secret from the public.

“The women who were imprisoned were so committed to the idea that all women get the vote that they were willing to give their lives for it,” says Laura McKie, director of the recently opened Lucy Burns Museum in Occoquan Workhouse. “It was a pretty awful experience.”

The Night of Terror, which really should have been called Thirteen Days of Terror, began after prison superintendent William H. Whitaker became enraged with the women for refusing to agree to stop picketing the White House once released, for protesting their treatment and prison conditions, and for seeking to be declared political prisoners. Political prisoners had less supervision, greater freedom of dress and movement, didn’t have to do prison work like sewing and laundry, and could receive visitors, says Alice Reagan, an associate professor of history at Northern Virginia Community College and a key player in developing the new museum.

Guards launched the Night of Terror on one of the women the suffragists considered the most frail, Dorothy Day, who spent the rest of her life dedicated to helping the poor. She



Cell blocks at Occoquan Workhouse, ca. 1917.



Lucy Burns (standing in middle) speaks to women and men in 1910 about women's suffrage.

Women hold banners at the White House gates January 11, 1917, the day after their "silent sentinel" campaign for the women's right to vote began. The banner on the right reads, "Mr. President, what will you do for woman suffrage?" The campaign was organized by Alice Paul and the National Women's Party after President Woodrow Wilson refused in a meeting held January 9th to openly support women's suffrage.



co-founded the Catholic Worker Movement, a collection of autonomous communities dedicated to living "in accordance with the justice and charity of Jesus Christ."

"They twisted my arms above my head, lifted me, and slammed my back twice over a bench," said Day, who was 20 at the time and who is being considered for sainthood by the Catholic Church for her work. One of the men told her, "I will put you through hell."

The guards then turned their rage on suffragists Dora Lewis, Nolan, and Alice Cosu.

"A man sprang at me and caught me by the shoulder," said 73-year-old Nolan. "I remember saying, 'I'll come with you; don't drag me; I have a lame foot.' But, I was jerked down the steps and away into the dark. There was no light but from the corridor. Then they threw in two mats and two dirty blankets. (Mrs. Cosu and I) had only lain there a few minutes trying to get our breath, when Mrs. Lewis was literally thrown in."

Nolan said guards grabbed Lewis "like a sack of flour," smashing her head into an iron bed frame and knocking her unconscious for the evening, according to Cindy L. Bennett, author of the book *Wicked Fairfax County*.

Cosu, believing Lewis, 55, was dead, suffered a heart attack.

"Mrs. Cosu became desperately ill with chest pains and vomiting," said Nolan. "We called for help, but guards nearby ignored us."

Burns, an Irish Catholic from Brooklyn, became concerned after hearing the racket from the other cells. She launched a verbal roll call to check on the status of the other women, infuriating the guards who threatened to put a horse's bit in her mouth to silence her. They stripped Burns down to her petticoat, shackled her to her prison cell door with her arms over her head, and forced her to stand in that position all night in her unheated cell.

Another suffragist, Emily Du Bois Butterworth, said she was taken to the section of the prison where males were held. "They told me I was alone and the men could do what they pleased with me."

"It (The Night of Terror) helped turn public opinion to being more sympathetic to what the women were asking for," Reagan says. "People began to ask, 'what are you doing in the Occoquan Workhouse?'"

The guards would taunt the women with fried chicken and other tasty foods to try to get the women to resume eating. They would tell each of the women that the other women had stopped their hunger strikes. The women began to starve themselves in protest and the jailers feared being responsible for their deaths, so they force fed hunger strikers through a tube via the nostril or throat.

“Dr. Gannon then forced the tube through my lips down my throat; I gasping and suffocating with the agony of it,” Lewis later wrote of being force fed. “I didn’t know where to breathe from and everything turned black when the fluid began pouring in. I was moaning...Finally the tube was withdrawn. I lay motionless.”

Yet, none of the women gave in.

Initially, family and friends had no idea where the women had been imprisoned; they expected to find them at the D.C. Jail since they were arrested in Washington, D.C., at the White House. Instead, the women were transported by train to Lorton, Virginia, 30 minutes south of Washington. Once family and friends knew their location, the prison’s superintendent prohibited any visits, including from their lawyers. The women bribed guards to smuggle information about their stay to the public, but Whitaker asked U.S. Marines to surround the prison so no more information could be leaked.

An attorney, Dudley Field Malone, desperately tried to expose the maltreatment of the women and get them released. He eventually secured their release by challenging the government’s decision to imprison them in Virginia instead of D.C. where they were charged for violating the law. Prison superintendent Whitaker tried to circumvent the court order to bring the women to an Alexandria court for a hearing. He cut the phone line to the prison and disappeared for several days so he couldn’t be served with the court order.

“On November 23, the 26 suffragists who were still serving time were brought into the Alexandria courtroom,” wrote Bennett in *Wicked Fairfax County*. “The women appeared dazed, ashen and weak. Some did not have the strength to sit and ended up lying down on the court benches.”

The judge ordered the women be transferred to the D.C. Jail to complete their sentences.

The women resumed their hunger strikes and President Woodrow Wilson, fearing they would die, intervened and had them released on November 27–28.

Wilson believed individual states, not the federal government, should decide if women should be allowed to vote and he was initially amused when the women wearing purple, cream, and gold banners began protesting in January 1917 six days per week in front of the White House. On occasion, he would invite them in for tea. The protestors became known as the Silent Sentinels because they initially protested in silence. They were frustrated that it was taking so long to convince each state to give women the vote and they wanted a constitutional amendment to make it possible for women to vote across the country. Women could vote in Russia, Finland, and other Scandinavian countries.

The suffragists decided it was time to hold parades and protests; tactics not used before by women in the United States, but had been employed by British women, known as suffragettes there, to gain media attention. Burns and suffragist Alice Paul met in a jail in Britain after participating in the British movement while studying at universities there. They learned many of the techniques used and sought to employ them back home in the United States. Some U.S. women, however, felt squeamish about protests and parades because they were seen as militant and unwomanly. Every day, the protests had a different theme—they had college day where college-educated women would protest and they had State Day where women from different states, including Maryland, would protest in front of the White House.

The women faced hostility and angry crowds at times. The public felt they should focus their energies on being homemakers and supporting the war effort and soldiers in World War I. The suffragists refused to wait until the war ended. They recalled suffragists stopped pursuing the vote for women during the U.S. Civil War (1861–1865) because they were promised that if they helped with the war effort, their ideas on women voting would be entertained. Yet, 50 years later, women were still trying to have that discussion.

“A lot of people thought they were unpatriotic to continue picketing during the war,” McKie says. “These women were educated, worldly, had

A FORMIDABLE DUO

Graduate students in England at the height of the British suffrage campaign, both Paul and Burns were drawn into the movement. They met there in jail in 1909, where they were held for disturbing the peace during a demonstration. They were jailed together once more, enduring a hunger strike and force-feeding. Though they did not condone violence or vandalism, they witnessed—and learned from—the British movement’s radical, confrontational tactics.



Alice Paul—Born in New Jersey in 1890, Paul held a degree from Swarthmore College and a PhD from the University of Pennsylvania. In 1907, her social work studies took her to England, where she joined the British suffrage movement led by the Pankhurst family.



Lucy Burns—Burns, a graduate of Vassar College from Brooklyn, also studied at Yale, Columbia and universities in Bonn and Berlin, Germany. She became a suffragist while studying at Oxford University. Burns’ activist energy complemented Paul’s studied, thoughtful manner.



traveled, and had experiences and opportunities that hadn't been possible a generation before. They were angry when World War I started and that they didn't have a say."

Wilson, the police, and, to some extent, the public saw the protests as embarrassing. Wilson ordered federal law enforcement officers to trail the participants and had the protestors arrested. When the protests continued, authorities became more aggressive, charging them fines, which if they paid meant they also were pleading guilty. Most of the arrested women chose instead to spend a night in jail.

"The women were middle- and upper-class ladies who you'd expect to be taking tea instead of picketing the White House," McKie explains. "But, women at the time basically had no rights. When they worked, their wages could be taken by their husbands or fathers. When there was a divorce, the kids were given to the fathers. They couldn't own property. When they married, whatever the family gave them became property of their husband's."

Voting at the time was largely conducted in bars, no place for a woman. Women sought more family friendly policies, including laws

to strengthen consumer safety and improve education and economic opportunity. People worked six days per week at the time and women had no say on how their family's earnings were spent nor could they get loans or go to college.

"Women saw that getting the right to vote was a way to get politicians to support family-friendly policies," Reagan says. "They said, 'I want to vote to make a better life for my family.'"

After six months of protests, the crowds became more violent with the protestors. They often ripped their banners while mocking, deriding, and shoving the women, particularly after Wilson met with a Russian leader to encourage Russia to continue to support the war effort to encourage democracy around the world.

"The (suffragists) highlighted the government's hypocrisy of supporting democracy abroad while denying its women citizens at home the right to vote," according to a Library of Congress brochure titled *Shall Not be Denied: Women Fight for the Vote*.

The arrests of the suffragists grew more frequent. By the time the 33 women were arrested in November, right before the Night of Terror, authorities, citing frustration and anger with the women and multiple arrests, upped the stakes to try to coerce the women to stop protesting. They shipped the women to Lorton.

Author Kate Clarke Lemay wrote in her book *Votes for Women*, "Daily life in Occoquan (Workhouse) was meant to be miserable. The women wore coarse fabric dresses, labored in the heat of the gardens with their blistered hands, spent hours in the sewing room."

A guard who claimed she was fired for being friendly with the imprisoned suffragists, alleged in an August 30, 1917, article in the *Alexandria Gazette* titled "A Woman's Charges" that the workhouse food was wormy; bedding was seldom changed, going unwashed even if a new prisoner was assigned the bed of a released prisoner; prisoners were all required to use the same bar of soap; the suffragists' mail was not delivered to them; and that the superintendent and his son beat prisoners.

"You get the sense (Whitaker) wasn't a big fan of women from what we've read about him" Reagan says. "He had already been

investigated for violence on the prisoners before the women arrived.”

By 1918, Wilson, who had two daughters who supported suffrage, changed his opinion in support of a federal amendment to grant women the vote “and he had to do a lot of arm twisting” to get it passed in the House of Representatives, asserts Reagan. The U.S. Senate refused, but an election shortly after changed the composition of the Senate and the amendment was passed. Suffragists struggled through numerous challenges for the next two years trying to get ratification from a three-fourths majority of states. Tennessee became the 36th state to ratify, giving women the right to vote on August 26, 1920. Three months later, women across the country voted for president for the first time.

“It is incredible to me that any woman should consider the right to full equality won,” wrote suffragist Alice Paul of the events. Paul and Burns formed the National Woman’s Party to push for a Constitutional amendment to give women the vote. “It has just begun.”

Reagan said she gets frustrated when she hears voters, particularly women, take the vote for granted. She quotes one of her favorite posters which says, “She was not force-fed eggs and milk so you could not vote.”

“I say to all of my students, ‘If you didn’t vote, I don’t want to hear your complaints,’” Reagan says.

U.S. women battled for the right to vote for more than 70 years before the 33 women were imprisoned. The women’s fourth night in the prison, November 14, 1917, known as the Night of Terror, however, changed the trajectory of the movement to secure voting rights for women nationally. Though the suffragist movement still overcame many challenges and difficulties after the women’s imprisonment, the Night of Terror seemed to fast track the effort. Three years later, women were allowed to vote with passage of the 19th Amendment to the U.S. Constitution. The protestors, known as suffragists, though, were so traumatized from being beaten, choked, dragged, clubbed with batons, and force-fed by the guards during their imprisonment that some of them never participated in suffrage efforts again. Burns left the movement after passage of the amendment and focused her life on raising a niece.

“These women were the strongest women,” McKie says. “They willingly went to jail, purposefully resisted their treatment, decided to do hunger strikes, and would have probably been dead if not force fed. We need to honor that commitment. We need to get out and vote. The museum doesn’t tell people how to vote; just that it is our responsibility to vote.”

The Lucy Burns Museum, located in Building Two, highlights the sacrifices and hardships suffragists endured so all women could vote in the United States. McKie, who volunteers as director of the museum after retiring from the Smithsonian Institution, says museum visitors see the suffragist exhibit, a prison cell depicting the forced feeding of the women, and a section on the history of the prison and reformatory in Lorton. McKie says she plans to open four additional prison cells in the future, hopes to launch an oral history project, and produce signature films for their theater once they secure additional funding. She also proudly noted the Girl Scouts offers an opportunity to earn a patch by visiting the museum.

“Lucy Burns has the distinction of being jailed more often than anyone in the National Woman’s Party,” says Page Harrington, author of an upcoming book called *Interpreting the Legacy of Suffrage at Museums and Historic Sites*.

Reagan says it is important to have a museum dedicated to the suffrage movement.

“It is very satisfying to see this museum come to fruition,” says Reagan, a docent at the Lucy Burns Museum. “So many museums just have a panel on women’s contributions. Women’s history is not really highlighted. There are only a few museums out there that have to do with women. People walk into this museum and they’ll often say, ‘we didn’t know this happened.’”

The grounds of Occoquan Workhouse and buildings were converted into art galleries, apartments, a golf course, two parks, and a museum after being sold to Fairfax County in 2002.



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



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The Best of West County Beauty & Fitness 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 the best salons, spas, and gyms. 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 vendors on this list are creatively offering online classes, instruction, tips, and beauty tricks; and offering gift cards for purchase. Please support these local businesses as they—like us—navigate, adjust, and creatively survive the COVID-19 situation. Thank you!*

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667-307-4956
purebarre.com

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Adapt Fitness Studio

8258 Veterans
Highway, Ste. 17,
Millersville
443-685-3221
adaptfs.com

Bridal Hairstyling

Bridal Makeup

UpDos for I Dos

8955 Guilford Road,
Ste. 150, Columbia
updosforidos.com

Chemical Peel

Lisa C. Kates, MD, Center for Dermatology and Skin Care of Maryland

2200 Defense
Highway, Ste. 201,
Crofton
410-451-5500
dermofmd.com

Children's

Fitness Class

Mixed Martial Arts

Vuong's Martial Arts

1117 Route 3 North,
Gambrells
410-721-4400
vuongs.com

Circuit Training

Personal Trainer at a Gym

Excellence in Fitness

1023 Benfield Boulevard,
Millersville
410-987-1003
excellenceinfitness.com

CrossFit

Old Line CrossFit

301 Najoles Road,
Stes. 201-202,
Millersville
301-969-1848
oldlinecrossfit.com

Customer Service Medi-Spa

Effective Integrative Healthcare

683 Old Mill Road,
Millersville
410-846-9067
eihmd.com

Dance Class

Arts 'n Motion Dance Studio

8251-B Telegraph
Road, Odenton
410-674-7001
artsnmotion.com

Day Spa

Robert Andrew Salon & Spa

1328 Main Chapel
Way, Gambrells
410-721-3533
robertandrew.com

Deep Tissue Stone Massage

Life Essence Wellness Center

1153 Route 3 North,
Ste.23, Crofton
301-219-5144
lifeessencemassage.abmp.com

Eyebrow Care Facial

Sunflower Skincare

1153 Route 3 North,
Crofton
240-286-8498
sunflowerskin.care

Eyelash Extensions Microblading

Lash Moi

1166 Route 3 South,
Ste. 108, Gambrells
410-721-5274
lashmoi.com

Fabulous Haircut

Brenda Benfield of Mixed Elements

1166 Route 3 South,
Stes. 109-110,
Gambrells
443-292-4329
mixedelements.me

Salon Pampering

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1625 Crofton
Centre, Crofton
410-451-4653
goldsgym.com

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Crofton Yoga

2431 Crofton Lane,
Ste. 11, Crofton
410-451-1625
croftonyoga.com

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Yoga Instructor

Kimberly Murphy at Crofton Yoga

See above

Reiki Practitioner

Jennifer Mullin of Crofton Yoga

See above

Gym

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8251 Telegraph
Road, Ste. A,
Odenton
443-788-8588
mooremuscle-healthandfitness.com

Lifestyle Coach Weight-Loss Program/Regimen

Adam Moore of Priority Health and Fitness

See above

Manicure

Pedicure

Amberie Nail Spa

1153 Route 3
North, Crofton
443-454-4364 or
443-852-3415
amberienails.com

Martial Arts for Children

Jing Ying Institute Kung Fu & Tai Chi

1195 Baltimore Annapolis
Boulevard,
#6, Arnold
410-431-5200
jingying.org

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Natural Fades

1629 Crofton Center,
Studio 1, Crofton
443-254-8667
naturalfades.com

Men's Haircut

The G Cut Barbershop

1631-A Crofton
Center, Crofton
410-774-9240
thegcutbarbershop.com



Pilates Class

Club Pilates

2101 Concord Boulevard, Ste. F, Crofton
240-847-4441
clubpilates.com

Pool/Swim Facilities

North Arundel Aquatic Center

7888 Crain Highway South, Glen Burnie
410-222-0090
aaccounty.org

Salon for Coloring

Image Creators

568F Ritchie Highway, Severna Park
410-544-8852
imagecreatorssa-lonandspa.com

Spin Class

Instructors

LA Fitness

2625 Brandermill Boulevard, Gambrills
410-774-0350
lafitness.com

Tattoo Artist

Tom Beasley of Dragon Moon Tattoo Studio Inc.

208 North Crain Highway, Glen Burnie
410-768-6471
dragon-moon.com

Tattoo Parlor

Red Octopus Tattoo

2431 Crofton Lane, Crofton
443-292-8681
redoctopustattoos.com

Therapeutic Massage

Rejuvenations

Therapeutic Massage & Bodywork

2416 Mountain Road, Pasadena
410-360-4006
rtmassage.com

Tween Dance Class

Jazzercise Crofton

Fitness Center

1119 Route 3 North, Gambrills
443-223-4779
jazzercise.com

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SEARCHING FOR

“THAT HIGH
LONESOME
SOUND”

By Frederick Schultz



Where and when bluegrass music originated doesn't matter much to folks in the D.C./Maryland/Virginia corridor (dubbed the "DMV") as the area continues to be a hotbed for old-time, acoustic, Americana music



was a magical night and a year in the making. The Rams Head On Stage concert venue on West Street in Annapolis was recently brimming with hot licks and

high-lonesome harmonies— sold out for the 20th anniversary of the Good Deale Bluegrass Band. Tim and Savannah Finch were back. Forced to cancel their annual appearance at the same venue the year before when Savannah was sidelined for health reasons, their performance this night was in several ways a gift and a triumph.

The group, now known as “Tim and Savannah Finch with the Eastman String Band,” includes Tim (a sales rep for the Eastman company of fine stringed-instrument crafters) on vocals, mandolin, and banjo, Savannah on vocals and guitar, fiddling “Baltimore Jonny” Glik, Danny Stewart on stand-up bass, and a blazing young guitar picker named Chris Luquette, who often plays with the Eastman String Band. Tonight, the crowd was told, Luquette had just traveled from the Grammy Awards program in New York to be there for this special show. Also appearing with the anniversary band was dobroist Alex Sens, capably filling in but certainly not replacing the late, great, former Good Deale Bluegrass member Mike Auldridge, who, *The New York Times* wrote in a tribute, lent “fresh elegance” to the dobro.

Joining the lineup for the second set were long-time Good Deale friends and bluegrass greats Dudley Connell and Sally Love Connell and 2013 International Bluegrass Music Association Instrumental Performer and Banjo Player of the Year, Mike Munford. After masterful renditions, especially of the Lester Flatt and Earl Scruggs classic “Some Old Day” and a rousing instrumental “Alabama Jubilee,” everyone in the house agreed that bluegrass music in this town has lost none of its luster. But are these still glory days, or is general interest in bluegrass fading?





The Del McCoury Band
at a recent performance. Creative Commons License.

Where Did Bluegrass Come From?

The bona-fide home of bluegrass is still up for debate, now 90-odd years hence. Whether it was at a rural square-dance hall in Indiana that led to performances broadcast over the entire eastern half the country on WLS radio's "National Barn Dance" in Chicago, or the back room of some fledgling record company among those setting up shop in Nashville, bluegrass was little more than just a product label at the time. To borrow from the lyrics of a hit song released in 1982 by the popular country band Alabama, "mountain music" was "like grandma and grandpa used to play." As it turns out, Alabama might have been onto something there.

According to *Bluegrass: A History*, an authoritative, exhaustive volume acclaimed by aficionados and written in 1985 by Neil V. Rosenberg, what eventually became known as bluegrass actually did start before anyone ever performed it for money. Rosenberg, himself "a semiprofessional bluegrass musician" and at the time a professor of folklore at Memorial University of Newfoundland (St. Johns), Canada, writes that immigrants who settled in the Appalachian hills and the eastern piedmont of this country principally played music they'd imported from home—known derisively as "hillbilly" by outsiders—for their own entertainment.

Blue Grass Becomes Bluegrass

As those immigrants started migrating to higher population centers during the Great Depression to find work, and after radio and recorded music became more accessible, a mandolin player and entrepreneur named Bill Monroe formed a band in Indiana he called "The Blue Grass Boys." It wasn't long before the name stuck. Over the years, a total of 143 blue grass boys have been on the Monroe payroll at one time or another.

"Like all myths," Rosenberg laments, "those of country music are based on



Bluegrass phenom **Billy Strings** performs. His performance has sold out venues nationwide. Photo by Emily Butler.

truth but not necessarily the whole literal truth. Bill Monroe was and is the central figure in bluegrass, but he and his music were molded by culture and circumstance.” The combination of unamplified and unaltered guitar, mandolin, banjo, fiddle (don’t call it a violin), and later bass fiddle—at a higher “dupal-meter” tempo and accompanied by separate high-octave vocal harmonies—became its own style. And it has risen and fallen with commercial music’s fickle definitions of quality and popularity.

Television networks were responsible early on for spreading some of the bluegrass gospel. The Dillards made their debut appearance in 1963 as the Darling family “boys” in the 1960s series *The Andy Griffith Show*, and Lester Flatt and Earl Scruggs (both former Blue Grass Boys) guest-starred on *The Beverly Hillbillies* from 1963–68. In 1969, the country-music variety show *Hee-Haw* (cohosted by Roy Clark, who grew up in the Washington, D.C., area) became one of the most popular series in TV history.

A Big Revival

In an interview for the February 1988 *Country Journal*, blind-from-birth old-time guitar virtuoso Doc Watson recalled: “It seems like there have been revivals in this kind of music all along, a recurring thing. There was a lull in it at

the end of the ’60s, and then all at once in the ’70s it began to grow again...The ‘Circle Album,’ they call it...got us heard in a lot of audiences where we never would have been heard otherwise.”

What Watson was referring to, of course, was the Nitty Gritty Dirt Band’s 1972 ensemble of picking and strumming legends gathered together for the platinum-selling triple album *Will the Circle Be Unbroken*. That, along with the release the same year of the movie *Deliverance*, featuring the unlikely hit “Dueling Banjos,” and Jerry Garcia of the Grateful Dead sitting down on banjo to record—with fiddler Vassar Clements, mandolinist David Grisman, bassist John Kahn, and guitarist Peter “Panama Red” Rowan—for the release the following year of the classic old-timey album *Old and in the Way* helped bring on the resurgence that Watson was talking about.

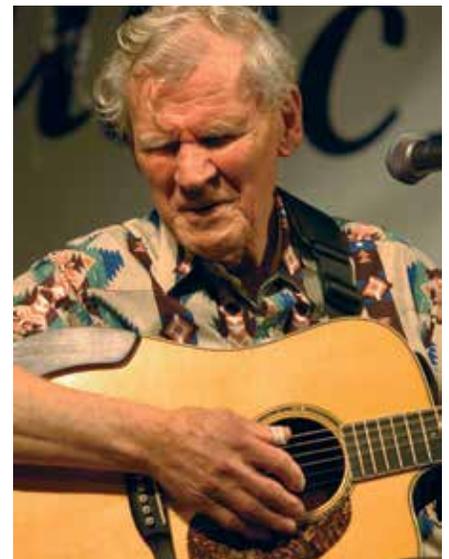
Another spike of interest in the music came in 2000, this time a reintroduction of bluegrass pioneers Carter and Ralph Stanley to a whole new audience with the release of the Coen brothers’ film *O Brother Where Art Thou*. One of its many memorable lines came when Tim Blake Nelson as character Delmarr O’Donnell says, “Hey mister! I don’t mean to be tellin’ tales out of school, but there’s a feller in there that’ll pay you ten dollars if you sing into his can.”

So, where has all this led? One of the hottest acts in live-performance music today is 27-year-old bluegrass jam guitar phenom William Apostol whose biggest influence, he says, is Doc Watson. If Apostol’s name doesn’t ring any bells, he’s been going by the stage name “Billy Strings,” coined by an aunt who early on recognized his stringed-instrument virtuosity. Most of the venue list for his tour this summer includes the words “SOLD OUT,” and he is a headliner for the more and more popular Delfest (an ode to festival founder Del McCoury), held Memorial Day weekend in Cumberland, Maryland.

The Nation’s Bluegrass Capital

The music has caught on nationwide, but nowhere was the appetite for it more voracious at one time than in the mid-Atlantic region. The *Washington Post* ran a story in March 1974 with the headline “D.C. Is Also Nation’s Bluegrass Capital.” In the early and mid-1970s, bluegrass music was definitely being reborn, if not reinvented altogether, right here in our neck o’ the woods.

Among a host of local musicians who’ve carried the bluegrass torch, most prominent in the Washington area have been The Country Gentlemen and The Seldom Scene; the lineups of both hav-



Doc Watson Sugar Grove, Doc Watson, 86 years old, performs in 2009, three years before his death. Creative Commons License.

ing changed considerably over the years, even though the product was essentially the same. Their stories and lineages are simply too long and complicated to include here, but suffice it to say, the “Scene” is still going strong with its current configuration, and a tribute band has taken on the responsibility of keeping the “Gentlemen” music alive.

Books Assess the Condition of Local Bluegrass

In 2015, Jim Newby produced *Bluegrass in Baltimore: The Hard-Drivin’ Sound and its Legacy*, “detailing the struggles Appalachian musicians faced in a big city that viewed the music they made as ‘the poorest example of poor man’s music.’” Among the notable legends from Charm City included in the book are Del McCoury and the Stoney Mountain Boys, the first bluegrass band to perform at New York City’s Carnegie Hall.

A book released early this year and written by “American vernacular music scholar” Kip Lornell, *Capital Bluegrass: Hillbilly Music Meets in Washington*, recounts the history of this type of music in the nation’s capital and surrounding area. In it, he describes the present local outlook as “the chilling winds of change” that started brewing in the early 1990s when bluegrass music declined in stature and popularity and paints a gloomy picture for the future of this musical genre in the region.

Harking back to the Rams Head Good Deale Bluegrass anniversary show (which at press time was in the early stages of production for a new live album), it was obvious that audience members had more age and grey hair than a typical concert crowd would have. Which leads to the questions: Is this style of music in a downward spiral? Or is it healthier than ever? Hints of its enduring popularity are everywhere; Delfest in Cumberland; the Charm City Bluegrass Festival, now in its seventh year; and sold-out performances at venues region-wide. Just ask Tim and Savannah Finch.

Area Bluegrass Jams

The Metropolitan Kitchen and Lounge on West Street in Annapolis features a Bluegrass Jam on the first and third Tuesdays of every month from 7 to 10 p.m., hosted by Sarah Larsen and Danny Stewart, Jr., a stringed-instrument master and a musician first-class in the U.S. Navy’s Country Current band. The family-friendly event welcomes all ages and musical skills and attracts bluegrass enthusiasts from the entire mid-Atlantic region.

The monthly Bluegrass Jam at the Sandy Spring Museum on Route 108 in Sandy Spring, Maryland, is now in its third year. Held the last Sunday of the month (with the occasional exception), it draws pickers from Montgomery County and beyond, from players with considerable experience to beginners hoping to pick up pointers. The jam is led by Sandy Spring Museum board member Bruce Evans (who plays in the Brookeville-based band, The Fire Hazards) and Mary Burdette (assistant director of the Grey Fox Bluegrass Festival in Oak Hill, New York). To help pay museum staff and utilities, participants and listeners alike are encouraged to donate \$5 each time they attend.

Maryland Band Sampler

- Bluetrain Bluegrass—Baltimore
- Lonesome Fiddle Ramblers—Hagerstown
- Flatland Drive Band—Denton
- Free Range Bluegrass—Greensboro
- 15 Strings—Park Hall
- Across the Track—Aberdeen
- Backroad—Tacoma Park
- Smooth Kentucky—Towson
- Grand Old Ditch—Cumberland
- Blue Crab Crossing—Salisbury
- The Knuckle Dusters—Washington, D.C.



↑ **Eastman String Band** performs a signature set at Rams Head On Stage. From left: Fiddling Jon Glick, Tim Finch, Savannah Finch, bassist Danny Stewart from the Navy’s “Country Current” band, and Grammy-nominated up-and-coming guitar “picker,” Chris Luquette. Photo by G. T. Keplinger.



Newbies & Natives Guide

TO THE CHESAPEAKE BAY REGION

Whether you're fresh in town or an old-salt, the Chesapeake Bay region is chock full of amazing individuals and businesses driving its economy and the lifestyle that we love to enjoy. On the following pages, What's Up? Media presents a very resourceful and intuitive guide to the best restaurants, shopping, professional services, schools, home and garden contractors, realtors, lawyers, doctors, and dentists. Whew!

The best part? Altogether, this handy guide is the result of collaboration between our editors, readers, and licensed peers within the industries represented. It's been a community effort. Truly. And you'll read about the production processes for each of the categorical lists herein. It is our hope that it helps you navigate the sometimes tricky choices faced during times of want and need. Have fun perusing this guide and enjoy!



BEST OF WEST COUNTY

The summary list of 2020's winners

The Best of West County 2020 winners are here, as voted by our readership. This is an important designation. 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. You chose the winners on the following pages; *no winner paid to be on this list*, however those businesses who have purchased advertising in *What's Up? West County* magazine this year have their full contact information included on their individual listing.

BEAUTY & FITNESS

Please refer to pages 23-25 for these listings because in this issue of *What's Up? West County* we fully celebrate the Best of Beauty & Fitness results.

FOOD & DINING

American Restaurant

Cocktails
The Blackwall Barn & Lodge
329 Gambrells Road,
Gambrells
410-317-2276
barnandlodge.com

Appetizers

Happy Hour
Bonefish Grill

Bakery

Wegmans

Barbeque

Mission BBQ

Beer Selection

Frisco Tap House

Breakfast

Wait Staff
Grump's Café

Brewery

Crooked Crab Brewing Company

Burger

Five Guys

Caterer

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

Chain Pizza

Ledo Pizza

Chef

Rik Squillari of Harvest Thyme
1251 W. Central Avenue,
Davidsonville; 443-203-6846;
harvestthymetavern.com

Chinese Restaurant

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

Chocolates

Kilwins

Crabcake

Hellas Restaurant & Lounge

Cream of Crab Soup

Outdoor Dining
Lures Bar & Grill

Cupcakes

Cakes Plus

Deli

Rieve's Deli

Dessert

Sugar Butter Love

Family-Friendly Restaurant

Steamed Crabs
Fat Boys Crab Shack

Farm-To-Table Menu

Organic Menu
Willy's Kitchen

French Restaurant

Café Bretton

German Restaurant

Old Stein Inn

Greek Food

Perry's Restaurant

Ice Cream

Cold Stone Creamery

Indian Restaurant

Namaste Fine Indian Cuisine

Irish Restaurant

Molloy's Irish Pub & Grill

Italian Restaurant

Nonna Angela's Italian Bistro & Wine Bar

Japanese Restaurant

Otani Japanese Cuisine

Local Coffee Shop

Bean Rush Café

Maryland Crab Soup

The Crab Galley

Mexican Restaurant

Mi Casita Mexican Restaurant

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

Romantic Restaurant

Ruth's Chris Steak House
1110 Town Center Boulevard,
Odenton; 240-556-0033;
ruthschris.com

Scratch Kitchen

Founders Tavern & Grille

Seafood Restaurant

Blue Dolphin Seafood Bar & Grill

Special Occasion

Arturo's Trattoria

Sports Bar

Langway's All American Sports Bar & Grill

Steakhouse

Outback Steakhouse

Sunday Brunch

Rip's Country Inn

Sushi

Fuji Japanese Steakhouse

Thai Restaurant

Thai at Waugh Chapel

Trivia Night

Mother's Peninsula Grille

Wings

The Hideaway
1439 Odenton Road,
Odenton; 410-874-7300;
hideawayodenton.com

HOME, GARDEN & REAL ESTATE

Architect

Interior Designer
Purple Cherry Architects

Commercial Brokerage

Rosso Commercial Real Estate Services

Custom Builder

Choice Builders, LLC

Fence/Deck Contractor

Fence & Deck Connection

Garden Center

Homestead Gardens

Gutter/Siding Installation

Roofing Contractor
Fichtner Services
P.O. Box 115, Odenton; 866-591-1900; fichtnerservices.com

Handyman

Mr. Handyman of Anne Arundel and North PG
8229 Cloverleaf Drive, Ste. 435,
Millersville; 410-593-1456;
mrhandyman.com/anne-arundel-ne-pg

Hardscape Design/Build

Ciminelli's Landscape Services, Inc.
18301 Central Avenue, Bowie;
410-741-9683; ciminellislandscape.com

Hardware Store

Odenton Hardware, Inc.

Home Appraiser

Title Service
May Appraisal Services

HVAC Service

Belair Engineering

Indoor Cleaning Service

Molly Maids

Irrigation Install and Service

Outdoor Lighting
Atlantic Lighting & Irrigation
1392 Defense Highway,
Gambrells; 410-721-4070;
atlantic-irrigation.com

Landscape Installer/Maintenance

On the Green, Inc.
548 Old Waugh Chapel,
Odenton; 410-695-0444;
onthegreeninc.com

Mortgage Lender

Bay Capital Mortgage

Plumber

Pumphrey Plumbing, LLC

Pool Design/Build (Tie)

Catalina Pool Builders

Quality Pools, Inc.

Real Estate Team

Residential Realtor
May Realty

Tree Service

The Tree People

Water Treatment Service

Hague Quality Water of Maryland

MEDICAL, DENTAL & VETERINARY

Acupuncturist

mindfulhealing

Addictions Counseling Program

Tranquility Woods

Allergist

Allergy and Asthma Associates, P.A.

Apothecary

Cape Drugs

Birthing Center

AAMG Bay Area Midwifery

Body Contouring

Medical Grade Skin Products
Plastic Surgery Reconstruction
Sullivan Surgery & Spa

Breast Augmentation & Reconstruction

Laser Skin Treatment
Sandel Duggal Center for Plastic Surgery & Medical Spa

Cardiologist

Chesapeake Cardiac Care

Child & Family Mental Health Providers

Psychiatrist
CPE Clinic, LLC

Chiropractor Practice

Dry Needling
Elevate Life

Colon & Rectal Surgery

Annapolis Colon & Rectal Surgeons

Cosmetic Injections

Dermal Fillers
Dr. Lisa C. Kates of Center for Dermatology & Skin Care of Maryland

Dematologist

Annapolis Dermatology Associates

Emergency Dentistry

McCarl Dental Group

Emergency Pet Care

Veterinarian for Small/ Exotic Pets
Alexander Animal Hospital

Family Dentistry Office

Hygienist
Chesapeake Dental Arts

Gastroenterologist

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

General Cosmetic Dentist

Scott Finlay DDS & Associates

General Dentist

Dr. Brian Valle, P.A. Functional and Cosmetic Dentistry

General Surgery

Vincent Sayan, MD, FACS General & Laparoscopic Surgery

Gynecologist Office

Chesapeake Women's Care, P.A.

Holistic Dentistry

Annapolis Green Dental/ Maryland Holistic Dentistry

Hormone Therapy

ProMD Health

Hospice Care

Hospice of the Chesapeake
90 Ritchie Highway,
Pasadena; 410-987-2003;
hospicechesapeake.org

Implantologist

Oral & Maxillofacial Surgeon
Oral Surgery Specialists

Invisalign Specialist

Mairead M. O'Reilly, DDS, MS

Laser Hair Removal

Facial Rejuvenation

Skin Wellness MD

Mammography

AAMC Rebecca Fortney Breast Center

Mental Health Services

Waypoint Wellness

Mommy Makeover

Plastic Surgery Specialists

Naturopathic Doctor

Whole Health Integrative Medicine

Neurologist

Annapolis Neurology Associates

Occupational Therapy

Annapolis Children's Therapy Center

Oculoplastic Surgery

Adoro Medical Spa

Oncologist

Annapolis Oncology & Hematology

Ophthalmologist Office

Cosmetic Laser Eye Treatment

Chesapeake Eye Care and Laser Center

Orthodontist Office for Adults

Labbe Family Orthodontics

Orthodontist Office for Children

Philbin & Reinheimer Orthodontics

Orthopedic Hand Surgery

Annapolis Hand Center, LLC

Orthopedic Hip Surgery

Orthopedic Knee Surgery

Orthopedic Sports Medicine Office

AAMG Orthopedic and Sports Medicine Specialists

Pain Management

The Kahan Center for Pain Management

Pediatric Dentist Office

The Pediatric Dental Specialists

16900 Science Drive, #115, Bowie; 301-262-0242; thepediatricdentalspecialists.com

Pediatrician Office

Annapolis Pediatrics

Periodontist

Annapolis Periodontics

Pharmacy

Arnold Professional Pharmacy

Physical Therapy

AAMG Physical Therapy

Podiatrist

Podiatry Group of Annapolis P.A.

Primary Care Medicine Office

Maryland Primary Care Physicians—Arnold Office

Psychologist Therapy Practice

Anchored Hope Therapy

Radiology

Chesapeake Medical Imaging

Rheumatologist Office

Anne Arundel Rheumatology

Rhinoplasty

Annapolis Plastic Surgery

Sedation/Phobia Treatment

Djawdan Center for Implant and Restorative Dentistry

200 Harry S. Truman Parkway, Ste. 210, Annapolis; 443-569-8764; smileannapolis.com

Sleep Apnea/Snoring Treatment

Annapolis Snoring & Sleep Apnea Center

TMJ Treatment

Center for Innovative Dentistry & Facial Aesthetics

Total Mouth Reconstruction

Albert Lee, DDS, MAGD, DICOI

Urgent Care

Evolve Direct Medical Care

Urology Office

Anne Arundel Urology

Vascular Surgery

Maryland Vein Professionals

Vein Restoration

O'Donnell Vein & Laser

166 Defense Highway, Ste. 101, Annapolis; 877-461-1564; odonnellveinandlaser.com

Vet Clinic

Greater Annapolis Veterinary Hospital

Veterinarian for Cats

Mobile Pet Vet

Veterinarian for Dogs

Healing Paws Veterinary Wellness Center

Veterinarian for Large Animals (Farm)

Davidsonville Veterinary Clinic

Veterinarian Surgery

Wagh Chapel Animal Hospital

Women's Imaging

Bay Radiology

RETAIL & PROFESSIONAL SERVICES

Accounting

Integrity Tax and Small Business Solutions

Auto Body Shop

Johnson's Auto Body

Auto Repair

Environmental Automotive Services

Bank

Sandy Spring Bank

Boutique

Unique Gifts

Divine Details

Carwash

The Auto Spa

Computer Repair

IT Solutions for Home and Business

Cheaper Than A Geek

Crofton; 410-774-5180; cheaperthanageek.com

Consignment Shop

Purses/Handbags

Eye of the Beholder

Crowlers and Growlers

Crooked Crab Brewing Company

Customer Service

Essex Bank

Driving School

A List Driving School

Engagement Rings

Watches

Little Treasury Jewelers

2506 New Market Lane, Gambrills; 410-721-7100; littletreasury.com

Family Outing

Game Play

Mission Escape Rooms

Festival/Event

Crofton Festival on the Green

Florist/Floral Design

Little House of Flowers

In-Home Senior Assistance

Regent Health Care

Kids Birthday Venue

Rolly Pollies

Local Nonprofit Organization

Chrysalis House

Music/Instrument Store

Menchey Music Service

Optician

Peepers

Organic Selection

David's Natural Market

871 Annapolis Road, Gambrills; 410-987-1533; davidsnaturalmarket.com

Pet Boarding and Daycare

Dog Thrive

Pet Grooming

Sue's Sudsy Puppy

Pet Services

Higgins and Friends

Pet Store

Crunchies Natural Pet Foods

2421 Crofton Lane, Ste. 11, Crofton; 410-721-5432; crunchies.com

Retail Beer Selection

Hops & Vines

Retail Whiskey Selection

Angel's Share Wines & Spirits

Retail Wine Selection

Rip's Wine & Spirit Store

Senior Living Facility

Brightview Crofton Riverwalk

Specialty Grocer

Wegmans

Summer Camp

Parks Martial Arts

Tax Law

Frost & Associates

Tutoring Services

Huntington Learning Center

1403 S. Main Chapel Way, Gambrills; 410-451-0050; huntingtonhelps.com

Wedding Venue

The Blackwall Barn & Lodge

329 Gambrills Road, Gambrills; 410-317-2276; barnandlodge.com

LEADING LAWYERS

OF ANNE ARUNDEL COUNTY

The biennial peer review survey from 2020–2021

The following lawyers, in 28 categories, represent the individuals who clearly received the most substantial amount of votes during our biennial peer review survey, most recently conducted this year. 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. *No attorney paid to be on this list, however those lawyers who have purchased advertising in What's Up? West County magazine this year have their full contact information included on their individual listing. Knowing who legal professionals consider the best in their respective fields is an invaluable asset.*

ADMINISTRATIVE LAW/ LIQUOR LAWS/ HEARINGS

Brian D. Lyman

Hillman, Brown & Darrow, P.A.

Harry C. Blumenthal

Liff, Walsh & Simmons LLC

James R. Walsh

Liff, Walsh & Simmons LLC

Philip C. Dales

Liff, Walsh & Simmons LLC

Samuel J. Brown

Hillman, Brown & Darrow, P.A.

APPELLATE LAW

Cynthia E. Young

Cynthia E. Young, Esquire

Matthew J. Chalker

The Law Office of Matthew J. Chalker

N. Tucker Meneely

Council Baradel

Philip C. Dales

Liff, Walsh & Simmons LLC

ARBITRATION

Allen W. Cohen

Cohen & Greene, P.A.

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

Lisa Y. Stevens

Yumkas, Vidmar, Sweeney & Mulrenin, LLC

Paul Sweeney

Yumkas, Vidmar, Sweeney & Mulrenin, LLC

Steven L. Goldberg

McNamee Hosea

BUSINESS LAW

Britt G. Rife

Council Baradel

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

Jonathan W. McGowan

Liff, Walsh & Simmons LLC

Jonathan P. Kagan

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

Quinn F. Roy

Souza Roy LLC/Attorneys

Stephen A. Oberg

Council Baradel

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

Kevin M. Tracy

McNamee Hosea

Michael P. Darrow

Hillman, Brown & Darrow, P.A.

CRIMINAL LAW

Crichton A. Chase

Hillman, Brown & Darrow, P.A.

Frank C. Gray, Jr.

Jimeno & Gray, P.A.

Jennifer M. Alexander

McNamee Hosea

Mandeep S. Chhabra

Cochran & Chhabra, LLC

Robin K. Henley

Henley & Henley

Steven F. Wrobel

Law Office of Steven Wrobel, LLC

DISPUTE RESOLUTION

Anita C. Deger

Law Office of Anita C. Deger

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

DOMESTIC VIOLENCE LAW

Crichton A. Chase

Hillman, Brown & Darrow, P.A.

Marla Zide

Law Office of Marla Zide, LLC

Samuel J. Brown

Hillman, Brown & Darrow, P.A.

EDUCATION LAW

Darren Burns

Carney, Kelehan, Bresler, Bennett and Scherr LLP

Jeffrey P. Bowman

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

ELDER LAW

Catherine E. Stavelly

Stavelly & Sallitto Elder Law LLC; 124 South Street, #1, Annapolis; 410-268-9246; stavellysallittoelderlaw.com

Gregory P. Jimeno

Jimeno & Gray, P.A.

Jason C. Johnson

Johnson Law LLC

EMPLOYMENT LAW

Jeffrey J. Sadri

Bennett & Ellison, P.C.

Jeffrey P. Bowman

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

James E. Crossan

Liff, Walsh & Simmons LLC

Jonathan P. Kagan

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

Steven A. Brown

McAllister, DeTar, Showalter & Walker, LLC

Susan S. Shapiro

Council Baradel

ENVIRONMENTAL LAW

Benjamin S. Wechsler

Linowes & Blocher LLP

Joseph F. Devlin

Council Baradel

Susan T. Ford

Council Baradel

FAMILY LAW

Elizabeth A. Pfenson

Council Baradel

Kevin M. Schaeffer

Council Baradel

Marla Zide

Law Office of Marla Zide, LLC

Robin K. Henley

Henley & Henley

Samuel J. Brown

Hillman, Brown & Darrow, P.A.

Sean E. Becker

The Law Office of Sean E. Becker, LLC

Stacey B. Rice

Rice Law

GENERAL PRACTICE

Daniel J. Mellin

Hillman, Brown & Darrow, P.A.

Samuel J. Brown

Hillman, Brown & Darrow, P.A.

IMMIGRATION LAW

Marysabel Rodriguez-Nanny

Rodriguez-Nanny, P.A.

INTELLECTUAL PROPERTIES/ PATENT LAW

F. Joseph Gormley

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

Lawrence E. Laubscher, Jr.

Laubscher & Laubscher, P.C.

Michael K. Fretwell

Laubscher & Laubscher, P.C.

JUVENILE LAW

Crichton A. Chase

Hillman, Brown & Darrow, P.A.

LITIGATION

Adam G. Cohen

Cohen & Greene, P.A.

Jeffrey P. Bowman

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James E. Crossan

Liff, Walsh & Simmons LLC

John P. Lynch

McNamee Hosea

Jonathan W. McGowan

Liff, Walsh & Simmons LLC

N. Tucker Meneely

Council Baradel

MEDIATION

Anita C. Deger

Law Office of Anita C. Deger

Ronald M. Naditch

Ronald M. Naditch, P.A.

Medical Malpractice

Andrew T. Burnett

Potter Burnett Law, LLC

Benjamin H. Meredith

Iliff, Meredith, Wildberger & Brennan, P.C.

Kathleen H. Meredith

Iliff, Meredith, Wildberger & Brennan, P.C.

Paul J. Weber

Hyatt & Weber, P.A.

MILITARY LAW

Michael J. Marinello

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

Steven F. Wrobel

Law Office of Steven Wrobel, LLC

PERSONAL INJURY LAW

Adam G. Cohen
Cohen & Greene, P.A.

Allen W. Cohen
Cohen & Greene, P.A.

Andrew T. Burnett
Potter Burnett Law, LLC

Deborah L. Potter
Potter Burnett Law, LLC

Mandeep S. Chhabra
Cochran & Chhabra, LLC

Suzanne V. Burnett
Potter Burnett Law, LLC

REAL ESTATE LAW

Britt G. Rife
Council Baradel

Daniel J. Mellin
Hillman, Brown & Darrow, P.A.

James R. Walsh
Liff, Walsh & Simmons LLC

Kevin M. Elden
McNamee Hosea

Lee Ann Adams
Council Baradel

Michael N. Russo, Jr.
Council Baradel

Thomas W. Simmons
Liff, Walsh & Simmons LLC

TAX LAW

Esther A. Streete
McNamee Hosea

Glen E. Frost
Frost & Associates, LLC

TRUSTS & ESTATE/WILLS & PROBATE

Esther A. Streete
McNamee Hosea

Frederick R. Franke, Jr.
Franke, Sessions & Beckett LLC; 151 West Street, Ste. 301, Annapolis; 410-263-4876; fsbestatelaw.com

Gregory J. Ferra
Liff, Walsh & Simmons LLC

Gregory P. Jimeno
Jimeno & Gray, P.A.

Jonathan W. McGowan
Liff, Walsh & Simmons LLC

Maria W. McKenna
Council Baradel

Nicholas P. Crivella
Bagley & Rhody, P.C.

Sarah E. Dwyer-Heidkamp
Council Baradel

WORKERS COMPENSATION LAW

M. Evelyn Spurgin
Hillman, Brown & Darrow, P.A.

Jack Schmerling
Jack Schmerling, Attorney at Law; 7429 Baltimore Annapolis Boulevard, Glen Burnie; 410-988-4956; jackschmerling.com

Tara K. Frame
Frame & Frame, LLC

ZONING, PLANNING & LAND USE LAW

Alan J. Hyatt
Hyatt & Weber, P.A.

Daniel J. Mellin
Hillman, Brown & Darrow, P.A.

Harry C. Blumenthal
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Joseph F. Devlin
Council Baradel

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HOME RESOURCE GUIDE

Summer 2020's go-to list of professional home and garden services

On the following pages meet many of the region's most dependable, knowledgeable, and reputable home and garden service professionals. The services listed are provided by advertisers appearing in recent What's Up? Media publications. They are dedicated to serving our readership. Please consider their services for your home projects and needs.

ARCHITECTURE/DESIGN

Adrian Development

121 East Bay View Drive, Annapolis; 301-852-7748; adr-dev.com

Melanie Hartwig-Davis

HD Squared Architects, LLC; 86 Maryland Avenue, Annapolis; hd2architects.com

Purple Cherry Architects

1 Melvin Avenue, Annapolis; 410-990-1700; purplecherry.com

ART/DÉCOR/FRAMING

American Craft Council

800-836-3470; craftcouncil.org

Annapolis Arts Alliance

801 Chase Street, Annapolis; 443-333-8906; annapolis-arts-alliance.com

Annapolis Pillow Company

annapolispillowco.com

Nancy Hammond Editions

192 West Street, Annapolis; 410-295-6612; nancyhammond-editions.com

RiverArts Chestertown

315 High Street, Ste. 106, Chestertown; 410-778-6300; chestertownriverarts.org

The Trippe Gallery

23 N. Harrison Street, Easton; 410-310-8727; thetrippgallery.com

Troika Gallery

9 S. Harrison Street, Easton; 410-770-9190; troikagallery.com

Wimsley Cove Framing & Fine Art Printing

209 Chinquapin Round Road, Ste. 101, Annapolis; 410-956-7278; marylandframing.com

CARPENTRY

Warren's Wood Works, Inc.

8708 Brooks Drive, Easton; 410-820-8984; warrenwoodworks.com

CLEANING SERVICES

Bello's Cleaning

1230 Gemini Drive, Annapolis; 443-837-4034; belloscleaning.com

D&P Carpet Cleaning

443-942-0664; dpcarpet.com

DEMOLITION/RESTORATION

Access Demolition & Environmental

3437 9th Street, Baltimore; 443-692-6213; accessdemolition.com

Rainbow International Restoration

4224 Main Street, Grasonville; 410-643-5408; rainbowintl.com/stevensville

Servpro of Annapolis/Severna Park

410-647-8181; servproannapolissevernapark.com

DRIVEWAYS/ASPHALT

Accurate Asphalt

362 Hickory Trail, Crownsville; 410-697-3167; accurate-asphalt.com

Koala Paving

410-924-3176; koalapaving.com

ELECTRICIAN

Carrion Electric

Easton, Maryland; 443-786-0446; carrionelectric.com

Smartech Electrical

6512 Church Hill Road, Chestertown; 443-282-0176; smartechelectrical.com

EXTERIOR LIGHTING/IRRIGATION

Atlantic Lighting & Irrigation Company

1392 Defense Hwy, Gambrills; 410-721-4070; atlantic-irrigation.com

FLOORING

Bay Carpets, Cabinets & Floors

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

South River Flooring

3059 Solomons Island Road, Ste. B, Edgewater; 443-221-7167; southriverflooring.com

FURNITURE

Showman Furniture—Crofton Showroom

2431 Crofton Lane, Crofton; 410-451-8744; showmanfurniture.com

GARAGE

Maryland Garage Concepts

410-695-6249; garagesolutionsbaltimore.com

HEATING/VENTILATING/AIR CONDITIONING

Griffith Energy Services

Locations across Maryland; 888-721-5707; griffithenergyservices.com

SMO Energy

109 North Maple Avenue, La Plata; 888-222-3720; smoenergy.com

HANDYMAN

Mr. Handyman of Anne Arundel and North PG

8229 Cloverleaf Drive, Ste. 435, Millersville; 410-593-1456; mrhandyman.com/anne-arundel-ne-pg

HOME APPRAISAL/FINANCE/TITLING

Arundel Federal Savings Bank

Locations in Annapolis, Severna Park, Gambrills, Pasadena, and more; 410-768-7800; arundelfederal.com

Atlantic Prime Mortgage, LLC

77 West St #310, Annapolis; 800-204-1283; atlanticprimemortgage.com

Bay Capital Mortgage Corporation

801 Compass Way, #208, Annapolis; 410-974-6044; baycapitalmortgage.com

Bay East Title

114 West Water Street, Centreville; 410-758-4682; bayeasttitle.com

Church Circle Title & Escrow

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

Eastern Shore Title Company

114 N. West Street, Easton; 410-820-4426; easternshoretitle.com

Essex Bank

Locations in Annapolis, Edgewater, Crofton, Bowie, and more; 1-800-443-5524; essexbank.com

May Appraisal Services

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

Mid-Maryland Title Company, Inc.

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

Revere Bank

Locations in Severna Park, Laurel, and more; 866-950-5784; reverebank.com

Severn Bank

Locations in Annapolis, Edgewater, Glen Burnie, Severna Park, and more; 410-260-2000; severnbank.com

Shore United Bank

Locations throughout Maryland, Delaware, and Virginia; 877-758-1600; shoreunitedbank.com

U.S. Bank: Paul Sullivan

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

HOME CONSTRUCTION/MATERIALS

Bozzuto Homes

301-220-0100; bozzuto.com

Friel Lumber Company

100 Friels Place, Queenstown; 410-827-8811; friellumber.com

James L. Graves Construction

750 Route 3 South, Ste. 2A, Gambrills; 410-721-9619; jlgbuilds.com

The J.F. Johnson Lumber Company

8200 Veterans Highway, Millersville; 410-987-5200; 3120 Solomons Island Road, Edgewater; 410-956-0400; johnsonlumber.biz

Lundberg Builders, Inc.

314 Main Street, Stevensville; 410-643-3334; lundberg-builders.com

Paquin Design/Build

500-A Saddler Road, Grasonville; 410-643-7811; paquindesignbuild.com

Timberlake Design/Build

240-547-0104; timberlakedb.com

HOME REMODELING

Brothers Services Company

1910 Towne Centre Boulevard, Ste. 200, Annapolis; 410-694-7478; brothersservices.com

Ready to Sell Renovations & Custom Builders

4 Virginia Avenue, Edgewater; 410-320-7348; r2s.com

INTERIOR DESIGN/FURNISHINGS

Dwelling & Design

13 Goldsborough Street, Easton; 410-822-2211; dwellinganddesign.com

The Hickory Stick

21326 Sharp Street, Rock Hall; 410-639-7980; thehickorystick.com

Higgins & Spencer

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

Suzanne Coleman Design

Oxford, Maryland; 301-928-0937; suzannecolemandesign.com

KITCHEN/BATH/STONE/TILE

314 Design Studio, LLC

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

Cabinet Discounters

910-A Bestgate Road, Annapolis; 410-266-9195; cabinetdiscounters.com

Compass Stone & Tile Studio

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

Kenwood Kitchens

1415 Forest Drive, Annapolis; 443-458-5484; kenwood-kitchens.com

Stuart Kitchens Inc.

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

USA Cabinet Store/Kitchen & Bath Design Center

508-A Chinquapin Round Road, Annapolis; 410-609-5995; usacabinetstore.com/annapolis

LANDSCAPING/ HARDSCAPING/ OUTDOOR SERVICES

Ciminelli's Landscape Services, Inc.

18301 Central Avenue, Bowie; 410-741-9683; m.ciminellis-landscape.com

Fence & Deck Connection

8057 Veterans Highway, Millersville; 410-969-4444; 1544 Whitehall Road, Annapolis; 410-757-5511; fenceanddeck-connection.com

Homestead Gardens

743 West Central Avenue, Davidsonville; 410-798-5000; 522 Ritchie Highway, Severna Park; 410-384-7966; homesteadgardens.com

I Tree LLC

410-647-TREE; myitree.com

McHale Landscape Design

6212 Leapley Road, Upper Marlboro; 301-599-8300; mchalelandscape.com

On the Green, Inc.

777 Annapolis Road, Gambrills; 410-695-0444; onthegreeninc.com

OUTDOOR POWER EQUIP- MENT/UTILITY VEHICLES

Harrison Cart Works

750 Route 5 South, Gambrills; 301-832-4087; harrisoncartworks.com

PAINTING/SUR- FACE SERVICES

Annapolis Painting Services

2561 Housley Road, Annapolis; 410-974-6768; annapolispainting.com

Chesapeake Property Finishes

410-924-2397; chesapeake-propertyfinishes.com

Fresh Coat Painters of Annapolis

410-302-7879; freshcoatannapolis.com

Godwin's Painting Services

443-867-0461; godwinspainting-services.com

Maryland Paint & Decorating

209 Chinquapin Round Road, Annapolis; 410-280-2225; mdpaint.com

PEST CONTROL

Mosquito Squad of Annapolis

4433 Mountain Road, Ste. 5, Pasadena; 410-317-8385; mosquitosquad.com

PLUMBING

David E. White's Plumbing, Heating & Repair Company

P.O. Box 6553, Annapolis; 410-216-7132; david-whiteplumbing.com

Palmer's Plumbing, LLC

410-827-4546; palmer-splumbing.com

POOL & SPA DESIGN/ SERVICE

Aqua Pools

8801 Mistletoe Drive, Easton; 410-822-7000; aqua74.com

Catalina Pool Builders

836 Ritchie Highway, Severna Park; 301-605-1177; catalinapoolbuilders.com

Stover Pools

Huntingtown, Maryland; 410-610-4083; stover-pools.com

REAL ESTATE

Berkshire Hathaway HomeServices/ PenFed Realty

888-236-1493; penfedrealty.com

Betty Batty

Hello Home of Compass; 410-280-1646; hellohomeof-compass.com

Biana Arentz and Steve Arentz

Coldwell Banker Residential Brokerage; 170 Jennifer Road, Annapolis; 410-224-2200; bianaarentz.com

Bob Lucido Team of Keller Williams Integrity

2024 West Street, Ste. 100, Annapolis; 410-224-7777; boblucidoteam.com

Brad Kappel

TTR/Sotheby's International Realty; 209 Main Street, Annapolis; 410-280-5600; bradkappel.com

Chaney Homes

Jennifer Chaney; 206 Old Love Point Road, Stevensville; 443-249-SOLD or 410-739-0242; chaneyhomes.com

Chesapeake Bay Properties

102 N. Harrison Street, Easton; 410-820-8008; chesapeakebayproperty.com

The Christina Janosik Palmer Group

Kelly Williams Realty, Inc.; 231 Najoles Road, Ste. 100, Millersville; 410-729-7700; cjgroup.kw.com

Chuck Mangold, Jr.

Benson & Mangold Real Estate; 27999 Oxford Road, Oxford; 410-822-1415; benso-nandmangold.com

Coldwell Banker Church Circle

4 Church Circle, Annapolis; 410-263-8686; coldwellbankerhomes.com

Coldwell Banker Jennifer Road

170 Jennifer Road, Ste. 102, Annapolis; 410-224-2200; coldwellbankerhomes.com

CR Realty

337 North Liberty Street, Centreville; 443-988-0114; chrisrosendale.com

David Orso Team of Compass Real Estate

Offices in Annapolis and Severna Park; 443-372-7171; davidorso.com

DeeDee McCracken

Coldwell Banker Residential Brokerage; 170 Jennifer Road, Suite 102, Annapolis; 410-739-7571; deedeemc-crackenhomes.com

Diane & Crew of Taylor Properties

175 Admiral Cochrane Drive, Ste. 112, Annapolis; 410-279-3868 or 800-913-4326; dianeandcrew.com

Engel & Volkers

138 West Street, Annapolis; 443-292-6767; annapolis.evrealstate.com

Erica Baker

TTR/Sotheby's International Realty; 209 Main Street, Annapolis; 410-919-7019; ericabaker.ttrsir.com

Jennifer Chino, Stahley Thompson Homes

TTR/Sotheby's International Realty; 209 Main Street, Annapolis; 410-280-5600; stahleythompsonhomes.com

Long & Foster Annapolis Fine Homes

145 Main Street, Annapolis; 410-263-3400; longandfoster.com/annapolis-md-fine-homes-realty

Long & Foster Crofton/Bowie, Tri-County Office

Dominic Catalupo, Manager/ Associate Broker; 2191 Defense Highway, Crofton; 410-721-1500; longandfoster.com/crofton-md-realty

Michael Rutledge

The Keyes Company; 410-804-2144; michaelrutledge.keyes.com

Mr. Waterfront Team of Long & Foster

102 Old Solomons Island Road, Annapolis; 410-266-6880; waterfronthomes.org

Nancy McD. McGuire

Maryland Heritage Properties; 306 Cannon Street, Chestertown; 410-778-9319; marylandheritageproperties.com

Neil Simonsen

Coldwell Banker Residential Brokerage; 310 King Street, Alexandria; 703-518-8300; Nealsimonsen.cbintouch.com

Northrop Realty, A Long & Foster Company

320 Sixth Street, Suite 101, Annapolis; 410-295-6579; northropteam.com

The Sandra K. Libby Group

Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; 410-919-1809; sandraklibby.com

Scott Schuetter of Century 21 New Millennium

1730 West Street, Ste. 200, Annapolis; 410-266-9005; scottschuetter.com

Shane Hall

TTR/Sotheby's International Realty; 209 Main Street, Annapolis; 410-991-1382; ttrsir.com

Travis Gray

Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; 410-263-8686; annapoliswaterfrontguide.com

TTR/Sotheby's International Realty

209 Main Street, Annapolis; 410-280-5600; ttrsir.com

The Williams Home Team, LLC

Taylor Properties; 175 Admiral Cochrane Drive, Ste. 111, Annapolis; 301-970-2447; thewilliamshometeam.com

RETIREMENT COMMUNITIES

Bay Village Assisted Living & Memory Care

979 Bay Village Drive, Annapolis; 888-687-5440; integracare.com/bay-village

Baywoods of Annapolis

7101 Bay Front Drive, Annapolis; 410-268-9222; baywoodsofannapolis.com

The Gardens of Annapolis

931 Edgewater Road, Annapolis; 833-261-6184; gardensofannapolis.com

Londonderry on the Tred Avon

700 Port Street, Ste. 148, Easton; 410-820-8732; londonderrytredavon.com

The Village at Providence Point

Sales office: 1997 Annapolis Exchange Parkway, Ste. 300, Annapolis; 410-849-6928; thevillageatprovidencepoint.org

ROOFING/ SIDING

Bowie Siding & Roofing

13109 14th Street, Bowie; 301-262-7855; bowiesiding-roofingandwindows.net

Fichtner Services

P.O. Box 115, Odenton; 866-591-1900; fichtnerservices.com

Landmark Roofing

540 Baltimore Annapolis Boulevard, Ste. 3, Severna Park; 443-223-7453; roofing-bylandmark.com

Ruff Roofers, Inc.

6400 Main Street, Queenstown; 410-643-4300; ruffroofers.com

Stoltzfus Roofing

6408 Church Hill Road, Chestertown; 410-810-1504; stoltzfusroofingmd.com

SOLAR ENERGY SYSTEMS

Solar Energy Services, Inc.

1514 Jabez Run, Millersville; 410-923-6090; solarsaves.net

Sunrise Solar, Inc.

6408 Church Hill Road, Chestertown; 410-810-1504; sunrisesolarmd.com

WATER TREATMENT

Hague Quality Water of Maryland

814 East College Parkway, Annapolis; 410-757-2992; haguewaterofmd.com

For our complete business directory, visit whatsupmag.com.

TOP DOCS

OF ANNE ARUNDEL COUNTY

The biennial peer review survey from 2019–2020

The Top Docs named on these pages represent the individuals who received the highest number of nominations from their peers during our biennial peer review survey, the latest of which was conducted in 2019. Please note that many fine physicians who are either new to the area or affiliated with other medical institutions may not be included. *No doctor paid to be on this list, however those doctors/hospitals who have purchased advertising in *What's Up? West County* magazine this year have their full contact information included on their individual listing. Knowing who medical professionals consider the best in their respective fields is an invaluable asset.*

ALLERGY & IMMUNOLOGY

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

Dr. James Banks

Allergy & Asthma Associates, P.A.

Dr. Duane Gels

Annapolis Allergy & Asthma, L.L.C.

Dr. Jamie Olenec

Annapolis ENT Associates

ANESTHESIOLOGY

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

Dr. Michael Webb

Anesthesia Company, L.L.C.

Dr. David Nieglos

Anesthesia Company, L.L.C.

Dr. Erin Singh

Anesthesia Company, L.L.C.

CARDIOVASCULAR DISEASE

Dealing with the heart, its actions and diseases.

Dr. Baran Kilical

AAMG Cardiology Specialists

Dr. Scott Katzen

MedStar Health Cardiology Associates, L.L.C.

Dr. William Maxted

MedStar Health Cardiology Associates, L.L.C.

COLON & RECTAL SURGERY

Dealing with surgery involving the colon and rectum.

Dr. Mari Madsen

Annapolis Colon and Rectal Surgeons

Dr. Vincent Cifello

Colon & Rectal Surgical Associates

Dr. Steven Proshan

Annapolis Colon and Rectal Surgeons

CRITICAL CARE MEDICINE

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

Dr. Kanak Patel

Annapolis Asthma Pulmonary Sleep Specialists

Dr. Cristina Feather

AAMG Acute Care Surgery

Dr. Ira Weinstein

Annapolis Asthma Pulmonary Sleep Specialists

DERMATOLOGY

Dealing with the skin and its diseases.

Dr. Lisa Renfo

Annapolis Dermatology Associates

Dr. Christine Ambro

Annapolis Dermatology Center

Dr. Gail Goldstein

Annapolis Dermatology Center

Dr. Emma Lanuti

Annapolis Dermatology Associates

Dr. Kelly McGuigan

Anne Arundel Dermatology

Dr. Angela Peterman

Anne Arundel Dermatology

ENDOCRINOLOGY

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

Dr. Barbara Onuman

AAMG Diabetes & Endocrinology

Dr. Kristen Flammer

University Of Maryland Community Medical Group; 300 Hospital Drive, Suite 119, Glen Burnie; 410-787-4940; mybwmc.org

Dr. Michele Smadja-Gordon

Annapolis Internal Medicine, L.L.C.

GASTROENTEROLOGY

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

Dr. Suzanne Sankey

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

Dr. Barry Cukor

Maryland Diagnostic & Therapeutic Endo Center Gastroenterology

Dr. Christopher Olenec

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

Dr. Praveena Velamati

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

GYNECOLOGY

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

Dr. Karen Hardart

Annapolis OB/GYN

Dr. Susan Peeler

Comprehensive Gynecology Center

Dr. Marcus Penn, P.A.

Chesapeake Womens Care; 2401 Brandermill Boulevard, Ste. 310, Gambrills; 410-451-8952; chesapeakewomenscare.com

Dr. Paula Radon

Comprehensive Gynecology Center

HEMATOLOGY & ONCOLOGY

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

Dr. Ravin Garg

Anne Arundel Medical Center Hematology & Oncology

Dr. Peter Graze

Anne Arundel Medical Center Hematology & Oncology

Dr. Yudhishtira Markan

Chesapeake Hematology Oncology Associates

Dr. Jason Taksey

Anne Arundel Medical Center Hematology & Oncology

Dr. Carol Tweed

Anne Arundel Medical Center Hematology & Oncology

Dr. David Weng

Anne Arundel Medical Center Hematology & Oncology

HOSPICE & PALLIATIVE

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

Dr. Elizabeth Brady

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

Dr. Russell DeLuca

Chesapeake Oncology Hematology Associates, P.A.

INTERNAL MEDICINE

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

Dr. Andrew McGlone

Annapolis Primary Care

Dr. Titus Abraham

Annapolis Internal Medicine, L.L.C.

Dr. Ruth Gallatin

Crofton Internal Medicine

Dr. Matthew Malta

Dr. Matthew J. Malta, M.D., P.A.

Dr. Tim Woods

Annapolis Internal Medicine, L.L.C.

NEPHROLOGY

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

Dr. Andrew Briglia

Annapolis Nephrology Associates, L.L.C.

Dr. Adnam Hashmi

Washington Nephrology Associates

NEUROLOGICAL SURGERY

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

Dr. Tim Burke

Maryland Brain and Spine

Dr. Gary Dix

Anne Arundel Medical Center Spine Center

Dr. Danny Liang

UM BWMC Spine & Neuroscience Center; 301 Hospital Drive, Ste. 803, Glen Burnie; 410-233-8160; mybwmc.org

Dr. Clifford Solomon

UM BWMC Spine & Neuroscience Center; 301 Hospital Drive, Ste. 803, Glen Burnie; 410-553-8160; mybwmc.org

Dr. Brian Sullivan

Maryland Brain and Spine

NEUROLOGY

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

Dr. Dan Hexter

Annapolis Neurology Associates

Dr. Molly Price

Annapolis Neurology Associates

Dr. Brian Salter

Annapolis Neurology Associates

OBSTETRICS

Dealing with birth and its antecedents and after effects.

Dr. Marcus Penn

Chesapeake Womens Care, P.A.; 2401 Brandermill Boulevard, Ste. 310, Gambrills; 410-451-8952; chesapeakewomenscare.com

Dr. Fred Guckes

Annapolis Obstetrics & Gynecology Associates PA

Dr. Jessica Russell

Chesapeake Womens Care, P.A.; 2401 Brandermill Boulevard, Ste. 310, Gambrills; 410-451-8952; chesapeakewomenscare.com

OPHTHALMOLOGY

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

Dr. Maria Scott

Chesapeake Eye Care & Laser Center, P.C.

Dr. Heather Nesti

Chesapeake Eye Care & Laser Center, P.C.

Dr. Orin Zwick

Chesapeake Eye Care & Laser Center, P.C.

ORTHOPEDIC SPORTS MEDICINE

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

Dr. Dan Redziniak

AAMG Orthopedic & Sports Medicine

Dr. Paul King

AAMG Orthopedic & Sports Medicine

Dr. Benjamin Petre

AAMG Orthopedic & Sports Medicine

ORTHOPEDIC SURGERY

Dealing with conditions involving musculoskeletal systems.

Dr. Paul King

AAMG Orthopedic & Sports Medicine

Dr. James MacDonald

AAMG Orthopedic & Sports Medicine

Dr. Chad Patton

AAMG Orthopedic & Sports Medicine

Dr. Lou Ruland

Anne Arundel Orthopedic Surgeons, P.A.

**ORTHOPE-
DIC SURGERY
(HAND)**

Dealing with surgery of the hand.

Dr. Thomas Dennis

Annapolis Hand Center, L.L.C.

Dr. Jeff Gelfand

AAMG Orthopedic & Sports Medicine

Dr. Angela Jones

Angela Jones MD

Dr. Alex Shushan

AAMG Orthopedic & Sports Medicine

Dr. Garth Smith

Anne Arundel Orthopedic Surgeons, P.A.

**ORTHOPE-
DIC SURGERY (HIP)**

Dealing with surgery of the hip.

Dr. Paul King

AAMG Orthopedic & Sports Medicine

Dr. James MacDonald

AAMG Orthopedic & Sports Medicine

**ORTHOPE-
DIC SURGERY
(KNEE)**

Dealing with surgery of the knee.

Dr. Paul King

AAMG Orthopedic & Sports Medicine

Dr. James MacDonald

AAMG Orthopedic & Sports Medicine

**OTOLARYN-
GOLOGY**

Dealing with the ear, nose, and throat.

Dr. Michael Pardo

Annapolis ENT Associates

Dr. Mathew Hilburn

Annapolis ENT Associates

Dr. Robert Meek

Anne Arundel ENT

Dr. Joydeep Som

Annapolis ENT Associates

PEDIATRICS

The medical sciences dealing with children.

Dr. Faith Hackett

Severna Park Doctors Pediatricians and Internal Medicine

Dr. Andrew Gvozden

Gvozden Pediatrics

Dr. James Rice

Annapolis Pediatrics

Dr. Rebecca Vickers

Arundel Pediatrics

**PHYSICAL MED-
ICINE & REHA-
BILITATION**

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

Dr. Brian Kahan

The Kahan Center for Pain Management

Dr. Zed Zamfirov

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

**PHYSICAL MED-
ICINE (PAIN
MANAGEMENT)**

Dealing with the diagnosis and treatment of chronic pain.

Dr. Brian Kahan

The Kahan Center for Pain Management

**PLASTIC SUR-
GERY (EN-
HANCEMENT)**

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

Dr. James Chappell

Annapolis Plastic Surgery

Dr. Tripp Holton

AAMG Plastic Surgery

Dr. Chris Spittler

Plastic Surgery Specialists

**PLASTIC SUR-
GERY (FACIAL)**

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

Dr. Bryan Ambro

Annapolis Plastic Surgery

Dr. Henry Sandel

Sandel Duggal Center for Plastic Surgery

Dr. Devinder Singh

AAMG Plastic Surgery

Dr. Kelly Sullivan

Sullivan Surgery & Spa

**PLASTIC SUR-
GERY (RECON-
STRUCTIVE)**

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

Dr. Tripp Holton

AAMG Plastic Surgery

Dr. Devinder Singh

AAMG Plastic Surgery

Dr. James Chappell

Annapolis Plastic Surgery

PODIATRY

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

Dr. Lyle Modlin

Annapolis Foot & Ankle

Dr. Ross Cohen

The Foot and Ankle Center of Maryland

Dr. Diane Lebedeff

Joppa Foot Care

Dr. Lauren Newnam

University Of Maryland Baltimore Washington Medical Center; 301 Hospital Drive, Ste. 802, Glen Burnie; 410-553-8170; mybwmc.org

**PRIMARY CARE
MEDICINE**

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

Dr. Andrew McGlone

Annapolis Primary Care

Dr. Patrick Canon

Annapolis Primary Care

PSYCHIATRY

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

Dr. Milena Smith

Milena H. Smith MD

Dr. Melissa Wellner

AAMG Mental Health Specialists

Dr. Nancy Wheeler

Nancy C. Wheeler, M.D., P.A.

**PULMONOLO-
GY**

Dealing with the function and diseases of the lungs.

Dr. Ira Weinstein

Annapolis Asthma Pulmonary Sleep Specialists

Dr. Aimee Yu

Annapolis Asthma Pulmonary Sleep Specialists

**RADIATION
ONCOLOGY**

Dealing with the use of radiant energy in the treatment of disease.

Dr. Angel Torano

Annapolis Radiology Associates

Dr. Lugman Dad

Annapolis Radiology Associates

Dr. Min Oh

Chesapeake Hematology Oncology Associates

Dr. Mary Young

Annapolis Radiology Associates

RADIOLOGY

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

Dr. David Todd

Annapolis Radiology Associates

**RHEUMATOL-
OGY**

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

Dr. Ashu Mehta

Anne Arundel Rheumatology

Dr. Ashok Jacob

Annapolis Rheumatology

**GENERAL
SURGERY**

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

Dr. Gina Massogila

Chesapeake Surgical Associates

Dr. Vincent Sayan

Arundel Ambulatory Surgery Center

**THORACIC
SURGERY**

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

Dr. Stephen Cattaneo

AAMC Thoracic Surgery

Dr. Avedis Meneshian

AAMC Thoracic Surgery

Dr. Galen Ohnmacht

University Of Maryland Baltimore Washington Medical Center; 305 Hospital Drive, Ste. 304, Glen Burnie; 410-553-8146; mybwmc.org

UROLOGY

Dealing with the urinary or urogenital organs.

Dr. Robert Hanley

Anne Arundel Urology

Dr. David McDermott Jr.

Anne Arundel Urology

Dr. David McDermott Sr.

Anne Arundel Urology

Dr. Steven Rock

Anne Arundel Urology

**VASCULAR
SURGERY**

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

Dr. Mark Peeler

MedStar Health Cardiology Associates, L.L.C.

Dr. Marshall Benjamin

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

BACK PAIN

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

Dr. Timothy Burke

Anne Arundel Medical Center Spine Center

Dr. Chad Patton

Chad Patton MD MS—Spine Surgeon

**BREAST CAN-
CER**

A cancer that forms in the cells of the breasts.

Dr. Lorraine Tafra

AAMC Breast Center

Dr. Robert Buras

AAMC Breast Center

Dr. Cynthia Drogula

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

**IRRITABLE
BOWEL SYN-
DROME**

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

Dr. Suzanne Sankey

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

Dr. Mark Flasar

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

LYME DISEASE

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

Dr. William Vickers

Mid-Atlantic Health Institute

Dr. David Barnes

Annapolis Infectious Disease

Macular Degeneration

An eye disease that causes vision loss.

Dr. Tamara Fackler

Chesapeake Eye Care & Laser Center, P.C.

Dr. Deborah Reid

The Retina Group of Washington

**MEDICALLY
SUPERVISED
WEIGHT LOSS**

Physician-supervised weight-loss and nutrition programs.

Dr. David Anderson

Annapolis Medical Weight Loss

TOP DENTISTS

OF ANNE ARUNDEL COUNTY

The biennial peer review survey from 2018–2019

The Top Dentists named on these pages represent the individuals who received the highest number of nominations from their peers during our biennial peer review survey, the latest of which was conducted in 2018. Please note that many fine dentists who are either new to the area or affiliated with other practices may not be included. No dentist paid to be on this list, however those dentists/practices who have purchased advertising in *What's Up? West County* magazine this year have their full contact information included on their individual listing. Knowing who dental professionals consider the best in their respective fields is an invaluable asset. **Editor's Note: The 2020–2021 Top Dentists will be fully revealed and celebrated in the upcoming October issue.**

ENDODONTICS

Dental specialty dealing with diseases of the tooth root, dental pulp, and surrounding tissues. Root canal procedures are commonly performed by endodontists in order to alleviate pain and to save the tooth.

Dr. Louis H. Berman
Annapolis Endodontics

Dr. Charles P. Herbert
Endodontics, P.A.

Dr. Quinton W. Miner, Jr.
Annapolis Endodontics

GENERAL DENTISTRY

A general dentist caters to a wide variety of dental health concerns for patients of all ages by preventing and/or treating both straightforward and complex conditions.

Dr. Dennis M. Cherry
Cherry Family Dental

Dr. Meredith Esposito
Chesapeake Dental Arts

Dr. Scott Finlay
Scott Finlay DDS & Associates

Dr. Todd E. Patton
Patton Smiles

Dr. Oneal F. Russell
Oneal F. Russell, DDS

Dr. Edward Vesely
Lee, Bonfiglio, Vesely & Associates

GENERAL DENTISTRY (COSMETIC)

This specialty concentrates on improving the appearance of a person's teeth, mouth, and smile. This may involve restorative work, treatment of the gums, realignment of the bite, and creation of prostheses.

Dr. Scott Finlay
Scott Finlay DDS & Associates

Dr. Oneal F. Russell
Oneal F. Russell, DDS

Dr. Edward Vesely
Lee, Bonfiglio, Vesely & Associates

ORAL & MAXILLOFACIAL PATHOLOGY

This specialty is concerned with diagnosis and study of the causes and effects of diseases of the mouth, jaws, and related structures, such as salivary glands, temporomandibular joints, facial muscles, and perioral skin (the skin around the mouth).

Dr. Clifford S. Walzer
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Ziad E. Batrouni
Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis; 410-897-0111; mosa4os.com

Dr. Borek L. Hlousek
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Cornelius J. Sullivan
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Edward Zebovitz
Edward Zebovitz, D.D.S.

ORAL & MAXILLOFACIAL RADIOLOGY

This specialty is concerned with performance and interpretation of diagnostic imaging used for examining the craniofacial, dental, and adjacent structures.

Dr. Cornelius J. Sullivan
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Ziad E. Batrouni
Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis; 410-897-0111; mosa4os.com

ORAL & MAXILLOFACIAL SURGERY

This specialty deals with the diagnosis and surgical treatment of diseases, injuries, and defects of the teeth, mouth, and face. Procedures range from removal of wisdom teeth to surgical treatment of facial trauma.

Dr. Ziad E. Batrouni
Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis; 410-897-0111; mosa4os.com

Dr. Borek L. Hlousek
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Cornelius J. Sullivan
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Clifford S. Walzer
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

ORTHODONTICS

This specialty deals with the diagnosis, prevention, and correction of improperly aligned teeth and abnormal jaw structures. Treatment can be for functional and/or aesthetic reasons.

Dr. Ora Reinheimer
Philbin & Reinheimer Orthodontics

Dr. John A. Benkovich, III
Benkovich Orthodontics

Dr. Stephen Labbe
Labbe Family Orthodontics

Dr. Mairead M. O'Reilly
Dr. Mairead M. O'Reilly & Associates

Dr. Philip Philbin
Philbin & Reinheimer Orthodontics

PEDIATRIC DENTISTRY

This is an age-defined specialty that provides primary and comprehensive preventive and therapeutic oral health care for infants and children through adolescence.

Dr. Michelle M. Decere
Pediatric Dentistry & Orthodontics

Dr. Gregg T. Behling
Pediatric Dentistry & Orthodontics

Dr. Tyson Bross
Naptown Smiles, Bross & Associates

Dr. Beverly A. Jimenez
Chambers Family Dentistry

Dr. CJ Tull, III
Pediatric Dentistry & Orthodontics

Dr. Maya A. Vernon
Vernon Pediatric Dentistry

PERIODONTICS

This specialty deals with the tissue that supports and surrounds the teeth—including gums, jaw and roots. This effort often includes salvaging the teeth and jawbone from gum disease.

Dr. Angela Miele
Annapolis Periodontics

Dr. David A. Mugford
The Mugford Center

Dr. Deborah Odell
Annapolis Periodontics

PROSTHODONTICS

This specialty centers on the function, comfort, and health of patients with missing or deficient teeth caused by congenital disorders and those caused by trauma or decay. Treatment may involve the creation of dentures, crowns, and/or dental implants.

Dr. John Davliakos
Annapolis Prosthodontic Associates

Dr. Arezoo A. Bahar
Annapolis Prosthodontic Associates

Dr. Robert Cook
Annapolis Prosthodontic Associates

CALLING ALL
NURSES & MEDICAL
PROFESSIONALS!

WHAT'S UP? MEDIA'S 2020

EXCELLENCE IN N NRSING

Welcome to the inaugural Excellence in Nursing honors! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. This is nurses celebrating nurses!

You—licensed nurses and medical professionals—are integral to this nomination process and the forthcoming honors of your peers. These are, essentially, your awards. This is a peer-survey project. Your nominations of fellow nurses in several fields of practice will be tabulated and vetted. The results will become Excellence in Nursing and will honor those nurses most recognized by their peers. There will be “Top Nurses” within each field, but also “Honorary Nominees” for each category as well. This will be a celebration of the many, many excellent nurses that drive medicine on the front-lines.

The value of this project exceeds those of other “Best Of” type projects in that this is truly professionals nominating professionals. This is not open to the public at large. Only licensed nurses and medical professionals may access this [survey](#). The process

will be anonymous, but do have your state license number handy to access the nomination form. The license number is required to verify and qualify each nomination form. Only one nomination form may be entered by each person. Up to three nurses may be nominated for each category, as you will see on the form.

Thank you very much for your time and participation. You are truly benefitting the medical community by acknowledging the contributions of your peers.

Voting will close in August.

Those earning Excellence in Nursing honors will be notified in early fall and the results will be published in the November issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? West County*, in addition to the online platform and social media channels of What's Up? Media.

If you have any questions about the process, please contact our Editorial Director at editor@whatsupmag.com.

[WHATSUPMAG.COM/2020NURSES](https://www.whatsupmag.com/2020nurses)

PRIVATE SCHOOL

GREATER ANNAPOLIS

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
ANNAPOLIS AREA CHRISTIAN SCHOOL—LOWER <i>(Severn) 61 Gambrills Road, Severn (Annapolis) 710 Ridgely Avenue, Annapolis 410-519-5300; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Karl Graustein (S); Elizabeth Williams (A)	K–5	242	15-17
ANNAPOLIS AREA CHRISTIAN SCHOOL—MIDDLE <i>716 Bestgate Road, Annapolis 410-846-3505; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Benjamin Peddicord	6–8	262	16-22
ANNAPOLIS AREA CHRISTIAN SCHOOL—UPPER <i>109 Burns Crossing Road, Severn 410-846-3507; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Dr. Robert McCollum	9–12	431	20-23
BOOK OF LIFE ACADEMY <i>913 Cedar Park Road, Annapolis 410-263-2600; bookoflifeacademy.com</i>	Located in Annapolis, Book of Life offers a Christian education through various daily enrichment programs.	1982	Christian	Ashley Mackell	K2–5	115	12
CALVARY CENTER SCHOOL <i>301 Rowe Boulevard, Annapolis 410-268-3812; calumc.org/calvary-center-school</i>	Cavary Center School is a preschool for children ages 3 and 4, and also offers extended care options.	1986	Methodist	Johnna Parker	PreK	75	12-15
CHESAPEAKE MONTESSORI SCHOOL <i>30 Old Mill Bottom Road North, Annapolis 410-757-4740; chesapeake-montessori.com</i>	Chesapeake Montessori is recognized by the Association Montessori Internationale, and focuses on indoor and outdoor learning environments on their 7-acre campus.	1977	Non-Sec-tarian	Robb Wirts	18 months–8	150	24
THE HARBOUR SCHOOL AT ANNAPOLIS <i>1277 Green Holly Drive, Annapolis 410-974-4248; harbourschool.org</i>	The Harbour School, located in Cape St. Claire, has an individualized way of teaching, and adapts to the students' way of learning.	1982	Non-Sec-tarian	Linda J. Jacobs	1–12	189	8–10
INDIAN CREEK SCHOOL—LOWER <i>680 Evergreen Road, Crownsville 410-923-3660; indiancreekschool.org</i>	Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres).	1973	Non-Sec-tarian	Jennifer Malachowski	PreK 3–6	200	16
INDIAN CREEK SCHOOL—UPPER <i>1130 Anne Chambers Way, Crownsville 410-849-5151; indiancreekschool.org</i>	Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres).	1973	Non-Sec-tarian	Matthew McCormick	7–12	350	15
THE KEY SCHOOL <i>534 Hillsmere Drive, Annapolis 410-263-9231; keyschool.org</i>	Key School was founded by professors from St. John's College, and is a progressive, college-prep school located within Hillsmere Shores on a 15-acre campus.	1958	Non-Sec-tarian	Matthew Nespole	Key-Wee (2.5 yrs.) –12	645	16–18
MONTESSORI INTERNATIONAL CHILDREN'S HOUSE <i>1641 North Winchester Road, Annapolis 410-757-7789; montessorinternational.org</i>	Recognized by the Association Montessori Internationale, Montessori International Children's House caters to students ages 18 months to 12 years on their 4.5-acre campus.	1985	Non-Sec-tarian	Elizabeth Whitaker	18 months–6	150	12–25
NAVAL ACADEMY PRIMARY SCHOOL <i>74 Greenbury Point Road, Annapolis 410-757-3090; napschool.org</i>	Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy.	1949	Non-Sec-tarian	Robyn M. Green	PreK–5	242	15
ROCKBRIDGE ACADEMY <i>680 Evergreen Road, Crownsville (K–6) 911 Generals Highway, Millersville (7–12) 410-923-1171; rockbridge.org</i>	Rockbridge Academy focuses on a classical Christian education. The school moved its K–6 students to the new Evergreen Campus, with the goal of unifying both upper and lower schools in a few years.	1995	Christian	Roy Griffith	K-12	335	13
ST. ANNE'S SCHOOL OF ANNAPOLIS <i>3112 Arundel on the Bay Road, Annapolis 410-263-8650; stannesschool.org</i>	St. Anne's School is a candidate school for the International Baccalaureate (IB) Primary and Middle Years Programme, and offers several different approaches to the learning environment.	1992	Episcopal	Lisa Nagel	Twos–8	235	13
ST. MARGARET'S DAY SCHOOL <i>1605 Pleasant Plains Road, Annapolis 410-757-2333; stmargaretsdayschool.org</i>	St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children	1995	Episcopal	Tricia McVeigh	2 year–K	127	12-20
SAINT MARTIN'S LUTHERAN SCHOOL OF ANNAPOLIS <i>1120 Spa Road, Annapolis 410-269-1955; stmartinsonline.org</i>	Saint Martin's Lutheran School was founded by Saint Martin's Lutheran Church as a mission to its members and the community, and is part of the Evangelical Lutheran Education Association.	1963	Lutheran	James D. Moorhead	PreK 3–8	100	10
ST. MARY'S ELEMENTARY SCHOOL <i>111 Duke of Gloucester Street, Annapolis 410-263-2869; stmarysannapolis.org</i>	Located in downtown Annapolis, St. Mary's Elementary offers a broad educational curriculum with Christian values to its students.	1862	Catholic	Rebecca Zimmerman	PreK–8	800	28
ST. MARY'S HIGH SCHOOL <i>113 Duke of Gloucester Street, Annapolis 410-263-3294; stmarysadmissions.org</i>	Located next to the elementary school, St. Mary's High is a college-preparatory day school that focuses on the traditions of the School Sisters of Notre Dame.	1946	Catholic	Mindi Imes	9–12	507	20

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

PRIVATE SCHOOL

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
SEVERNA PARK	SEVERN SCHOOL—CHESAPEAKE CAMPUS (LOWER) 1185 Baltimore Annapolis Boulevard, Arnold 410-647-7700; severnschool.com	1914	Non-Sec-tarian	Douglas Lagarde	Pre-school–5	227	15
	SEVERN SCHOOL—TEEL CAMPUS (UPPER) 201 Water Street, Severna Park 410-647-7700; severnschool.org	1914	Non-Sec-tarian	Douglas Lagarde	6–12	627	13
	ST. JOHN THE EVANGELIST SCHOOL 669 Ritchie Highway, Severna Park 410-647-2283; stjohnspschool.org	1959	Catholic	Casey Buckstaff	PreK–8	484	25
	ST. MARTIN'S IN-THE-FIELD EPISCOPAL SCHOOL 375-A Benfield Road, Severna Park 410-647-7055; stmartinsmd.org	1957	Episcopal	Jamey Hein	PreK 3s–8	170	12-18
EDGEWATER	SAINTE ANDREW'S DAY SCHOOL 4B Wallace Manor Road, Edgewater 410-266-0952; standrewsum.org	1985	United Methodist	Mark Wagner	PreK–8	251	14
	THE SUMMIT SCHOOL 664 East Central Avenue, Edgewater 410-798-0005; thesummitschool.org	1989	Non-Sec-tarian	Dr. Joan Mele-Mc-Carthy	1–8	105	Varies
GAMBRILL/ODENTON	ODENTON CHRISTIAN SCHOOL 8410 Piney Orchard Parkway, Odenton 410-305-2380; ocs.odentonbaptist.org	1977	Baptist	Scott Milner (principal); John Lacombe (director)	K3–12	181	14
	SCHOOL OF THE INCARNATION 2601 Symphony Lane, Gambrills 410-519-2285; schooloftheincarnation.org	2000	Catholic	Nancy Baker	PreK–8	750	25
MILLERSVILLE	ELVATON CHRISTIAN ACADEMY* 8422 Elvaton Road, Millersville 410-647-3224; elvatonacademy.com	1995	Christian	Pastor Dallas Bumgarner	PreK2–8	60	8
SEVERN/GLEN BURNIE	ARCHBISHOP SPALDING HIGH SCHOOL 8080 New Cut Road, Severn 410-969-9105; archbishopspalding.org	1966	Catholic	Kathleen K. Mahar	9–12	1,250	25
	GRANITE BAPTIST SCHOOL 7823 Oakwood Road, Glen Burnie 410-761-1118; granitebaptistschool.org	1975	Baptist	Lou Rossi, Jr.	K3–12	273	Varies
	MONSIGNOR SLADE CATHOLIC SCHOOL 120 Dorsey Road, Glen Burnie 410-766-7130; msladeschool.com	1954	Catholic	Alexa L. Cox	PreK2–8	475	25
	ST. PAUL'S LUTHERAN SCHOOL 308 Oak Manor Drive, Glen Burnie 410-766-5790; stpaulsgb.org	1950	Lutheran	John Maxwell	P2–8	230	18
...AND BEYOND	THE BOYS' LATIN SCHOOL OF MARYLAND 822 West Lake Avenue, Baltimore 410-377-5192; boyslatinmd.com	1844	Non-Sec-tarian	Christo-pher J. Post	K–12	625	13
	CALVERT HALL COLLEGE HIGH SCHOOL: 8102 LaSalle Road, Baltimore 410-825-4266; calverthall.com	1845	Catholic	Charles S. Stembler	9-12	1,200	18
	THE CALVERTON SCHOOL 300 Calverton School Road, Huntingtown 410-535-0216; calvertonschool.org	1967	Non-Sec-tarian	Chris-topher Hayes	PreK–12	269	14
	DEMATHA CATHOLIC HIGH SCHOOL 4313 Madison Street, Hyattsville 240-764-2200; dematha.org	1946	Catholic	Dr. Daniel J. McMahon	9–12	825	19

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

PRIVATE SCHOOL

CAROLINE COUNTY

DORCHESTER COUNTY

KENT COUNTY

QUEEN ANNE'S COUNTY

TALBOT COUNTY

DESCRIPTION

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

AVG. CLASS SIZE

ELIZABETH SETON HIGH SCHOOL
5715 Emerson Street, Bladensburg
301-864-4532; setonhs.org

Elizabeth Seton High School is an all-girls, college preparatory school, and is affiliated with the Archdiocese of Washington.

1959

Catholic

Sister Ellen Marie Hagar

9–12

611

16

HOLY TRINITY EPISCOPAL DAY SCHOOL
Primary School
13106 Annapolis Road, Bowie
301-262-5355; htrinity.org
The Daisy Lane School and High School Prep
11902 Daisy Lane, Glenn Dale
301464-3215; htrinity.org

Holy Trinity features the Primary School campus for grades 1–4, while The Daisy Lane School and High School Prep campus houses preschool and kindergarten and grades 5–8.

1963

Episcopal

Juanita Nell (Daisy Lane); Karen Falk (Primary School); Gene Esposito (HS Prep)

Pre-school–8

480+

15 (Pre); 20 (K–grade 4); 21 (grades 5–8)

NOTRE DAME PREPARATORY SCHOOL
815 Hampton Lane, Towson
410-825-6202; notredameprep.com

Notre Dame Prep was founded by the School Sisters of Notre Dame. It is a college preparatory school for girls, located in Towson.

1873

Catholic

Sister Patricia McCarron, SSND, PhD

6–12

800

16

ST. VINCENT PALLOTTI HIGH SCHOOL
113 St. Mary's Place, Laurel
301-725-3228; pallottihs.org

St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties.

1921

Catholic

Jeffrey Palumbo

9–12

465

17

THE BENEDICTINE SCHOOL
14299 Benedictine Lane, Ridgely
410-634-2112; benschool.org

The Benedictine School is an approved day and residential school, serving students with intellectual disabilities, autism, or multiple disabilities.

1959

Non-Sec-tarian

Julie Hickey

Ages 5–21

66

5-7

COUNTRYSIDE CHRISTIAN SCHOOL
5333 Austin Road, Cambridge
410-228-0574; countrysidechristianschool.org

Countryside Christian School is located off of Route 50, and is part of Maryland's BOOST program (Broadening Options and Opportunities for Students Today).

1974

Christian

Beverly Stephens Herbst

PreK–8

40

5

CHESTERTOWN CHRISTIAN ACADEMY
401 Morgnac Road, Chestertown
410-778-5855; chestertownchristian.org

Chestertown Christian Academy serves students from Kent, Queen Anne's, and Cecil counties, as well as New Castle County in Delaware.

1979

Baptist

Joseph Baugher

K–12

97

9

KENT SCHOOL
6788 Wilkins Lane, Chestertown
410-778-4100; kentschool.org

Kent School is an independent day school located along the bank of the Chester River. The school incorporates Chesapeake Bay studies into their curriculum.

1967

Non-Sec-tarian

Nancy Mugele

PreK–8

132

12

RADCLIFFE CREEK SCHOOL
201 Talbot Boulevard, Chestertown
410-778-8150; radcliffecreekschool.org

Radcliffe Creek School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne's, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties.

1996

Non-Sec-tarian

Meg Bamford

K–8

73

5

THE GUNSTON SCHOOL
911 Gunston Road, Centreville
410-758-0620; gunston.org

Founded over 100 years ago, The Gunston School is an independent college preparatory school that offers individualized learning plans.

1911

Non-Sec-tarian

John A. Lewis, IV

9–12

210

10-12

LIGHTHOUSE CHRISTIAN ACADEMY
931 Love Point Road, Stevensville
410-643-3034; lcademy.org

Lighthouse Christian Academy serves students on the Eastern Shore from three counties, and focuses on a Classical Christian education curriculum.

2001

Christian

Kathleen Guerra

PreK–8

86

7

SWEET BAY MAGNOLIA ACADEMY AT THE MCARDLE CENTER*
201 Love Point Road, Stevensville
443-249-3368; mcardlecenter.com

Sweet Bay Magnolia Academy focuses on an individualized way of teaching for children diagnosed with ASD, offering science, technology, engineering, art, and math (STEAM).

2015

Non-Sec-tarian

Brian Tyler

K–3; home instruction 1–9 co-op

10

5

WYE RIVER UPPER SCHOOL
316 South Commerce Street, Centreville
410-758-2922; wyeriverupperschool.org

Wye River is a 501(c)(3) nonprofit school that serves students with dyslexia, ADHD, ADD, and other learning differences at their Centreville campus.

2002

Non-Sec-tarian

Chrissy Aull

9–12

58

7-8

CHESAPEAKE CHRISTIAN SCHOOL*
1009 N. Washington Street, Easton
410-822-7600; chesapeakechristian.org

Chesapeake Christian School is conveniently located near Route 50, and offers a traditional classroom setting with Christian values.

1999

Christian

Deborah L. Whitter

K4–12

170

15

THE COUNTRY SCHOOL
716 Goldsborough Street, Easton
410-822-1935; countryschool.org

The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton.

1934

Non-Sec-tarian

Neil Mufson

PreK–8

298

16

SAINTS PETER AND PAUL ELEMENTARY SCHOOL
900 High Street, Easton
410-822-2251; ssppeaston.org

Saints Peter and Paul School is a college preparatory school, and is the only Catholic, PreK–12th grade school on the Eastern Shore.

1955

Catholic

Sherrie Connolly

PreK3–8

360

18

SAINTS PETER AND PAUL HIGH SCHOOL
900 High Street, Easton
410-822-2275; ssppeaston.org

Saints Peter and Paul School is a college preparatory school, and is the only Catholic, PreK–12th grade school on the Eastern Shore.

1955

Catholic

James Nemeth

9–12

174

15

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

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Home & Garden

52 DARE TO GO DARK? | 54 TECHNO-PLUMBING SOLUTIONS | 58 REAL ESTATE



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Dare to Go Dark?

TRENDING DEEP HUES FOR YOUR HOME'S EXTERIOR

By Lisa J. Gotto



They're popping up everywhere—those vibrant, eye-popping homes that take curb appeal to the next level. Daring and creative homeowners are drenching their residences in rich hues; for some it may be as an accent color on part of the home, but for the truly bold the entire home is making a lively style statement.

With these rich hues being applied to various exterior materials including brick and even stone, it's a good idea to ask the right questions of

your paint retailer before you make your bold move. These questions will vary depending on the type of home you're painting (older homes like Victorians have a palette all their own and if you wish to honor it historically, certain rules for application should be recognized). When you choose a color you will also need to decide on a finish. Experts generally recommend a flat finish offering a softer look that hides subtle imperfections or a satin finish that offers a slight gloss for bolder hues.

You will also need to address the level of on-going maintenance associated with a richly-painted exterior, especially in our region where you'll need to account for our Bay climate. Sun will be your main concern. Darker colors absorb the sunlight faster than others. Inside, this could result in higher cooling bills in the summer. Outside, the side of your home that receives the most sun can start to fade as soon as three years.

That said, the quality of exterior paint continues to improve. Though you will

pay more for the top-of-line options from the most respected manufacturers like Sherwin-Williams and Benjamin Moore, you will save precious time and some money down the road when it comes to touching up and re-painting. Some of these paints also contain built-in primer for the most practical and fastest application.

Convinced yet? If you're still debating whether or not to plunge head-first into color, keep in mind you can consider some bold moves with your door color,

trim, and shutter color. But with so many attractive options and the availability of the most durable exterior paints ever, the question may not be if you dare to go dark, but when.

Photo Credits: 1. Two-Tone: For those who wish to just dabble in color. Photo courtesy of hgtv.com 2. The traditionalist's top choice. Photo courtesy of bobvila.com 3. Sleek and sophisticated. Photo courtesy of oldhouseguy.com 4. The most widely trending color. Photo courtesy of benjaminmoore.com 5. The nautical classic. Photo courtesy of bobvila.com 6. Farmhouse fabulous. Photo courtesy of bobvila.com



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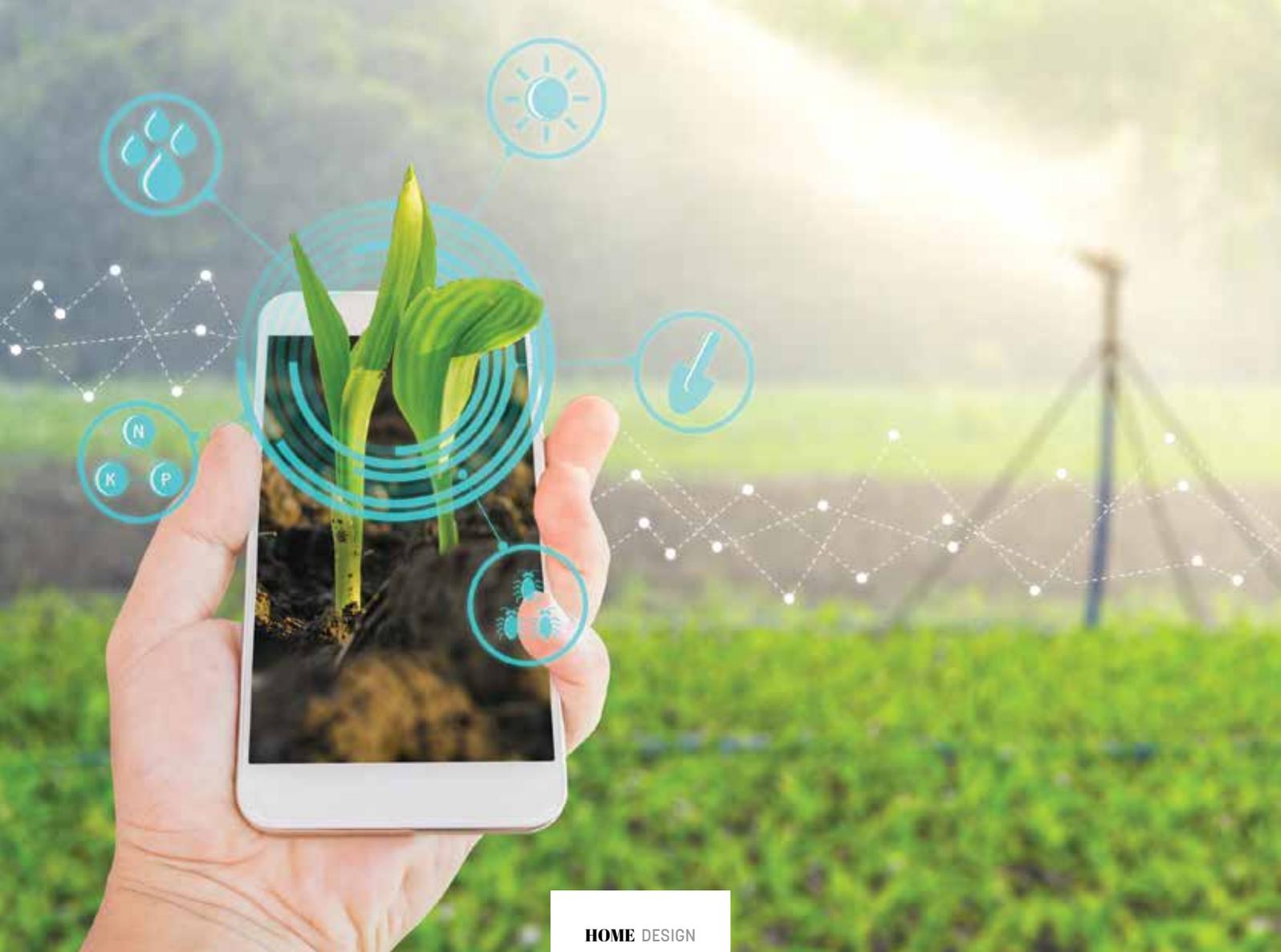


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HOME DESIGN

Techno-Plumbing Solutions

By Janice F. Booth

Infrared sensors, play-lists, chromotherapy, auto-flow, and auto-temperature...these features and so much more are available to you. And no, I'm not describing your next spa experience; I'm talking about your very own home, your bathrooms, and kitchen. They have joined the march to high-tech, eco-friendly functionality. Let me help you brush up on your 21st century plumbing options. This will be fun.

BATHROOM WIZARDRY

Let's start with the bathroom. We'll focus on your sinks, faucets, showers, tubs, and what's being called "Tush Technology."

Sinks & Faucets: We're all familiar with some of the innovations in sink and faucet designs, but let's review, in case you haven't been keeping up or need a refresher. There are three components to one's bathroom sink; the bowl or basin, the

faucet(s), and the vanity or furniture upon which the sink rests. The movement in design has been toward the natural—bowls and faucets that echo the experience of a tiny rivulet or waterfall into a small pool. Basins are made of stone, such as marble, granite, and cement. Faucets echo the appearance of bamboo or reeds. And both basin and faucets are placed on slabs or vanities of slate, oak, or bamboo.

The underlying contradiction in this unaffected style is the technology that can be harnessed to this elegant simplicity. Your faucets can be hands-free, with sensors that detect movement allowing water to flow as needed and turn off when you step away. This feature saves water and energy, and helps cut-down on germ transmission. Some faucets offer an ozone-activated, antibacterial feature; the device injects a stream of ozone into the water, killing any bacteria.

Another logical partner for the auto-flow and anti-bacterial features is the preset temperature control. An LED on the fixture reads out the water temperature, and a touch can choose another temperature. Expanding on the eco-friendly water usage, a device can be added to your faucet, which has preset timing for various common tasks—washing hands, filling a cup for drinking, and even brushing your teeth. This is a particular favorite of this writer. You program your faucet so enough water flows to wet your toothbrush, and then shuts off. The timer continues for the appropriate two-minutes, and then the water flows again for rinsing the toothbrush. This timer feature helps everyone keep to the necessary brushing regimen and saves on unnecessary water usage.

Showers & Tubs: Now that we have the sink properly programed, let's turn to the shower and tub. Here again, technology is your friend and eco-friendly too. Like the sink, shower and tub designs have gone simply natural. Showers are no longer sequestered behind modesty glass or hidden in corners. The shower fixtures are behind clear glass walls and sometimes glass doors.

The “dam” or slight frame around the shower that kept water from puddling on the floor outside is no longer necessary. Instead of a frame or dam, the shower floor slants slightly to the wall side where a long-drain allows the water to flow away. The tub's drain can be sensor controlled; when the tub is being filled, the drain closes. When the sensor detects someone leaving the tub, it automatically drains. Like your sink's faucet, the showerhead can perform all sorts of marvelous services. It can be programmed for temperatures and set for hands-free use along with ozone-injected bacteria fighting. Your shower or tub can be programmed with Alexa or Google-Assist, your very own bathroom butler.



And from the practical to the sensual, things are changing in your shower and tub. There are a variety of water pattern and pressure options for the showerhead or tub faucet. And to be environmentally responsible, the water flowing from the faucet or showerhead can be aerated so that what seems like a tumbling rush of water under strong pressure is actually accomplished using less water—guilt free. Your shower experience can be lit in LED color patterns and synchronized with your personalized play list—a blue-green helix of hot water accompanied by Handel's *Water Music* might be your fantasy, or Mick Jagger belting out “Jumpin’ Jack Flash” while the hard-pounding water wakes you up in the morning. The possibilities are endless.

Toilets & Bidets: Let us not forget the lowly commode, toilet, or john. That too is being transformed by technology. We're probably all familiar with the now-com-

mon dual-flush toilet that allows you to choose the correct amount of water for the flushing task—solid or liquid. That's great, but why stop there? Now, your toilet bowl can be set up to auto-flush, recognizing when the toilet has been used and when it's appropriate to flush. (I know—we've all experienced the over-zealous auto-flush at some restaurant or airport, but usually the technology works just fine.) So, moving on, you need no longer chastise son or husband for failing to close the toilet seat. Toilet seats are available with the capacity to sense someone's approach and lift the seat cover. A wave of the hand then lifts the toilet seat itself. The seat and cover quietly close when the commode is unoccupied. (Ah, now that's the solution many women have been hoping for, for generations. And did you know that the most common accident in the bathroom is falling into the toilet when the seat has not been in place? Believe it!)





You needn't worry any longer about dangling your feet on a too-tall toilet or squatting on a toilet that's too short. There are toilets that allow you to adjust the height to your needs. And while we're on these modern delights for our commodes, how about this? Your toilet can be fitted with an automatic deodorizer. Yes, no more embarrassing odors lingering when you leave. But wait, that's not all; you can select white noise or some sounds or music satisfactory to you which will play while you're using the commode.

Let's not forget the somewhat mysterious and exotic bidet. We're more likely to associate them with European hotels, but they're gaining popularity in the States. They're available as free-standing or attachments for the toilet. In

addition to the traditional spout of refreshing water for cleansing, bidets can allow the user to control water temperature and activate a gentle drying feature. Very civilized and sanitary.

CLEVER KITCHEN

Kitchen plumbing is focused on the sink with its garbage disposal and the refrigerator. We're all fairly familiar with the refrigerator's occasionally rogue ice maker and water faucet. (As you're settling down for a chat with a glass of wine and a charming companion, the frig spits out a few ice cubes or dribbles just enough water to require you stop everything and mop up the mess.) The plumbing for the refrigerator is pretty much controlled by the manufacturer. So, there's little to fuss over.

The kitchen sink, however, offers loads of opportunities for improvements and special features. So, let's return to the conversation about the sink's basin or bowl. In the bathroom, style over function seems to prevail. We want an elegant bathroom sink. In the kitchen, practicality wins, hands down! We want the kitchen sink to be dependable, versatile, and easy to maintain.

Maintenance: Keeping the sink area clean and the garbage disposal sanitary is a constant battle. Choosing the right sink basin may be the single most helpful decision. There are four types of kitchen basins, and they each approach differently the problem of the seal between sink and countertop, the place where bacteria can lurk.

Self-rimming: This is the basin that slips into a hole in the counter-top. It is suspended by its own rim or lip. A seal is added between the countertop and the rim or lip to avoid water leaking under the sink's edge and into the cupboard below. **Bottom-mounted:** This basin is clamped or suspended beneath the countertop. When installed, the counter's edge must be made to seal down onto the basin's edge. That's a bit tricky, and requires a skilled installer to insure a full seal and attractive mounting. **Solid-surface:** This is a one-piece basin-countertop. It is secured underneath to the cupboard and plumbing. It is seamless and probably easiest to keep sanitary. **Stand-alone:** The free-standing sink on its own pedestal or leg is uncommon except in some antique-style kitchens. In the 19th and early 20th century, porcelain units—a sink on four legs—were common in kitchen and laundry rooms.

Once you've settled on the basin, you'll have a variety of faucet-styles to choose from. Do you want two handles or one? That choice determines how you'll regulate hot and cold water as well as the intensity of the flow. Do you want an integral, flexible hose for spraying vegetables, and yourself, occasionally? How about a soap dispenser? If you want to go a bit high-tech, you'll want to choose a faucet system that allows for those features available in the bathroom faucets—auto-flow, temperature control, volume and intensity control, and ozone-injection for bacteria removal. Garbage disposals, it seems, have not gone hi-tech. They're pretty much doing the task they've been designed to do with more-or-less efficiency. Alexa probably can't help you there, unfortunately.

MISCELLANY

Finally, let me review a few interesting technological advances in home plumbing.

Water heaters: You may already be using a solar water heater, linked to your rooftop solar panels. An unfortunate drawback, extended cloudy days mean no hot water for the days' showers. The on-demand water heater may be married with the solar system. When hot water is required, electricity heats as much water as is required almost instantaneously. Unfortunately, the cost of electricity probably eliminates the savings you were counting on with the solar heating.

Pipes and fittings: Worried about those pin-hole leaks that may have begun in your old, copper pipes? Well, when you replace those pipes you can get a Smart-Pipe System. These "brainy" pipes detect leaks early, sensing a change in pressure and volume. They can be programmed to alert the home owner and/or the plumber as to the problem and the location of the leak, saving time and money as well as the new flooring in your basement playroom.

Greywater Recycling: This allows for the collection and reuse of water from the showers, sinks, dishwasher, and clothes washer. The water can be redirected to water lawns and gardens, or even

reused in the clothes washer. (I'm not too sure about that last option.)

Smart Irrigation System: And finally, for all the gardeners out there: Your watering system can be synched with regional weather reports. The system will skip timed watering when rains are expected and extend watering times during droughts. (A good system to link with your greywater recycling so as not to waste fresh water on the garden.) The system can also be programmed for your specific soil type, plant varieties, and even the micro-climate of your neighborhood. The system works on a Cloud-based connection and can be adjusted

and controlled by you, wherever you happen to be. Smart Irrigation sounds like every gardener's dream solution!

Essayist and literary critic, Edmund Wilson summed it up nicely in 1956, "I have derived a good deal more benefit of the civilizing as well as of the inspirational kind [of tradition] from the admirable American bathroom than I have from the cathedrals of Europe...I have had a good many more uplifting thoughts, creative and expansive visions—while soaking in comfortable baths or drying myself after bracing showers—in well-equipped American bathrooms than I have ever had in any cathedral."

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Easy Does It in Eastport

By Lisa J. Gotto

This move-in-ready, two-story Colonial offers the new homeowners the beauty and convenience of numerous, highly desirable upgrades. The first floor open plan flows effortlessly along rich, dark, wide-plank hardwoods that contrast brilliantly with creamy taupe walls throughout the space. High-end finishes such as wainscoting, chair rail, and gorgeous coffered ceiling treatments lend depth to the design.



Primary Structure Built: 1900
Sold For: \$915,000
Original List Price: \$1,050,000
Bedrooms: 4
Baths: 3 full, 1 half
Living Space: 2,336 sq. ft.
Lot Size: 0.12 acres

The kitchen is a fantasy of utility and style with an abundance of quiet-close custom cabinetry in white and a large contrasting island with sink, upgraded countertops, and sleek, metal barstools. A gas cooktop, wine fridge, pantry, and separate office/workspace area makes this the command central of the home.

This area blends well into an airy dining and living space that features a light and bright Bay window at the front of the home. Natural light also streams into the space from glass panels and sidelights that frame the oversized front door. Two



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generous conveniently-located bedrooms are available for guests on this level, as is an additional sitting room and laundry room. A beautifully executed 34- by 14-foot family room is at the ready for movie nights and video gaming on the home's lower level.

The upstairs offers an additional guest bedroom and a marvelous master suite complete with a soothing spa-like bath complete with a dual vanity, modern soaking tub, and a stand-up shower. Like all of the closet spaces in the home, the master closet is outfitted with a custom organizer unit for easy, at-a-glance storage.

The outside of the home is not only trimmed with a spacious HardiPlank deck, but a quintessential white picket fence surrounds the large lush yard, just perfect for keeping an eye on kids and fur babies.

Listing Agent: Kristi Neidhardt; Northrup Realty, A Long & Foster Company; 900 Bestgate Road, Annapolis; o. 410-295-6597; m. 410-599-1370; kristi@kn-team.com; kn-team.com

Buyer's Agent: Anne Harrington; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; o. 410-263-8686; m. 410-310-9961; anne.harrington@cbmove.com; coldwellbankerhomes.com

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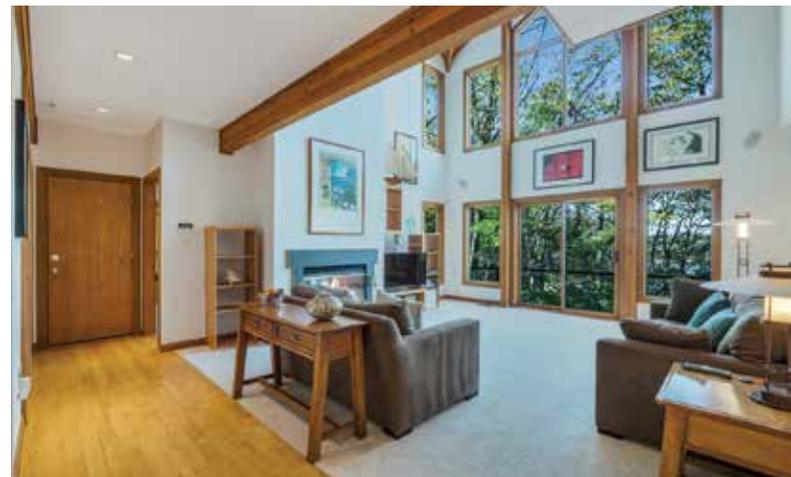
Stunning Creek Views

By Lisa J. Gotto

This incredibly well-maintained contemporary-styled home has it all for the homeowner who lives—and loves—to entertain! Designed to take advantage of its prime location overlooking Beard's Creek, there is a remarkable view from nearly every vantage point on the property. Being indoors is a feast for the eyes with numerous floor-to-ceiling windows on the home's main level.

The 3,000-square-foot floorplan of this post-and-beam home conveys a welcoming warmth despite its size, with a wealth of cozy hardwood floors on its main level, as well as a gorgeous wood-burning fireplace and exposed wood. An open-plan gourmet kitchen with its large center island and breakfast bar flow to an ultimate entertainment area big enough to accommodate a pool table. An adjacent dining space offers stunning views and access to a large cedar deck perfect for an after-dinner sunset coffee or cordial. A convenient bedroom with a full bath, also with those amazing views, is located on this level.

The home's upper level offers creek views from its landing/loft space and this area leads to a generous master bedroom and bath with a jetted Jacuzzi tub, separate tile shower, and two-sink vanity. This floor also offers an additional bedroom and bath.





On the home's lower level the new owners will enjoy walk-out access to a waterside blue-stone paver patio, as well as new carpeting, a game room with gas fireplace, a fourth bedroom and bath, and the potential for a fifth bedroom. Generous storage space is also located on this level.

Outside, all the advantages of living creek-side are there for the taking. There's quick access to the South River and the Chesapeake Bay from the property's private pier that features an 8,000 lb. boat lift.

"The sellers did a lot of solid preparation before putting the house on the market and

it was reflected in the 96 percent ratio of sales price to list price," says listing agent Reid Buckley of the Mr. Waterfront Team. "This is a very private and natural setting—the perfect escape for the Washington, D.C. buyers."

Listing Agents: Charlie & Reid Buckley; Mr. Waterfront Team of Long and Foster; 320 Sixth Street, Annapolis; o. 410-266-6880; m. 410-279-1843; reid@waterfronthomes.org; waterfronthomes.org

Buyer's Agent: Joe Bray; Mr. Waterfront Team of Long and Foster; 320 Sixth Street, Annapolis; o. 410-266-6880; m. 410-703-3403; joe@waterfronthomes.org; waterfronthomes.org

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HEALTH & BEAUTY BEAUTY

Emtone

A NEW OPTION FOR
TREATING CELLULITE

By Dylan Roche

Although it doesn't pose any physiological harm, cellulite can be a big hindrance to a woman's confidence. "Cellulite is one of those things—most women, we have it, and it holds us back with certain things," says Katina Byrd Miles, MD, FAAD, of Skin Oasis Dermatology. "You want to put on shorts or short sleeves, but you just don't feel comfortable because your legs aren't as smooth as you want them to be."

But now there's a new treatment option for cellulite that emerged just last year. Known as Emtone, it's a device that combines radiofrequency and mild pressure to treat the causes of cellulite and give skin a smoother appearance.

The Mayo Clinic explains that cellulite appears when fat cells grow under the skin and the fibrous connective tethers that bind skin to the muscles are pulled rigid, creating an uneven, dimpled surface on the skin, commonly on a woman's legs, arms, or stomach.

the device over their afflicted area. As Dr. Miles describes it, being treated with Emtone feels like a massage. But while the patient is being pampered, Emtone's gentle pressure and radiofrequency break up the adhesions under the skin that cause dimpling.

"With Emtone, the nice thing about it is there's no downtime. [After the procedure], you get up off the table and go about your activities as you normally would."

Before the advent of Emtone, the most common procedure to reduce the appearance of cellulite was surgery. "With that, you do have some healing time," Dr. Miles, one of the greater Annapolis area's very first physicians to offer Emtone, explains. "With Emtone, the nice thing about it is there's no downtime. [After the procedure], you get up off the table and go about your activities as you normally would."

When a person is treated with Emtone, they lie down while the operator runs

Dr. Miles encourages anyone who is self-conscious because of cellulite to consider the treatment, though there's a small group of people who are ineligible. Those who have had a knee replacement and still have metal in their leg cannot be treated, nor can those who have a defibrillator or a pacemaker. Otherwise, the ideal candidate is anyone who has cellulite.

"It's a great treatment," Dr. Miles says. "If you're exercising and the cellulite won't go away, this is an aid to having your skin be nice and smooth."

Seersucker

A VERSATILE ANSWER TO SUMMER'S SCORCHING TEMPS

By Dylan Roche

Looking your best shouldn't have to mean being decked out in heavy formalwear. Let's face it—being a sweaty mess is never a great look.

This is part of the enduring appeal of seersucker, the lightweight puckered fabric made so easily recognizable by its thin pinstripes. If you've worn seersucker before, you know these stripes of alternating smooth and course texture are great for offering a little bit of ventilation and breeze, keeping you cool even on hot days.

Seersucker looks sharp, but it can easily be dressed down for casual occasions. And although men have been the ones who have worn seersucker throughout centuries past, it's becoming increasingly popular with women in recent years.

Seersucker started out as the formal attire in cultures where it was known to get very hot, such as British India and the Southern United States. Today, it's better suited for smart-casual dress codes or festive-formal occasions, such as a beach wedding. The puckered fabric, in addition to providing ventilation, is more forgiving of wrinkles, so you never look sloppy even if your attire gets a little ruffled in the heat and humidity (which is more than can be said about linen).



HERE ARE A FEW RECOMMENDATIONS ON HOW TO WEAR SEERSUCKER THIS SUMMER:

Men shouldn't be afraid to incorporate seersucker suit separates into a more casual outfit. What's most important is that the pieces fit well, as the puckered texture can make seersucker slightly bulkier. If possible, opt for slim-fit pieces or get them tailored.

Pair the seersucker jacket with a white Oxford shirt and either dark-wash jeans or chinos. Wear the seersucker pants with a crisp white T-shirt or a pale-colored polo shirt, and be sure to cuff the pants twice to expose some ankle.

In a casual setting, seersucker can be paired with boat shoes or loafers; in smart-casual settings, go for a classic look with white bucks.

It's best to always wear seersucker with light colors (white, ivory, or pastels) and fabrics associated with summer, even when you're dressing it up—go for a linen shirt and a knitted silk tie.

Seersucker had its moment with women last summer after designer Cecilie Bahnsen released dresses and separates that took Instagram by storm (@ceciliebahnsen). But even before then, savvy ladies knew how to incorporate what was traditionally a menswear fabric into their outfits.

One of the easiest ways for women to make use of seersucker is with a blazer or suit coat—either find one that is made for a woman's body or get a man's coat tailored. It's easily paired with a T-shirt and shorts or capri pants.

If you're feeling creative, keep your clothing in light colors (think pastels) and make the outfit pop with bold-colored jewelry and accessories (Kelly green, lemon yellow, or royal blue).

But that seersucker jacket can work for women on dressier occasions too. If you're going out for a summer evening and worried the weather might get a little chilly, instead of grabbing a cardigan, grab that seersucker blazer to toss on over your sundress.



HEALTH & BEAUTY HEALTH

Fresh Take

CORN ON THE COB

By Dylan Roche

Have you ever heard someone claim that corn isn't a real vegetable? What they probably mean is that corn—like potatoes and peas—have more starch than vegetables like broccoli or spinach. But that doesn't mean corn isn't packed with vitamins, minerals, and antioxidants that have major benefits for your body. And hey, who can resist this summertime staple, especially when it's grown right here in Maryland?

While corn does have more calories and carbohydrates than other vegetables—per the U.S. Department of Agriculture, it has about 125 calories and 27 grams of carbohydrates per cup, compared with, for example, the 31 calories and 6 grams of carbohydrates in a cup of broccoli—it also has fiber and protein to keep you feeling satisfied and energized. It's a good source of thiamine for energy metabolism, vitamin C for fighting oxidation, magnesium for healthy muscle and nerve function, zinc for boosting the immune system, folate for making DNA, and lutein for healthy eyes.

If you're eating corn straight off the cob, you can enjoy it plenty of ways, whether you choose to roast it, steam it, boil it, or grill it. You can eat it plain or dress it up with oil, herbs, and spices.

However you prefer your corn on the cob, you want to make sure you start by getting the best ears available. If you're picking the ears yourself, the National Gardening Association recommends looking for ears that are rounder rather than pointed. Your husks should be green, not wilted or dried out, and the silk should be dark brown.

When you peel back the husk, you should see kernels that are plump and have not yet started to shrivel. If you press on the kernel to pop it, the juice that comes out should be milky rather than watery.

Ideally, you should cook and eat corn on the cob as soon as possible after it is picked. Once the ear leaves its stalk, some of the corn's sugar will start to convert to starch, so it will be less and less sweet—even a few hours can make all the difference.

If you can't eat the corn right away, you can keep it for up to three days in your fridge, where the colder temperatures will slow the conversion. Leave the husks on, and resist the inclination to wrap the ears in plastic wrap or put them in a zip-close bag.

HOW TO PREPARE CORN ON THE COB

Ready to enjoy those ears you brought home? Start by shucking the husks off the corn right before cooking. If the ear still has some of its stem left on it, snap the stem off at the base. Be sure to get all the silk off the corn as well. Rinse the shucked ear off under cold running water to remove any dirt or contaminants.

To boil corn on the cob, bring a large pot of water to a full rolling boil. Don't salt the water, as this will only toughen the corn; however, a pinch of sugar will help bring out the corn's natural sweetness. Submerge the corn in the boiling water for five minutes, then drain and rinse.

To grill corn on the cob, brush the ear with olive oil and wrap it in aluminum foil. Set the foil-wrapped ears on a hot grill and allow them to cook for 10 minutes. When you unwrap the foil off the ear, the corn should be a nice shade of golden brown.

Gua-corn-mole

Add a little bit of corn to your next batch of guacamole to give it a boost of sweetness and a crunchy texture.

INGREDIENTS:

- 4 ripe avocados
- 1 cup (about two ears) roasted corn
- 1 tomato, diced
- 1 red onion, diced
- 2 tablespoons of lime juice
- 1/3 cup cilantro
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon minced garlic

DIRECTIONS:

Mash the avocado and slowly add the lime juice, cilantro, cayenne pepper and garlic. Stir until the guacamole has reached your desired texture and consistency, then add the corn, tomato, and onion. Serve with tortilla chips.



Once you've cooked the corn, you have two options: You can enjoy it straight off the cob, or you can remove the kernels to use them in a few recipes. When eating the corn straight off the cob, be creative in the way you dress it up—salt and pepper work well, but you could also go with lime juice and chili powder for a Mexican flair or garlic powder and parmesan for an Italian taste.

To cut the kernels off the cob, start by standing the cob up on a cutting board on its base where the stem used to be. Hold the corn by its tip, and use a sharp kitchen knife to cut from the top down to the bottom, removing the kernels as you go. Be careful not to cut into the cob. One ear will give you approximately a half-cup of corn, which you can try using in the following recipes.

Corn and Roasted Red Pepper Salad

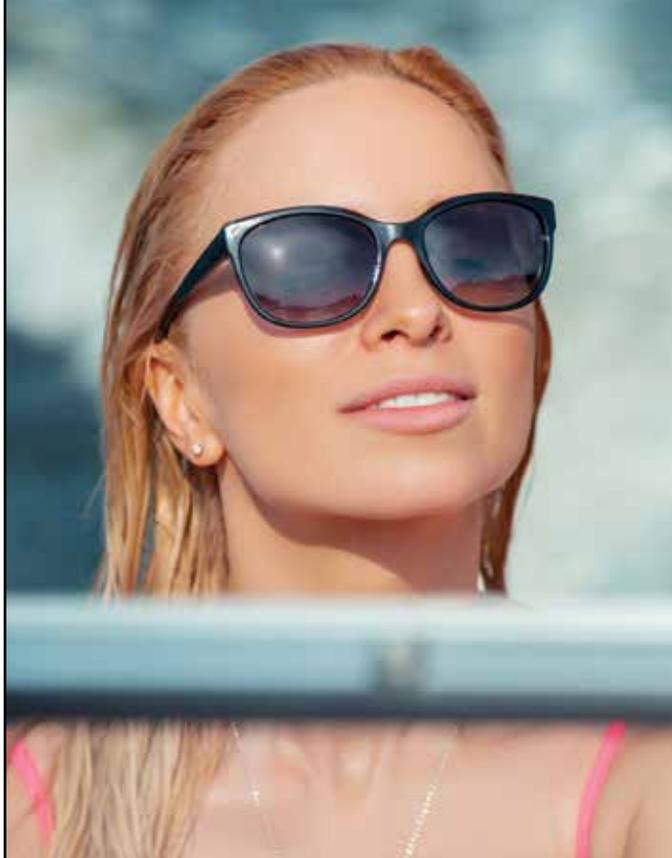
This flavorful salad is simple to throw together and will liven up the spread at any summer get-together.

INGREDIENTS:

2 cups corn (approximately four ears)
10 cups arugula
2 red bell peppers
1/4 cup extra virgin olive oil
1/4 cup lemon juice
1/4 cup parmesan cheese
1/4 cup feta cheese
1 teaspoon salt
1 teaspoon pepper
1 teaspoon garlic
1 teaspoon fresh basil, minced
1 teaspoon oregano
1 teaspoon rosemary

DIRECTIONS:

Core and deseed the red bell peppers and roast them on a hot grill or in the broiler until they are soft (about 20 minutes). Allow them to cool, then peel and slice into thin strips (about 1/8 of an inch). Combine the red peppers, arugula, and corn in a large bowl, then toss with parmesan and feta cheese. In a separate bowl, whisk the olive oil and lemon juice with salt, pepper, garlic, basil, oregano, and rosemary. Drizzle over the salad and serve immediately.



HEALTH & BEAUTY HEALTH

Slip on a Pair of Shades to Protect Your Eyes

By Dylan Roche

Sunny days are great, but ultraviolet rays? Not so much. And while so many of us know we need to be diligent about protecting our skin when we head outside on a bright day, not quite so many are conscious of the toll that too much UV light can have on their eyes.

It's one of the reasons that a high-quality pair of sunglasses makes all the difference. Sure, wearing shades makes you a lot more comfortable and makes it easier for you to see. But they're also protecting your eyes from ultraviolet damage that can cause both short-term and long-term problems.

If you're investing in a pair of sunglasses, make sure you look for a pair that block out 99 to 100 percent of UV-A and UV-B radiation, both of which can cause damage that leads to

macular degeneration and cataracts. You can also suffer sunburn of your corneas, also known as photokeratitis, a condition characterized by pain and temporary vision loss. The American Optometric Association notes that there is no definitive amount of exposure to solar radiation that is known to cause damage, so you should be careful any time you are outside.

Ideally, your sunglasses should be large enough to provide coverage of your entire eye. Wraparound styles are even better, as they will stop the sun's rays from getting in around the side of the lens. It's important to note that dark lenses don't block out more sunlight, nor do polarized lenses.

And don't think that you have to sink a lot of money into expensive sunglasses. A cheap pair can provide UV protection just as well as a designer pair. You just need to make sure you're checking the glasses for a tag or sticker saying they block out both UV-A and UV-B rays—something the American Academy of Ophthalmology notes only half of people shopping for sunglasses do before making a purchase.

And although summer is the time of year when you're more likely to spend time out in the sun, those UV rays can cause just as much damage during the winter months, and people with light-colored eyes tends to be more sensitive. For maximum safety, avoid being outside too much when the sun is at its strongest, between the hours of 10 a.m. and 2 p.m., try to stay in the shade, and always wear a brimmed hat or visor.

Free, Safe, and Healthy

HOW TO CELEBRATE AMERICA'S BIRTHDAY RESPONSIBLY

By Dylan Roche

The Fourth of July always promises a lot of festivity, but it also holds potential for unsafe or unhealthy activity if you're not being responsible. Most of the time, it's simple negligence that gets you into trouble. Don't go thinking you have to cancel your plans to grill out in the backyard and light some sparklers—you just need to keep in mind a few health and safety tips so the day remains a fun one instead of a fiasco.



Play it safe with your pyromania.

Yes, it can be a lot of fun to set off fireworks in your driveway, but there's a lot of risk involved, and many fireworks are illegal for unlicensed amateurs in Maryland. Laws vary among jurisdictions regarding smaller fireworks, such as ground-based sparklers, so it's important to check with your local fire department to find out what you can and can't set off.

If you have legal products that you want to use to light up the night, be sure to read the directions on the package and keep a safe distance away from it once it is lit. Additionally, abide by these other safety precautions: **1.** Never allow children to touch fireworks or get too close. Keep a minimum of 10 feet away. **2.** Never try to light fireworks when you're under the influence of alcohol. **3.** Keep a bucket of water nearby in case the fireworks get out of control. **4.** Light only one firework product at a time. **5.** If you're holding a

party with many very small children, consider having a pinata, noisemakers, confetti, or glow jewelry or glow sticks instead of fireworks.



Fire safety means grill safety too.

Fireworks aren't the only way you could get burned on the Fourth of July. If you're holding a backyard barbecue, be a responsible grill master. Last year, the National Fire Protection Association reported that 10,200 home fires are started by grills each year and about 19,000 people go to the emergency room because of injuries involving grills. Make your barbecue a safe one by observing the following: **1.** Keep the grill at least 10 feet away from your house, deck, garage, or other structures. **2.** Always be sure that the grill is supervised while it is hot, and don't let children or pets get any closer than 3 feet from the grill. **3.** Keep your grill clean, as any grease or fat buildup can be flammable. **4.** If you're using a charcoal grill, don't add lighter fluid after your coals have already been lit.



Say no to food-borne illness.

Your Fourth of July party is bound to have a lot of food, but it takes only a few careless errors to turn that delicious picnic into a hotbed of bacteria. Here's how to make sure everyone stays healthy: **1.** Always wash your hands before preparing food, after handling raw meat and before eating. **2.** Keep foods separate and avoid cross-contamination by designating specific plates and utensils for raw meat and specific ones for cooked meat. Any plates or utensils that have been used for raw meat should be washed immediately. **3.** Remember to keep hot foods hot and cold foods

cold. Perishable food should never be left out for more than two hours, or for more than one hour if the temperature is above 90 degrees Fahrenheit.



Apply sunscreen and bug spray.

Yes, it's a holiday, but UV rays and mosquitos don't take time off. While you're enjoying your time out in the backyard, by the pool, on a boat, or anywhere else outdoors, it's important you still wear sunscreen and bug spray. **1.** Choose a sunscreen with SPF 15 or higher, and be sure to get even hard-to-reach places like your back or behind your ears. **2.** Reapply sunscreen every two hours and after swimming or heavy sweating. **3.** Bug spray

Two-a-Days

TO DO THEM OR NOT?

By Dylan Roche

should be applied to all exposed skin, but never underneath your clothing. Be careful not to get it in any cuts or wounds. **4.** Use bug spray in well-ventilated areas and avoid breathing it in.



It's cool to be cool. Maryland has seen temperatures in the triple digits

on the Fourth of July. If it's hot out, remember to take it easy: **1.** If partaking in backyard games, such as volleyball or kickball, avoid any activity that is too strenuous. Keep it light and take breaks often. **2.** Go inside or stay in the shade during the hottest part of the day, between 10 a.m. and 2 p.m. This rule is especially important for small children and the elderly. **3.** Drink plenty of water to stay hydrated, especially if you have been consuming alcohol. **4.** Stay vigilant for signs of heat exhaustion: heavy sweating, clammy skin, a headache, nausea, muscle cramping, and/or a weak pulse. If you're around someone who might be suffering heat exhaustion, take them to a cool place and provide them with water. Seek medical attention if the person continues to experience symptoms.



Last but not least, don't forget about Rover's well-being.

The Fourth of July is a scary time for your pets, who can be frightened by the sound of fireworks. Be sure to keep them inside in a sheltered, ideally soundproof, location. The ASPCA also reminds pet owners to make sure all cookout food, alcohol, citronella candles, sunscreen, bug spray, and glow jewelry/sticks are kept away from your pet's access.

In only a few weeks, athletes will hit the field to start training for the fall sports season, and for some of them, their rigorous schedule entails twice daily practices often referred to as two-a-days. For those who undertake this kind of workout routine, there can be benefits—but it's important to remember not to over-train.

For the average person, a moderate half-hour of exercise a day is often all they need to maintain their weight, stave off chronic disease, improve their energy levels, and strengthen their bones and muscles. The Physical Guidelines for Americans put out by the U.S. Department of Health and Human Services recommends adults get at least 150 minutes of moderate aerobic activity a week or 75 minutes of vigorous aerobic

activity a week, plus at least two days of strength training that works all major muscle groups. Adolescents should get at least 60 minutes of daily moderate to vigorous activity encompassing a combination of aerobic, muscle strengthening, and bone strengthening activities.

But if you have specific goals, such as losing weight or, yes, training for athletic competition, then there's a chance you'll need a greater amount. It's for this reason that the American Council on Exercise suggests that two-a-days might be beneficial.

However, if you're going to undertake two-a-days, you need to be smart about it. Here are some major points to consider:

TALK TO A PROFESSIONAL

FIRST. As with any fitness plan, it's best to consult a doctor, trainer, or coach about what's best for you and your particular situation. If you've been inactive since the spring, or even longer, you should ease into your program—going too hard too fast could lead to injury.

CHANGE IT UP BETWEEN WORK-

OUTS. Look at two workouts a day as a chance to work different energy systems or muscle groups. If you do cardio in the morning, do strength training in the evening. If you're focusing exclu-



sively on strength training, do your upper body in the morning and your lower body in the evening. If you're training for a triathlon, you might do a run in the morning and then bicycle or swim at night. Whatever routine you go with, only one of the workouts should be done at a high intensity, and the other should be a low-intensity workout.

DON'T OVERDO IT. Two-a-days aren't an everyday thing. You should limit yourself to doing them only twice a week, and give yourself one or two days a week when you take off from training and engage in lighter physical activity.

TAKE CARE OF YOURSELF. Make sure you're getting plenty of water, nutrition, and rest, and be aware of the symptoms of overtraining: If you are suffering fatigue, energy loss and stamina decline, then you are pushing yourself too hard. Take some time to recover—but that doesn't mean you have to be a couch potato. Try a light activity like a leisurely stroll or bicycle ride that gets your blood flowing without putting too much stress on your body.



Don't Let Mold Made You Sick

By Dylan Roche

Mildew and mold in your home are not just gross because they're unsightly and smelly—they're bad for your health, too. And with summer's humid air and the potential for flooding from heavy rainstorms and hurricanes, now is the time to start being diligent before mildew and mold have a chance to take over.

These microscopic organisms that thrive in wet environments often turn up in damp basements or in carpet or drywall that has gotten soggy. Spores enter the house through open doors and windows or on your clothing, then they start to grow wherever there's moisture. The Environmental Protection Agency notes that mold spores are in the air, so you can never completely rid your house of them. What you can control, however, is the moisture in your home.

And controlling that moisture is important because, according to the Federal Emergency Management Agency (FEMA), mildew and mold can start growing in just 24 hours. They will then continue to thrive until you address the problem—that is, until you not only kill the fungi but also eliminate the moisture.

Protect Your Health

If you have mildew or mold in your home, you'll know. The Centers for Disease Control and Prevention explains that you will be able to see and smell it.

As far as your health goes, mold will affect everyone a little bit differently. There's a chance you might not be bothered by it at all; however, there are some sensitive individuals who could suffer a range of problems.

FEMA explains that mold causes respiratory problems and nasal and sinus congestion, and people who have allergies or asthma might find their conditions exacerbated by mold.

Some people will suffer burning, watery, or red irritated eyes, or they'll have dry hacking coughs or sneezing fits. In some cases, you could break out in rashes or hives or feel aches and pains. Some individuals even feel the effects in their nervous system and are prone to headaches, memory loss, or mood changes.



Be Smart About Prevention

To prevent mold growth in your home, run your air conditioner and/or a dehumidifier to keep the humidity between 30 percent and 50 percent. Vent any places where steam builds up, such as your shower, laundry room, or kitchen, and avoid heavy textiles (like carpets) in these rooms. If you have places where water is entering your house (such as a leaky roof or window) address the problem and thoroughly clean and dry the area.

Clean Up Safely

Mold cleanup isn't always easy. If you find that you have a problem, start by removing anything that has mold growth, including carpets, insulation, drywall, baseboards, furniture, or textiles. Most items with mold growth will have to be thrown away. If a belonging of monetary or sentimental value has been affected by mold growth, you should enlist the help of a professional restoration company to clean it.

Hard surfaces should be cleaned with a solution made from 1 cup of bleach to 1 gallon of water. Protect yourself from getting mold spores on your skin or in your eyes by wearing rubber gloves and goggles. After you have scrubbed the mold infestation with the bleach solution, run a fan so the area can thoroughly dry out.

Find more tips and techniques for healthy, safe mold cleanup at www.epa.gov/mold or www.cdc.gov/mold.

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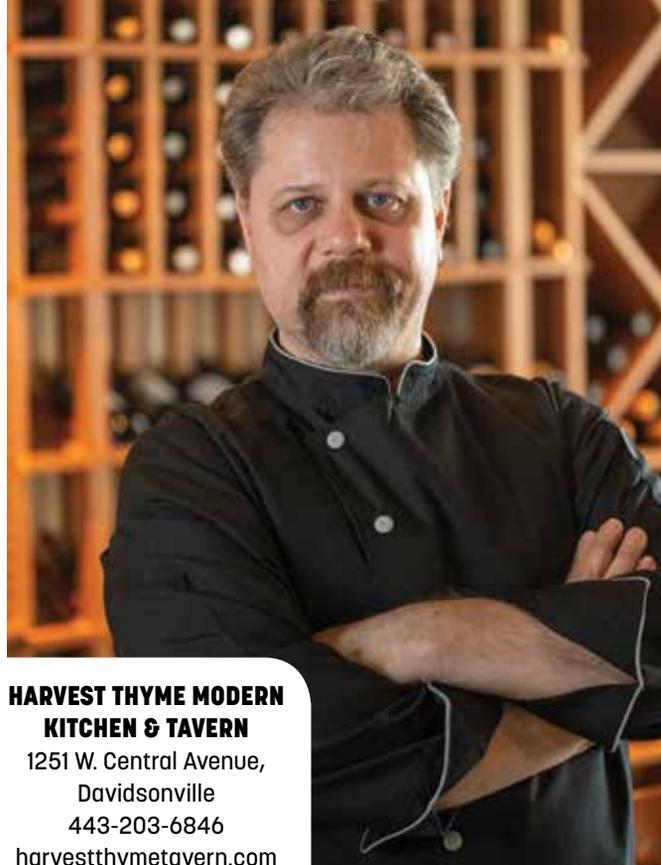
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World-Class in Davidsonville

By Tom Worgo

Photography by Stephen Buchanan



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Restaurants run in Rik Squillari's family blood. At one point, his family owned five of them in Frederick and Western Maryland. Squillari spent four decades working in restaurants and the wine industry, and that combination provided him with invaluable experience when he decided to open Harvest Thyme Modern Kitchen & Tavern in Davidsonville nearly four years ago.

"Finding someone that has the restaurant *and* the wine experience is hard," says Squillari, a graduate of the Culinary Institute of America in New York. "You will find people that know more about wine than I do, but very few of them have worked in the restaurant business."

Harvest Thyme built its menu around Italian, but also features Asian, French, and Low-country cuisine. "It's got roots of Italian, but we like to do seasonal," Squillari says.

Squillari acquired his extensive wine expertise traveling around the world to wineries while working for a distributor, and he uses the knowledge to maintain and create an eclectic wine list at this restaurant.



His wines range in price from \$14 to \$500 per bottle. Harvest Thyme has plenty of wine on display in the dining room so customers can have their pick.

We recently sat down with the 53-year-old Squillari, a Crofton resident, to talk about his work experience, Harvest Thyme's best-selling dishes, his family background in food, and trying to attract customers from around the region.

What inspired you to open the restaurant?

I grew up in the business. My family owned restaurants when I was a child. We had the old school drive-in when we lived in Frederick. My great uncle, Anton, owned two inns in Western Maryland. He also owned two other restaurants and my dad, Eugino, took over one of them. My great uncle decided to open a third restaurant. When he passed away, my dad took over his other restaurants.

Were your family members chefs?

Neither one of them really had a certification or went to a culinary school. For them, it was more of the school of hard knocks. To me, a chef is someone who is actually there, making things from scratch, being able to run a business, and manage the finances. It's being able to do more than just cook.

So, it was natural for you to become a chef?

I think so. Part of it was proving my dad wrong. As a teenager, I wasn't the perfect child everyone dreams of having. I liked to go out and play and push the limits. My dad is old school from Northern Italy and grew up during World War II. So that mentality is pretty hard compared to how we handle our children now-a-days. I got accepted to a couple of fairly nice business schools, but I decided I just wanted to go to culinary school. He

gave me three weeks before I was going to come back home. He didn't think I was going to make it.

What places did you work previously? Did that experience help with opening a restaurant?

When it came to cooking experience, the most I learned was at Tropicana Hotel and Casino in Atlantic City. I was hired right out of culinary school. I was 20. I went to work in their upscale French restaurant called Le Paris. I also made myself available to work in the hotel's other restaurants. I also worked in their upscale steak house and Italian restaurant. I did banquets, worked in the bake shop, and coffee shop.

How would you describe your menu?

About 90 percent of it is made from scratch. We do Pacific Rim. When we do wine dinners, we match them with particular countries and producers. I would say Italian is probably the core and we branch out from there. I call it modern American food because it grabs flavors from all over the world. We use as much local food as possible: seafood, produce, and meats.

What is your top-selling dish?

Chicken Milanese. It's lightly basted chicken served with pasta. The pasta is tossed with a lemon, butter, fresh basil, marinated tomato sauce. We get a lot of compliments on it.

What's another customer favorite?

The Pork Belly. We marinate for about 24 hours and slow cook it for about eight.

Then we fry it with a wild berry compost. It's rich and decadent. You will taste all four flavor senses.

How did you become a wine importer?

I was working at the Wood Fire Grill in Severna Park. It was getting to the point where I had to move on. There was no upward movement. I knew a wholesaler who had a rep who was covering southern Maryland and Washington, D.C. One of the suppliers said this company was looking for someone to help them nationally. The company was an importer as well as a wholesaler in California. So that's how I got hooked up with wines.

Describe your wine selections. What do you have that others may not?

When it comes to wines, I do a lot of buying based on what the customers like. I look for quality at every price point. I definitely shop for deals to get good values. Across the board, I like a lot of things. I like white wines from Alsace of Western France and Alto Adige from Northern Italy. For our size, we carry a lot more than most places. I tend stay away from big brand items because they don't represent the best quality for value.

Is your décor and wine related?

Yes it is. Instead of having a room for storage to put all my wine and liquor in, I have wine racks and shelving to display my storage right there in the dining room. People can go look at it and see what we have. It is one of our unique features.



Pear and Ricotta Stuffed Sacchetti

Serves 1

Ingredients

8 oz. Sacchetti (fresh pasta stuffed with pear and ricotta, available through gourmet grocers/markets)
2 oz. Julienne prosciutto

Basil Cream Sauce

1/2 tsp. Shallots (finely chopped)
Clarified butter (just enough to coat bottom of pan)
1/2 oz. Brandy
1/2 oz. Chiffonade of fresh basil
3 oz. Cream
Pinch salt and pepper (to taste as prosciutto can be salty)
1 Tbsp. Butter

Directions

In hot sauté pan add butter. Lightly sauté shallots, add prosciutto until lightly browned. Deglaze with brandy and reduce until almost dry. Add heavy cream, salt, and pepper, and reduce until nappe (thick enough to coat the back of a spoon without running together). In boiling water, add pasta and cook until tender, approximately 2 minutes. Drain excess water and add pasta to sauce. Reduce slightly more and swirl in whole butter. Serve.

You're located in Davidsonville? How do attract customers from out of the area?

We are looking to expand our consumer base beyond the community. Davidsonville has been very good in supporting us and helping us build our business. But I feel we have things to offer to those in the Greater Annapolis, Baltimore, and D.C. region. We would be a nice alternative and you don't have to pay for parking. We have to attract customers by word of mouth and advertising.

Do you give back to the community through fundraisers?

We did a fundraiser in December for the Davidsonville Athletic Association and juvenile diabetes. We got a lot of support and between the two, we raised about \$12,000. I think we will do it every year. We also did The Wendy Walk and it's to support MS in April, and one for Gigi's Playhouse.

Dining Guide

Advertisers Listed in Red

Average entrée price
\$ 0-14 \$\$ 15-30 \$\$\$ 31 and over

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☀ Outdoor Seating

🎵 Live Music

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👑 Best of 2020 Winner

Crofton / Gambrills

Allison's Restaurant

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

Ashling Kitchen & Bar

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

Blackwall Barn & Lodge

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

Blue Dolphin Seafood Bar & Grill

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

Bonefish Grill

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

Coal Fire

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

Di Meo's Pizzeria

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

Fat Boys Crab House

1651 Route 3 North, Crofton; 443-292-4709; Fatboyscrofton.com; Seafood, American; lunch, dinner \$-\$\$ 🍷 🍷

Frank and Luke's N.Y. Pizza Kitchen

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

Frisco Taphouse

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

The Greene Turtle

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

Houlihan's

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

Kodo Empire Garden

1166 MD-3, Suite 210, Gambrills; 410-721-5777; Empiregarden-gambrills.com; Japanese; lunch, dinner \$\$\$

Ledo Pizza

1286 MD-3, Crofton; 410-721-5200; Ledopizza.com; Italian; lunch, dinner \$ 🍷 🍷

Molloy's

1053 MD-3, Gambrills; 410-451-4222; Molloy-sirishpub.com; Irish, American, Seafood; lunch, dinner, weekend brunch \$ 🍷 🍷 🍷

Nonna Angela's

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

Mi Casita Mexican Restaurant

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

Mission BBQ

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

Namaste Indian Cuisine

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

Nautilus Diner & Restaurant

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

Newk's Eatery

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

Otani Japanese Cuisine

1153 Route 3 North, Gambrills; 410-721-7338; Otanijapanese-cuisine.com; Japanese, sushi; lunch, dinner \$\$ 📞 🍷 🍷

Panera Bread

1402 S Main Chapel Way #102, Gambrills; 410-721-9041; Panerabread.com; American café; breakfast, lunch, dinner \$ 🍷

Querétaro

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

Renos Restaurant

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

Royal Kabab Restaurant

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

Thai at Waugh Chapel

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

V N Noodle House

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

Hanover

George Martin's Grillfire

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

Little Spice Thai Restaurant

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

Maiwand Kabob

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

Red Parrot Asian Bistro

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

Timbuktu Restaurant

1726 Dorsey Road, Hanover; 410-796-0733; Timbukturestaurant.com; Seafood; lunch, dinner \$\$ 📞 🍷

Vivo Trattoria & Wine Bar

At the Hotel at Arundel Preserve; 7793 B Arundel Mills Blvd., Hanover; 410-799-7440; Vivotrattoria.com; Italian, pizza; lunch, dinner \$\$ 🍷 🍷 🍷

Millersville / Glen Burnie

Arturo's Trattoria

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

Broken Oar Bar & Grill

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

The Grill at Quarterfield Station

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

Hellas Restaurant and Lounge

8498 Veterans Highway, Millersville; Hellasrestaurantandlounge.com; 410-987-0948; Greek, American, Seafood; lunch, dinner \$\$ 📞 🍷 🍷

Ledo Pizza

8531 Veterans Highway, Millersville; 410-729-3333; Ledopizza.com; Italian; lunch, dinner \$ 🍷 🍷

Lee's Szechuan

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

Libations

8541 Veterans Highway, Millersville; 410-987-9800; Libationsmd.com; American; lunch, dinner, weekend brunch \$\$ 📞 🍷 🍷 🍷

Mi Pueblo

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

Pappas Restaurant & Sports Bar

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

Sunset Restaurant

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

Tijuana Tacos VI

7703 Quarterfield Road, Glen Burnie; 410-766-0925; Mexican; breakfast, lunch, dinner \$

Willy's Kitchen

7271 Baltimore-Annapolis Boulevard, Glen Burnie; 410-761-8001; Willyskitchenandcatering.com; American; breakfast, lunch, dinner \$ 🍷 🍷

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Odenton

Baltimore Coffee & Tea Company

1110 Town Center Boulevard, Odenton; 410-874-3573; Baltcoffee.com; American café, coffee and tea; breakfast; lunch \$ 🍵

Bangkok Kitchen Thai Restaurant

1696 Annapolis Road, Odenton; 410-674-6812; Bangkokkitchen.webs.com; Thai; lunch, dinner \$

Buck Murphy's Bar & Grill

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

Crab Galley

1351 Odenton Rd, Odenton; 410-672-1272; Crabgalley.com; Seafood; lunch, dinner \$\$ 🍷

Grace Garden

1690 Annapolis Road, Odenton; Gracegardenchinese.com; 410-672-3581; Gourmet Canton and Sichuan Chinese; lunch, dinner \$\$ 🍷

Hong Kong Gourmet

1215 Annapolis Road # 109, Odenton; 410-672-3970; Hongkonggourmetmd.com; Chinese; lunch, dinner \$ 🍷

Hunan L'Rose

1131 Annapolis Road, Odenton; 410-672-2928; Hunanlrose.com; Chinese; lunch, dinner; Family Friendly: Yes \$ 🍷

Mamma Roma

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

Orchard Café

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

Perry's Restaurant

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

Riconcito Mexicano

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

Rieve's Deli

8376 Piney Orchard Parkway, Odenton; 410-674-4292; Rievesdeli.com; Deli, sandwiches; breakfast, lunch, dinner \$

Romeo's Pizza

8389 Piney Orchard Parkway, Odenton; 410-674-2700; Romeospizzamd.com; Italian; lunch, dinner, catering \$ 🍷

Ruth's Chris Steak House

1110 Town Center Blvd, Odenton; 240-556-0033; Ruthschris.com; Steak, seafood; lunch, dinner \$\$\$ 🍷

The Hideaway

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

Three Brothers Italian Restaurant

Odenton Shopping Center, 1139 Annapolis Road, Odenton; 410-674-0160; Threebrotherspizza.com; Italian; lunch, dinner, catering \$ 🍷

Severn / Severna Park

Brian Boru Restaurant & Pub

489 Ritchie Highway, Severna Park; 410-975-2678; Brianborupub.com; Irish; lunch, dinner, Sunday brunch \$\$ 🍷

Café Bretton

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

Café Mezzanotte

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

Casa Della Nonna

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

Founders Tavern & Grille

8125 Ritchie Highway, Pasadena; 410-544-0076; Founderstavernandgrille.com; American; lunch, dinner \$ 🍷

Garry's Grill & Catering

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

Gianni's Pizza

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

Lisa's Deli

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

Mi Pueblo II

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

Park Tavern

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

Mike's Crab House North

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

Annapolis Area & Beyond

Blackwall Hitch

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

Broadneck Grill & Cantina

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

Davis' Pub

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

Fuji Japanese Steakhouse

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

G&M Restaurant & Lounge

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

Grump's Café

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

Harvest Thyme Modern Kitchen & Tavern

1251 West Central Ave, Davidsonville; 443-203-6846; Harvestthymetavern.com; American; lunch, happy hour, dinner 🌿 🍷

Herald Harbor Hideaway

400 Herald Harbor Road, Crownsville; 410-923-4433; Heraldharborhideaway.com; American; lunch, dinner \$ 🌿 🍴 🎸

La Sierra

2625 Riva Road, Annapolis; 410-573-2961; Lasierrestaurantinc.com; Mexican; lunch, dinner \$\$ 🍷 🌿

Lista's Grill

2412 Mountain Road, Pasadena; 410-437-8999; Listasgrill.com; American, steak, seafood; dinner \$\$ 🍷 🌿

Lures Bar and Grille

1397 Generals Highway, Crownsville; 410-923-1606; Luresbarandgrille.com; American grill, seafood; lunch, dinner, Sunday brunch \$\$ 🍷 🌿 🍴 🎸 🌟 🎸

The Melting Pot

2348 Solomons Island Rd, Annapolis; 410-266-8004; meltingpot.com; Fondue; dinner \$\$ 🍷 🍴

Mi Lindo Cancún Grill

2134 Forest Drive, Annapolis; 410-571-0500; Lindocancungrill.com; Mexican; breakfast, lunch, dinner \$ 🌿 🍴

Milano Pizza

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

Mother's Peninsula Grille

969 Ritchie Highway, Arnold; 410-975-5950; Mothersgrille.com; American; lunch, dinner \$\$ 🌿 🍴 🎸

Old Stein Inn

1143 Central Avenue, Edgewater; 410-798-6807; Oldstein-inn.com; German; dinner \$\$ 🌿 🍴 🍷 🎸

The Point Crab House & Grill

700 Mill Creek Road, Arnold; 410-544-5448; Thepointcrabhouse.com; Seafood; lunch, dinner \$\$ 🌿 🍴 🍷 🎸

Rams Head Roadhouse

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

Rips Country Inn

3809 N. Crain Highway, Bowie; 301-805-5900; Ripscountryinn.com; Rustic country cooking and Chesapeake eats; breakfast, lunch, dinner \$\$ 🌿 🍴 🍷

Ruth's Chris Steak House

301 Severn Avenue, Annapolis; 410-990-0033; Ruthschris.com; American; dinner \$\$\$ 🍷 🌿 🍴 🍷

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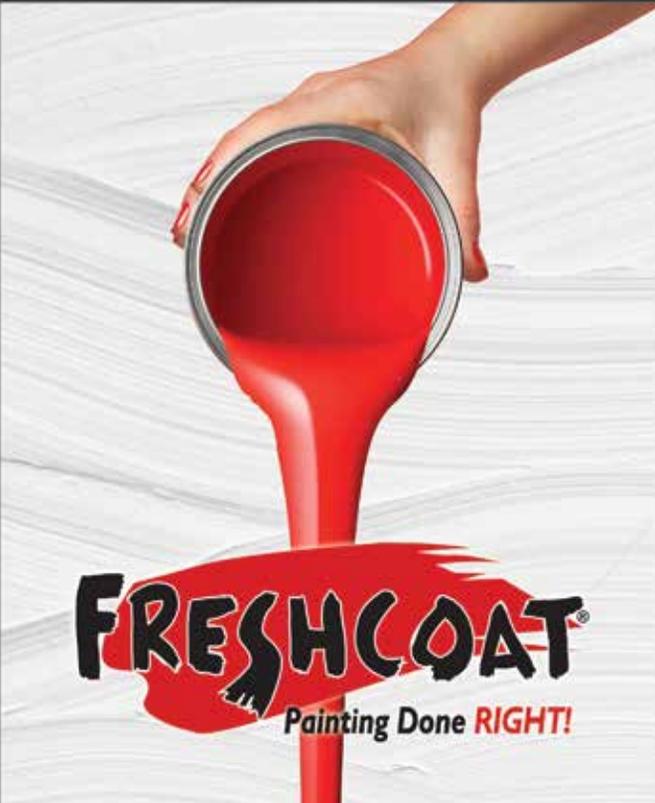
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Where's Wilma?

FIND WILMA AND WIN!

Mid-summer in the Chesapeake Bay region offers a bevy of recreation and pastimes near and dear to the hearts of locals. Our mascot Wilma flies the skies above, across Chesapeake waters, to drop into her favorite towns to enjoy crab picking, shopping, water sports, fishing, and all-manner of activities.

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

Congratulations to this month's winner: Bobby Leary of Severn who won a \$50 gift certificate to a local restaurant.

Mail entries to: Where's Wilma? West County, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions



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Entries must be received by July 31, 2020. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? West County.

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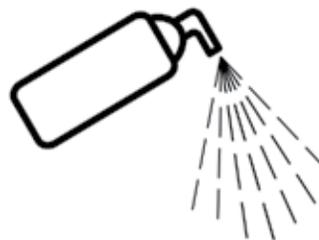
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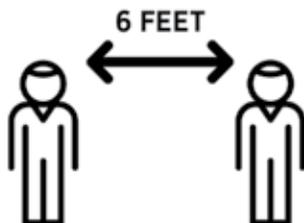
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