

WHAT'S UP?

WEST COUNTY

WHAT'S UP? MEDIA
ANNAPOLIS
EASTERN SHORE
WEST COUNTY
HOME GROWN
LOCALLY OWNED
WEDDINGS

20  20

TOP DENTISTS

HONORING
10
SPECIALTIES



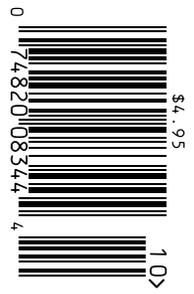
**Dementia and
Brain Science
Breakthroughs**

**Women, Race,
and the Fight
for Equality**

**Best Of
2021 Voting
Categories
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WHAT'S UP? MEDIA OCTOBER 2020



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On the Cover: There are 38 reasons to smile this month as we present the list of 2020 Top Dentists (yes, there are 38 dentists named herein). Design by August Schwartz. Contact *What's Up? West County* online at whatsupmag.com. Please recycle this magazine.

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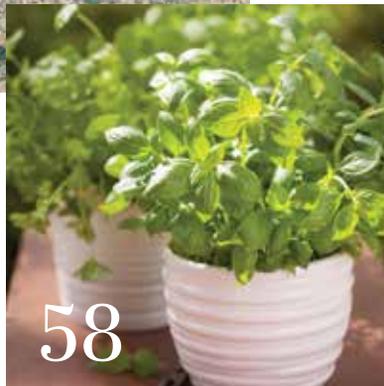


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WEST COUNTY

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NOVEMBER 2020**
Excellence in Nursing Winners!
Year of the Woman Barriers to
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Best of 2021 Voting

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

Let your voice be heard and vote for your favorite health and wellness providers, veterinarians, restaurants, beauty salons, gyms, realtors, home contractors, retailers, and professional services. The voting deadline is November 30th. Voting results will be published in our 2021 issues.



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From the editor

earned that right in August of 1920, it wasn't until 1941 that Maryland ratified the 19th Amendment, giving women this right in our state. And yet today, voting rights is an issue that still demands discussion and refinement. I invite you to read Ashley Oleson's "Women, Race, and the Ongoing Fight for True Equality"—the tenth article in our "Year of the Woman" series, which explores this issue. Qualified, Oleson serves as State Director of the League of Women Voters of Maryland. Did you know that Maryland is considered one of the most—if not the most—gerrymandered states in the country? Something to think about when you vote next month. (Shameless plug: we kick off our annual Best of West County voting now! See page 30 for details.)

We also offer further examination of Conowingo Dam, the Susquehanna River, and multi-state responsibilities (along with Federal) with regard to the health of the Chesapeake Bay watershed. Building on last month's article—the first in a three-part series—writer Jeff Holland speaks with authorities at the local, state, and national level to gain clarity in an, otherwise, very murky environmental problem. As we went to press with this issue, several states—including Maryland—announced legal action against the U.S. Environmental Protection Agency for its failure to hold certain states accountable for polluting the Chesapeake Bay. A very intriguing development we intend to follow in Holland's part-three next month.

Lots to chew on this month (and again, do consult our Top Dentists in this issue). There's also our consistent smorgasbord of people profiles (meet do-gooders and good kids), home articles (faux wood finishes and tips to prep for winter), health columns (fear can be healthy), and dining tid-bits (new restaurants and old favorites) to peruse.

And so, I raise a pint to my favorite time of year and toast this October, this issue, and, of course, all of you... our readers, who make it all possible.

James Houck,
Editorial Director

Letters to What's Up?

I want to let you know that I found the article *Conowingo Dam Part I* by Jeff Holland to be an excellent read! His writing is engaging, concise, well documented and personal. Please be sure to continue this series. He is a treasured gem from our Eastport roots and has long contributed a better understanding of our rich history in Maryland.

—Elise Handelman, Annapolis/Eastport



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

October ushers in the start of what is undoubtedly my favorite season of the year—the holiday season. Though it all sort of starts earlier in September with Labor Day weekend's last hurrah and the kids then going back to school (virtually for many families), the tenth month of the year is where and when it's at! Colder, fall northeasterly winds begin their push through the region. We say sayonara to Maryland's humidity and think about firing up a few logs in the fireplace or firepit outside. We swap our tees and shorts for Henleys, hoodies, and jeans. Yes, we'll have football this year. And hockey, basketball, and baseball. In fact, this may be the first time in history that all four major American sports leagues are playing meaningful games within the same month. That's fairly amazing. And, of course, there's a candy crusade occurring at the supermarkets in preparation for the sweetest holiday of all, Halloween (and a good time to take note of our biennial Top Dentists list in this issue, for your follow-up appointments).

So, will things be a bit different this year? Certainly. Will the kids be able to parade our neighborhoods, filling their buckets with M&Ms, Snickers, Reese's, and Sweet Tarts? Hopefully. I'm still unsure how this will all pan out, but I've been seeing and hearing chit chat online of creative ideas to ensure we don't let the kids (and adults, I suppose) down. Everything from delivering candy by remote-control toy cars to setting up tables at the end of driveways with individual baggies or cupcake wrappers filled with candies. Socially-distanced costume parades and cider-sippings. Things like that. All of it testimony that we're a community—many communities—committed to living our best lives, but in a responsible and safe manner during unnerving and challenging times. How we come up with creative solutions to life's curveballs speaks to the American ingenuity within us. I dig that. To that end...

In the first few pages of this month's issue, we offer several suggestions of fall activities, perfect for the whole family, couples, and just about anyone looking forward to enjoying autumn as much as I do. From foliage hikes to charter fishing/boating, and even a few pumpkins patches and farms, there's still plenty of fun to be had.

It's also an election year, which will certainly keep everyone on their toes and, probably, actively engaged in conversations both revelatory and difficult. It's hard to imagine that a just over a century ago, women in the U.S. didn't have the right to vote. Even though women

Out on the **TownE**

7 EVENT PICKS | 14 SALUTE | 16 SPOTLIGHT | 18 ATHLETE

Live, Breathe, and Experience Autumn

We present a range of seasonal activities to enjoy this fall. It's prime time to get outdoors and experience the best of Chesapeake Bay country. Here are our favorite to-dos when the first crisp breezes of autumn arrive, and the leaves magically change hues.



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](https://www.whatsupmag.com)!

Fall Foliage Hikes

Maryland has some of the best places to take in the fall foliage. It isn't long that you can see the autumn colors fill the trees, so check out these trails to take advantage of this time of year.

Eastern Neck Wildlife Refuge: This wildlife refuge on the Eastern Shore is a great place to enjoy the views of nature, both birds and foliage. Once you get on Eastern Neck Island, there are seven trails and boardwalks to choose from. Fall is the best time to walk along the Tubby Cove Boardwalk. This boardwalk is about a quarter-mile round trip and brings you through the beautiful trees. Once you get that warm-up in, walk the Duck Inn Trail. This trail is through wooded area and the tall grasses, leaving you in the deciduous trees at the bank of the Chester River. →

Smithsonian Environmental Research Center (SERC): SERC has a series of three trails in Edgewater waiting to be explored. Two of the trails start at the Reed Education Center, both just 1.3 miles long. Keep a look out for Java History Trail. This trail has been used by Native Americans, farmers and scientists for years. The trail takes you through the forest, and through time.



See the beautiful views of the Eastern Shore by chartering a boat in Chesapeake City, Solomon's Island, St Michaels, or beyond. Easily book a charter through Haven Charters, Chesapeake Bay Charters, or one of the many other options on the Chesapeake Bay. Whether you want to fish or just sit back and relax, being on a boat will put you in the right frame of mind.

↴ **Charter Fishing on the Chesapeake:** There are many, many charter fishing vessels at the ready to put you on the fish this fall. Rockfish season is at its year-end prime during the fall and popular cities to fish out from include Chesapeake Beach and Solomons Island, each with a fleet of charter boats and captains that can accommodate a range of party sizes. To learn more and book your trip, visit Chesapeakefishingcharters.com or Fishsolomons.com.

Charter Boats on the Bay

Fall has the best weather to get out on the boat. Pack a cooler and charter a boat for the day, or even just for half the day. The water is as warm as it is going to get, throw on a sweatshirt at the end of the day and see the lighthouses of the Chesapeake Bay.

↑ **Thomas Point Lighthouse Cruise:** Take a cruise around the lighthouses of the Chesapeake Bay right out of Ego Alley. Take part in the Ghost Tour and share ghost stories and pirate tales on the Spirits and Spirits tour or tour the Severn River or Spa Creek. Watermarkjourney.com.

Chesapeake Bay Maritime Museum River Cruises: Contact Chesapeake Bay Maritime Museum in St. Michaels to cruise on *Winnie Estelle*. This 45-minute scenic cruise will take you through the Miles River and can accommodate up to 32 passengers. Cbmm. org or 410-745-4944.



WHAT'S UP? MEDIA

Nutcracker Tea

December 13
Two Seatings—10a.m. & 3p.m.

Graduate Hotel



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

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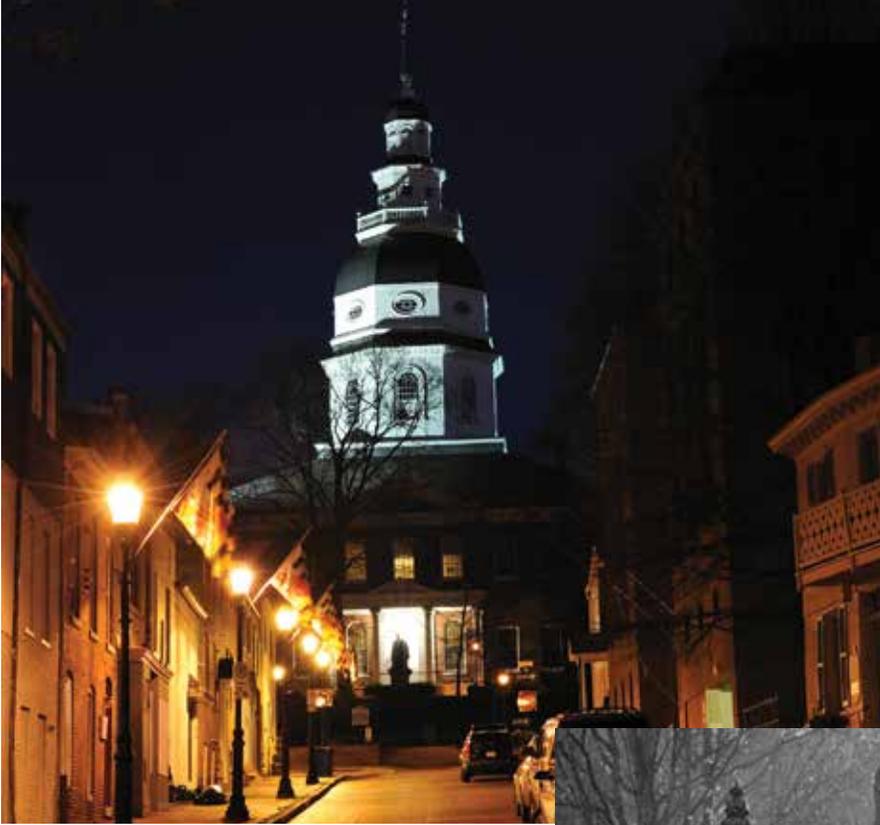
WHAT'S
UP? TIX

Maryland
Performing Arts Center

Haunted Harbor Tours

← Celebrate Halloween all month with a **Haunted Harbor Tour in Annapolis**. If you think you know Annapolis, just wait. This 90-minute tour starts at 1 Dock Street and ends at the State House. Not spooked enough yet? Stay for a bonus tour around the most haunted grounds of Annapolis: St. John's College. Can you handle it? Sign up to learn a whole new side of Annapolis history at Hauntedharbortours.com.

After you conquer the scary truth about Annapolis, face the Eastern Shore with **Chesapeake Ghost Tours**. They offer 11 different city tours, including Ocean City, Salisbury, Denton, St Michaels and Easton. Chesapeake Ghost Tours also offers bus tours to find the hidden, haunted spots in Talbot County and includes passing through three graveyards. Sign up for a tour at Chesapeakeghosttours.com. ↓



Fall Festivities

Now is the time to check things off your fall to-do list, including picking your own pumpkins, making them into jack-o-lanterns, conquering the corn maze, and drinking as much apple cider as you can.

The Maryland Corn Maze: Each year, The Maryland Corn Maze in Gambrills puts together an unforgettable corn maze. This year, the theme of the maze is Harry Potter. After you find your way through Hogwarts (the maze), play with Quidditch sling shots, enjoy fall games and activities, and much more. Mdcornmaze.com.

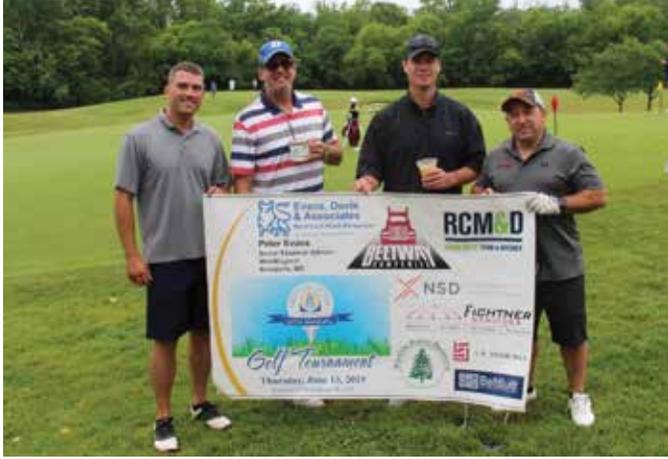


Homestead Gardens

Fall Festival: Traditionally held annually through the month of October, this fall festival features activities for all ages (pumpkin patch, barnyard animals, hay rides, kids crafts, kids playground activities, beer trailer for the adults, live music, and apple cider donuts). Check Homesteadgardens.com for the latest updates and COVID19-related adjustments.

Queen Anne Farm: Continue the family tradition by picking your own pumpkins and mums in Mitchellville. Jump on the back of the tractor pulled hay wagon and pose for pictures with the Pumpkin House. Queenannefarm.com.

Y Worry Farm: Find plenty of pumpkins in Davidsonville at Y Worry Farm. Try their corn maze and fall snack shack. Check out what they have to offer on Facebook.



↑ FRIENDS OF THE LIGHTHOUSE 17TH ANNUAL GOLF TOURNAMENT

October 8th is the new date for the Friends of the Lighthouse Annual Golf Tournament. The tournament will start at 8 a.m. at Renditions Golf Club in Davidsonville. The event will include a light breakfast, complimentary beverages, and a delicious lunch as well as raffles, prizes and awards. All proceeds will benefit The Light House Homeless Prevention Support Center.

For more information, visit friendslhs.ejoinme.org/golf2020

GIGI'S PLAYHOUSE ANNAPOLIS SEAS THE DAY GALA

GiGi's Playhouse has rescheduled their Seas the Day Gala to October 30th from 7-11 p.m. at The Annapolis Waterfront Hotel. This event will include dancing, dining and coming together to celebrate Down Syndrome Awareness Month and to support GiGi's Playhouse Annapolis. For more information, visit gigisplayhouse.org

CHESAPEAKE BAY TRUST SPEAKER SERIES: TERENCE SMITH

Terence Smith will be speaking at Chesapeake Bay Trust in Annapolis on October 29th.

Smith is an award-winning journalist, political reporter, foreign correspondent, editor, and television analyst over the course of a four-decade career. He has worked for CBS News and has earned two Emmy's for his work on *48 Hours* and has shared the George Foster Peabody Award for general excellence given to the staff of *CBS Sunday Morning*. Smith is

also an inductee to the Society of Professional Journalists' Hall of Fame. For more information, visit cbtrust.org

MARYLAND CHAMBER OF COMMERCE CHAMBER CUP

The Chamber Cup has been rescheduled to October 26th from 11 a.m. to 7 p.m. The event will be at Cattail Country Club in Glenwood and is a fundraiser to support Maryland Chamber of Commerce's efforts to advocate for legislation that promotes and protects members of the business community. For more information, or to sign up, visit mdchamber.org

BOUNTIFUL HARVEST MASQUERADE BALL

October 24th at the Westin in Annapolis will be the 2020 Bountiful Harvest to support the Friends of the Light House Shelter. The Light House relies upon 91% of its funds from private support, including fundraisers like the Bountiful Harvest. This fundraiser will help house and transition residents and give them the basic needs of shelter and clothing as well as teach them basic employment skills. For more information, visit friendslhs.org

TASTE OF CROFTON 2020

Taste of Crofton 2020 has been rescheduled to October 22 from 6-9 p.m. at the Knights of Columbus Boswell Hall in Bowie. Tickets will include food and drink sampling from many local restaurants and more. A portion of the proceeds will be donated to the food bank. For more information, visit croftonchamber.com

WRITING ADVICE FROM A NEW YORK TIME'S BESTSELLING AUTHOR

The Annapolis Chapter of the Maryland Writers' Association is hosting an online discussion led by local author Brigid Kemmerer on October 21st at 7 p.m. Kemmerer will be walking us through a handful of helpful tips to ease the mind of any writer as we sift through the details and learn from each other in this interactive presentation.

For the Zoom link, visit The Annapolis Chapter of MWA's Facebook page.

↓ CHESAPEAKE VIRTUAL FILM FESTIVAL

This year, the Chesapeake Film Festival will be virtual from October 1st to October 4th. The have committed to bring outstanding independent films to the people of the Chesapeake Bay even with the challenges of 2020.

The 13th annual festival will be coming straight to your home for free and focuses on environmental films, including *The Life and Legend of Jane Goodall*. For more information, visit chesapeakefilmfestival.com

SWIM THE SOUTH RIVER 5 MILER

Visit the Hillsmere Community Beach in Annapolis on October 11th for the South Rive 5 Miler. Athletes can compete solo or with partners. You are allowed to relay with swimming and

paddling on a Standup Paddleboard. This event is to promote open water swimming and to support the preservation efforts of the Arundel Rivers Federation. For more information, visit crossingcurrentaquatics.com/swim-the-south-river

ARUNDEL LODGE'S HOPE RE-IMAGINED: ALL ABOARD

Join the Virtual Party in your Living Room on October 10, hosted by Arundel Lodge. The event will include silent auctions, raffles, entertainment, visits with staff and viewing of the Open Eye Gallery, their visual arts program. This event will benefit the community members and help Arundel Lodge keep its doors open for community members in need by raising awareness, eliminating stigma, and making a difference when it comes to mental health disorders. For more information, email Mary Henry at mhenry@arundellodge.org

2ND ANNAPOLIS YACHT CLUB DOUBLE-HANDED DISTANCE RACE

The race will start at high noon on October 3rd at the Annapolis Yacht Club on the Chesapeake Bay. This race will be a mental and physical challenge to test your sailing abilities. Hall of Fame sailor Randy Smyth and teammate Christina Persson intend to defend their title, you think you can beat them? For more information, visit annapolisyc.com



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TOWNE SALUTE

Bobbie Burnett

The Caring Collection, Inc.

By Lisa A. Lewis

When artist Bobbie Burnett made a gift for her friend, Susie, who had leukemia, she couldn't have imagined that the item would inspire her to create the Caring Collection, a 501(c)(3) organization based in Anne Arundel County. But the handcrafted gift was truly special and attracted the interest of people who saw it. Burnett soon realized that the gesture of kindness that she had extended to Susie also represented an opportunity to make an impact on the lives of others.

Born of love and a desire to support a significant cause, the Caring Collection, which consists entirely of volunteers, has raised funds to benefit cancer patients for nearly 40 years. Indeed, Burnett and her volunteers have touched the lives of many peo-

ple and established a legacy of love. And it all began with one stained glass angel.

"In 1982, I created a 3D stained glass angel for Susie," Burnett says. "When other people saw it, they wanted one. So I decided to establish the Caring Collection. I have been designing a new angel every year since that time. And I feel blessed that I'm able to offer comfort to people whose lives have been affected by cancer—whether they are patients, survivors, or family members."

To date, Burnett and her volunteers have created more than 50,000 angels and raised \$1.2 million. Proceeds provide funding for cancer research at the Johns Hopkins Kimmel Cancer Center and patient care at DeCesaris Cancer Institute at Anne Arundel Medical Center.

Burnett attributes the success of the Caring Collection to her volunteers, who she refers to as her family. Creating the angels is a labor of love, and each volunteer plays an integral role in the process by completing a specific task, such as foiling or soldering. Since they are handcrafted, a lot of time and attention to detail are required. Indeed, one angel typically passes through the hands of 15 volunteers before it's complete.

"Each volunteer plays a part in what I call the angel assembly line," Burnett says. "The angels are a symbol of love, so it's important that the finished products represent the love and care that the volunteers put into creating them."

"Bobbie has given joy and hope to thousands of people. This wouldn't have been possible without her unwavering leadership and devotion to this amazing cause."

The Caring Collection volunteers include Debbie Deschamps, Fran DeWolff, and Jerry Klinken—who have been involved with the organization for more than 30 years—Kris Morgan, Sally Small, Carroll Dudley, and many others. In addition to helping create the angels, Morgan, a photographer, also assists in achieving the Caring Collection's mission by selling her photographs. Proceeds benefit cancer research.

Klinken met Burnett while taking a stained glass class through Anne Arundel Community College in the late 1980s. When he learned that Burnett had created the Caring Collection, he was interested in the organization and became a volunteer. Klinken assembles the parts that the other volunteers have cut, ground, foiled, and soldered into 3D standing angels and prepares them to be washed and packaged for shipment.

"It's a wonderful feeling knowing that the angels that Bobbie and the volunteers create bring a smile to cancer patients and survivors or help provide comfort to those grieving the loss of a loved one," Klinken says. "Bobbie has given joy and hope to

thousands of people. This wouldn't have been possible without her unwavering leadership and devotion to this amazing cause. Knowing her is one of the greatest joys in my life."

In response to the COVID-19 crisis, Burnett designed an angel for 2020 that is especially meaningful. Aptly named the Unity Angel, she hopes that it will help bring people together during these unprecedented times. With its arms outstretched, the angel seems to offer a welcoming gesture, which symbolizes a sense of comfort. Naturally, due to the pandemic, the creation of the angels posed obstacles that Burnett and her volunteers had to overcome. Instead of gathering together in Burnett's basement studio, they had to work from home.

Burnett chose white, pink, and blue glass to create the Unity Angel, and for Burnett, the blue glass is especially symbolic. While sorting through her glass, she found some blue glass that she had used to make the angel for Susie. Since Burnett, 82, has decided that the Unity Angel will be the last one that she designs, it seemed fitting to create the first and last angel with the same blue glass. Indeed, she feels as if she has come full circle.

"The angels have been such a big part of my life, and with the creation of the Unity Angel, I hope that I'm ending the Caring Collection on a high note," Burnett says. "I've made so many wonderful friends from all around the world. It's been an amazing journey."

For more information about the Unity Angel or to purchase one, call Burnett at 410-849-5333 or visit caringcollection.org. The cost is \$40 (plus tax and shipping).

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



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Family Owned State Farm Insurance Agency Opens in Odenton

State Farm Insurance agents, Tammy Counts and Paul Counts, with 25 years and 19 years insurance experience respectively, opened a new office in Odenton in July. Tammy and Paul Counts celebrated the opening of their new office in a newly renovated building located at 1416 Annapolis Road and are thrilled to be serving their community where they have lived and raised their two sons for the past 17 years. "We are really looking forward to spending more time in the community and helping our neighbors with all of their insurance needs," says Tammy. "We also enjoy giving back to our community and plan on hosting several events throughout the year."



↑ Megan Moore Joins Eagle Title, LLC

Eagle Title, LLC recently announced that Megan Moore has joined the company as a Settlement Officer and licensed Title Insurance Producer. Moore becomes the newest addition to the company's sales team during a period of unprecedented expansion of the business. A life-long resident of Crofton, Maryland, Moore will be responsible for conducting real estate settlements as well as expanding opportunities throughout Maryland, with a special interest in Anne Arundel's West County. "Megan is dedicated to bringing the highest level of customer service to buyers, sellers, agents, and lenders throughout the real estate settlement process," says Jay Walsh, president, and CEO of Eagle Title. "With Megan on board, the opportunities for the company to expand into West County are very exciting."

LEADERSHIP ANNE ARUNDEL'S NEW BOARD MEMBERS

On July 1st, Leadership Anne Arundel welcomed new board members to the helm of the nonprofit 501c3 organization. The premier leadership training and networking institute in Anne Arundel County, LAA's mission is to provide people of diverse backgrounds with the education, resources, and networks necessary to become successful proactive leaders. The new board members are: **Christina Majernik**, executive vice president at Domain5, a professional cybersecurity advisory firm; **Kirk Murray**, president and CEO, Anne Arundel Workforce Development Corporation; **Shawn Noratel**, founding partner and creative director at Liquified Creative; **Mike Russo**, a partner of Council, Baradel, Kosmerl & Nolan, P.A.; **Dee Ward**, owner of All About Investing, B.L.A.C.K. EXCEL, and SKIO!; and **Monica Rausa Williams**, special assistant to the president at Anne Arundel Community College (AACC).



Do you have community or business news to publicize? Send What's Up? an email at editor@whatsupmag.com.

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Photo by Steve Buchanan Photography

TOWNE ATHLETE

Lana Hamilton

Arundel High School
Field Hockey

By Tom Worgo

Arundel High School junior Lana Hamilton is one of the nation's top field hockey players, and she isn't afraid to boast about how she's outworked many players to get to that level. She's just as blunt when it comes to talking about her dedication to the sport.

She's traveled to prestigious tournaments everywhere, from California to Florida, and MAX Field Hockey ranks her as one of the county's top 50 players in the 2022 class. Her parents even installed a turf field with a goal in their backyard so she can constantly work on her skills.

"Field hockey is basically all I do," says Hamilton, who carries a 3.5 grade-point average. "I am always doing something to get better. My first season of rec, I didn't take it that seriously, but once I started playing for Freedom Hockey Club, I dedicated my whole life to field hockey. When I don't have a team practice, I am practicing at home."

Clearly, all the hard work has paid off. More than 20 colleges have been aggressively recruiting Hamilton, a member of the USA Field Hockey AAU Junior Olympic team the past three years. The 5-foot-6-inch Hamilton has a three-page resume of her accomplishments.

"I am hearing from some of the top-10 programs in the country," Hamilton explains. "I want to go to a school that meets my field hockey and academic needs."

Hamilton's goals are more than just to play for big-name school. "I want to play at the highest level I can," she explains. "I would love to play on the women's national team. It's a dream of mine."

Arundel Field Hockey Coach Carrie Vosburg has coached some vastly talented players in her 16 years at Arundel and Meade, yet she wonders if she will ever get the chance

"I put her at the top of the list of the players I have coached. She is a very rare player. She just makes players around her better and motivates those around her to be better."

to work with another player of Hamilton's caliber and skill set again.

"I put her at the top of the list of the players I have coached," Vosburg says. "She is a very rare player. She just makes players around her better and motivates those around her to be better."

After totaling seven goals and four assists as freshman, the 17-year-old Hamilton blossomed as a sophomore by totaling 13 goals and 23 assists. Her best game came in a 5-2 playoff victory over South River when she scored two goals and had an assist.

"She is most selfless and team-oriented player I have coached," Vosburg says. "She is all about passing the ball and creating plays. It's just not about her."

Hamilton really started to blossom as a player when she joined the Freedom Field Hockey Club at age 10. In her six years with the organization, she won three national indoor championships and has been named to the National Futures Championship team three times.

“Club has really helped me grow as a player since I started at such a young age,” Hamilton says. “It made me a competitive player in the right way.”

Playing club hockey is a year-round sport for Hamilton and she’s playing either in tournaments or games in the fall, winter, and spring on the weekends.

“She always wants to get there early and she’s one of the last ones to leave,” says Hamilton’s mother Sam. “It’s something she’s always really enjoyed doing. She’s gotten so much training and a lot of great experience.”

When Hamilton isn’t playing club hockey or for her high school team, she’s practicing on the 15 by 15-foot turf in the backyard of her Odenton house. “I set up cones and go around them to improve my stick skills,” Hamilton says. “I also shoot about 100 times at the goal often and it helps me get my shot off faster.”

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

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(FORBES)



WHAT'S UP? MEDIA
DIGITAL MAGAZINES EVENTS



TOWNE INTERVIEW

Malcolm Perry

Former Navy Football star quarterback discusses his transition to the NFL

By Tom Worgo

Double duty doesn't apply to recent Naval Academy graduate Malcolm Perry. Perry is the first service academy graduate who won't have to fulfill his military obligation and play football at the same time. "It allows me to defer my commitment until after football," says Perry, who has a five-year commitment to the Marine Corps. "I feel extremely fortunate."

Perry, no doubt, faces challenges to make the Miami Dolphins team. They picked him in the seventh round of the 2020 draft, 246th overall. He's moving from quarterback to wide receiver. This type of position switch was managed successfully by the New England Patriots' Julian Edelman and former Pittsburgh Steeler and Washington Football Team player Antwaan Randle El.

The 5-foot-10-inch, 181-pound Perry has shown the speed of an elite player. He rushed for a Football Bowl Subdivision single-season record of 2,017 yards, while leading the Midshipmen to a school-record 11 victories and Liberty Bowl win over Kansas State. Perry

“ I JUST HAVE TO COME OUT TO PRACTICE AND BE THE BEST I CAN BE EVERY DAY. IF I DO THAT, THEN I AM OKAY WITH WHAT HAPPENS.

also led college football in explosive runs (of 20 yards or more) with 26.

We recently talked to Perry, a native of Clarksville, Tennessee, about catching on with the Dolphins, changing positions, the pressure of the NFL, and coming down with a mild case of COVID-19.

How does the pressure of trying to make the Dolphins compare to Navy?

The NFL is a big stage and it's a business. It's not college anymore. It does put some added pressure on me, but at the end of the day it's football. It may be more technical and the players are bigger and faster. It's about taking your game to the next level.

Does having former Navy full-backs coach Mike Judge on the staff make the transition easier? What do you talk about?

It's so nice to have a familiar face when you are going so far away from home and to a place that you don't know much about. He gave

plenty of encouragement and advice. He knows the environment I came from and he knows what I dealt with there. He also made the same transition.

You were picked in the last round of the draft. How do you overcome the odds against making the team?

I have to work really, really hard. I can't make the same mistakes twice. I just have come out to practice and be the best I can be every day. If I do that, then I am okay with what happens.

How is the switch from quarterback to wide receiver going? What is the biggest challenge?

It's going pretty well. I've got a lot to learn. I feel the coaching staff and my teammates

are doing all they can to help me out. I am trying to pick up all the knowledge that they have, and learn as much as I can from them. The toughest thing now is studying the playbook, and knowing what you have to do on every play. That's the first step for every rookie in the league.

What was your reaction to being drafted by the Dolphins?

I was on top of the world. It's what you dream of as a child. It's a beautiful state and a great organization. I was extremely excited. I was just ready to go to work.

Can you talk about what you did in the offseason with the Dolphins to prepare for the season?

We had Zoom meetings pretty much every day. We

had meetings like if we were in the facility. It was tough, but possible to do. We had access to the playbook. We just weren't able to get together and go over it.

What did you do on your own since there were no practices because of COVID-19, as far as weight-lifting, conditioning, and on-the-field work?

I got on the field by myself as much as I could. It was every day. I was back home in Tennessee. I was lucky enough to have a friend who played quarterback in college. We got on the field and would go over routes and plays. I was catching several hundred balls a day. I was lucky enough to have access to a gym. I was working out about two hours a day.

When did you come down with COVID-19? Was it a severe or mild case?

I am not sure of the timeline. I felt a cold. Nothing major. Nothing to cause an alarm. I talked to the training staff of the Dolphins and they said quarantine for over a week until I got tested. A cold came on and I felt a little fatigued. I went and got tested and by then I had got rid of it. By the time I got to Miami, I took a test, and they found I had the antibodies for it.

How did attending the Academy help you in life?

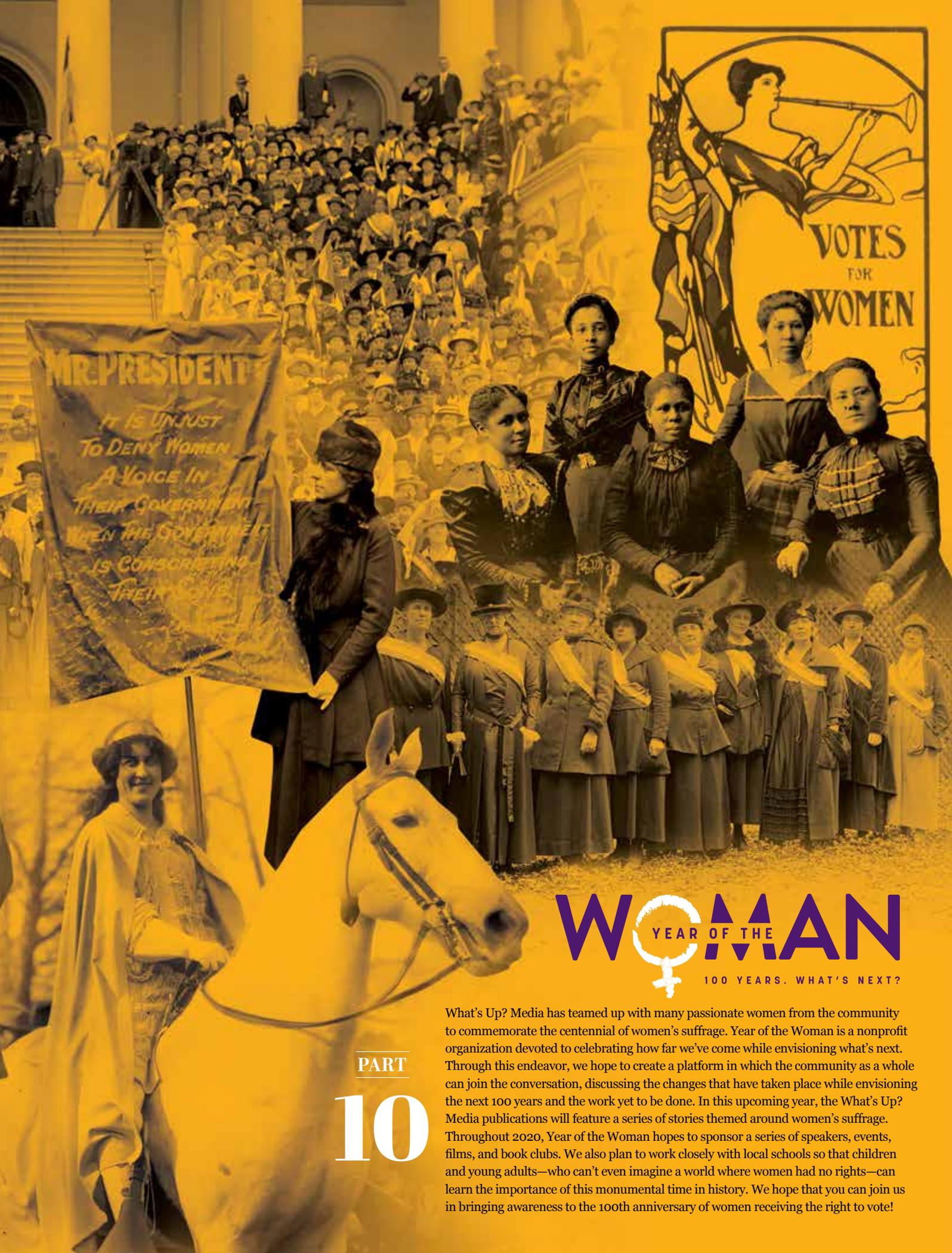
It makes you grow up fast in terms of taking responsibility and having structure in life. I took from the Academy prioritizing things, time management, and adding structure to it.





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





PART
10

WOMAN
YEAR OF THE
100 YEARS. WHAT'S NEXT?

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



Published by the National Movement for Free Elections and League of Women Voters

**The WOMAN who votes
has *outdone* the MAN
who didn't !**

Women, Race, and the Ongoing Fight for True Equality

By Ashley Oleson

In the end, anti-black, anti-female, and all forms of discrimination are equivalent to the same thing: anti-humanism,” said Shirley Chisholm, the first Black woman elected to the United States Congress in 1963, serving New York’s 12th Congressional district. Achieving this milestone took 42 years from when women first won the right to vote in 1920, and yet was still three years prior to the passage of Voting Rights Act, which finally prohibited state and local governments from implementing racist election laws barring black and brown women from the franchise around the country. Today, in the year 2020, we should indeed celebrate the progress the country has made over the past 100 years. However, in this “Year of the Woman,” movements like #MeToo and Black Lives Matter are but two clear indicators there is so much more work to be done.

We probably would prefer to believe that there could not possibly be a connection between the issues our foremothers faced 100 years ago and

those faced now. Ignoring this uncomfortable truth, however, further entrenches systemic barriers to equal access and treatment under the law in America. Inequities still pervade our society and are causing it to crack at the seams.

Suffragist and head of the National Women’s Party, Alice Paul, recognized early on that while women had succeeded in equal access to the vote, under the law they were not explicitly guaranteed any other equal rights. In 1923, this realization inspired Paul to pursue the addition of an Equal Rights Amendment (ERA) to the Constitution. The amendment as it reads today states, “Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex.” Such an amendment in a country which proclaims to be a bastion of “freedom, liberty, and justice for all” should be an easy lift. Nevertheless, 97 years later the battle for equal rights goes on.

In 1972, the ERA finally made its way through Congress. Paul, however, who was 87 that year would not live to see the amendment fully ratified by the states. Indeed, it was not until this year that Virginia became the 38th state to ratify. Don’t pop the centennial champagne yet, though. This is not the final hurdle champions of the ERA must overcome. When the amendment passed Congress, it passed on

Propaganda posters urging citizens to register to vote and vote, circa 1951. From the U.S. National Archives and Records Administration.

VOTES FOR WOMEN



For the work of a day,
For the taxes we pay,
For the Laws we obey,
We want something to say.

6342

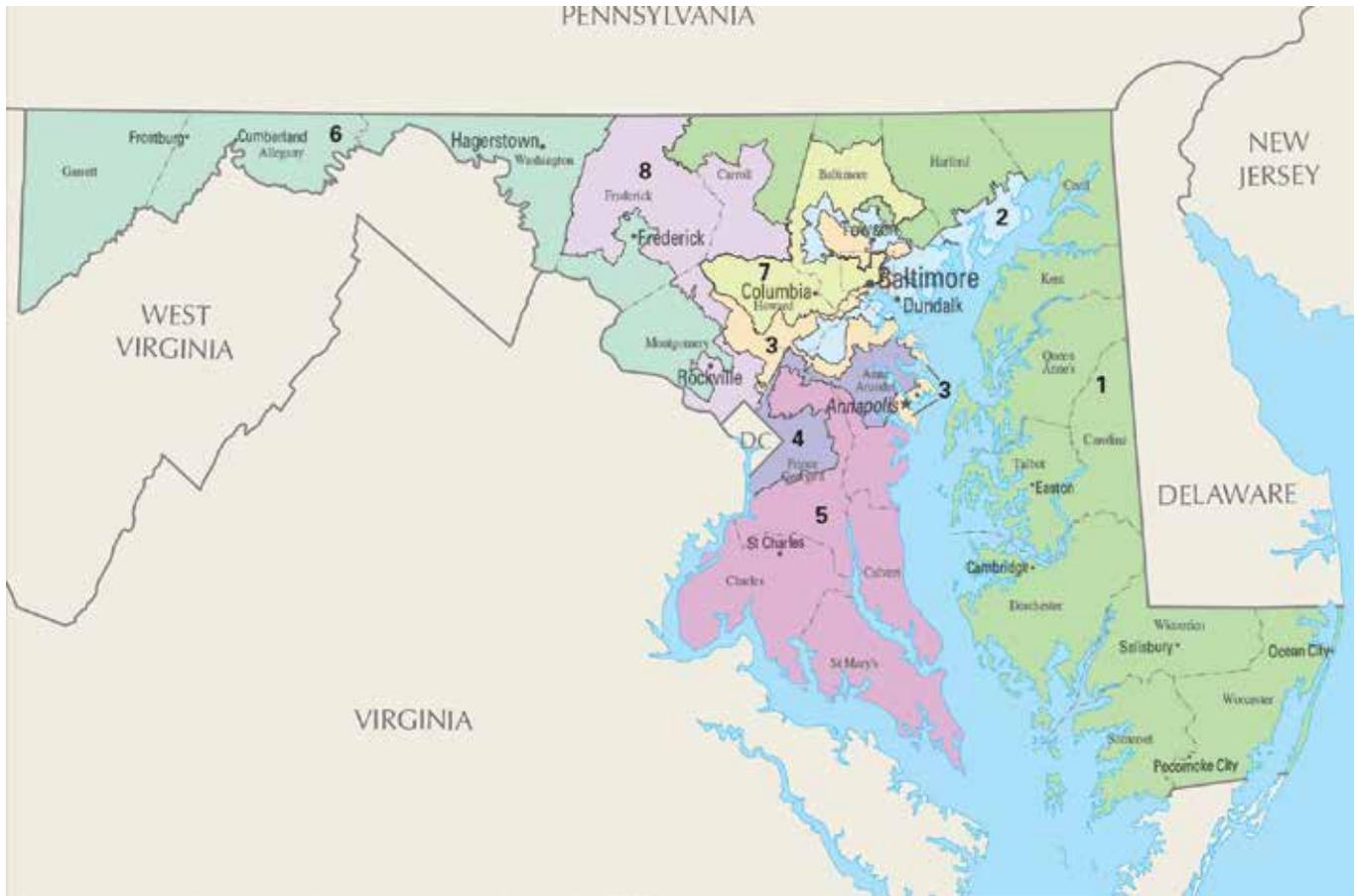
the condition that the amendment must be ratified within seven years, or the process must start again—from scratch. While activists in the women's liberation movement in the 1970s were able to obtain a three-year extension to this deadline, it appears nearly five decades were needed before 76 percent of these United States were ready to grant equal protections of the law regardless of sex. Meaning there are still 12 states who have refused to authorize such protections: Alabama, Arizona, Arkansas, Florida, Georgia, Louisiana, Mississippi, Missouri, North Carolina, Oklahoma, South Carolina, and Utah.

Today, with 38 states secured but the expiration date of equality long passed, the ball is back in Congress' court. On February 13, 2020, the U.S. House of Representatives passed House Joint Resolution 79 calling for the removal of the ERA deadline. The resolution is now with the Senate waiting to be called for a vote in the Judiciary committee. A companion resolution introduced to the Senate by Maryland's own Senator, Ben Cardin, has been stagnating in that same committee since January 25, 2019. So, the march to women's equality goes on, with advocates once again imploring Congress to declare all genders are equal in the eyes of the law.

While we take cheer this year in the great though uneven strides that women have made since the 19th amendment was ratified, we are faced with the urgent need to remedy another shortcoming of our country's slog toward equal rights. It is a lesser known fact that the 19th did not actually lead to universal suffrage for all women. Despite the pivotal role Black suffragists played in the movement, racism within the country, and yes, also the movement, guaranteed the right to vote would be accessible primarily to educated white women only. State laws of the time continued to stifle the voices of black and brown people in America on election day until the passage of the 1965 Voting Rights Act prohibited discriminatory practices.

Access to the franchise is widely believed to have been afforded by the 15th amendment in 1870 which states, "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of race, color, or previous condition of servitude." However, throughout the country, subversive laws and policies were enacted which deliberately targeted Black Americans and suppressed their votes. Jim Crow laws prohibited access, poll taxes were employed to exploit the lack of resources of the formerly enslaved, and literacy tests were required, often demanding information most white Americans would not likely have been able to produce. Just as often, Black citizens who attempted to lawfully cast their ballots were met with threats and violence.

Today, assumptions that our society has now advanced beyond racism have started the nation on a backward slide. In 2013, the Supreme Court rolled back a critical section of the



Voting Rights Act, which had been successfully deterring racist election practices for decades. In the case of *Shelby v. Holder*, the Court decided that the protections within the VRA, which required state and local governments to obtain preclearance before implementing certain voting laws or practices and the formula which helped to determine which areas would be subject to such preclearance based on their voter discrimination history, were no longer necessary. The Chief Justice stated in the Court's opinion,

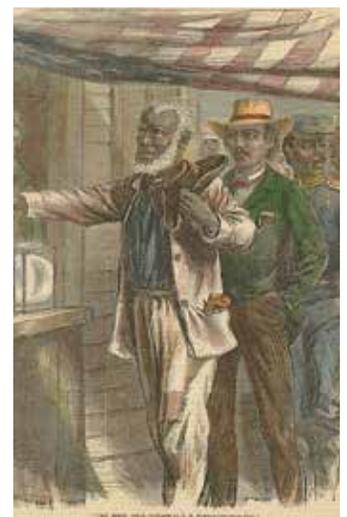
Coverage today is based on decades-old data and eradicated practices. The formula captures States by reference to literacy tests and low voter registration and turnout in the 1960s and early 1970s. But such tests have been banned nationwide for over 40 years. And voter registration and turnout numbers in the covered States have risen dramatically in the years since. Racial disparity in those numbers was compelling evidence justifying the preclearance remedy and the coverage formula. There is no longer such a disparity.

Over the past seven years the country has witnessed a startling increase in policies which suppress votes in predominantly black and brown communities. Polling places have been closed or moved, limiting access during early voting and on Election Day; restrictive voter identification laws implemented; and limitations to rules around who can provide assistance to voters at the polls have been put in place. These measures more often adversely affect non-white people, those with lower incomes, the elderly, and those who are living with disabilities—voices that are usually not otherwise represented in rooms where policies are made throughout our local, state, or federal governments.

Gerrymandering is yet another instrument in the voter suppression toolkit commonly utilized to diminish the impact of votes in communities of color. Malicious map drawers have used this tactic for decades to “pack” non-white voters into a minimum number of districts to mitigate their influence on elections. At other times they see fit to “crack” these communities, dispersing votes across

Maryland's Congressional Districts have been in place since 2013. Maryland is generally considered to be one of the most gerrymandered states in the country.

“The First Vote” shows first vote cast by ex-slaves in Reconstruction in US, 1867.



Though women have not yet achieved parity in elective office, women continue to turn out to the polls at higher rates than men. The data seems to indicate that women know and appreciate the strength of their vote, and they are determined to use it. This has been especially true among Black women in recent years. As their energy and determination to harness the power of their vote increases, so do their numbers. The population of Black voting age women increased 31 percent as a voting block between 2000 and 2017. Black women are channeling this collective power not only by showing up at the polls, but organizing and empowering others to do the same through truly inspiring leadership.

One might ask, however, “If women are such a large portion of the active electorate, why do they suffer from underrepresentation in government?” There are a few reasons, and they all point back to unequal access. Among them are financial access. According to data from the Center for Responsive Politics, the average winner of a Congressional seat in 2018 spent \$2,056,494 in the House and \$15,753,167 in the Senate. Given the disadvantage women are faced with in terms of job opportunities, personal income, and wealth, the financial burden of running for office is an incredible obstacle to overcome.

Additionally, the visible lack of women in leadership affects the perceptions of voters and potential candidates, leading to an assumption that men are better leaders. Throughout history, however, there have been distinct groundswell moments that have resulted in more women candidates and more voters inspired to cast their ballots for them. We saw this in the 1992 “Year of the Woman” at a time when the public gained an increasing awareness of the underrepresentation of women in Congress, and again in 2018 in the wake of the #MeToo movement and other consciousness raising events between 2016 and 2018.

Women in 2018 capitalized on this moment, producing the largest class of female legislators the House of Representatives had ever seen. Deb Haaland and Sharice Davids became the first Native American women ever elected to Congress and Rashida Tlaib became the first Muslim woman elected to Congress. Maryland claimed a historic moment as well, electing



its first woman and first Black Speaker of the House, Adrienne Jones. With all of this momentum building, surely women can complete the work necessary to claim true gender and racial equality as we enter this next century of women powering the vote. Women could seize their moment in history by fully restoring the Voting Rights Act and finally adding the Equal Rights Amendment to the Constitution.

Propaganda posters urging citizens to register to vote and vote, circa 1915. From the U.S. National Archives and Records Administration.

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

BEST OF 2021

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West County

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Pizza (Local)
Romantic Restaurant
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Real Estate Team/Brokerage
Residential Realtor
Roofing Contractor
Title Service
Tree Service
Water Treatment Service
Window/Door Contractor
Window Treatments

RETAIL & PROFESSIONAL SERVICES

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Driving School
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Senior Living Facility
Specialty Grocer
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Summer Camp
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Unique Gifts
Watch Jeweler
Wedding Venue
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CONOWINGO DAM

PART II

UPSTREAM NEGLECT AND ACCOUNTABILITY

BY JEFF HOLLAND

The issues churning around the Conowingo Dam are as murky as the muck in the bottom of the reservoir behind it, but we will have you out of the mud before we reach the end of this article.

When the Conowingo Dam was built in 1928, it was the next largest hydro-electric dam in the country, second only to the one at Niagara Falls. For the first 80 years of its existence, the dam trapped much of the nutrients and sediment flowing down the river from all the farms and all the towns and all the cities in that vast area of central Pennsylvania and into southern New York. That was a good thing.

But then the reservoir reached its capacity, like a septic tank after a weekend of too many guests. That's bad. One environmental group estimates that nearly 200 million tons of sediment pollution have accumulated behind the dam. During major storms, floodwaters can scoop out or "scour" the sediment from the reservoir and send it downstream to pollute the Chesapeake Bay.

While the State of Maryland owns the Susquehanna River in public trust, Exelon Generation Corporation owns and operates the dam. The hydroelectric power plant generates 572 MW of electricity, enough to power 165,000 homes. Hydroelectric dams are a relatively clean way to generate power; a coal-burning plant of equal capacity might spew 880,000 tons of greenhouse gases into the atmosphere.

All hydroelectric dam operators need a license from the Federal Energy Regulatory Commission (FERC) to operate. Exelon's current license expired in 2014. The corporation applied for a new 50-year license, but before FERC can grant that new license, the State of Maryland has to certify that the project will meet state water quality standards. This water quality certification is required under section 401 of the federal Clean Water Act, but it's also a good opportunity to provide Maryland with some leverage over Exelon to see that it operates the dam in a way that protects the Bay.





“SECTION 401 IS THE SINGLE MOST POWERFUL AUTHORITY GRANTED TO STATES UNDER THE CLEAN WATER ACT.”

—SENATOR BEN CARDIN

“Section 401 is the single most powerful authority granted to states under the Clean Water Act,” wrote Senator Ben Cardin of Maryland in an op-ed in the *Bay Journal*.

On April 27, 2018, the Maryland Department of the Environment issued a Water Quality Certification with special conditions for the proposed relicensing of the Conowingo Dam. It was not well received.

I spoke about this issue with Ben Grumbles, Secretary of the Maryland Department of the Environment, in a recent phone interview. “We dug in and used the science and all the information we had to make this a fundamental, historic step forward to impose conditions that would require Exelon to reduce the sediment and nutrient pollution, improve the flow of the river and improve the health of the Chesapeake Bay,” he told me.

Exelon rejected the terms imposed by the document, stating flatly that the dam itself has never caused any pollution and that the corporation is not responsible for the pollution that gushes down the river from Pennsylvania and New York.

“Exelon sued us in three separate courts” at the state and federal level, Grumbles said. “They claimed they weren’t responsible for the upstream pollution in any way.” Maryland engaged in negotiations with Exelon,

This natural-color image, taken by the Landsat satellite, reveals a powerful natural force that has had a hand in sculpting the landscape: the Susquehanna River system. The river flows generally south from its headwaters in upstate New York to the Chesapeake Bay. It is also a source of environmental concern—as the river flows, the upstate pollution within is deposited in Maryland waters.



“WE DEVELOPED THE BEST POSSIBLE SETTLEMENT WE COULD.”

—BEN GRUMBLES, MARYLAND’S SECRETARY OF ENVIRONMENT



Large amounts of debris washed into the Annapolis harbor in summer of 2018; the result of a heavy storm event, which sent a mass of water, sediment, and debris from the Susquehanna watershed over and through the Conowingo Dam, spilling into the Chesapeake Bay.

but while they were at it, as Grumbles explains, “There was a shift in the legal landscape, there was a lawsuit settled in California that impacted the rest of the country.”

On December 9, 2019, the U.S. Supreme Court decided not to revisit the U.S. Court of Appeals for D.C. Circuit’s decision in *Hoopa Valley Tribe v. Federal Energy Regulatory Commission*, allowing the lower court’s ruling to stand, meaning that states and authorized tribes have one year and one year only to act on a request for water quality certification.

And that meant that time was suddenly and very rapidly running out for Maryland to wrap up its negotiations with Exelon.

“If we couldn’t reach an agreement, we could lose everything and get thrown out of court,” Grumbles lamented. “We developed the best possible settlement we could.”

Grumbles outlined the agreement in a letter to Ted Evgeniadis, the Lower

Susquehanna Riverkeeper. The agreement, he wrote, requires Exelon to invest more than \$200 million in environmental projects and operational enhancements to improve water quality in the Lower Susquehanna River and the Chesapeake Bay.

Grumbles stated that Maryland is awaiting a decision from the Federal Energy Regulatory Commission (FERC) as to their acceptance of the settlement agreement and the issuance of a new license. Once that occurs, Exelon will be required to implement a range of important restoration actions. The restoration actions Exelon must take under the settlement agreement include:

- Measures to improve downstream flow to make flow more natural; helping fish migrate up the river and past the dam, and reducing fish kills downstream while improving habitat for other aquatic species;
- Measures to restore lost ecosystem services such as the filtering of pollution

by freshwater mussels and oysters and funds to implement other projects upstream to reduce nutrient loadings; scientific studies show that the restoration of mussels and oysters provides direct, substantial, and sustainable nutrient reduction benefits to the ecosystem;

- Measures to improve trash and debris management and increase the responsiveness of Exelon to problems that occur as a result of trash and debris during storm events;
- Measures to improve upstream fish passage to advance efforts to restore lost fisheries for American shad and river herring; species which were blocked for many decades from moving upstream to spawn; and
- Measures and funds to improve the resiliency of the river to climate change,

including submerged aquatic vegetation restoration and living shoreline construction.

Grumbles told me that the agreement, though rushed, was “still a huge step forward. We reached that settlement agreement because we knew other states were getting thrown out of court. We filed it with FERC nine months ago (in December, 2019) for their approval. Where we are today is that we’re getting frustrated because FERC has still not taken action on the agreement. We’re doing what we can to encourage them to make a decision.”

The Riverkeeper vehemently disagrees that the agreement is a step forward. “This agreement is too weak,” Ted Evgeniadis told me in a recent phone interview. “There’s no transparency, there’s no public enforcement power to

assure that the goals are actually attained. Maryland is waiving their right for the 401 Water Quality Certification under the Clean Water Act to protect the Bay. There was no participation by any other group, it was pretty much Exelon telling Maryland what they've decided to do."

The major problem, Evgeniadis explained, is that climate change is generating storms that are becoming more frequent and more intense over time. Hurricane Agnes in 1972 had a devastating impact on the Bay, he noted, "because that storm scoured out the sediment and nutrients behind all those dams. Since then, Conowingo has been storing those pollutants, but now it's now full. When we get another storm event similar

to Agnes, that means the Bay is going to be damaged worse than it was in 1972. We wanted Maryland to require Exelon to pay for dredging, to remove 400 tons of sediment a year, which is the amount that's coming in. It really screws things up now because there's no protection from another large storm event."

"Downstream flooding risk is increased by the buildup of the sediment and nutrients," says Betsy Nicholas, executive director of Waterkeepers Chesapeake, the nonprofit organization that serves to coordinate the efforts of the 19 independent Riverkeeper groups working in the Chesapeake watershed. "Somebody's got to pay for cleaning it up, and if it isn't Exelon, it's going to be the taxpayers."

"THERE WAS NO PARTICIPATION BY ANY OTHER GROUP, IT WAS PRETTY MUCH EXELON TELLING MARYLAND WHAT THEY'VE DECIDED TO DO."

—TED EVGENIADIS, LOWER SUSQUEHANNA RIVERKEEPER

"Some fault the agreement for not including dredging," wrote Kathleen Barrón, Exelon's senior vice president for Government and Regulatory Affairs and Public Policy, in an op-ed in the *Bay Journal*, but, she said, "The agreement takes the better environmental path by focusing on programs that address nutrient pollution—the biggest threat to the Bay's health."

But sediment and nutrients aren't the only pollutants coming over the dam. Debris in the form of fallen trees and all other manner of flotsam and jetsam, from water bottles to portable toilets, flows downstream from the more than 27,500 miles of tributaries and streams in central Pennsylvania and lower New York State.

If you drive across the highway that spans the top of the Conowingo Dam, you can see masses of tree trunks and other flotsam that collects at the base of the reservoir. When a major storm floods the river,

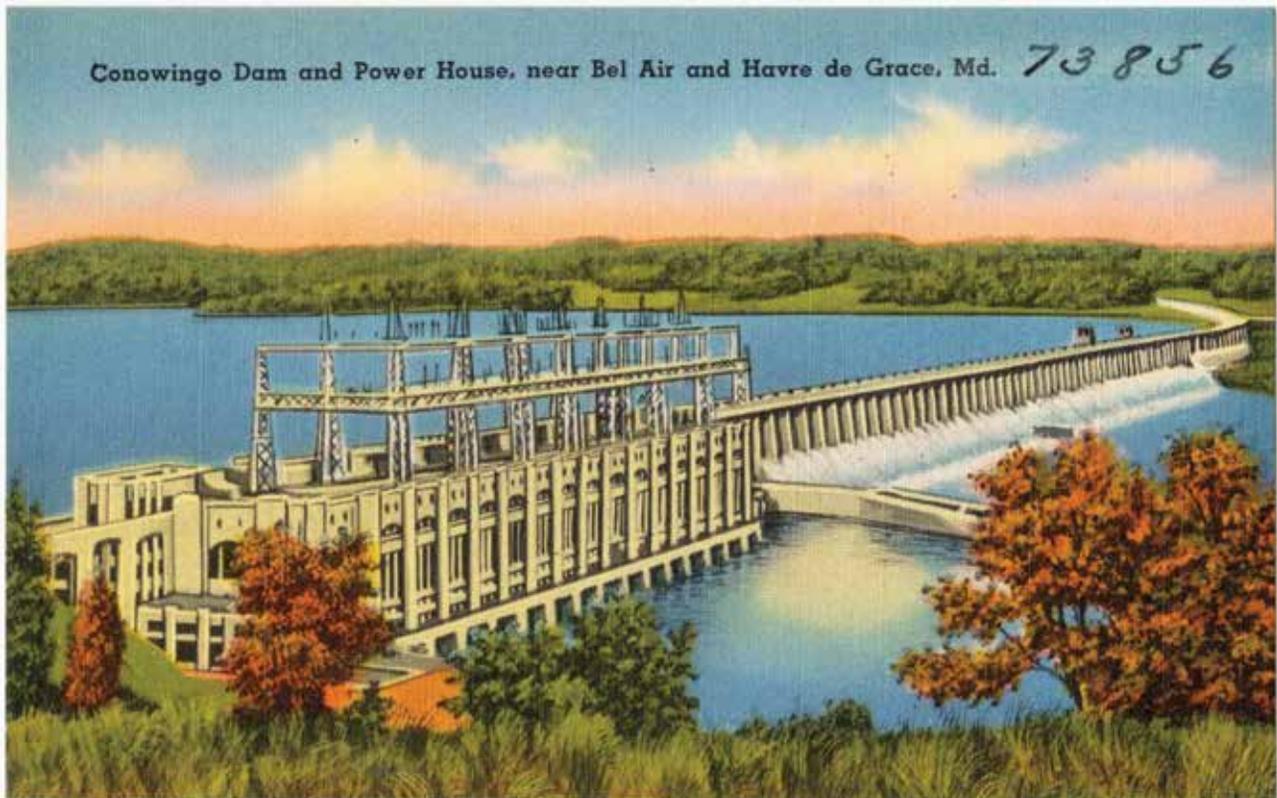
Exelon has to open Conowingo's crest gates to let the excess stormwater flow over the dam. With it comes tons of trash and debris. This creates a hazard to any vessel, big or small, navigating in the Bay.

One particularly nasty storm in the summer of 2018 covered the surface of much of Annapolis Harbor with floating debris. When the state asked for assistance after that storm, Exelon donated \$25,000 to the Chesapeake Bay Trust to support local debris clean-up efforts.

Early on in the Bay restoration movement, scientists and policy makers realized that there's not enough money and time in the world to do everything it would take to bring the Bay back to the pristine condition it was in when Capt. John Smith made his voyages of discovery 400 years ago. The collective reasoning was to focus on reducing sediment and nutrients.



In May, Maryland Attorney General Brian E. Frosh sent a letter of intent to the EPA, saying it must act to enforce the requirement for pollution management plans or face a federal lawsuit. Maryland was joined in the letter by Virginia and the District of Columbia.



A Conowingo Dam postcard, circa 1930–1945, depicts an idyllic setting. In the years since its construction, Conowingo Dam and the power corporations that operate it have been subject to environmental controversy and scrutiny.

Nutrients like nitrogen and phosphorus when used as fertilizer help plants grow, and that’s a good thing. But when you put too much on your lawn, or when farmers put too much on their fields, that’s a bad thing. You are another source of nutrients. Human waste is full of it, and inadequate sewage treatment plants don’t do the job of filtering it out. Then there’s the waste from large chicken and pig farms. Astonishingly, about a third of the Bay’s nitrogen comes from air pollution, from the exhaust of cars, trucks, power plants, and factories.

Rainfall, particularly heavy rains in storms, flushes these nutrients into the nearest waterway and then into the Chesapeake Bay, where the only plants they help to grow are algae. Algae are simple plants that grow rootless in the water.

Some are single-cell organisms, others grow in slimy strands. They serve as a crucial food source for oysters and other creatures, which is a good thing, but when there’s a lot of nitrogen and phosphorus in the water, the algae growth will surge, or bloom, and that’s bad.

Too much algae clouds the water. You’ve seen the water become all chocolatey, or sometimes even reddish brown. This is known as a “mahogany tide.” When the algae die off, it sinks to the bottom and decays, depleting the oxygen in the water, creating “dead zones” that can result in fish kills.

Suspended sediment is the result of dirt washing away in storms, from fields, construction sites, or eroding shorelines. This, too, clouds the water. Murky water prevents sunlight from penetrating

to the bottom to allow Bay grasses to grow. These grasses, known in the environmental world by the acronym “SAV,” short for “submerged aquatic vegetation,” provide vital food for waterfowl and habitat for crabs and fish.

The Environmental Protection Agency’s Chesapeake Bay Program started out about 30 years ago to coordinate the efforts of all six of the states within the 64,000 square mile area of the Bay watershed plus the District of Columbia. The EPA coordinated the goals of each partner, along with all the other federal agencies, local governments, and nonprofit organizations, to reduce the amount of these key pollutants. Over time, the partners forged a plan called the Chesapeake Bay Clean Water Blueprint, which some refer to as a “pollution diet.”

There’s an overarching model that considers all of the goals of all of the partners and states that if all of these pollution reduction plans could be fully implemented, the Chesapeake Bay ought to be “fishable and swimmable” by 2025.

In other words, the amount of pollution we’d be dumping into the Bay would not exceed the Bay’s ability to naturally flush itself of those pollutants. The Bay’s ecosystem would be sustainable. It will never again be as clean as it was when Capt. John Smith found it, but it will be cleaner than it was 30 years ago and we won’t be letting it get any worse.

The Clean Water Blueprint does three things: 1. ensures each partner shares in the responsibility for cleaning up the Bay; 2. sets two-year goals, or “milestones” to monitor progress; and 3.

gives the EPA the authority to impose consequences if the states and localities fail to live up to their responsibilities.

But under the current federal administration, the EPA has been shirking its responsibilities, according to MDE Secretary Ben Grumbles.

“We’ve been very clear from day one to make sure all the partners do their fair share, including the upstream states of Pennsylvania and New York,” he told me. “In 2019, the EPA demonstrated that they were not going to use the tools to enforce the program.”

Doubts about EPA’s commitment to the cause redoubled in early January of this year, when Dana Aunkst, the director of the EPA’s Chesapeake Bay Program, called the Clean Water Blueprint “an informational document” that is not “enforceable.”

In May, Maryland Attorney General Brian E. Frosh sent a letter of intent to the EPA, saying it must act to enforce the requirement for pollution management plans or face a federal lawsuit. Maryland was joined in the letter by Virginia and the District of Columbia.

On the same day, in a rare collaboration, the Chesapeake

Bay Foundation joined the Maryland Watermen’s Association to announce their intention to also sue the EPA over the agency’s failure to force Pennsylvania and New York to live up to their 2025 goals in restoring the Chesapeake Bay.

“It’s important to underscore that this lawsuit is just one way to force action on one specific component of our comprehensive strategy to protect the Chesapeake Bay,” Secretary Grumbles explained to me over the phone. “It’s using the Federal Clean Water Act to push the EPA to conduct its role as the interstate umpire in enforcing the pollution diet. Pennsylvania, in particular, has not been doing its part. It was a step we didn’t want to take, but we’ll continue to work with our partners to keep making progress so we can meet our 2025 restoration goals.” As of this writing, the EPA has not responded to the threat of these suits.

The key to resolving the Conowingo problem in the long run, some say, is to force Pennsylvania and New York to live up to their commitments in the Clean Water Blueprint. This contention came to the fore in 2016, when the U.S. Army Corps of Engineers and the Maryland Department

of the Environment released their Lower Susquehanna River Watershed Assessment report, which confirmed that the reservoir behind Conowingo Dam is trapping less sediment and that it has reached its limit.

The report concluded that following through on the blueprint to clean up the Chesapeake Bay and its tributaries will have a much greater and longer-lasting effect on water quality than addressing the Conowingo Dam problem all by itself. However, it warned that if the additional nutrient and sediment load impacts from the Conowingo Dam reaching full capacity are not addressed, Bay water-quality standards will not be met by 2025.

As I write these words in my home office in Annapolis, one of the first tropical storms of the season is swirling overhead, churning counter-clockwise up the coast, causing flash floods with three or four inches of rain in as many

hours. The storm is heading north, toward Conowingo.

By the time this article reaches you, the Federal Energy Regulatory Commission may or may not have ruled on Maryland’s agreement with Exelon and may or may not have granted the corporation’s license to operate the dam for 50 more years. The Environmental Protection Agency may or may not have responded to threats of lawsuits to force them to live up to its responsibility to force Pennsylvania and New York to live up to their responsibilities. Or another storm, this time a big one like Hurricane Agnes, may or may not cause a catastrophe at the Conowingo Dam.

And then there’s the Presidential election, which may or may not impact the leadership of the EPA.

In the next and final segment of this series, we’ll examine some potential solutions and resolutions.

“THE AGREEMENT TAKES THE BETTER ENVIRONMENTAL PATH BY FOCUSING ON PROGRAMS THAT ADDRESS NUTRIENT POLLUTION—THE BIGGEST THREAT TO THE BAY’S HEALTH.”

—KATHLEEN BARRÓN, EXELON’S SENIOR VICE PRESIDENT FOR GOVERNMENT AND REGULATORY AFFAIRS AND PUBLIC POLICY



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LEADING HEALTHCARE PROFESSIONALS 2020-2021

In the following section you can discover helpful information about a wide variety of healthcare individuals, organizations, and services that could provide the exact assistance you require. Keep this valuable resource handy throughout the year.



KATINA BYRD MILES, MD, FAAD

SKIN OASIS DERMATOLOGY

Katina Byrd Miles, MD, FAAD is a board-certified dermatologist who is the Founder and Medical Director of Skin Oasis Dermatology located in Gambrills, MD. Dr. Miles practices medical, surgical, and cosmetic dermatology. She is an Associate Professor at Ross University School of Medicine teaching young physicians about the importance of dermatologic conditions in relation to internal medical conditions. She completed a Melanoma Fellowship at Washington Hospital Center where she learned the art of dermoscopy when examining moles. Dr. Miles is a published author in medical journals and textbooks discussing skin cancer in ethnic skin. She is active in the community and is a member of Delta Sigma Theta Sorority, Inc. Katina is a local and grew up in Greenbelt, MD. She loves spending time with her family. She is also a proud owner of her first dog, a French bulldog named Lola.

WHO I AM

1. WHAT IS YOUR PHILOSOPHY REGARDING THE PRACTICE OF MEDICINE?

Practicing medicine is more than just writing a prescription. It is getting to know your patients and treating the whole person. There is a mind body connection in regard to skin disorders. Yes, medication is important. But self-care, healthy eating, and education are integral to healthy skin.

2. WHAT IS YOUR FAVORITE MOVIE AND PLAY?

Love and Basketball and Hamilton

3. WHAT IS YOUR FAVORITE PAST-TIME?

I love to laugh and to make others laugh. Others may disagree, but I believe that I am a comedian.

4. WHAT IS YOUR FAVORITE SKIN CONDITION TO TREAT?

Hair loss is very emotional and personal. I enjoy helping those locs regrow. In our culture, hair defines us and is our crown of glory. Healthy hair equals confidence while hair loss can be devastating. When caught early, there are effective treatments.



ABOUT DR. MILES

Katina received her undergraduate degree from Towson State University with a Biology Major concentrating in Pre-Med and Secondary Education. She graduated from Howard University College of Medicine and completed her dermatology training at Georgetown/Washington Hospital Center in Washington, DC. She has been married for 18 years, is a mother of 2 boys and a fur child.



CONNECT

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@skinoasisdermatology



LABBE FAMILY ORTHODONTICS

DR. STEPHEN LABBE

Dr. Stephen Labbe has been serving our communities for over 30 years. His extensive experience as an industry leader in the dental field has been a guiding light for his patients, staff and colleagues during these unprecedented times. All four of his offices have implemented new systems to ensure the health and safety of everyone who comes through the door. And, by staying in touch with the latest advancements in orthodontic treatment and making it a priority to be accurately informed, Labbe Family Orthodontics has been able to quickly and seamlessly adopt brand new treatment methods such as virtual new patient consultations and remote monitoring technology. Through the challenges that we are all facing, Dr. Labbe has remained confident, flexible and positive. And you better believe he has done it all with a smile on his face!

WHO I AM

1. WHAT HAS BEEN THE BIGGEST CHALLENGE FOR YOU DURING THIS PANDEMIC?

When Maryland started shutting down in mid-March, I had to make sure that our systems for patient care were able to transition to a remote environment and I had to balance that effort with making sure our team was taken care of, as well. The first few weeks were filled with listening to webinars and conference calls to ensure that our teams needs were being met.

2. DURING THIS STRESSFUL TIME WHAT HAS BEEN SOMETHING POSITIVE OUTSIDE OF THE OFFICE FOR YOU?

The time spent at home with my wife and children was a gift! While we were incredibly busy looking after the business during quarantine, the fact that all four of us were home was very rewarding. Stealing moments for Tik Tok Challenges and playing Yahtzee & Sorry in the evenings was a real treat for all of us.



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THE PEDIATRIC DENTAL SPECIALISTS

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

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WHO WE ARE

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

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

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

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



ABOUT DR. SCOTT LAWRENCE

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



ABOUT DR. JEN FAN WENG

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



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DR. NISH PATEL DR. VEERA PATEL

PEEPERS EYECARE CENTERS

Starting in high school, Dr. Nish Patel began his first days working at Peepers Eyecare, filing and working as a tech. At the time, it was owned by Dr. Erick Gray, who was Dr. Nish Patel's mentor growing up. He later went on to receive his undergraduate training at Northwestern University in Chicago and soon after, his doctorate degree at the New England College of Optometry in Boston. It was here in Boston in 2010 where he met his now wife, Dr. Veera Patel - a hard working California girl with an eye for fashionable eyewear! Dr. Veera Patel received her undergraduate degree at the University of California San Diego. After they both graduated from the New England College of Optometry, Dr. Veera Patel and Dr. Nish Patel got married in Santa Barbara, California and soon began working in Maryland for many years. Eventually, as Dr. Erick Gray retired, they took full ownership of the Peepers Gambrills and Peepers Bowie locations in 2018.

As their passion for eye care and vision health in the community grew so did their reputation. Now, the couple takes another exciting step as they open their Boutique Optical in Annapolis in 2020 - NV'y Optical on Main! (formerly known as Eyes on Main) The team here in Annapolis now has over 30 years of experience in the eye care field and are passionate about their products and remaining unique to the Annapolis community.

The team at Peepers Eyecare Centers and NV'y Optical are dedicated to providing their patients with unmatched service both in the exam room and in the eyewear selection process. They look forward to seeing you and serving their community!

WHO WE ARE

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

At Peepers Eyecare Centers, we pride ourselves on providing unmatched customer service from the moment a patient walks in, to when they leave happy with their new glasses or contacts on. In the exam room our compassionate doctors take their time to explain various ocular conditions and expand overall awareness of eye health. Outside of the exam room, our well trained opticians are able to educate patients on the best optical solutions for their specific lifestyle and eye care needs while assisting them in choosing a frame that fits their face and their personality! Lastly, we strive to make our patient's experience convenient and efficient by offering online scheduling, allowing text messaging to our office numbers, and providing same day emergency glasses options.

2. WHAT HEALTH PROBLEMS CAN BE DETECTED FROM AN ANNUAL EYE EXAM?

During an eye exam, your doctor gets a live view of blood vessels, nerves and tissues behind the eye. Problems in the eye are often the first signs of disease elsewhere in your body. We use advanced imaging to take detailed photos, cross sections and measurements that help diagnose several conditions such as: Diabetes, High Blood Pressure, High Cholesterol, Macular Degeneration, Glaucoma, and Brain Tumors.

3. ARE PROGRESSIVE LENSES HARDER TO GET USED TO?

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Q: What is cellulite and is there a cure?

A: Cellulite is caused by fat herniating through fibrous bands under the skin. It affects 80 to 90% of women. It can affect the stomach, arms, breast, legs, and buttocks. Although not harmful, it can cause embarrassment. While

there is no cure for cellulite, there are effective treatments to help reduce the appearance of cellulite. One great treatment is Emtone which uses radiofrequency to increase the collagen production of both the skin and the fibrous bands under the skin. This provides a smoother and toned appearance of the skin.

KATINA BYRD MILES, MD, FAAD, Skin Oasis Dermatology



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

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

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

DR. STEPHEN LABBE, DDS, Labbe Family Orthodontics



Q: Have you seen any changes in behavior or habits since returning to work, during the pandemic?

A: Aside from the changes that are obvious due to isolation, we have noticed a sharp increase in decay, in our patients.

We believe it is occurring due to an increase in snacking and a lack of consistency with their oral hygiene.

DR. SCOTT LAWRENCE & DR. JEN FAN WENG

The Pediatric Dental Specialists



Q: What is blue light and do blue blocker glasses really help?

A: Blue light is a short wavelength light, which means it produces higher amounts of energy. This type of light is commonly emitted from electronic screens such as computers or cell phones. Over long periods of time,

it can cause eye fatigue, eye strain, and disrupt sleep cycles. Blue light has also shown to cause an earlier onset of macular degeneration due to damaging the sensitive retinal cells. Blue light blocking glasses have filters in their lenses that block or absorb this blue light. That means if you use a blue blocking coating on your prescription glasses when looking at a screen, it can help reduce exposure to blue light waves and may reduce overall eye fatigue.

DR. VEERA PATEL, Peepers Eyecare Centers

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WHAT'S UP? MEDIA
TICKETS MAGAZINES EVENTS

A blue background with a pattern of white dental icons including teeth, dental tools, and pills. A large, stylized white cursive text 'Top Dentists' is centered, with a red outline. A red toothbrush is positioned horizontally across the middle of the text. Below the main title, the years '2020-2021' are written in white. In the bottom left corner, there is a red circular badge with a white dotted border containing the text 'ANNE ARUNDEL COUNTY' in white capital letters.

Top Dentists

2020-2021

ANNE
ARUNDEL
COUNTY

Every two years we survey hundreds of local dentists with our **Top Dentists Peer Review Survey**. And lucky for you, our readers, many of these dentists let us know exactly who they trust with their own oral health care needs.

In spring, we called upon all dentists practicing in Anne Arundel County and throughout the Eastern Shore counties of Queen Anne's, Kent, Caroline, Talbot, and Dorchester and asked them, "If you needed to recommend a dentist (other than yourself) to a friend or loved one, which dentist(s) would you recommend in the following specialties?" We listed more than 10 areas of dental specialty on the digital survey. Dentists could vote for up to three candidates per specialty. Dentists completing the survey were required to enter their Maryland dental license number to validate their entries. Only one survey entry was allowed per dentist/license number.

The healthy response was impressive and gratifying. Judging by the number of votes cast and the number of dentists nominated, we are fortunate to have so many well-respected dentists practicing in the Chesapeake region. We want to thank the many dentists who took the time to fill in all the categories.

Please note that these results represent those individuals who clearly received the most substantial number of votes, not everyone who received a vote. Some categories elicited more voting activity than others—and that is reflected in the higher number of winners in some specialties.

Congratulations to the following dentists practicing in Anne Arundel County, listed alphabetically by last name under each respective dental specialty category. →

Anesthesiology

The medical specialty concerned with the total perioperative care of patients before, during, and after surgery. It can encompass anesthesia, intensive care medicine, critical emergency medicine, and pain medicine.

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

Dr. Christopher B. Chambers
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Kian Djawdan
Djawdan Center for Implant and Restorative Dentistry; 200 Harry S Truman Parkway, Ste. 210, Annapolis; 443-569-8764; smileannapolis.com

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; 200 Westgate Circle, Ste. 104, Annapolis; 410-268-4770; annapolisendodontics.com

Dr. Charles P. Herbert
Endodontics, P.A.; 888 Bestgate Road, Ste. 220, Annapolis; 410-224-6150; annapolisrootcanals.com

Dr. Jeffery Luza-der
Chesapeake Endodontic Center; 888 Bestgate Road, Ste. 213, Annapolis; 410-224-7556; chesapeakeendo.com

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. April Calton
About Smiles Dentistry; 507 S. Cherry Grove Avenue, Annapolis; 410-990-4700; aboutsmilesdentistry.com

Dr. Earl L. Chambers, III
Chambers Family Dentistry; 621 Ridgely Avenue, Ste. 206, Annapolis; 443-214-3119; chambersfamilydentistry.com

Dr. Dennis M. Cherry
Cherry Family Dental; 900 Ritchie Highway, Ste. 204, Severna Park; 410-793-5802; cherryfamilydental.com

Dr. Scott Finlay
Annapolis Smiles (Dr. Scott Finlay, DDS & Associates); 1460 Ritchie Highway, Ste. 203, Arnold; 410-202-8996; annapolis-smiles.com

Dr. Jeremy Goodman
Goodman Dental Care; 2530 Riva Road, #201, Annapolis; 410-849-6247; goodmandentalcare.com

Dr. Albert Lee
Lee, Bonfiglio, Vesely & Associates; 1606 Forest Drive, Annapolis; 410-989-8298; myannapolisdentist.com

Dr. Oneal F. Russell
Oneal F. Russell, DDS; 166 Defense Highway, Ste. 201, Annapolis; 410-263-4300; ofrdds.com

Dr. Edward Vesely
Lee, Bonfiglio, Vesely & Associates; 1606 Forest Drive, Annapolis; 410-989-8298; myannapolisdentist.com

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. 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

Dr. Edward Zebovitz
Edward Zebovitz, DDS; 4311 Northview Drive, Bowie; 301-352-6311; drzebovitz.com

Oral & Maxillofacial Radiology

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

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

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

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

Dr. Kurt C. Jones
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
& Dentofacial
Orthopedics**

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. John A. Benkovich, III
Benkovich
Orthodontics;
1616 Forest Drive,
Ste. 7, Annapolis;
410-268-1700;
drbenkovich.com

Dr. Robert P. Bolton
Pediatric Dentistry
and Orthodontics;
1507 Ritchie High-
way, #201, Arnold;
410-757-5437;
757kids.com

Dr. Stephen Labbe
Labbe Family
Orthodontics; 114
Forbes Street, An-
napolis; 410-734-
2364; labbefami-
lyortho.com

Dr. Julie Langguth
Annapolis Ortho-
dontics; 129 Old
Solomons Island
Road, Annapolis;
410-266-8880;
annapolisortho-
dontics.com

Dr. Mairead M. O'Reilly
Mairead M. O'Reilly,
DDS, MS; 888
Bestgate Road,
Ste. 301, Annapo-
lis; 410-266-0025;
annapolisortho.
com

Dr. Ora Reinheimer
Philbin & Rein-
heimer Ortho-
dontics; 802
Bestgate Road,
Ste. B, Annapolis;
410-216-4164;
marylandbraces.
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**Dr. Gregg T. Beh-
ling**
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way, #201, Arnold;
410-757-5437;
757kids.com

**Dr. Michelle M.
Decere**
Pediatric Dentistry
and Orthodontics;
1507 Ritchie High-
way, #201, Arnold;
410-757-5437;
757kids.com

**Dr. Beverly A.
"Sissy" Jimenez**
Annapolis Pedi-
atric Dentistry;
41 Old Solomons
Island Road, Ste.
103, Annapolis;
410-573-0691; an-
napolispediatric-
dentistry.com

Dr. CJ Tull, III
Pediatric Dentistry
and Orthodontics;
1507 Ritchie High-
way, #201, Arnold;
410-757-5437;
757kids.com

Periodontics
*This specialty deals
with the tissue that
supports and sur-
rounds the teeth—in-
cluding gums, jaw and
roots. This effort often
includes salvaging
the teeth and jawbone
from gum disease.*

Dr. Cary Bly
Capital Periodon-
tics of Maryland;
104 Forbes Street,
Ste. 101, Annapolis;
410-268-5103;
laserperiodontist.
com

**Dr. Richard R.
Gartner**
Chesapeake
Periodontics; 900
Ritchie Highway,
Ste. 103, Severna
Park; 410-647-
0200; chesa-
peakeperio.com

Dr. Angela Miele
Annapolis Peri-
odontics; 2448
Holly Avenue, Ste.
202, Annapolis;
410-224-0500;
annapolisperi-
odontics.net

**Dr. David A.
Mugford**
The Mugford
Center for Peri-
odontics & Dental
Implants; 1660
Village Green,
Crofton; 410-260-
0790; mugford-
center.com

Dr. Deborah Odell
Annapolis Peri-
odontics; 2448
Holly Avenue, Ste.
202, Annapolis;
410-224-0500;
annapolisperi-
odontics.net

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comfort, and health of
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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. Arezoo A.
Bahar**
Annapolis
Prothodontic
Associates; 200
Westgate Circle,
Ste. 106, Annapo-
lis; 410-268-7100;
apadentistry.net

Dr. Robert Cook
Annapolis
Prothodontic
Associates; 200
Westgate Circle,
Ste. 106, Annapo-
lis; 410-268-7100;
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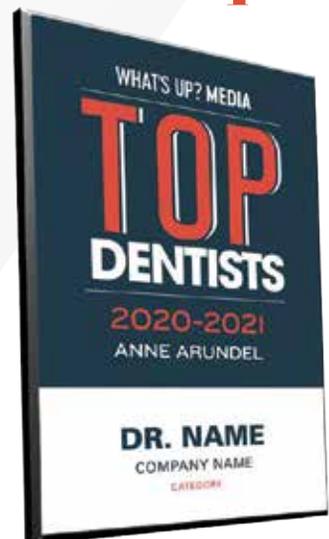
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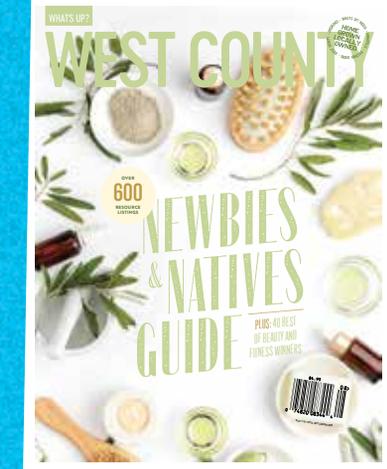
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Lost for Words...and Much More

Exploring dementia
and cognitive impair-
ment of the brain;
signs, symptoms, and
coping mechanisms

By Kelsey Casselbury





As the years go by, your body changes. Your skin thins, and wrinkles appear. Your joints stiffen and creak when you change position. Your hair may gray. These are all normal facets of aging. Mentally, you might experience some changes, too—it's common to occasionally forget where you placed your glasses, have trouble conjuring up the right word to use in conversation, or mistakenly call your grandson by your son's name.

What's not normal: Forgetting how to complete basic tasks, getting lost in familiar places, or repeating the same anecdotes again and again. This debilitating lapse in intellectual skills may be indicators of dementia.

It was that last sign—redundancy—that piqued the attention of Tracy Rinehart of Annapolis in 2010 when spending time with her mother, Linda Watkins. "I would notice she was telling me the same story over and over, and then she would make a joke about it, like 'Oh my gosh, I am losing my mind,'" Rinehart recalls. "It was little signs that you didn't take seriously at all."

As time ticked on, her mother—whom Rinehart describes as "one of those larger-than-life people" who "was in control of everything all the time"—started to change. Little signs of memory problems grew into waving red flags until there was an event that they simply couldn't ignore. In late 2012, Watkins drove to watch Rinehart's sister run the Richmond marathon and, after the race, she couldn't find her car in the parking garage. Watkins decided it had been stolen and simply got a rental car to drive home.

Watkins neglected to mention the incident to Rinehart or his sister until she came to visit for Thanksgiving. Once Rinehart's sister heard the story, she went to the parking garage—and found the car, still sitting there two weeks later. "This was the first time that we really noticed that she started to get really angry about this," Rinehart notes. "Instead of being grateful, she was angry that we followed up on it, angry that we questioned her, angry that her story wasn't right."

That's not a normal part of aging, either—unusual personality changes, such as anger, depression, or confusion. All added up, Watkins was clearly displaying symptoms of dementia. Sadly, Rinehart's experience with her mother isn't uncommon—worldwide, some 50 million people have dementia, according to the World Health Organization, and that number is projected to reach 152 million by 2050.

Despite the prevalence of dementia, there's still so much scientists don't know about it. There's no cure. There's no proven way to prevent it. In many cases, no one knows what causes it—all that's 100 percent known is that dementia can be devastating for the people it affects and their loved ones.

Understanding Dementia

Dementia is not a disease itself, but rather an umbrella term to describe the general symptoms of cognitive impairment. Just like "heart disease" can refer to arrhythmias or coronary artery disease, "dementia" is related to a variety of diseases, including:

ALZHEIMER'S DISEASE: The most common form of dementia, accounting for between 60 to 70 percent of all cases. The disease can be early onset, occurring before age 55—which is quite rare, just 1 percent of cases, and caused by a genetic mutation—or late onset, occurring after age 60. The first sign of Alzheimer's is often memory loss.

VASCULAR DEMENTIA: Makes up 5 to 10 percent of cases. The first signs typically include poor judgment, difficulty planning, or issues with making decisions.

DEMENTIA WITH LEWY BODIES (DLB): Also known as Lewy body dementia, DLB accounts for another 5 to 10 percent of dementia cases. Signs of DLB can be similar to Parkinson's disease, including rigid muscles and tremors.

FRONTOTEMPORAL DEMENTIA: A form of dementia in which the frontal and temporal lobes of the brain shrink, causing dramatic changes in their personalities. It tends to begin between ages 40 and 65, which is markedly younger than other forms of dementia.

MIXED DEMENTIA: It's possible to be affected by more than one type of dementia—the most common combination is Alzheimer's disease and vascular dementia.



Other diseases that are linked to dementia include **HUNTINGTON'S DISEASE**, which is caused by a genetic defect; **CREUTZFELDT-JAKOB DISEASE**, a rare condition that causes proteins in the brain to start folding into abnormal shapes; **PARKINSON'S DISEASE**, which occurs when neurons in the brain gradually break down and die; and **TRAUMATIC BRAIN INJURY (TBI)**, caused by singular or repetitive head traumas.

Some disorders cause dementia symptoms but can be treated or reversed, such as **NORMAL PRESSURE HYDROCEPHALUS**, caused by a buildup of fluid in the brain; **WERNICKE-KORSAKOFF SYNDROME**, a result of a severe shortage of vitamin B-1 (thiamine) that most commonly occurs in people who are long-term heavy drinkers; and certain metabolic and endocrine abnormalities, like thyroid problems, low blood sugar, or problems absorbing vitamin B-12.

Spotting the Signs

It's not always easy to spot early signs of dementia because they're so subtle and can be quickly chalked up to age. "Dementia is very slow in its progress," notes Lil Banchemo, RN, senior director of Anne Arundel Medical Center's Institute for Healthy Aging. "People don't always catch it right away."

Family members are often the ones who suspect something isn't right—but even then, the person experiencing cognitive decline may go out of their way to hide or excuse what's happening to them. Nine years ago, Liz Glass and her twin sister began noticing symptoms of dementia in their mother, Rodney Klein, but like Rinehart's mom, she would get angry or defensive if her daughters questioned her. "In retrospect, she knew something was going on and was trying to cover it," the Annapolis resident says.

When they eventually brought Klein to the doctor to get checked out, the twins realized that their mother's condition was significantly worse than they realized. "Her doctor asked her such simple questions, like what year it is—and our mother had no idea. Our jaws were on the table. She was very good at hiding it," Glass recalls.

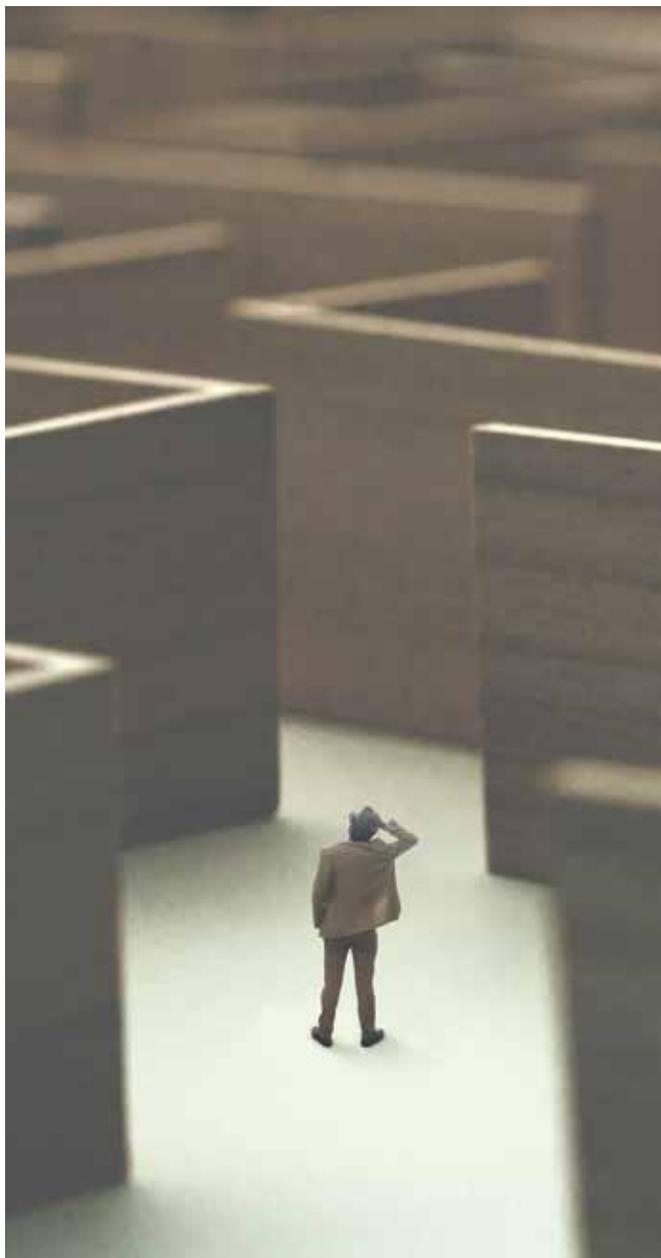
Although memory problems don't always mean dementia, they shouldn't be ignored. Early indications that are frequently overlooked, according to the World Health Organization, include forgetfulness, losing track of time, and becoming lost in familiar places—say, getting lost on the way home from the grocery store. Eventually, they might start forgetting people's names, struggle to communicate their thoughts, and experience personality changes, becoming depressed, confused, or angry.



For Odenton resident Belen Rios, the first evidence that her grandmother might have dementia was those personality changes. “My grandmother was the sweetest person, so when she started to hide things because ‘people would steal from her,’ that was the first red flag,” she says. “Also, we noticed that she was being careless about her personal hygiene.”

A Hope for a Cure

The sad truth is that there’s no cure for any type of dementia. There are only medications and strategies to mitigate memory problems and alleviate accompanying concerns, such as depression, irritability, anxiety, and sleep disturbances. “We haven’t had any new drugs for over 15 years,” Banchero remarks. “It’s been a real tough nut to crack. What we have to depend on is lifestyle behaviors.”



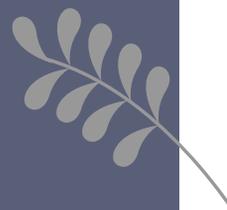
However, research is ongoing. Scientists are studying next-generation drugs that can target plaques, or abnormal clusters of protein fragments called beta-amyloid, that build up in the brain, a hallmark of diseases like Alzheimer’s. There’s also research into biomarkers of dementia, which refers to something that can indicate the presence of a disease—for example, a fasting blood sugar level of 126 mg/dL or above is a biomarker for diabetes. Currently, there are no biomarkers for dementia, but several are being studied, such as levels of beta-amyloids and tangles of the protein tau in cerebrospinal fluid, as well as brain changes that are detectable by imaging. Detecting biomarkers for dementia could help medical professionals treat the correlating disease before it does serious brain damage.

Just like there’s no cure for dementia, there’s no guaranteed way to prevent it either. However, there are risk factors that can be mitigated. Research published just this year in the scientific journal *Neurology* concluded that there are five lifestyle choices that can be linked to Alzheimer’s disease, and by making at least four out of five of those choices may result in a 60 percent reduced risk for Alzheimer’s. Those lifestyle choices are probably familiar to you, as they’re pretty standard when it comes to healthy living:

- Not smoking
- Consuming a high-quality Mediterranean-DASH Diet Intervention for Neurodegenerative Delay (MIND) diet (See box on the next page)
- Engaging in 150 or more minutes of moderate- to vigorous-intensity physical activity each week
- Light to moderate alcohol consumption (defined as between 1 and 15 grams a day for women and 1 to 30 grams a day for men)
- Engaging in late-life cognitive activities, such as doing crosswords, reading books, and attending social events

However, as of now, “the biggest risk factor is that you’re 50 or older,” Banchero shares, stating that it’s also important to continue to have “a purpose,” whether it’s going to work, volunteering, or caring for another person, such as a grandchild.

And there’s some recent promising news. A *New York Times* article dated August 3rd of this year reported that researchers at Harvard University have concluded that the dementia epidemic is declining overall within the United States and Europe (but not in Asia, South America, or Africa), based on assessments of seven large-scale studies. The exact reason: although they’re not specifically certain, the researchers note that lifestyle choices and education could be contributing factors, because the genetic risk factors have not changed.



Making Tough Decisions

It's a challenge for someone to come to terms with a dementia diagnosis. It's also a challenge to see a loved one, such as a parent or grandparent, slipping away from the effects of a disease. "As soon as the diagnosis came out, my sister and I said to our mother, 'we promise that we're going to take care of you and you're going to be okay,'" Glass remembers.

At first, Glass' mother had someone who lived with her to provide 24-hour care, which was only possible because her mother had long-term care insurance, meaning there were no out-of-pocket costs for the family. Eventually, however, they had to make the tough decision to move Klein to a memory care facility. "Her needs became too comprehensive for a caregiver at home to take care of her," Glass says. "We never, ever wanted to do this, but we had to."

Although some families are able to manage care for a dementia patient through the end of their life, others simply aren't able to because of the progression of the disease—and it affects everyone differently, Banchemo says. "Some dementia patients can become very physical, and sometimes it becomes unsafe for them to be at home," she explains. "It depends on individually how the person is progressing in the disease and what the family can handle."

When looking for a memory care facility, Banchemo recommends visiting it and looking for some key indicators: How well is it staffed? How do they socialize the residents? Can families come and go as they please? (The answer to that should be yes, Banchemo says.)

Socialization can improve quality of life for a dementia patient, even if they don't seem to have an awareness of whom they're socializing with. When Klein was first moved into a facility, "it was really great because she made friends," Glass says. "We called it her 'squad,' and none of them knew each other's names, but they hung out all day."

In December, however, Klein moved onto a new floor because of continued cognitive decline, and in March, the COVID-19 pandemic shut down all forms of socialization—including visits from family members. Glass wasn't able to see her mother for 14 weeks, and even then, she was restricted to 30-minute outdoor visits. "She used to know who we were, she used to recognize us," Glass says. "But after 14 weeks, the first time we went to see her, she didn't know who we were. It's a complete and utter nightmare."

She's learned a lot in watching her mother suffer from dementia and advises others who are just starting to go through it that a shift in perspective is necessary. "Don't have any expectations that they're ever going to parent you again, because they're not," she recommends. In addition, remember that they don't have control over what's going on, so try to avoid getting frustrated. "The best I can say is to be supportive and try to meet them where they're at," Glass says. "There's nothing you can do to change it."

The MIND Diet

Research suggests that certain foods have a positive effect on your brain. The MIND Diet combines two well-regarded eating methods and combines them to focus on what can benefit cognition. There are no strict rules to the MIND diet, but rather a set of 10 types of food that you should eat more of and five categories that you should minimize. You don't even have to follow the diet perfectly for it to have a potential benefit—a 2016 study published in *Alzheimer's and Dementia* found that even moderate adherence may help reduce the risk of Alzheimer's disease.

EAT MORE OF THESE FOODS:

LEAFY GREEN VEGETABLES: 6 or more servings a week of kale, spinach, lettuce, chard, and others.

ALL OTHER VEGETABLES: Eat at least one other vegetable—ideally non-starchy—per day, in addition to green leafy vegetables.

BERRIES: At least two servings a week.

NUTS: At least five servings a week.

OLIVE OIL: Use as your main cooking oil.

WHOLE GRAINS: At least three servings daily.

FISH: At least one serving a week, ideally of fatty fish such as salmon, sardines, trout, tuna, and mackerel

BEANS: At least four servings of beans, lentils and soybeans a week

POULTRY: At least two servings a week.

Wine: One glass of red or white wine daily

EAT LESS OF THESE FOODS:

BUTTER AND MARGARINE: Less than 1 tablespoon daily. Use olive oil instead.

CHEESE: Less than 1 ounce a week.

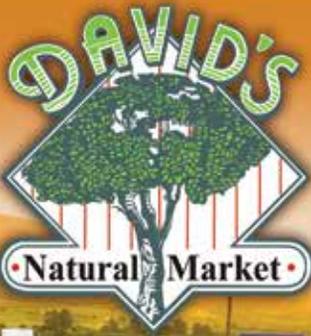
RED MEAT: No more than three servings a week of beef, pork, lamb, and products made from these meats.

FRIED FOOD: Less than once per week.

PASTRIES AND SWEETS, INCLUDING ICE CREAM, COOKIES, BROWNIES, SNACK CAKES, DONUTS, CANDY, AND MORE: No more than four times a week.



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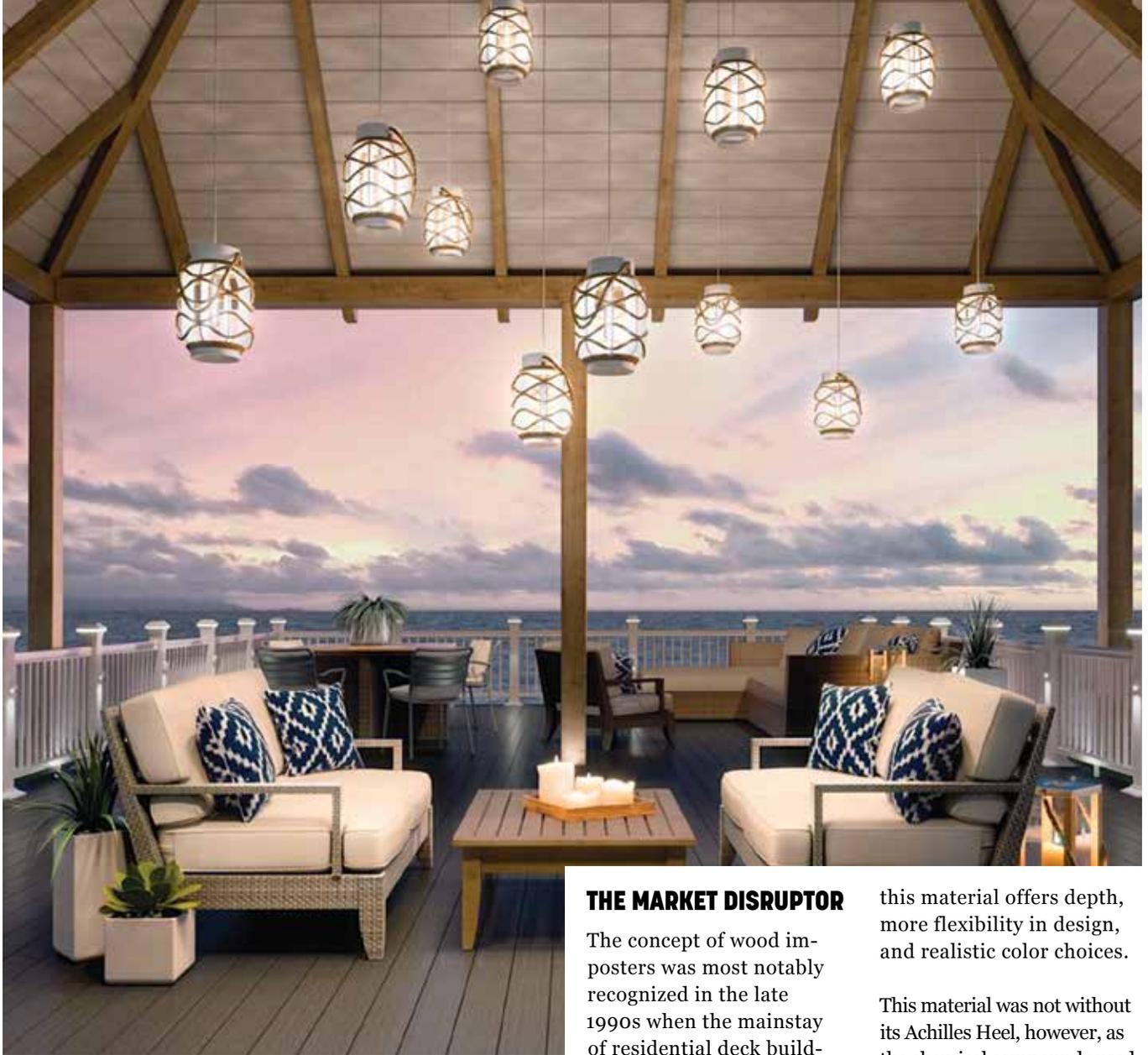
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HOME DESIGN

Great Fakes

THE LOOK OF WOOD WITH HALF THE HASSLE

By Lisa J. Gotto

The look of wood is always good, right? It's warm, it's natural, and there's a quality to it that's emotionally enduring—think log cabin. But is wood always the best choice? In almost any home scenario, there's a place where wood could be replaced to be more functional, with less upkeep, and more physically enduring.

Here are three ways wood can be replaced without a trace.

THE MARKET DISRUPTOR

The concept of wood imposters was most notably recognized in the late 1990s when the mainstay of residential deck building—pressure treated lumber—was challenged by a clever market disruptor—composite decking. At that time, this material became a game-changer for those who could afford the initial extra outlay (composite decking is about the twice the price of wood) to employ the material and deck-lovers everywhere were impressed with its durability—no splintering and no maintenance-staining every other season. As exciting as this new material was, it didn't look quite as good as genuine, freshly stained wood. Soon thereafter, however, improvements were made and now

this material offers depth, more flexibility in design, and realistic color choices.

This material was not without its Achilles Heel, however, as the chemical compounds used to create the material were later discovered to have an “off-gassing” effect and that did not sit right with environmentally-conscious consumers.

Thankfully, the next generation of these composites offer healthier alternatives that address environmental concerns. Eco-friendly manufacturers were not only able to develop similar products using recycled materials, free of harmful chemicals, they also developed sustainable processes to produce the materials. So now homeowners not only have the convenience of having the best of both worlds, they can help do their part environmentally from their own backyard.

PRACTICALITY IN PORCELAIN

It was probably one of those “a-ha” moments when homeowners were introduced to those first iterations of porcelain tile that, once installed, seemed indistinguishable from hardwood. This is another category of materials that is improving with age. Porcelain tile is part of the larger class of ceramic tiles that are made even more resilient through the firing process, making it a more dense, finer grained, smoother tile that is more moisture resistant than classic ceramic. Price-wise, porcelain tile is somewhat comparable to wood when considering the cost of materials, however, it tends to run a bit higher when it comes to installation costs.

This material, which is also improving with age, offers more options for pet owners who would like to stress less about the wear and tear on their floors, but still want a luxe look throughout the home. Unlike traditional hardwood which is susceptible to scratches and water damage, it can even stand up to pets with long nails and their humans in high traffic areas.

This material has become increasingly popular in mudrooms, bathrooms, and kitchens, but the best news is that it doesn't have to stop there. Interior experts agree that with today's variety of styles, colors, and patterns, you can have it take center stage in a living or family room, without losing any of the sophisticated vibe you're going for.



Photo courtesy of wayfair.com

TOPS IN DURABILITY

The homey feel of a butcher block countertop is certainly a great way to bring warmth to your kitchen. While woods like maple make beautiful countertops, they are among the least practical when it comes to maintenance. There's a delicate balancing act that must be maintained when you employ wood as a countertop that has to do with water. You must protect any new water from getting in, which occurs quite often during food prep, and you have to keep the good moisture inherent in the wood from getting out. So these countertops require a specific cleaning process and treating technique using mineral oil. Wood is also susceptible to dents and scratches and stains easily with common use.

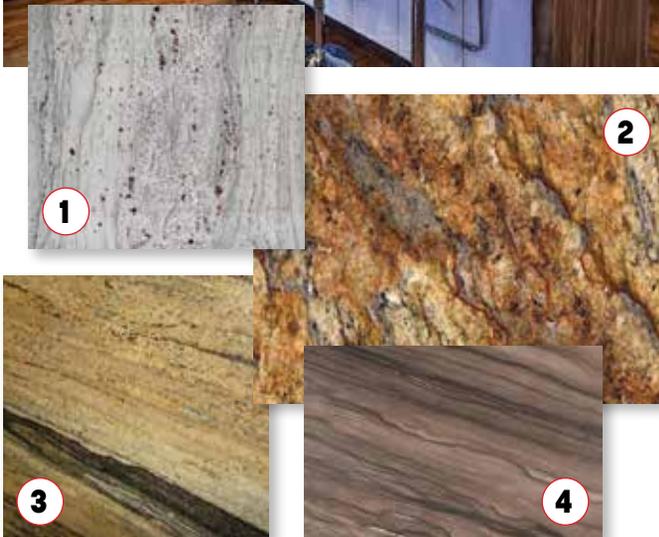
Granite is known, however, for its toughness and durability and as a natural stone that is stain resistant, heat resistant and scratch resistant. Fortunately there

are some woody looking granite variations that deliver durability and warmth in the same material. There are four varieties of this type of granite that homeowners may wish to consider. They are Sequoia Brown, Tempest, White Thunder, and Peregrine C. They vary in tone and temperature with Sequoia Brown, a Brazilian granite, mimicking the natural wood look the best with its innate brown and grey tones. Tempest granite combines tones of dark brown, gold, yellow, and burgundy to create its luxe look.

Grey hues combined with white, black, and brown tones are characteristic of White Thunder granite, and Peregrine C features a light cream base with ivory and brown veining throughout.

So whatever color cabinets you have there's a shade and type of granite that can work beautifully and reliably for you for years to come.

Photo courtesy of pinterest.com



Examples of Granite 1. White Thunder Granite 2. Tempest Granite 3. Peregrine Granite 4. Sequoia Brown Granite

Winter Gardens

INDOOR ANNUALS & VEGGIES

By Janice F. Booth

With winter approaching, our gardens, whatever their sizes, remind us that summer has ended. That pretty, red geranium won't last past the first frost; our Hellebores will droop and wither. And what about that cheery, red tomato plant brightening the patio and our salads? It too is at the end of its season.

But, don't be too downhearted. I have a few suggestions that may lift your spirits and give you a chance to continue gardening all winter long.

How about bringing just a bit of your summer garden indoors for the cold months ahead? Or, start a fresh, indoor garden—maybe a few vegetables and herbs. It might be fun seeing if you can coax some carrots and radishes to flourish on your window ledge and brighten your winter salads.

So, first let's talk about bringing some of your favorite plants indoors, and then I'll go over some of the vegetables and herbs that can be fun to raise indoors.

RELOCATING ANNUALS INDOORS

Perennial plants are equipped to survive winter and actually need that dormant "cool down" for their roots and bulbs to regenerate and gather energy for spring growth. Annuals can't tolerate the cold. But, with a bit of preparation, annuals will keep growing and, in some cases, even bloom indoors throughout the bleak months of winter.

There are two ways to bring your pretty annuals inside:

#1 DIG UP THE HEALTHIEST SPECIMENS OF EACH ANNUAL.

- Be careful to dig a few inches away from the plant's stem, lifting out a pot-size root ball.

- Check your plant for bugs. Look for things like tiny white aphids on the underside of the leaves and where the leaf meets the stem. If you see any suspicious little specks or crawlies, hose off the plant with a gentle but firm spray of water. Another method, which I prefer to insure I've gotten the bugs, is to fill a pail with water and a few drops of dish soap. Submerge the plant in the water for 10–15 minutes. That will get rid of insects on the plant and among the roots – another hiding place for those pests.

- Using fresh potting soil, situate your specimens in clean pots or bowls, pitchers, or whatever you think will be an attractive container. Be sure there is drainage. You may need to add vermiculite to the soil and/or line the bottom of the pot or bowl with small pebbles so the roots won't sit in water.

- When choosing the containers, keep in mind where you plan to place the plants. If you have narrow windowsills, you'll want to choose containers that will sit on those narrow surfaces.

Or, you might want to buy windowsill extensions or plant stands.

- Thoroughly water the old plants in their new soil nests. You'll want the soil to settle around the roots to avoid air pockets among the roots.

- Most plants are light sensitive. Some prefer diffused light, others bright sunshine. You'll know where to place your annuals based on where they flourished outdoors. Try to find steady light for your flowering friends, as they acclimate to being indoors. If they're happy and you're lucky, you may get pretty blooms in December and January.

- Speaking of *acclimating*: After you've potted your plants, you may want to help them adjust to their new homes gradually by setting them outdoors, on the deck or porch during the day for a week or so. Be sure to bring them in at night; you don't want them to get too cold. The gradual change in climate will make it easier for your plants to feel at home in their indoor surroundings.

- Don't be alarmed if, at first, the plants drop some or many of their leaves. As long as little leaf buds begin to appear along the stems, they'll be okay.





#2 START NEW PLANTS BY USING CUTTINGS FROM YOUR OUTDOOR ANNUALS.

(This technique is lots of fun, and may make a great project to share with children—your own, your neighbors, and grandchildren. It could even serve as a science experiment if you and your little assistant take photos and keep records of watering, fertilizing, and growth. Think about it as a remote project to share with little ones who are far away. They can participate with the coaxing of the cuttings and watching the plants grow and flourish via the internet.)

- Some of the sure-fire annuals that respond well to reproduction by cutting include: Lantana, Coleus, Fuchsia, Wax Begonia, and Sweet Potato Vine. If none of those are growing in your garden, there are others, of course, which you can research on-line.

- Take your cutting shears, a basket or flat box lined with wet paper towels, and wander through your flower beds looking for healthy, happy annuals. Look for the newish growth and snip a cutting that's about 6" long; you may want to take 3–4 cuttings of each type of plant. Avoid cutting a section that has a flower or bud on it; the plant will have used its energy producing the flower. If you can only find a piece with a bud or flower, snip off the flower. Carefully lay your cuttings on the damp towel. (If you think you'll forget which cutting is from which variety of annual, devise some way to make notes. For example, take a picture of the plant with your cutting(s) next to it so you can refer back to the pictures later if you forget which little, sprouting cutting will become a begonia, which a Sweet Potato Vine. You'll need to keep track somehow, since the

amount of light required by each species will dictate each little plant's location.)

- Once you have your cuttings, place the cuttings of a single type of plant in each jar, and add water up to about 2–3" from the base of the cuttings. You might have one jar with all the begonia cuttings, another jar with all the coleus. Be careful to submerge only about 1/3 of each piece. You don't want the cuttings to drown, only to send out shoots/roots to absorb the water and nutrients.

- Set the jars in windows that have good light but not harsh sunlight. Within two weeks you'll begin to see delicate tendrils emerging from the cuttings' bases. (Don't forget to take photos if you're sharing the progress with children.) Over the next week these delicate roots will fill-in and become stronger.

- When you see a network of these rootlets, it's time to plant the cuttings in their

winter home. You may want to put several cuttings in one pot, which encourages a fuller plant. Or, you might want to put each cutting in its own pot. Like Goldie Locks and the Three Bears, each little plant will want a home that is not too big or too small. You can usually pick up tiny clay pots that will hold these new plants. But, any small container could work.

- Once the cuttings are planted in fresh potting soil and settled in their new homes, water each pot so the soil is moist but not soggy, perhaps adding some light fertilizer. Be sure to give them enough water to settle plant roots.

- Move the new plants to the locations you've chosen for them—with just the right amount of light, and plan to water them as needed, usually once a week. If you're working with a budding scientist, be sure to keep a record of watering amounts, hours of sunlight, and plant growth.



SETTING UP A WINTER VEGETABLE AND HERB GARDEN INDOORS

While I don't recommend you give up trips to the grocer for fresh vegetables and fruit, you may want to experiment with raising a variety of vegetables in your own window garden. Again, this might be a great activity to undertake with young people. You'll only need a few things to get started:



LOCATION: For most herbs and vegetables, you need windows that provide sunlight 5–6 hours most days. (Failing this, you can invest in grow lights. Some companies produce grow lights that will fit in regular light sockets.)

EQUIPMENT: Purchase high-quality vegetable and herb starter plants and seeds, pots that breathe; terracotta, for example, and non-permeable trays to hold the pots and any drainage. You may also want to devise some shelves or cases to hold your garden.

WATERING: Obviously, water and fertilizer will be essential. Different herbs and

vegetables require different amounts of water, so you may want to prepare some sort of chart or calendar for watering and fertilizing.

Once you have prepared your resources, the fun begins. Among the herbs and vegetables that lend themselves to indoor gardens are:

ARUGULA: adds a bit of zing to winter salads and can be “harvested” several times since it grows back after cutting.

CARROTS: short varieties such as Little Fingers: be careful to plant the seeds in containers deep enough to allow the root plant to grow.

CULANTRO (SIMILAR TO CILANTRO): a sweet, not bitter, herb that adds zest for cooking.

KALE: adds color as well as flavor to winter meals. Gardener Tiffany Davis advises you harvest the outer kale leaves as the inner leaves continue to mature outward.

LEAF CELERY: (not stalk celery) adds color to a salad; Leaf celery can be pink or lime green.

LEMON GRASS: a distinctive herb; the plant will grow quite large, so choose a big pot, and keep it in a warm location, away from drafts.

POTATOES: while it's fun to harvest and eat your own winter potatoes, you may want to buy specially designed bags in which potatoes can be grown. These bags come with rich soil and the seed potatoes ready to be planted. You won't be raising these potatoes for a quantity harvest.

RADISHES: fun root vegetables that are easy to grow and tasty.

SPROUTS: those familiar, nutty little veggies that will grow almost anywhere in almost any substance. They can be bought as sprout kits.

TOMATOES: Ah, how lovely to have some plump, little Cherry Tomatoes to pluck from your own vine. They'll require patience, but they'll be worth the wait.

Whatever you decide to grow in your indoor, winter garden, you will have some frustrations, but you'll also have some triumphs and fun. Winter is a perfect time for expanding your gardening expertise and enjoying the small, easy challenges of a window garden or veggies and herbs under grow lights. Who knows; you might find it's almost as satisfying to garden in winter as it is in summer.

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A Rare Find in Murray Hill

By Lisa J. Gotto
Photography by Michele Sheiko

It isn't every day that you find a property like this with an idyllic view on a quiet street, yet is just blocks from everything. But just such a charmer awaits the new owners of this nearly 3,000-square-foot Craftsman-style home in the highly desirable Murray Hill neighborhood of downtown Annapolis.



Primary Structure Built: 2006
Sold For: \$1,400,000
Original List Price: \$1,595,000
Bedrooms: 4
Baths: 3 Full, 1 Half
Living Space: 2,900 sq. ft.
Lot Size: .08 acres

Picturesque, inviting, and well-appointed best describes this two-story home with its maple hardwoods, graciously arched doorways, and its series of casement-style kitchen windows that face the front of the home and overlook Spa Creek.

Speaking of the kitchen, it's large, gorgeous, light and bright, and recently remodeled with all white custom cabinetry. A gas cooktop is located in the color-contrasting center island, which is generous in size and offers additional prep or gathering space with two counter stools.

A comfortable, formal dining space is available just off the kitchen and flows through

to the home's large living area with its character accent windows, a wood-burning fireplace of stone with cherry wood mantle and two sets of French doors. An additional half-wall of windows in the room make this a cheery space to gather with friends and family. The French doors open out to the large deck with pergola and pretty neighborhood views.

The home's upper level features a large, sunny master suite with separate seating area, a walk-in custom closet, and a master bath with a frameless glass shower and heated marble floors. Two additional bedrooms on this level offer tranquil Creek views. The extended stair landing area offers a great space for a home office and skylights on this level provide lots of natural light.

On the lower level, the home offers bonus independent living space perfect for an au pair or in-law suite. A one-car garage and durable Hardiplank siding make this an enduring home sweet home on Spa Creek.

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Sold For: \$865,000
Original List Price: \$865,000
Bedrooms: 3
Baths: 2 Full, 1 Half
Living Space: 1,880 sq. ft.
Lot Size: 0.11 acres

HOME REAL ESTATE

Vivid Victorian

By Lisa J. Gotto



A charming coastal living experience awaits the new homeowners of this gorgeously maintained Victorian in the Murray Hill section of Annapolis. A quintessential white picket fence greets you to its grounds and stone paver front walk. A large L-shaped porch wraps around one side of the home offering plenty of room for relaxing covered gatherings or just an early morning newspaper read.

Inside, the home has been lovingly updated with all the amenities homeowners desire while leaving historical placeholders of the home's architectural glory throughout. The warmth of original hardwood floors and design-rich woodwork welcome guests upon entry into the foyer and, then, the home's living room with its deep-set robin's egg blue accent wall. A beautiful archway, like others throughout the home, leads to the formal dining room with its series of natural light-infusing windows and an incredible fireplace with creatively exposed original brick.

The gourmet kitchen is a credit to innovation and modern design. Newly remodeled in 2019, its cool grey cabinet hues are offset with subtle warm wood accents. Any chef could walk into this space and get cooking with its six-burner gas stove, farmhouse

sink, and extended counter and prep area. The new homeowners have a lovely space with a built-in bench for eating in, or they can open the sliding glass doors and take their coffee to the cozy back deck off the kitchen. Stairs here lead down to an amazing garden space with a generous paved circular patio area and planting beds—an oasis in itself.

Upstairs, there are three lovely bedrooms including the master suite and a large finished upper level above, that can be used as a home office, craft, or play space.

The lower level is partially finished and is light and bright. There's plenty of space for a

workout area and for family room pursuits of all sorts.

With an ultra-convenient central location, this home is also just steps away from downtown Annapolis parks, City Dock, dining opportunities, and a thriving retail district.

Listing Agent: Travis Gray; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis
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Debunking the Myths and Misconceptions of ADHD

By Dylan Roche

“Parents make way too many excuses.”

“Stop trying to justify your unruly kid.”

“It’s because of all the TV they watch.”

Do these statements sound familiar? It’s not unusual for misinformed individuals to hold these perceptions of attention-deficit hyperactivity disorder, more commonly referred to as ADHD. Ever since the American Psychiatric Association named the condition in 1987, and both parents and doctors have become increasingly aware of its symptoms, diagnoses of ADHD have steadily risen.

Despite this, many people still don’t fully comprehend ADHD. Some even dismiss it as behavioral problems masked with the name of a made-up (or over-diagnosed) condition.

This is one of the reasons that health experts dedicate ADHD Awareness Month—observed every October across the United States—to helping the general public understand what the condition entails and how they can appropriately interact with a child, or even an adult, who has it.

Here are a few common questions you might have about ADHD, along with the information you should know to clear up any misconceptions you’ve previously heard:

IS ADHD EVEN A REAL MEDICAL CONDITION?

Yes, according to experts with the National Institutes of Health, the U.S. Department of Education, and the American Psychiatric Association; all agree that ADHD is a real neurobiological disorder. In fact, ADHD is protected by the Americans with Disabilities Act, meaning it is against the law to discriminate against a person with ADHD.

And yes, experts also agree that it is as prevalent as diagnoses would indicate it is. The challenging part is that ADHD, like autism, is diagnosed based on symptoms rather than an evaluation like a brain scan or blood work; furthermore, the condition exists on a spectrum, so some children will have more severe cases than others.

Understood, a nonprofit organization dedicated to providing resources and support for people who think and learn differently, estimates that ADHD is one of the most common childhood conditions and it affects millions of American children and adults. The Centers for Disease Control and Prevention estimates that about 9 percent of children have ADHD.

DOES ADHD MEAN A KID WILL ALWAYS BE HYPERACTIVE?

No, hyperactivity is a common symptom, but it isn’t one that every child exhibits. There are three types of ADHD experienced:

HYPERACTIVE: This is the type most people think of when they hear ADHD. It’s marked by restlessness and difficulty controlling impulses or activity level.

INATTENTIVE: With this type of ADHD, children are more likely to daydream, get distracted, or easily become bored. They struggle to pay attention and stay focused, especially when they are

not interested in the task at hand. To complicate matters, people with ADHD might have hyperfocus on specific interests that appeal to them, so a child might struggle to focus on their homework, but they will be hyperfocused on a video game.

COMBINED: This type of ADHD is marked by a combination of hyperactivity and inattentiveness.

It’s important for parents and educators to remember that although ADHD can cause problems for children who are trying to learn, it isn’t a learning disability; however, certain learning disabilities, such as dyslexia, can still coincide with ADHD.





ARE PARENTS TO BLAME FOR NOT DISCIPLINING THEIR KID?

No. ADHD is not a result of anything that parents have done. A person with ADHD actually has a brain that functions and is structured differently. Researchers have not been able to identify an exact cause, but they have determined it to be a genetic condition marked by chemical imbalance in the brain.

Where parenting does come into play is how well a child copes and progresses with ADHD. Structure, for example, can be very important, but punishment for restlessness and hyperactivity can be detrimental. Parents can seek behavior therapy for their children to help them develop social and planning skills that are hindered by ADHD, and they can work with their child's teacher to stay in the loop about their child's performance in school.

CAN GIRLS HAVE ADHD, OR IS IT JUST BOYS?

Both boys and girls can have ADHD. In fact, ADHD doesn't discriminate—anyone regardless of their age, gender, race, religion, IQ, education level, and socioeconomic background can have ADHD. Statistically

speaking, boys are twice as likely as girls to be diagnosed. ADHD in boys might be more noticeable to the untrained observer because boys tend to have more trouble with hyperactivity and girls are more inclined to daydream or have trouble focusing.

CAN YOU CURE ADHD WITH MEDICATION OR GROW OUT OF IT WHEN YOU BECOME AN ADULT?

About 75 percent of children with ADHD grow up to be adults with ADHD. The condition can even worsen as they mature, and adults with ADHD could be affected by anxiety, mood disorders, substance abuse, and addictions. The struggles caused by ADHD mean that they could have trouble in social or romantic relationships as well as their professional endeavors, and it can even get them into financial or legal trouble.

Although medication is available for ADHD, it isn't a cure-all for every aspect of the condition. Medication can help a child focus and control their activity or impulsiveness, but it won't automatically teach them social skills or organizational skills—these are abilities that children must conquer on their own or with therapeutic help.

HEALTH & BEAUTY HEALTH

What Runs in Your Family?

THERE ARE REASONS YOU SHOULD KNOW YOUR FAMILY HEALTH HISTORY. HERE'S HOW YOU CAN START COMPILING THE INFO YOU NEED

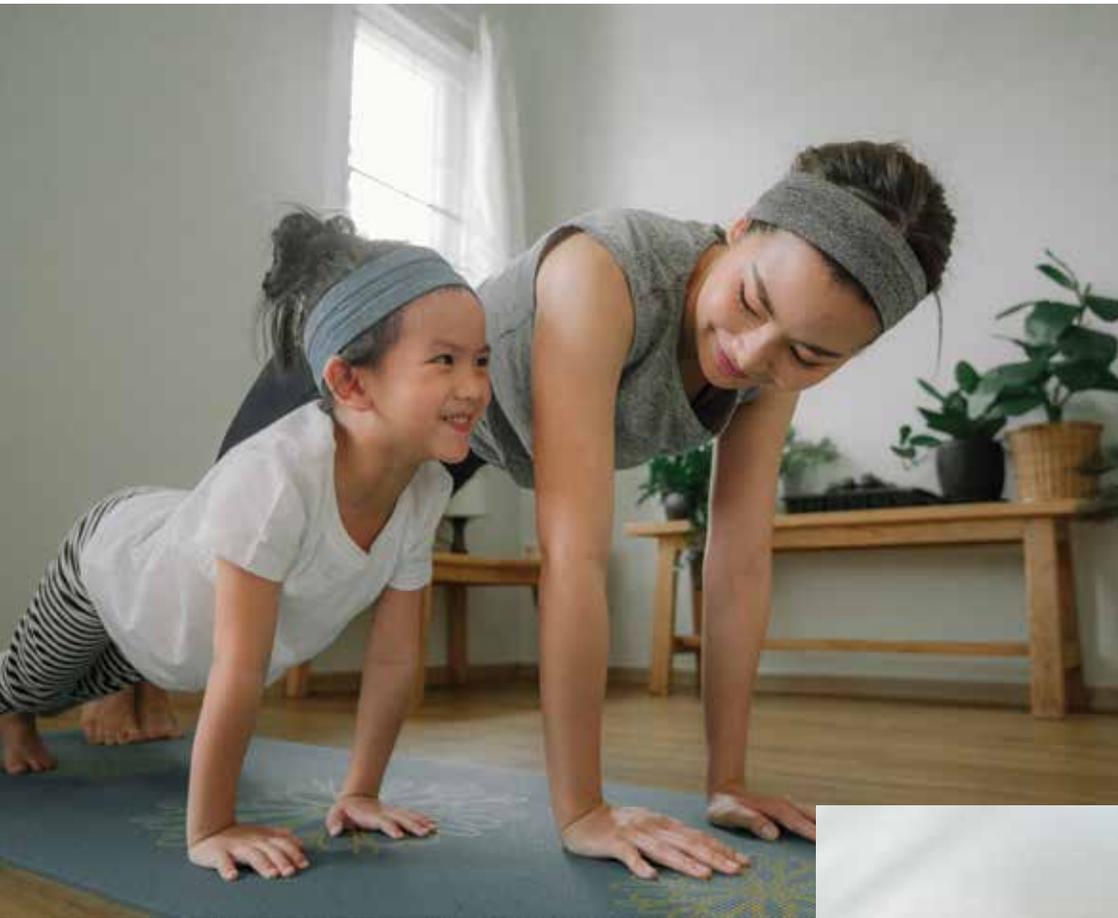
By Dylan Roche

Some people like to keep a record of how their grandparents met or what life was like for their ancestors when they arrived on Ellis Island. Those types of family records are great—but the more important record you should be keeping is your family health history.

If you aren't already keeping up with this trend, you should know that most health care experts—including those with the Centers for Disease Control and Prevention, as well as the National Institutes of Health—encourage it.

A family health history is exactly what it sounds like: a history of all diseases and conditions observed in your immediate and extended family. Back in 2004, the Department of Health and Human Services, along with Dr. Richard Carmona, then the surgeon general, launched the U.S. Surgeon General's Family History Initiative, which encourages all Americans to learn about any conditions that run in their family. That includes not only chronic conditions (like cancer, heart disease, and diabetes) but also details such as the age of diagnosis, cause of death, lifestyle habits (diet, exercise, smoking, and drinking), and environmental factors (for example, living in a community with bad air quality).





not want to share their medical history, and that's all right; respect their privacy and gather what information they are willing to give. Once you have all the information you need, take it to your doctor for discussion.

Remember, noticing a pattern isn't a cause for concern. All it means is that you now have a chance to work toward prevention.

Once you have a thorough family health history, be sure to maintain it in the years to come so it can be used by your kids and grandkids who might have questions of their own.

You can also compile every-



If possible, consider where you've seen these conditions in your family:

Alzheimer's disease, Cancer, Heart disease, Blindness/vision loss or deafness/hearing loss, High blood pressure or high cholesterol, Schizophrenia, Diabetes, Substance abuse (such as alcoholism), Pregnancy complications

You should also take into account these lifestyle choices:

How much each relative exercises, Which relatives smoke, Which relatives consume alcohol and how much, What kind of diet each relative follows, Any high-risk jobs that your relatives work

thing online by using the surgeon general's tool, My Family Health Portrait, which is available for free at phgkb.cdc.gov/FHH or by going to www.cdc.gov and searching "family health history."

Some of your relatives might

The idea is that when you're able to look at all of this information in front of you, and you can share it with your doctor, you have a better idea of your risk, what precautions you should take, and what screenings you should get regularly. You'll also know which precautions or screenings might not be as high a priority because your risk of certain conditions is lower.

For example, if you see that every man in your family has died around age 60, you might be a little bit worried—and rightfully so. If you're able to look at the specific cause of death, you might notice that, in each case, it's related to heart health in some way. This will indicate to your doctor that you should be screened for heart disease on a regular basis. Your doctor might

also instruct you to take up a consistent exercise routine, avoid fried foods, and start taking cholesterol medication. This way, you aren't resigned to the same fate as some of your family members, and you can be proactive about changing your health.

With the holiday season coming up in the next few months, now might be an ideal time to discuss compiling a family health history with not only your immediate family, but also your grandparents, aunts, uncles, cousins, and other relatives. Discuss the idea over Thanksgiving dinner or a Christmas party, and then create a document on a digital sharing platform (such as Google Docs or Dropbox) where everyone can review, edit, and add.



HEALTH & BEAUTY BEAUTY

Sore Muscles? Try Epsom Salt

By Dylan Roche

After an intense workout on a chilly day, it's totally normal to feel all achy and sore. You might even come home from a run or a bike ride with muscle cramps that just won't stop.

These are the situations that call for a warm soak in an Epsom salt bath. This home remedy is encouraged for relieving muscle cramps and reducing swelling based on the idea that the magnesium in the Epsom salt can enter through your skin while you're soaking in it. Magnesium is important for regulating muscle and nerve function, and it will also help flush out lactic acid that has accumulated in your muscles during exercise or training. Because you lose magnesium through your sweat, an intense workout can deplete your body of magnesium.

While little evidence has been found in clinical trials to support an Epsom salt bath as a treatment method, the Cleveland Clinic points out that doctors encourage

it, based on the fact that it's easy, inexpensive, and minimally invasive. In other words, there aren't any negative side effects, so if it makes you feel better—why not?

This might be why Olympic athletes and fitness specialists swear by the effectiveness of an Epsom salt bath for recovery. So, if the idea of an Epsom salt bath intrigues you, here's what you should do:

FIRST, SELECT THE RIGHT KIND OF EPSOM SALT. Epsom salt is not the same thing as table salt. Epsom salt is a mineral compound consisting of magnesium sulfate and gets its name because the original mineral salts were derived from boiling down water sourced out of saline springs in Epsom, England.

Seek out a product that is 100 percent magnesium sulfate—some retailers will offer a great price but won't be able to guarantee the quality and purity of their product. Visit

a health food store or alternative medicine shop where you can read the label instead of shopping online.

DRAW A WARM BATH. The Epsom Salt Council recommends adding 2 cups of Epsom salt to a standard-sized bathtub while the water is running so it dissolves well. Climb in and allow yourself to soak for a minimum of 20 minutes. Be careful of any open wounds or severe burns on your skin, which could have a negative reaction to the salt.

TRY A WARM COMPRESS OR A FOOT BATH INSTEAD OF A FULL SOAK. If you're not able to soak your whole body in an Epsom salt bath, you can always create a compress instead. The Epsom Salt Council recommends mixing 2 tablespoons of Epsom salt per cup of water. Soak a cotton washcloth in the salt water, and then apply it to your skin where the muscles are sore (such as your shoulders or upper back).

If you want to soak just your feet, you can add 1 cup of Epsom salt to a bucket of warm water and soak your feet for 20 minutes. In addition to relieving sore muscles in your feet, this soak makes a great start to an at-home pedicure by softening your skin and drying out bacteria in any blisters or cuts you have.

RINSE OFF WELL AFTERWARD.

When you're done, take special care in rinsing any saltwater off your skin. Remaining Epsom salt could dry your skin out. Apply a generous amount of lotion, and then bundle up in warm clothes, which will not only protect you from dry air but will also help you hold in heat and extend the relieving effects of the bath.

REMEMBER, AN EPSOM SALT BATH IS NOT A CURE-ALL.

An Epsom salt bath will likely feel good, but don't forget that this could very well all be a placebo effect. Don't depend on it to solve serious muscle injuries. If you have anything beyond regular soreness, seek your doctor's advice.



from the grocery store or farmers market, look for ones that are firm with a smooth skin and a deep color to them. Ideally, their leaves should look fresh and not wilted. When you examine the beets, look for any bruises or any wet spots or softness that could indicate spoilage.

Once you get the beets home, cut away the leaves before storing. (If you wish, you can store the leaves separately and use them the way you

HEALTH & BEAUTY HEALTH

Fresh Take

BEETS

By Dylan Roche

When it comes to nutrients for cardiovascular health, you might say that beets are hard to beat.

Alright, forgive the lame joke—but the sentiment is true. These reddish-purple roots are packed with vitamins and minerals that are great for your heart, blood, and arteries and veins, as well as other systems of the body. Plus, they have a super sweet earthy taste that you'll love in soups and salads.

Beets get their distinctive color from a plant pigment called betacyanin, which helps your body fight carcinogens. And if that bold red hue reminds you of blood—well, that might be appropriate. The nitrate and potassium in beets help lower your blood pressure and improve your blood flow, and the iron is vital for carrying oxygen via your bloodstream to your cells.

Additionally, the high vitamin C content in beets helps your body absorb plant-based iron. And folate, a B vitamin found abundantly in beets, is needed for making both red and white blood cells. Studies have even shown that because beets do so much for your blood flow, oxygen transport, and energy production in your cells, regular consumption of these vegetables can improve your exercise performance.



Roasted Beet Salad with Walnuts and Avocado

INGREDIENTS:

- 4 cups arugula
- 4-5 large beets, cut into half-inch pieces
- 4 avocados, cut into half-inch pieces
- 1/2 cup crumbled goat cheese
- 1/4 cup freshly shaved parmesan
- 1/2 cup candied walnuts
- 1/2 cup cranberries
- 1 cup olive oil
- 1/2 cup balsamic vinegar
- 1/4 cup honey or maple syrup
- Salt and pepper to taste

DIRECTIONS:

Combine balsamic vinegar, olive oil, and honey or maple syrup for the dressing. Set aside approximately 1/2 cup for cooking the beets. Toss the cut beets with the half-cup of dressing you set aside. Once they are generously coated, spread the beets evenly across a baking sheet lined with parchment paper. Sprinkle generously with salt and pepper. Heat the oven to 400 degrees F and roast the beets for approximately 45 minutes or until tender. Set the beets aside in the refrigerator to chill for approximately three hours. Assemble the salad with the arugula, avocado, goat cheese, parmesan, walnuts, and cranberries, then toss with the chilled beets and remaining dressing.

Don't think it's just your cardiovascular system that benefits from beets. These vegetables also have fiber for a healthy digestive system, phosphorus for repairing tissues and cells, and lutein for protecting your eyes from cataracts and macular degeneration.

If you're looking to incorporate beets into your diet, opt for fresh beets, which have a much stronger flavor than the canned or jarred varieties you often see on store shelves. Beets flourish in cooler temperatures, and their season lasts late into the fall, though they can be grown all winter in milder or warmer climates. When you're selecting beets

would any other greens—raw in a salad or on a sandwich, or cooked up in a sauté or soup.) Beets should be stored in the fridge, and you should hold off on washing them until right before preparing and cooking.

When you start working with the beets in the kitchen, you might want to wear a pair of plastic gloves—the juice from the beets can temporarily stain your skin. If you don't have gloves and you do find yourself with a distinctive pinkish-purple tinge to your skin, simply give your hands a good rub-down with lemon juice to bring them back to normal.

If you've never cooked beets before, don't be intimidated—with a little bit of simple roasting or steaming, you'll have a vegetable that will work wonders in a variety of dishes. Here are a few ideas:

Pickled Beets

INGREDIENTS:

2 cups vinegar
2 cups white cane sugar
5 beets, cut into half-inch cubes

DIRECTIONS:

Combine vinegar and sugar in a saucepan over low heat and bring to a simmer. Stir, allowing the sugar to dissolve, then add beets. Simmer for five minutes. Remove from the heat and transfer the beets and sugared vinegar to a jar or glass food storage container. Chill overnight. Serve with brie or goat cheese and a drizzle of honey otop of crostini or crackers.



Borscht

INGREDIENTS:

2 tablespoons olive oil
1 garlic clove, minced
1/2 red onion, chopped
2 cups vegetable broth
1 large white potato, diced
1 large sweet potato, diced
1 teaspoon salt
1 teaspoon black pepper
2 cups beets, cut into half-inch pieces
2 teaspoons balsamic vinegar

DIRECTIONS:

Fill a large pot with 1 inch of water and bring to a boil over high heat. Set a steamer basket in the pot and fill the basket with cut beets. Cover the pot and steam the beets for approximately 10 minutes or until tender. Heat the olive oil in a large saucepan over medium heat. Add onion and garlic, allowing both to brown. Add the broth and simmer for about one minute. Season with salt and pepper. Add potatoes and raise the heat to high. When the broth starts to boil, reduce the heat to low and cover the pot. Allow the broth to simmer for approximately 10 minutes. Add beets and vinegar to the broth, then raise the heat to high again. Allow the soup to cook for approximately 5 more minutes. The broth should be a vibrant red color and the potatoes should be soft. Serve warm with a dollop of sour cream.



Is a Little Bit of Fear Good for our Health?

By Dylan Roche

It's that time of the year for ghouls and goblins! Even if you're no longer a kid looking forward to a night of trick-or-treating, it's hard to resist the appeal of a holiday where it's fun to be a little bit scared.

It turns out, however, that being scared is more than just fun—it might also be healthy for you. Now, bear in mind that this refers to short-term fear, the kind you get from watching a scary movie or going on a haunted hayride. Long-term stress and anxiety about real-world threats can take a negative toll on your health, resulting in such problems as fatigue, high blood pressure, and panic attacks.

But thrill-seekers looking for a little excitement can expect a small boost to their blood flow and even some psychological benefits. As it turns out, fear triggers the region of your brain known as the hypothalamus, which sends signals to the nervous system. This sets off several bodily responses similar to exercise: increased heart rate, increased oxygen consumption, and a redirection of blood to major muscle groups. In other words, you get an adrenaline rush.

This adrenaline rush is your body's natural way of providing you with the stamina you need to fend off a threat. In many cases, all of this happens faster than your brain can even process what's happening. That's why when you encounter "jump scares," such as when you hear a loud noise or an unexpected

figure pops up out of hiding, you involuntarily feel this way even though you're not facing anything dangerous or all that scary.

For most people, this rush can actually make your heart stronger and improve the efficiency with which your blood carries oxygen to your cells; however, for people with heart conditions, it might be dangerous, potentially even causing a heart attack or heart failure. (Because of this, scary movies might be physically unhealthy for people with heart problems.)

There's also a psychological benefit to getting scared for fun. Learning to face fears, even harmless ones like costumed performers jumping out of a cornfield, can increase your feelings of confidence. You feel braver for having coped with a scary experience, and that bravery transfers over to real life. You now feel better about taking risks or putting yourself in uncomfortable situations, such as speaking in front of a large crowd.

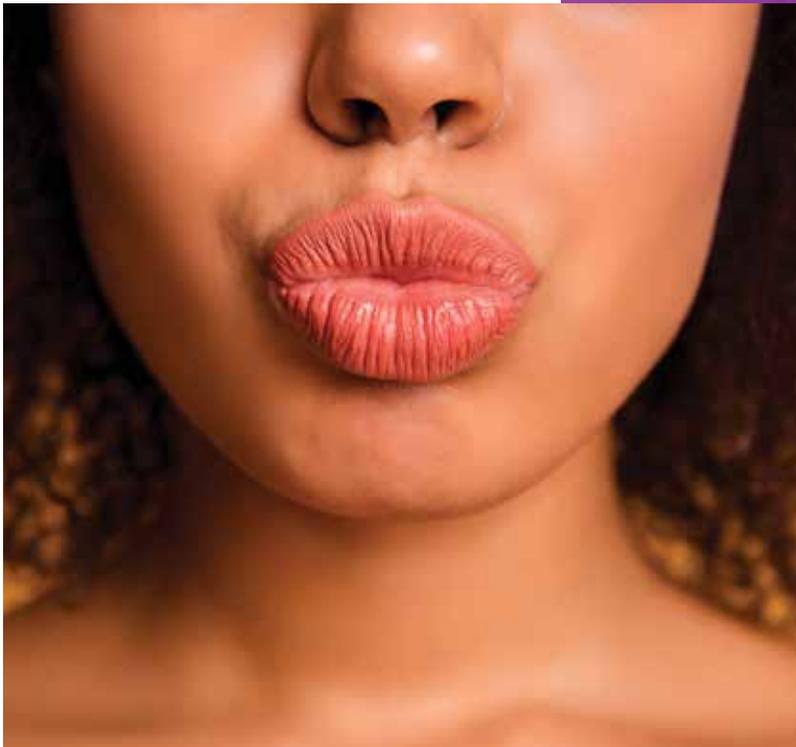
So, if you get invited to watch a horror movie this Halloween—go for it! After all, it's good for you.



Lip Service

FIND THE RIGHT BALM TO HEAL YOUR CHAPPED LIPS

By Dylan Roche



Nearly everyone has had to deal with the discomfort of chapped lips that inevitably happen in the cold, dry air of fall and winter. When they're especially bad, your chapped lips end up flaking, cracked, bleeding, and infected.

However, just because chapped lips are commonplace, that doesn't mean they're a necessary evil. The American Academy of Dermatology states that it's possible to maintain soft, moisturized lips all year-round. It's tricky, though, because the skin on your lips is thinner and dries out 10 times faster than the skin on the rest of your face, so it needs extra care.

But with so many products out there for lips, you might find yourself wondering which ones are most effective.

Here's what you should consider when you buy a new tube or canister of lip balm this fall:

As with so many products, it comes down to the ingredients. The better products are those made with ingredients that help you heal. Flip the package over and read the back—look for ingredients like castor seed oil, ceramides, dimethicone, hemp seed oil, mineral oil, petrolatum, and shea butter.

Ideally, your lip balm should contain some kind

of sun-protective ingredients and have SPF 30 or higher to protect your lips from the sun's UV rays—yes, even in winter. Sunburn can make dryness and chapping even worse. Check to see whether your lip balm contains titanium oxide or zinc oxide.

Avoid ingredients that can worsen the irritation, such as camphor, eucalyptus, lanolin, menthol, oxybenzone, phenol, propyl gallate, and salicylic acid. Fragrances and flavorings can also make your lips worse.

Looking for a reliable brand? Products made by Carmex tend to contain camphor and lanolin, so they're not ideal. Blistex Simple and Sensitive is a better option, as it is made with cocoa butter and shea butter instead of irritating allergenic ingredients. The best option

though? Simple petroleum jelly, better known by the brand-name Vaseline, is inexpensive and effective. Choose a version made with cocoa butter for extra strength.

If you want a cosmetic option, E.L.F. Moisturizing Lipstick will give your lips vibrant color and luminous shine while sealing in moisture with ingredients like mineral oil, petroleum, and shea butter.

You can further aid your lips by drinking of plenty of water—a hydrated body means hydrated lips. Avoid licking or biting your lips, which will dry them out faster as your saliva evaporates. Consider using a humidifier in your home to prevent the air from getting too dry. If your lips continue to be overly dry for more than two weeks with proper care, see a dermatologist.

Dining

74 TASTE | 76 GUIDE



Salmon Roasted
with Green Herbs;
Recipe by David's
Natural Market

WHAT'S UP? READERS
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The Local, Organic, & Holistic Grocer

By Tom Worgo

Photography by Stephen Buchanan

David London's grandfather, Matthew, worked as food broker selling goods to the old A&P food chain. But Matthew wasn't happy with the quality of foods he was purveying.

"He was selling products he didn't really like the ingredients of," London recalls. "There were a lot of candies with a lot of artificial colors and flavors and sugar. If he wanted to sell food to people, he wanted to sell good food." And that, in turn, inspired the family business.

It was actually his son Dennis—David's father—who opened the family's first organic food store in 1971, Nature's Cupboard of Love in Glen Burnie.

Today, Dennis's son, 61-year-old David, owns stores in Gambrills, Columbia, and Forest Hill, all called David's Natural Market. The market's specialization is a distinctive selection of local, domestic, and international foods, including organic and natural produce, specialty items for diets and nutrition, and vitamins and supplements.

Zack England, David's step-son, is the fourth generation of the family to get involved in the food business. The 25-year-old manages the Gambrills store, which is the fulfillment of a life-long dream.



DAVID'S NATURAL MARKET
871 Annapolis Road, Gambrills
410-987-1533
davidsnaturalmarket.com

"I wrote a book in the first grade and my goal was to work at my step dad's store." England explains.

We recently sat down to talk to David London and Zack England about their stores selling all organic produce, the store's natural and holistic approach, and having a nutritionist on staff.

Zack, what makes your place unique and what separates it from others?

We are an independent, full-service, organic retailer. That's what we refer to ourselves as. We stock more local products. [Versus] a corporate structure, [in which] customers complain about not getting products in as quickly or they get products in and they never see them again.

Are there other places that have all organic produce?

Not really. A lot of places have organic and separate the non-organic. Maybe

some farmers' markets may have it. Grocery store-wise, there are not many that have all organic.

Please talk about your café and what you offer?

We have premade sandwiches and sandwiches made-to-order. You can get whatever you want on it. We make fresh soup every day. Our Columbia store has a full-service kitchen and lunch specials every day. We make a bunch of prepared food over there, and bring over to Gambrills three days a week. Things like crab cakes, chicken breast meals, sandwiches, and salads.

You have a nutritionist on staff in your Columbia story?

Her name is Courtney Carpenter. Some products our customers want, but you need a practitioner's license to order. So, she is able to order those supplements for people. She is very knowledgeable about all the supplements and all the new trends com-



Salmon Roasted with Green Herbs

6 Servings

Ingredients

- 2 to 2.5 lb. skinless salmon fillet
- 1/4 cup olive oil
- 2 Tbsp lemon juice
- 1/2 cup minced scallions (white and green parts = 4 scallions)
- 1/2 cup minced fresh dill
- 1/2 cup minced fresh parsley
- 1/4 cup dry white wine

Directions

Preheat oven to 425. Place salmon fillet in a glass, ceramic, or stainless-steel roasting dish. Season generously with salt and pepper on both sides. Whisk together the olive oil and lemon juice and drizzle evenly over salmon. Let stand at room temperature for 15 minutes.

In a small bowl, stir together the scallions, dill, and parsley. Scatter herb mixture over the salmon on both sides—coat generously. Pour the wine around the fish fillet.

Roast salmon for 10-12 minutes, until almost cooked in the center. Cover the dish tightly with foil and allow to rest for 10 minutes. Cut salmon crosswise into serving pieces and serve with lemon wedges.

ing out. She has worked for us for close to 20 years and been in the industry for 30 or 40 years. She can build a supplement plan for anyone.

David, what is the long-term vision for the company? Any more locations?

We will probably just consolidate. The store in Forest Hill (near Bel Air) is a small store. It's only like 5,000-square feet. It's tough to compete with big stores like Wegmans opening around us. The lady who owned it before is my manager up there. She is getting ready to retire. It might be easier to let it go, and concentrate on the other two because they are larger stores. I have my hands full with them.

When did you go all organic for your produce?

We did that when we first started doing produce in 1986. It was probably around 1992 when we really started carrying a large variety of produce. We were kind of all organic, all the time anyway. But later, we really started expanding

the produce. Most customers would rather buy organic. I think it gets confusing at other stores when they co-mingle the two. Mistakes are made. Did the other store put the sign up in the right spot? We don't have any doubts since all of ours is organic.

Is having all organic food appealing to the customers? Are people willing to drive a long distance because you offer that?

I think people appreciate the organic food. So, they don't have to look and say, "Is this organic or not" like they do when they are at other stores. I have customers that come from the Eastern Shore just for our organic food.

Where do you source your produce, meats, and seafood?

We try to get as much local as we can with the produce, but in the winter time that's tough. There is a group of organic farmers that are up in northern Maryland that we buy a couple of times a week. We get some from

the Eastern Shore and Anne Arundel County, too. We also get as much meat and seafood locally as possible.

Who do you source your salmon from and what makes it special?

It comes from the Faroe Islands, which is North of Ireland. It's special because it's Var Salmon. It's completely non-GMO (genetically modified fish). It is really raised correctly. The feed they give the salmon is very excellent. It's probably the best salmon in the world that is not caught live. You can get it year-round.

Why is an all-natural and holistic approach so important to you and customers?

It empowers the customers to take care of themselves and live a healthier lifestyle. So, they don't have to use as much prescription medication. There are so many things out there you can try that are natural for people's ailments instead of getting a prescription or opioids or an anti-inflammatory.

What supplements are selling the most and what trends are you seeing?

We are selling a lot of CBDs right now. That's part of the cannabis plant. That's a big trend right now. It doesn't have any THC in it, so it's THC free. But you do get benefits of it. For people who have anxiety, it seems to relax them. You can rub it on or take it internally. It seems to relieve pain and help for sleep.

Dining Guide

Advertisers Listed in Red

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

Reservations

Full bar

Family Friendly

Water View

Outdoor Seating

Live Music

Dog Friendly

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 \$\$

LISTA'S GRILL

"Please don't miss the Cowboy Burrito at Lista's Grill. You will regret not getting it!" —Michelle Jacobs

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 \$

BUCK MURPHY'S BAR

"Great food, Great beer, Great prices" —Max Sophie **WINNER**

Willy's Kitchen

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

Odenton

Baltimore Coffee & Tea Company

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

Bangkok Kitchen Thai Restaurant

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

Buck Murphy's Bar & Grill

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

Crab Galley

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

Grace Garden

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

Hong Kong Gourmet

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

Hunan L'Rose

1131 Annapolis Road, Odenton; 410-672-2928; Hunanrose.com; Chinese; lunch, dinner; Family Friendly: Yes \$ **🍴** **👑**

Mamma Roma

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

Orchard Café

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

Perry's Restaurant

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

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

Garry's Grill & Catering

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

Gianni's Pizza

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

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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 \$ T 🍷

Park Tavern

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

Mike's Crab House North

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

Annapolis Area & Beyond

Blackwall Hitch

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

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 \$\$ 🍷 T 🍷 🍷

Davis' Pub

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

Fuji Japanese Steakhouse

1406 S. Main Chapel Way, Gambrills; 410-721-6880; Jefuji.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 \$\$ T 🍷

Harvest Thyme Modern Kitchen & Tavern

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

Herald Harbor Hideaway

400 Herald Harbor Road, Crownsville.; 410-923-4433; Heraldharborhideaway.com; American; lunch, dinner \$ T 🍷 🍷

La Sierra

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

Lista's Grill

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

Lures Bar and Grille

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

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 \$ T 🍷

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 \$\$ T 🍷 🍷

Old Stein Inn

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

The Point Crab House & Grill

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

Rams Head Roadhouse

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

Rips Country Inn

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

Ruth's Chris Steak House

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

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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: Brock Anderson of Crofton, 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 October 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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changed in 2020 but
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Influenza (flu) is easily spread but avoiding close contact with anyone who is sick, not touching your eyes, nose and mouth, covering your coughs and sneezes and washing your hands can all help. Since the flu and COVID-19 have similar symptoms, it is more important than ever this year for you and your family to get a flu vaccine. It is safe and easy so don't delay!

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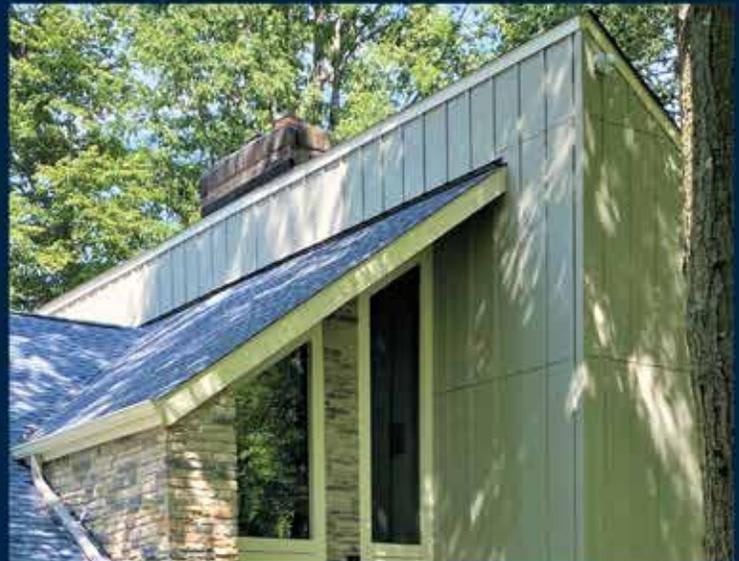
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