

WHAT'S UP?

WEST COUNTY

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

EYE ON THE MARKET



POISED TO PROFIT FROM

REAL ESTATE



MYTH BUSTERS!
MEET SUCCESSFUL
FEMALE FARMERS

TOP TALENT!
YOUNG THESPIANS
ON STAGE

**UNIQUE
CELEBRATIONS**
FOR EVERY DAY!

WHAT'S UP? MEDIA MAR / APR 2021

\$4.95



0 74820 08344 4

KELLY O'DONNELL, MD



O'Donnell Vein and Laser is a comprehensive medical facility established for the treatment of varicose veins, spider veins and venous disorders. For every patient, our objective is the elimination of lower extremity symptoms associated with venous disease. Since inception, nearly all patients have significant or complete resolution of their previous pain or symptoms.

We are also a full-service medical aesthetics center offering the latest in laser skin rejuvenation, laser hair removal, and cosmetic injectables. With our focus on both functional and cosmetic vein treatments, as well as our medical spa services, we are committed to giving our clients beautiful, healthy skin.

Let Dr. O'Donnell and our caring staff share our passion for healthy legs and beautiful skin with you. **Contact us today at 410-224-3390 to schedule your evaluation!**



Alexandra "Ali" Weiss
Family Nurse Practitioner



Laura Ruppel
Licensed Aesthetician

Easton 499 Idlewild Ave, Easton, MD 21601
Annapolis 166 Defense Hwy, Suite 101, Annapolis, MD 21401
www.odonnellveinandlaser.com | 410.224.3390



This is what *Generosity* looks like.

*A*t Hospice of the Chesapeake, we are very fortunate to have a diverse community of support that includes grateful families, community leaders, individual donors, corporate sponsors, and those who include us in their estate planning.

Without their support, so many rich and important programs would not be possible including:



Care for families navigating the loss of a loved one due to illness or trauma



Care for children living with a life-limiting illness and the families that love them



Care for Veterans living with advanced illness as well as honoring their sacrifices on behalf of a grateful nation



Care for those impacted by the global pandemic including much needed personal protective equipment for care teams and families

Our community has responded generously and continues to support our important mission of caring for life. As we grow to serve more than ever before, you can help. Please give generously to support our work in the community.

Donate today by visiting
www.hospicechesapeake.org/giving/donate-now
or call 410-987-2003.

 hospice of the
chesapeake

March contents

On the Cover: Design by August Schwartz. Contact *What's Up? West County* online at whatsupmag.com. Please recycle this magazine.



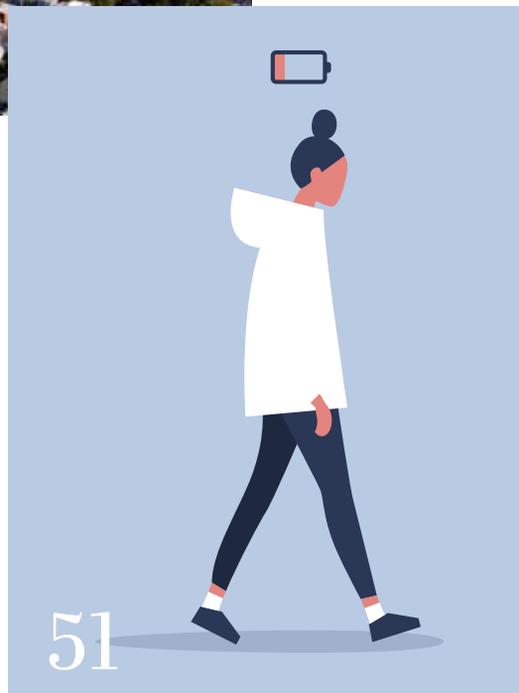
42 Severn Stunner Inside a panoramic paradise on the riverbank *By Lisa J. Gotto*

44 That Gracious Southern Vibe A 1930s charmer in the heart of Annapolis *By Lisa J. Gotto*

Health & Beauty

By Dylan Roche

- 48 Fitness Tips: Starting a Routine for Seniors**
- 49 Don't Look Away: Paying Attention to Eye Health**
- 50 Fresh Take: Potatoes**
- 51 Unplug: It's Good for You**
- 53 Toner vs. Witch Hazel vs. Rubbing Alcohol**



Dining

56 Simple and Supreme Italian Fare A dining review of Harvest Thyme Tavern in Davidsonville *By Rita Calvert*

58 Savor the Chesapeake A culinary compendium of restaurant, food, and beverage news and trends from the Chesapeake region *By Kelsey Casselbury*

60 Readers Restaurant Guide More than 125 regional restaurant listings

Features

16 Myth Busters: Women Farmers Meet four, strong, successful, local women farmers, hear their stories, and learn their perspectives on what it takes to succeed *By Rita Calvert*

21 Summer Will Be On! How local summer camps have adapted to deliver experiences in the era of COVID-19 *By Kat Spitzer*

25 Young Thespians Local theater groups are developing the next generation of performers *By Kat Spitzer*

30 Script, Flip, Invest How to develop and investment plan and leverage today's real estate market in your favor *By Lisa J. Gotto*

Home & Design

36 Home Garden: Fun with Vegetables in Your Garden Properly plan for the upcoming growing season *By Janice F. Booth*

40 Home Design: Home Office Happy Making great dedicated space *By Lisa J. Gotto*



WEST COUNTY

Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

Chief Operating Officer

Ashley Lyons (x1115)

Entertainment Editor

Megan Kotelchuck (x1129)

Contributing Editors

Lisa J. Gotta, Dylan Roche

Contributing Writers

Janice F. Booth, Rita Calvert,
Kelsey Casselbury, Lisa A. Lewis,

Kat Spitzer, Tom Worgo

Staff Photographer

Steve Buchanan

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Arden Haley

Production Manager

Nicholas Gullotti (x1101)

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

Debbie Carta (x1110), Beth Kuhl (x1112),
Rick Marsalek (x1124), Nina Peake (x1106),
Michelle Roe (x1113)

Special Events Director

Melanie Quinn (x1132)

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)

Administrative Assistant

Kristen Awad (x1126)

WHATSUPMAG.COM



What's Up? West County is published by What's Up? Media 201 Defense Highway, Suite 203, Annapolis, MD 21401, 410-266-6287, Fax: 410-224-4308. No part of this magazine may be reproduced in any form without express written consent of the publisher. Publisher disclaims any and all responsibility for omissions and errors. All rights reserved. Total printed circulation is 20,250 copies with an estimated readership of 60,855; 19,526 copies are mailed free to households in the West County area, with additional magazines distributed to waiting rooms and local hotels throughout West County. @2021 What's Up? Media

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

ORAL SURGERY SPECIALISTS

SKILLED | BOARD CERTIFIED | PROGRESSIVE | ARTISTIC

We're All In This Together



Drs. Kurt Jones, Neil Sullivan, Chris Chambers, Cliff Walzer, Borek Hlousek, are all Board Certified Oral and Maxillofacial Surgeons that specialize in:

- Dental Implant Surgery • Wisdom Teeth Removal
- Orthognathic Surgery (Corrective Jaw Surgery)
- General Anesthesia • Oral Pathology

Annapolis
Pasadena



Kent Island
Waugh Chapel

Please call or visit our website at
www.annapolisOSS.com | 410-268-7790



March contents

COMING UP IN
MAY/JUNE 2021

Best of Medical, Dental & Vet Results
Best of Food & Dining Results
Up & Coming Lawyers
Creative Local Farmers



5

In Every Issue

4 E-Contents & Promotions
A snapshot of what's online, promotions, and exclusive content

5 Out on the Towne Special celebrations and activities to enjoy this March *By Megan Kotelchuck*

10 Towne Salute Meet Rabiah Nur with the Patuxent Riverkeeper organization *By Lisa A. Lewis*



12

12 Towne Athlete Meet Amani Watts of Old Mill High School *By Tom Wargo*

14 Towne Interview We talk with Maryland Terrapins Women's Basketball Coach Brenda Frese *By Tom Wargo*

64 Where's Wilma? Find the What's Up? Media mascot and win

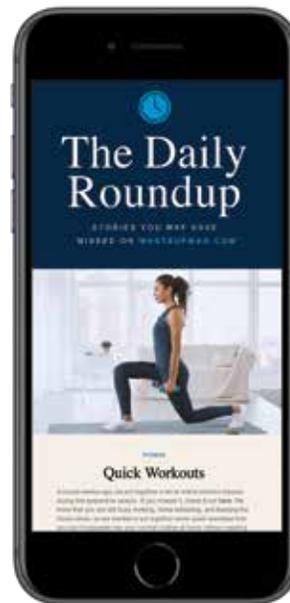
e-contents



Sponsored Instagram Posts

Share your Instagrammable moments and inspire our 4,000+ followers.

Through sponsored Instagram posts, you can leverage our social presence and get in front of highly desired followers. Partner with our account through a single post or tap into our Instagram stories for even more creative content and distribution opportunities. Email mquinn@whatsupmag.com for more details!



Inbox Updates

whatsupmag.com/subscribe

Our newsletters are more valuable than ever during this time in crisis. Don't miss a beat, be sure you're signed up.

Connect

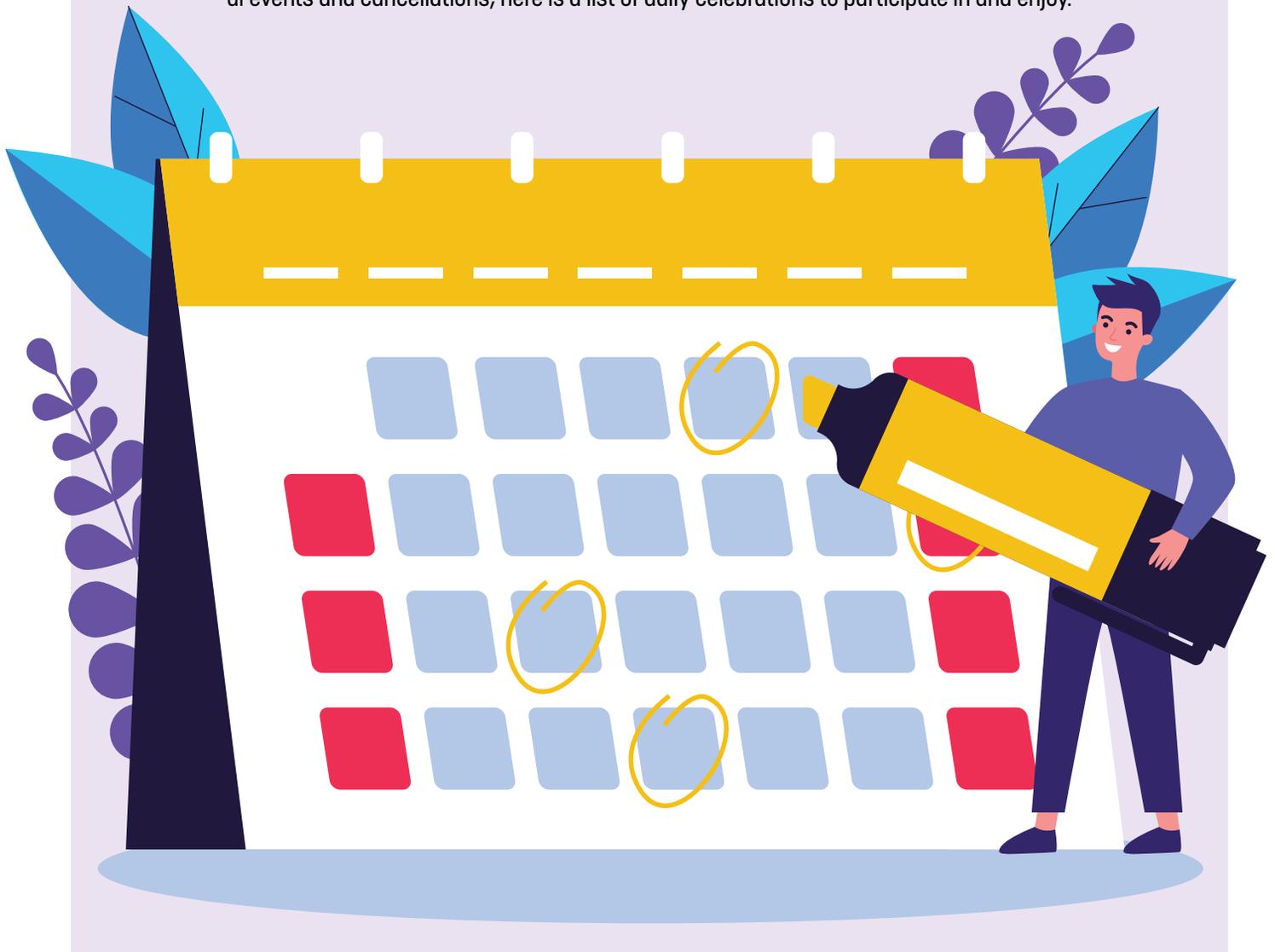
[@whatsupmag](https://twitter.com/whatsupmag)
[@whatsupmags](https://www.instagram.com/whatsupmags)



Out on the **TownE**

5 EVENT PICKS | 10 SALUTE | 12 ATHLETE | 14 INTERVIEW

For the last several months (okay, almost a year now), What's Up? Magazine has chosen not to publish our normally robust events calendar due to pandemic cancellations. In May 1997, Veronica Tovey, our publisher and president, and her team mailed out the first publication of What's Up? to bring together the community in sports, philanthropic efforts, and most importantly, local events. Our magazine has evolved greatly since 1997, but one thing has remained the same, our calendar. Since March looks like another month of virtual events and cancellations, here is a list of daily celebrations to participate in and enjoy.





↓ Monday, March 8th

International Women's Day: On March 8th every year, we celebrate the social, economic, and political achievements of women around the world. Do something today to make a strive for gender equality; participate in a women's rights march or donate to a women's equality foundation.

↑ Monday, March 1st

National Peanut Butter Lover's Day: Here is a good excuse to make peanut butter and jelly sandwiches for lunch, and of course, an abundance of peanut butter cups for dessert.

Tuesday, March 2nd

National Read Across America Day: Celebrate the birthday of Dr. Seuss. Read the books, watch the movies, and rhyme for the day. Do whatever you need to get into the Cat in the Hat spirit.

Wednesday, → March 3rd

National Mulled Wine Day: Mulled Wine is a sweet, spiced wine served warm or hot, like a winter sangria. Try to make your own tonight to celebrate March 3rd.



Try this Food Network Mulled Wine Recipe:

Combine these ingredients in a medium saucepan, bring to a boil and then down to a simmer for 10 minutes. Makes 6-8 glasses.

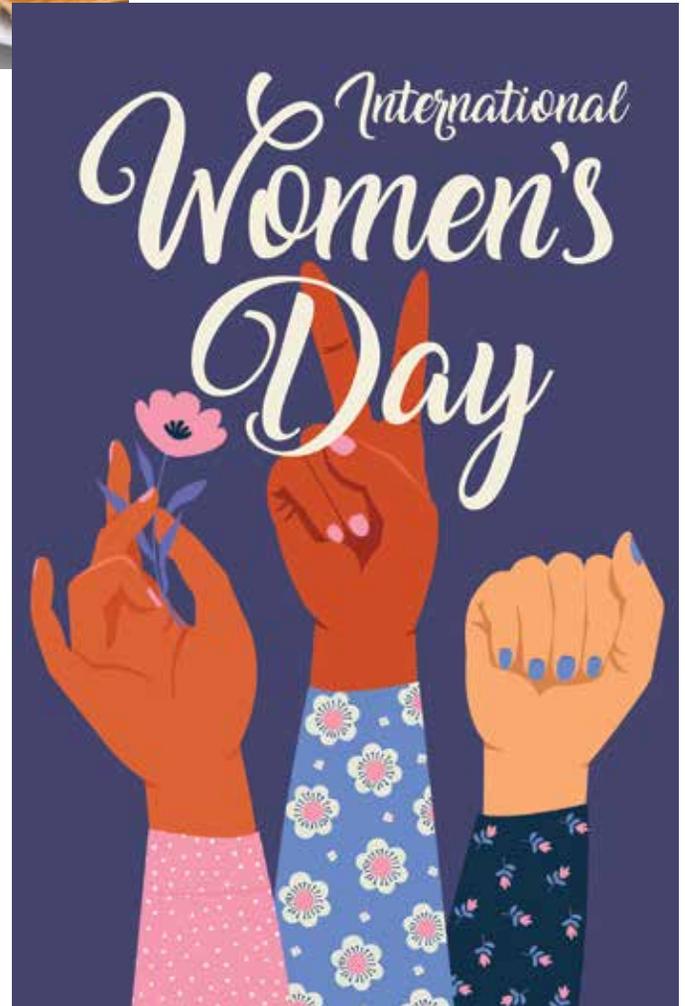
- 4 cups apple cider
- 1 bottle red wine, like a Cabernet Sauvignon
- 1/4 cup honey
- 2 cinnamon sticks
- 1 orange, zested and juiced
- 4 whole cloves

Friday, March 5th

National Unplugged Day: Today, just for one day, limit your screen time. Instead of movie night, pull out the board games and start a little family competition after dinner.

Sunday, March 7th

National Flapjack Day and National Cereal Day: Have a great big breakfast on this lazy Sunday morning. Pancakes and cereal sounds like a good wake-up call!



Tuesday, March 9th

National Crab Meat Day: Believe it or not, this is a national holiday! Need a dinner idea? Try making your own, homemade crabcakes.

Thursday, March 11th

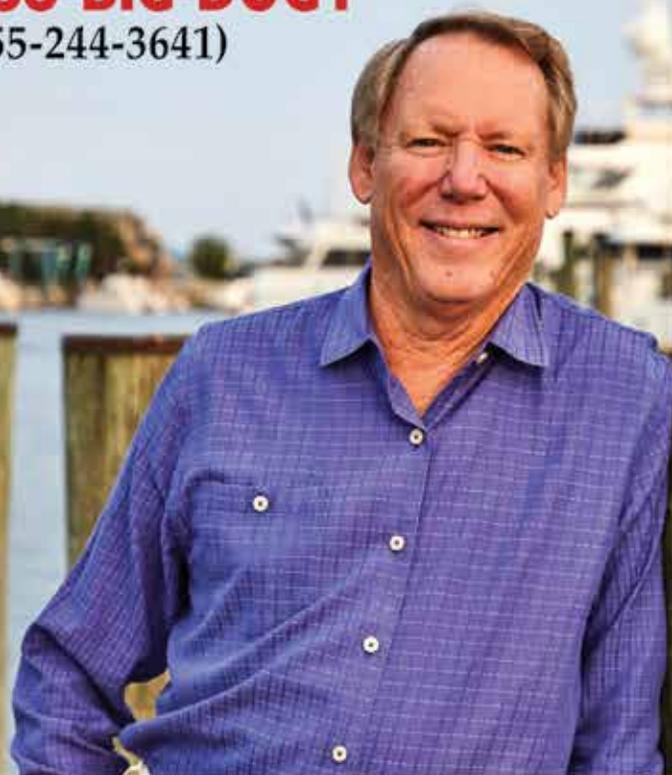
National 311 Day: Everyone knows what 911 dials, but do you know what 311 dials? 311 is a non-emergency service for people to report issues like graffiti, illegal parking, noise complaints, or debris on the road. The first 311 service was created in Baltimore in 1996 to take pressure off of 911 dispatchers. The 311 service has allowed 911 dispatchers to get to emergency calls quicker, therefore saving many lives.



Hurt in a Car Crash?

CALL **THE JAKLITSCH LAW GROUP** FOR A FREE CONSULTATION

855-BIG-DOG1
(855-244-3641)



NAMED

“Best Personal Injury Trial Law Firm-USA^{*}”

* Global Business Insight

www.BigDogsSmallFirm.com

SERVING MARYLAND AND DC



The Daily Record
Readers Rankings

Best Law Firm

Personal Injury
and

Best Law Firm
Civil Litigation

We are devoting a portion of our advertising space to charitable organizations near and dear to our hearts. There are many worthy causes out there; our hope is to raise awareness and support for these organizations.

JOIN US IN DONATING TO SERENITY SISTAS RECOVERY ASSISTANCE

The mission of Annapolis-based Serenity Sistas Inc. is to provide serenity and hope to an individual suffering from the disease of addiction, by offering support and structure of a sober and healthy living environment. Donations will be used to help individuals coming to Serenity Sistas with few or no resources. Serenity Sistas is a 501©(3) charitable organization. Please consider a donation.

www.serenitysistas.org

Saturday, March 13th

National Good Samaritan Day: Not that you need a national holiday to do a good deed, go out of your way today to help someone out. Help carry groceries to someone's car, or hold the door open for somebody. You don't have to do something big to be a Good Samaritan!

↓ Sunday, March 14th

Pi Day: Go back to grade school and take Pi and Pie to the extreme. Have a pie-themed dinner with pizza pie followed by apple pie for dessert. Follow dinner with a pi number memorization contest and let the winner pie the losers.

Monday, March 15th

National Napping Day: I am sure this is the day that everyone looks forward to: National Napping Day! After observing Daylight Savings, we all need that extra hour of sleep back. Here is the permission you have been looking for to take that nap!

Wednesday, March 17th

Aside from the obvious, St. Patrick's Day, it's National Small Business Development Centers Day. SBDCs all around the country help support entrepreneurs in the pursuit of small business ownership. Locally, we have a SBDC in College Park and Salisbury. Find out what you can do to support them today!



Friday, March 19th

National Certified Nurses Day: After such a long, exhausting year, nurses need every bit of praise and recognition they can get. Thank your nurses and support those you know who are striving to become a nurse or healthcare worker.

Saturday, March 20th

First Day of Spring!

Tuesday, March 23rd

National Chip and Dip Day: What a great thing to celebrate. Pull out all of the best dips, have a salsa tasting, make buffalo chicken dip, a nice 7-layer dip. Whatever you would like! Celebrate one of America's favorite snacks.

Wednesday, March 24th

National Cheesesteak Day: Enjoy this guilty pleasure at your favorite steak shop. We all know that cheesesteaks are delicious, allow yourself to indulge today.

↑ Tuesday, March 30th

National Take a Walk in the Park Day: We are lucky to have many parks and trails to take a walk in Maryland. Take some time out of your day to get out into the fresh air and walk. Sometimes we get so tied up in our day that we forget to take some time for ourselves. Don't let that happen today!

Wednesday, March 31st

Manatee Appreciation Day: Celebrate the beautiful elephants of the sea! Visit SaveTheManatee.org to watch the manatees live, donate, or adapt!





INTEGRITY TAX

and Small Business Solutions

Winner of What's Up? Magazine - West County Best Accounting Firm 2020



Michelle Crislip, President
Integrity Tax and Small Business Solutions



Jeri Delahanty, Bookkeeper
Quickbooks Advisor

We take the stress out of taxes and financial statements. Accurate financial statements are important all year so we can do tax planning for you and your business and you can understand your numbers and run your business. Let us do your monthly financial statements and quarterly tax planning - doing what we do. Then you can focus on running your business - doing what you do. We have more than 25 years experience and really enjoy working with small businesses. We truly care that your business is successful and we are always looking for ways to help. We love what we do! Let us help.

1610 Professional Blvd • Ste G Crofton, MD 21114
(410) 451-3663

www.Integritytaxsbs.com



tax@croftontax.com



TOWNE SALUTE

Rabiah Nur

Patuxent Riverkeeper

By Lisa A. Lewis

Motivated by her desire to connect people with nature, Rabiah Nur was inspired by and drawn to the one of the longest winding veins of Chesapeake life, the Patuxent River. An indigenous medicine woman, she views the river through the eyes of her ancestors and embraces the centuries-old traditions instilled in her. After meeting and speaking to Fred Tutman, the Patuxent Riverkeeper, about how she could help support the river, the duo decided she should assume the role of property caretaker, a volunteer position. In the spring of 2020, Nur moved into the caretaker residence at the Patuxent Riverkeeper Center in Upper Marlboro. And the timing of her decision has definitely been beneficial.

At the time of writing, the site is closed due to COVID19. As such, few staff members are working in the waterfront office on a daily basis. Tutman and his staff don't feel prepared to open the office formally or offer public programs and services (yet), such as boat rentals, due to the health risks posed by the virus. But since the office hours are irregular during the pandemic—and there is also an increased public demand for outdoor activities—they felt it was important to have a full-time presence onsite at all times. Since Nur lives on the premises, she oversees the site and serves as an invaluable point of contact with the public. According to Tutman, Nur has essentially become the onsite interpreter of public safety during the pandemic.

“I feel privileged to live here,” Nur says. “It’s definitely a blessing, and I don’t take that for granted. Nature clears my mind. I feel so peaceful being by the river, spending time outdoors, and watching the wildlife. The site is a space of complete calm.”

Since she is an indigenous medicine woman, Nur has a great deal of knowledge about healing plants and often gathers them during her daily walks along the property grounds. She is grateful to have this time to reflect, observe wildlife, and clear her mind by connecting with and enjoying the splendor of nature. In addition, as part of her indigenous culture, Nur honors her heritage by participating with other medicine women and performing traditional ceremonies to celebrate the Patuxent River

and pray for its health, which dovetails with the mission of Tutman’s organization.

Founded in 2004 by Tutman, who is among the longest serving Riverkeepers in the Chesapeake region and the only African-American Riverkeeper in the nation, the mission of Patuxent Riverkeeper, a nonprofit organization, is “to conserve, protect, and replenish Maryland’s longest and deepest intrastate waterway” with the goal of achieving “long-term sustainability for the ecosystem of the entire Patuxent River basin and the people who rely on its future.”

As the caretaker, Nur interacts with visitors who often experience the river for the first time and/or may not have even known about the Patuxent Riverkeeper location. Even though the site is technically closed, visitors who are eager to spend time outdoors have often stopped by to explore. A dedicated and enthusiastic volunteer, Nur will greet and introduce them to the river and its programs. Safety precautions are observed at all times, including wearing masks and social distancing.

“Rabiah is truly passionate about nature and the environment and has formed a spiritual bond with the river,” Tutman says. “She is a preacher for our environmental justice mission and activities, and hands out our brochures, gives directions, or chases off mischief. She is also an active part of the river community, which provides services and direct assistance to people seeking access, information, and connectivity

to the broader watershed community. As an indigenous person, Rabiah helps us practice what we preach to others: respect—not only for nature but also for indigenous traditions and wisdom. And she serves as an ambassador for an inclusive movement that welcomes *everyone* to this unique ‘clubhouse’ on the river.”

When she is not fulfilling her caretaker responsibilities, Nur works on projects to support the Patuxent River. She is happy living onsite, so for now, she has no immediate plans to relocate and will continue to serve as the caretaker—a role that she finds extremely rewarding.

“I’ve built a relationship with the river and the people I’ve met while living here,” Nur says. “I believe that it’s a tremendous honor to introduce people to the river. Earth is a sentient being, and we have a symbiotic relationship with her. It’s important to remember to walk gently on the earth and respect her. After all, we are merely guests here.”

Although people have occasionally stopped by the Patuxent Riverkeeper Center during the pandemic to enjoy the river, Tutman would like to remind those who may want to visit that the site is closed. He requests that people don’t just drop by and suggests that they call the Patuxent Riverkeeper Center hotline at 855-725-2925 with any questions.

For more information about Patuxent Riverkeeper, visit paxriverkeeper.org.

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



ARCHBISHOP SPALDING HIGH SCHOOL

■ OVER 50 YEARS OF CATHOLIC EDUCATION

■ INTERNATIONAL BACCALAUREATE WORLD SCHOOL

■ PROJECT LEAD THE WAY

■ 25 AP CLASSES

■ OVER \$33 MILLION AWARDED IN COLLEGE SCHOLARSHIPS TO THE CLASS OF 2020



— ARCHBISHOPSPALDING.ORG —



Ballet Theatre of Maryland



Pushing the Boundaries of Dance

MOMENTUM

Live, In-Person & Online
April 2021
www.balletmaryland.org



Photo: Joanne Saljer | Joanne Marie Photography

artsCOUNCIL
 of anne arundel county

MSAC
 CELEBRATING 30 YEARS OF SERVICE TO THE ARTS



TOWNE ATHLETE

Amani Watts

Old Mill High School
Basketball

By Tom Worgo



Old Mill sophomore Amani Watts loves her nickname “Baby Shaq.” That moniker is in reference to 7-foot-1 NBA Hall of Famer Shaquille O’Neal. Like O’Neal, the 6-foot Watts, a center, dominates opponents in the lane with her rebounding and scoring and wears big shoes (men’s size 12).

“I think it is great that people call me that,” Watts explains. “I take it as a compliment because people think I am a good player. They call me that in the halls at school more than my name. I think it’s pretty funny.”

Watts’ talent is undeniable. She earned All-County Player of the Year honors in helping Old Mill to a 22-2 record and a perfect 17-0 mark in county play.

“I have been in the county since 1966 and I have closely followed Anne Arundel County sports,” Old Mill Girls Basketball Coach Rick Smith says. “I don’t recall a girls or boys player [from Old Mill] winning that award.”

No small accomplishment, considering Watts wasn’t sure if she would even make the varsity. She thought a lot about playing on the junior varsity. “I didn’t know what the level of play was going to be coming in as a freshman,” Watts says. “I didn’t think my chances to make it were that high and I was kind of surprised I made it.”

Watts’ level of play has impressed college coaches. She’s been aggressively recruited by the University of Maryland—ranked No. 15 in an Associated Press early-season poll—and La Salle University.

The list of schools should grow, and Watts, who carries a 3.8 grade-point average, expects to make her commit to a school during her junior year.

“I didn’t expect Maryland to recruit me,” Watts says. “I have talked to head coach Brenda Frese (419-149 career record, national champion-

“Whatever you ask Amani to do, she is willing to work at it to make herself the best player she can possibly be. At the college level, she would be more of a small forward or power forward.”

ship in 2006). She said I can come visit and watch games to see how I like the school. She said I could call her or text her any time.”

Watt’s AAU Lady Tigers coach Lawrence Banks thinks she can play college basketball in any of the the Power Five Conferences, which includes Atlantic Coast Conference, Big Ten Conference, Big 12 Conference, Pac-12 Conference, and South-eastern Conference.

“She has to expand her game more and become a more efficient offensive player,” Banks says. “Whatever you ask Amani to do, she is willing to work at it to make herself the best player she can possibly be. At the college level, she would be more of a small forward or power forward.”

Watts made a tremendous impact for Old Mill last winter. She averaged 14.3 points and 12 rebounds per game. The 15-year-old Watts had some memorable games against Meade. She totaled 26 points, 27 rebounds, and seven steals in a 61-56 victory over the Mustangs in late-January. In early March, Watts had 27 points, 14 rebounds, and 10 steals in a playoff win over Meade.

“During practices, the coaches get out and try to lean on her and build her up to make her work harder,” Smith says. “When she gets the ball, she is going to the basket. If she has to take you with her, she is going to the basket. She has that mindset that a couple of you will have to stop her.”

There’s more to Watt’s game than just dominating in the lane. She led the team in steals (3.7 per game) thanks to her quickness and smarts. That’s noteworthy. It’s typically the guards and wing players that lead a team in steals, not a center.

“She has such great hands, and she moves pretty well for a big girl,” Smith says. “So many times, she has come up with a big steal, she looks like a guard playing back there. She can really read and anticipate plays.”

Watts’ game blossomed once she started playing for her AAU team year-round in 2018. The Lady Tigers traveled to tournaments in Kentucky, Georgia, North Carolina, and Florida. They finished as national runner-up in Orlando in 2018. Playing AAU basketball complements her time on the court for Old Mill.

“I think she caught the county by surprise with her ability to score and rebound inside,” Banks says. “She is relentless. She made First-Team All-Metro as a freshman. We haven’t had someone do that from our program.”

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



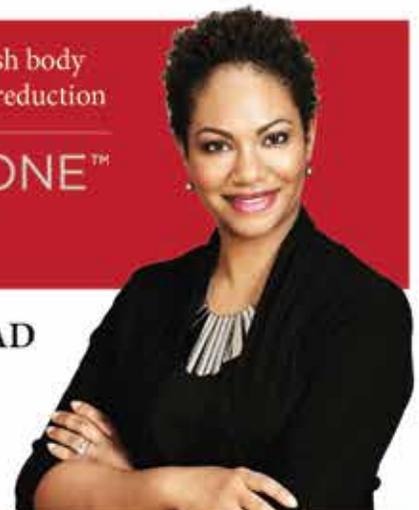
MEDICAL, COSMETIC, SURGICAL DERMATOLOGY PRACTICE

Offering EmSculpt and Vanquish body contouring and Emtone cellulite reduction

EMSCULPT™ EMTONE™
VANQUISH™

Katina Byrd Miles, MD, FAAD

Dr. Miles is a board-certified dermatologist specializing in skin care for children, adolescents, and adults.



410-451-0500 | www.skinoasisderm.com
2401 Brandermill Boulevard, Suite 240, Gambrills, MD 21054



TOWNE INTERVIEW

Brenda Frese

Maryland Terrapins Women's Basketball Coach

By Tom Worgo

For Brenda Frese, a severe foot injury proved to be the path to a college coaching career. Frese underwent four surgeries while playing for the University of Arizona, where she competed for three seasons.

"I started watching my head coach in the locker room and at practice a lot and I realized I could coach at the collegiate level," she says.

“**I STARTED WATCHING MY HEAD COACH IN THE LOCKER ROOM AND AT PRACTICE A LOT AND I REALIZED I COULD COACH AT THE COLLEGIATE LEVEL”**

And what a college coach she's been for the University of Maryland women's team for 19 seasons. The Terps consistently rank among the nation's top-25 programs, have won 10 conference titles, appeared in three final fours, and, most importantly, won a national championship in 2006 when Frese was 35 years old.

Fifteen years later, Frese has amassed a whopping 543 wins across 22 seasons at Maryland, Ball State, and Minnesota.

She's faced challenges off the court, too, including her son Tyler's bout with Leukemia. We talked to Frese about her success, national championship, how she wins recruits over, and her son Tyler.

What's the most important nugget of wisdom you impart to your players?

We are fortunate that we recruit high-level players. It's understanding their

goals. A lot of the players that come here want to play at the professional level. We hold them to that standard and show them that they can achieve bigger things than they ever realized. You take them through the course of their careers to allow those dreams to come true.

Is the fact that you have more than 40 players that earned All-Academic conference honors something fans may not realize?

Yeah. Absolutely. Players that come here are really driven on the academic end. We've had three players that recently went on to medical school. We have another that is a doctor.

Can you take me back to when you won the national championship? What was that feeling like?

It was pretty surreal. We were the one team no one was picking of the four. At that time, we were fearless and didn't know any better or how hard it was to get to a Final Four let alone win a national championship. It was just some incredible memories and everybody lining together up to accomplish that goal.

What does it take to develop and run a consistent Top 25 program?

It's the top-down approach between your players and staff understanding what's important in your program. When you attract great coaches, and support them, they understand your philosophy. For our players as well, they get taught from the top down: who we are, what's important to us, and the level of discipline it requires to be

successful. It all goes hand-in-hand with holding up the culture in your program over time.

How do you convince a Top-25 recruit to come to become a Terp when she's also being pursued by other top programs?

There are so many great programs out there, but we hone in on players we want. We are very consistent in our approach with how we recruit that player. Everybody is going to have great academics and facilities. It's about developing the relationships over time with the recruits.

You have put an emphasis on your team being a family, and, in a sense, you've also integrated your own family, including your twins Tyler and Markus, into the team. Is that your personality and the way you do things?

It is. It starts at home with my mom and dad. They raised six kids and we were all close and still are. We are still committed to twice a week Zoom calls with my parents because of the pandemic. I've committed to them every step of the way and it's been no different with my program. I always want the players to feel like this is their second home. My husband and boys have been a part of it as well. That is going to be a staple every step of the way.

How do you balance family life and coaching since basketball requires endless hours of work?

It takes a village. It starts at the home front with my husband and his parents. They have been huge for us. I had a son that went through cancer and that's where it really took a village amongst everybody on staff. I have great assistants and a support staff so that if I can't be there, they are able keep things going smoothly. You have to have great people around you in order to be successful.

How is your son Tyler doing? Has that experience become the springboard for your charity work with Leukemia?

He is doing great. He is cancer free and goes to appointments once a year at Johns Hopkins. We are really, really blessed. Leukemia charity is a cause that has been really important to us. We want to give because we went through such a traumatic experience. My son went through cancer for two and half years and that was like nothing I have ever experienced.

How challenging has the season been with the pandemic?

This has been more frustrating than anything. Coaches like to be organized and know what our schedule is. It is teaching us that we have to have that flexibility today because you don't know what tomorrow is going to bring.

Is it a big fear to have several players come down with COVID?

No question. We have a small margin for injury or COVID. We already hit that with Angel [Reese] going down, with only 10 scholarship players. We can't afford to lose a couple of more. We wouldn't be able to put a team out there. It's a huge concern, but something I can't control. We had two games canceled with other team's players testing positive. You have to be as flexible as you can.

Have you thought about what you want to do after basketball?

I'd like to travel. I know I am not a lifer in this game by any sort. I want to do other things and it probably won't be basketball related. It will not be spent working 15 hours a day as a coach. I want to spend time with family and friends, and travel. You want to sleep in, wake up, and have a cup of coffee and decide what you want to do. That day will come.

RSVP FOR VIRTUAL MIDDLE SCHOOL INFORMATION NIGHT
APRIL 29, 2021 6:30 P.M.



Monsignor Slade Catholic School
Serving Pre-K2 – 8th Grade
Your child can thrive in our safe, caring, Catholic community



Inquire online today!
www.msladeschool.com

Located near the intersection of Route 100 and I-97
410-766-7130
120 Dorsey Rd., Glen Burnie, MD
OCC #40328

STAY UPDATED

SUBSCRIBE TODAY



VISIT

WHATSUPMAG.COM/SUBSCRIBE

MYTH BUSTERS: WOMEN FARMERS

By Rita Calvert

Photography by Stephen Buchanan

Think farming is mostly for men? Meet four strong successful local women farmers, hear their intriguing stories, and learn their perspectives on what it takes to succeed

INSIGHTS & PERSPECTIVES: AN INTERVIEW

Rita Calvert: Working with farmers over these last several years has introduced me to enormous changes in today's farming world. It seems the pace of change is explosive. All of you have moved far beyond the conventional farming methods. What do you think?

JENA PAICE: Women who are farming are strong and resilient and it takes a strong person to stick with it. I've had the background to quickly rise to manage a flourishing organic farm where "organic" wasn't even a label 100 years ago.

MARTHA CLARK: I look, in particular, at my great grandmother, Martha Tyson Smith Hopkins, for whom I was named. She was farming from 1893 to 1915 and did very well at it. I have a diary of her first year of farming that is fascinating. Yes, a lot has changed.

Nora and I farm together, so it is nice to have each other to discuss plans and make decisions together. We also work closely with our farm manager, George Klopf, and he brings strong farming experience, skills, and expertise to our operation. I think there is still a small residual sense on the part of some farmers and vendors that women are not as good at farming as men, but that is really the exception now, rather than wide-spread.

KIM WAGNER: Well, I can't imagine the struggles 100 years ago. I can say it was not easy because it is a challenge today even with advanced equipment and new technology.

PAICE: It is my absolute and unyielding belief that everyone should have access to fresh, organic food—and have knowledge about its origin.

For the last 20 years, I've had the good fortune to learn and practice the art and science of organic farming. From a career as a master gardener on a private estate to managing a local certified organic farm, I have learned the skills of vegetable and fruit production as well as animal husbandry.

NORA CRIST: I think the local food movement has opened a lot of doors for women farmers to get started. Being face to face with customers helps people learn and accept that anyone can grow food. This helps dispel the stigma that all farmers are men and it shows other women that they can do it too.

Interview continues on page 19 →



Meet Kim Wagner of Black Bottom Farm

"The Resilient Lady Farmer"

In 2009, Kim Wagner was diagnosed with late-stage breast cancer. Driven by her diagnosis, treatment, and frustration with sourcing local nutrient dense, ethically-grown clean food, Wagner began farming. Her health history, nursing background, and passion for honest, local food fostered her unconventional approach to raising livestock sustainably and humanely.

Learning quickly, she began raising pigs, chickens, turkeys, and veal calves on 50 acres of open range, ponds, and woodlots. Wagner took care to honor the strong social bonds and natural instincts of her animals—recognizing their individual habits and personalities, allowing them to explore, roam, root, and wallow in an idyllic natural Eastern Shore setting. She did so all without using antibiotics, growth stimulants, routine chemical dewormers, or soy products. She is on a mission to provide the most nutrient dense food possible in a way that benefits the animals, the land, consumers, especially cancer patients, and, yes, herself as farmer. In fact, in 2017, she expanded this concept from her farm to the Western shore to help cultivate the next generation of farmers.

Wagner sold the Black Bottom land to The Eastern Shore Land Conservancy and stepped across the bridge to the Western Shore where she started a local farm products home delivery service. She also took her favorite pig sow, "Grandmom milk machine," with her. Grandmom Rose has a very contented existence.



Meet Jena Paice of Spirit Grower

*"Hands in the Dirt,
Makes Me Feel Grateful"*

As a single mother of three daughters, Jena Paice has always been drawn to the earth and environment. Trained as a landscaper, she grows organic veggies at Spirit Grower in the Bay Hundred area, where she was born, and sells at local restaurants and the St. Michaels Farmers' Market. She has always had a special relationship with nature and its beauty.

"For me, growing and farming has always seemed like the most seamless union of career and passion. The garden is a place for healing; to get the anger out as the earth is the biggest healing sanctuary we have."

In addition to farming, Paice has organized farmers' markets and CSAs. All these roles ignited a new passion: sharing her organic farming with the community by teaching. A year ago, she founded a youth farming program for surrounding schools.



Meet Martha Clark and Nora Crist of Clark's Elioak Farm

"Never Sell the Land"

In the historic heart of Howard County, Martha Clark and her daughter, Nora Crist, are the first two women to completely take over the reins of a long farm lineage—the very active 540 acre Clarks Elioak Farm. Since 1797, the farm had been run by men of the Clark family.

"Never sell the land" is a credo that keeps the land sustainably preserved while the women cultivate organic vegetables and 100 percent pastured/grassfed beef, pork, lamb, and eggs. Clark also runs an Agritourism venture: the on-site Enchanted Forest, which began welcoming families to the farm in September 2002 as a petting farm and educational venue to celebrate Clark's and Crist's love of family farming.

Since inheriting the core of father Jim Clark's beef cattle herd, the farmer ladies have changed the entire direction of the farm—from conventional to beyond sustainable, and now the new regenerative agriculture, focused on improving land quality. In 2006, they shifted the cattle to a 100 percent grassfed and finished herd. The first 100 percent grassfed beef, using organic methods, was available during the spring of 2010.

Crist had her own journey which greatly influenced the farm products. While in college, she experienced severe joint pain, which was diagnosed as rheumatoid arthritis and went on treatments of prednisone, over-the-counter anti-inflammatories, and anti-rheumatic drugs (DMARDs). When she tested a diet of overloading on carbs then going cold-turkey, she found gluten was the cause of her disease. She gave up gluten while deciding to eat clean; thus the organic direction for Clark's Elioak Farm produce.





PAICE: The dictum I live by and have taught my daughters is, «Work hard and put your mind to it!» However, one of my biggest challenges came from male farmers who belittled the “organic” practices of my woman-owned farm. Now, those conventional farmers see I have worked very hard and still am in business, plus they know I grow excellent produce with even a signature pie [pizza] at Ava’s in Easton.

Land access is the biggest dilemma I face, like most sustainable farmers in our region. The price of land is way too high for the margins that small sustainable farmers can earn. This is not a problem *just* for women farmers, but *all* small farmers.

Initially, I had roadblocks to acquiring loans but I didn’t give up. I pushed hard by continually pursuing these loans and learned to speak the business language.

Women have always known how to take care of family, children, and the garden, showing resilience just in their innate qualities. Farming can be an extension of their innate nurturing qualities, so they excel at it. For me, it was about feeding my three incredible daughters, one of which works at the farm and farmers’ market with me.

WAGNER: For me, it was more being a new kid on the block, proving I was serious—that there was value in what I was doing, that my ideas and methods were in line with consumer desire and they would be willing to pay for that product. Today, I still have relationships with these customers. I believe there is a mutual respect that I had to earn. There has been much change in small scale farming. Women have a strong presence. I am proud to stand with them, proud to be a small part of the local sustainable food movement. The struggles are real, we all share them.

My path was filled with resistance, mostly, to change. Perhaps coming from a life-threatening experience with complications, I was ready for the challenge—everything else seems easy. The farm was my place of healing, communing with the animals, the beauty of the land, wildlife, peace, quiet, and the friends and relationships built there are priceless. Maybe there were struggles, maybe things were tougher because of gender, my practices, being an outsider, whatever. I guess I chose to not see that, and still choose not to. I had a vision.



WAGNER: There was a huge learning curve, but I was determined to do things differently based on what I now know about health through my recovery. For example: sprouting grains for animal feed, making large batches of probiotics for animal health, slower grow out times, convincing processors to work with me and understand my product would be different with my animals being given optimally nutritious food. Also, I believe in maintaining an environment so the pigs could live as natural a life as possible. I guess my methods are very old fashioned, primitive, certainly not resembling any production facility today.

Calvert: I’m hearing about a lot of courage, resilience, and positive thinking. You all seem to have those attributes. Talk about the challenges you have had to overcome to farm your way.

CLARK: There have been times when I have felt not taken seriously. Generally, I don’t mind being underestimated, but occasionally that can be frustrating. In our local community and overall, I have felt supported and not singled out for being a woman. I am also lucky to have a great group of local women farmers to support me.

At times, in larger groups or when away from home, there is a sense of differentiation between male and female farmers, but I have been lucky to not see that too dramatically. I find that once we start talking about our farms, any barriers fall away because we realize we speak the same language.



**CHRIST CENTERED EDUCATION:
AN INVESTMENT WITH IMPACT**

K3-12TH GRADE

**COVID-19 MITIGATION
PLAN IN PLACE**

OCS
Odenton Christian School
- In-Person Classes Five Days a Week -
CALL TODAY: (410)-305-2330 • <http://ocs.odentonbaptist.org>

**Colon cancer is preventable,
treatable and beatable
with a colonoscopy.**

We provide prompt, personalized and caring service to improve your health and wellbeing.

WOODHOLME A LifeBridge Health Partner
GASTROENTEROLOGY ASSOCIATES

410-863-4899
802 Landmark Drive, Suite 129 | Glen Burnie, Maryland 21061
www.WOODHOLMEGI.COM

ANNAPOLIS AREA CHRISTIAN SCHOOL

SUMMER PROGRAMS

EVERYTHING SUMMER!
AGES 3^{1/2} - 18

410.519.5300 x3150
summer@aacsonline.org
www.aacsonline.org/summerprograms

The Capital READERS CHOICE 2-0-1-8 FINALIST

CAMP REGISTRATION NOW OPEN

EAGLES EXPLORATIONS

West County Best of WEST COUNTY 2017

50+ Programs | Sports Camps
Academic Camps | Creative Arts Camps

Camps held in Severn and Annapolis.
We welcome campers of all families and faiths. Tours available by appointment!

ANNAPOLIS AREA CHRISTIAN SCHOOL

How local summer camps have adapted to deliver experiences in the era of COVID19

Summer

WILL BE ON!

By Kat Spitzer



It would be an understatement to say that the COVID19 pandemic changed and disrupted Summer 2020. Families cancelled vacations, friends saw each other only outside, and the beloved tradition of summer camps for kids either didn't happen or had to proceed with serious adjustments. Organizations offering camps got creative, however, offering virtual or modified in-person experiences. Following all government and CDC guidelines, many places still managed to produce memorable summers for the kids.

After months cooped up in their homes, the children who attended in-person camps were able to engage with other kids and adults at a safe distance, and spend time being active out-

side, and on a limited basis, inside, participating in an amazing variety of activities. Virtual camps, offered by numerous places, including Anne Arundel Community College, presented courses on coding, gaming, drawing, Manga, and more. Barring another complete lockdown, the plan is for camps to continue bringing options, and expanding on them as permitted.

"If I could have done 11 more weeks of camp this past summer, I would have, as it went so well," says Zalan-ka Jones-Anderson, Program Director of the Y in Arnold (Greater Annapolis). Nobody was sure what to expect at the beginning of the summer, but the Y created full, in-person day camps from mid-June through the first week of Sep-



Photos courtesy Boys & Girls Club of Annapolis & AA Co., YMCA Camp Letts, and The Y in Arnold

tember. They set up huge tents outside for all activities, and campers stayed in their own “neighborhoods” consisting of a small group of kids, for the whole week. “We were reminded that this was the first time these kids had been out of their homes and with other kids. The activities helped them deal with the emotional piece they had been dealing with, which is anxiety,” Jones-Anderson says. “It was our chance to think outside the box.” Activities included hiking, dancing, trivia, arts and crafts, and more.

While attendance was about 50 percent the normal rate, the campers enjoyed the extra attention of having smaller groups. Jones-Anderson continues, “We are planning to run our full summer next year, and plan to keep all the safety procedures in place. Based on executive orders, we can decide what to add or take away. Our outlook is we know the challenge, and we will meet you there, and make whatever that looks like a success for the kids. They need it.”

Some of these safety procedures across all camps include daily screening questions, multiple temperature checks each day, mask wearing, social distancing, cleanings between use of areas and materials, and nightly deep cleanings. “We’ve gone to cohorts of no more than 10 people in any designated space inside, and slightly shortened daily hours to allow for disinfecting time each night,” says Lisa Lindsay-Mondoro, CEO, Boys and Girls Club of Annapolis and Anne Arundel County. “We are hoping for a vaccine down the road that will allow us to get completely back to normal, where kids can high-five and sit closer together, but we will plan to continue the social distancing for as long as necessary so that these kids can still have an amazing experience. People are still very scared and unsure, so we want parents to feel comfortable knowing that we adhere to all the rules!”

“In the midst of all of the uncertainty, we wanted the kids to find their center and feel calm. It helped them to take their minds off the outside world, look inward, and help them with coping skills.”

their center and feel calm. It helped them to take their minds off the outside world, look inward, and help them with coping skills,” Lindsay-Mondoro says. Olivia, a camper at the Boys and Girls Club this past summer says, “It was sad to end the school year the way that it did, but coming to summer camp made me feel happy and comfortable, knowing I can talk, laugh, and learn fun things with my friends and the staff.” The Boys and Girls Club plans for a full summer program next year focusing on good character, healthy lifestyle, and more fun. “We’ve already done it, so we can do it again, even better. We are prepared for anything,” Lindsay-Mondoro says.

“Kids are all already used to masks and protocols, so it ended up not being too hard on them. They were just excited to be outside, do water activities, and engage with their peers. We will plan to do all of that and more, as allowed, this summer”

Director of YMCA of Metropolitan Washington. Camp Letts is moving forward with plans for next summer with social distancing measures still in place. “Kids are all already used to masks and protocols, so it ended up not being too hard on them. They were just excited to be outside, do water activities, and engage with their peers. We will plan to do all of that and more, as allowed, this summer,” Mason explains. These activities include canoeing, stand up paddle boarding, field games, zip lining, drama, arts and crafts, and more. If restrictions are lifted more, then kids may also have the chance to go sailing, and use the high ropes course.

The School of Rock offered in-person camps, and the option for virtual performance learning at their locations. “Small groups were allowed inside for camps, with clear, curtained isolation booths for each camper to play their instruments, but still be together and see the other kids in the band,” says Ed Beever, General Manager of the School of Rock in Arnold. “The kids were so excited to be there, and knew that social distancing was key to be able to stay, so there were no problems at all. We had just one camp planned, but it went so well that we added two more!”

For families uncomfortable with in-person music lessons and camps, the school offers virtual lessons and performance opportunities, so that students can record their parts and the staff will put it all together as an amazing music compilation with other students’ recordings. “We give kids every chance possible to perform. At the end of camp weeks, we usually book a local space for them to put on a show, but in summer 2020 we did a live stream, so even grandparents in Florida could watch the kids play. It was fantastic. COVID has caused us all to get a little more creative with how we do things, but it’s also brought our community of kids and parents together even more. I’ve been totally amazed by how adaptable and cooperative all these kids are, given the changes,” Beever says.

Summer camp is a vital experience in the lives of so many children. Organizations continue to adapt to the ever-changing circumstances to provide meaningful moments in the upcoming seasons. While we don’t know exactly how things will look, groups are committed to giving kids the opportunities to make memories for a lifetime. The hope is for normal business as usual. The reality may be something different, but even more special.

YMCA Camp Letts, in Edgewater, plans to return to overnight, as well as day camps this summer, after only day camps in 2020. “We were able to keep kids in small groups and segregated from other groups for all of their activities. We were COVID free all summer, with no scares,” says Andrew Mason, District Executive



WHAT'S UP? MEDIA

Bridal

E X P O

Join us on March 14th from 1-4 p.m.
at Prospect Bay Country Club

WHAT'S UP? MEDIA



Get everything checked off your Wedding To-Do list at our one-stop shop. From cake tastings to beauty makeovers, we will have plenty of options for you to plan your perfect wedding

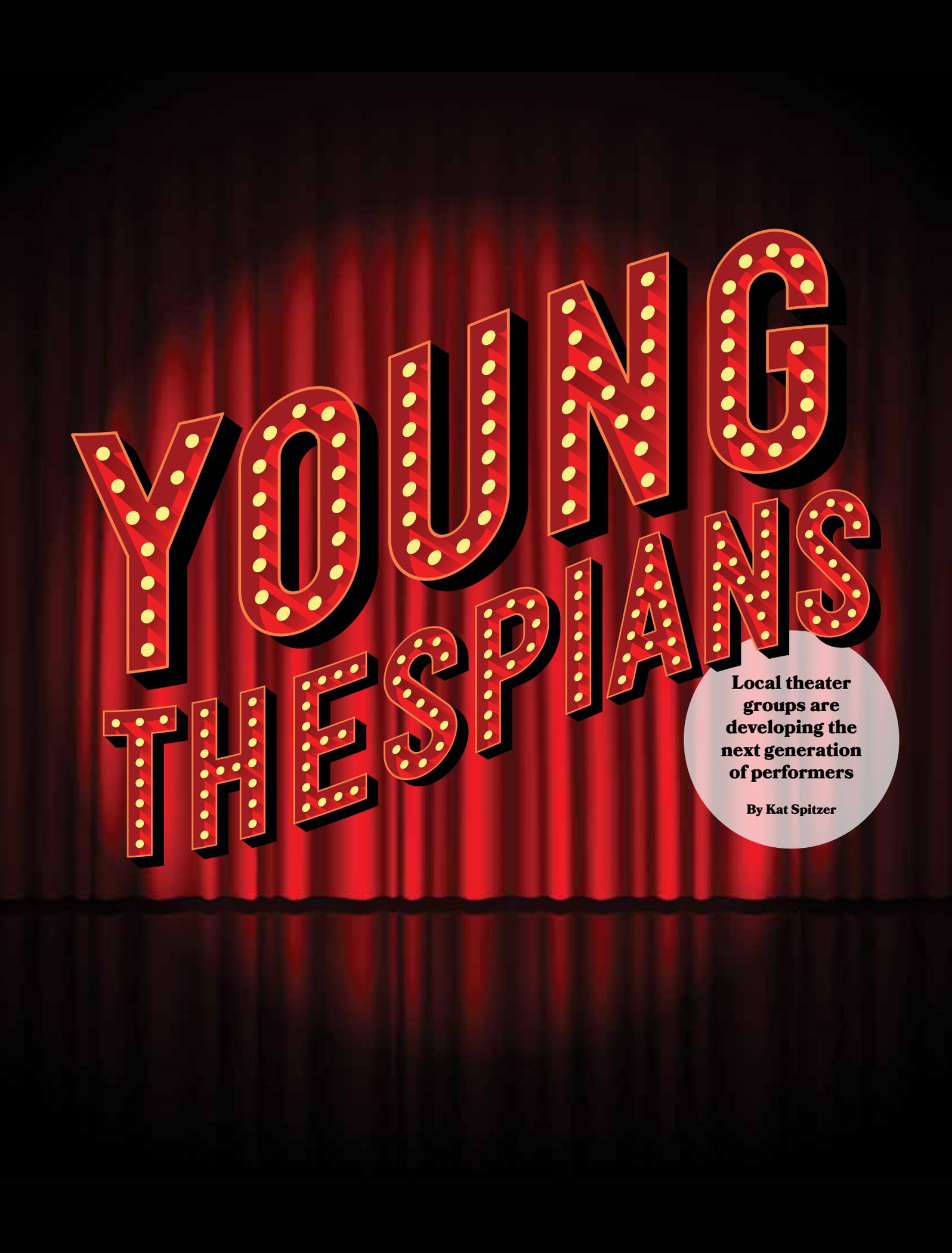
TICKETS ARE \$15 IN ADVANCE, GO TO WHATSUPTIX.COM FOR MORE INFORMATION

Interested in being a vendor? Email us at dcarta@whatsupmag.com

Celebrate Your Engagement!

Are you or someone you know recently engaged? Share the special moment with us! Purchase an Engagement Announcement for \$175, and choose which What's Up? monthly publication you'd like to appear in. Go to whatsupmag.com for details!





YOUNG THESPIANS

**Local theater
groups are
developing the
next generation
of performers**

By Kat Spitzer

Of the many things we've learned over the past year during the pandemic, a major endeavor is the importance of giving kids a creative outlet. Too often, kids and adults are trapped looking at screens of various sizes all day long. Children need the chance to engage in the arts and express themselves. They need that interaction with peers. Luckily, Anne Arundel County, and the surrounding areas in the region, have a plethora of children's theater groups to give kids the opportunity to let their creativity flow, while building new skills and growing confidence.

In Annapolis, the Children's Theatre of Annapolis (CTA) has offered performances, educational classes, and workshops for kids since its founding in 1959. "It is magical to see the transformation of kids over the course of their time at CTA," says Kelsey Casselbury, President of CTA. "When they start, they are often nervous, shy, withdrawn. It's incredible to see how they blossom over weeks, months and years." In a typical season, CTA will produce a teen musical in the fall, followed by a traditional play during the winter, and a junior musical in the spring. In addition, they offer a camp in the summer, which culminates in a large-scale production at the end of the three weeks.



"Kids get the chance to learn all aspects of a production, and if they audition and don't make a show, they help in other ways, with lighting, or as a stage manager. Everyone working together creates a wonderful family atmosphere," Casselbury says.

"The community is so inclusive. I can really be myself there. I've made really good friends and it has made me love theater even more," says Liam Devries, a student and participant with CTA for the past three years. His mother, Natalie Devries, who also serves on the board, says that Liam's experience with CTA has been life changing. "He has more confidence. He's happier and more motivated. It is so much fun as a parent to watch your child when they find their passion. He lights up onstage. And off the stage, he is more open when talking with peers and adults. He's learned new skills. He's open to new ideas. And he's learning how to be a positive mentor, as the older kids have been to him."

The Avalon Children's Theatre (ACT) in Easton offers programs and production opportunities for kids starting at age four, through high school. In addition to their regular productions, ACT puts on an annual holiday production for all ages that is a massive community event. Often the casting reaches well over 90 actors. Last summer they managed to produce and record an outdoor production of *The Lion King*, in a large field, and send videos and recordings to families since they could not have regular audiences. The Avalon also offers



Stage & Screen Studios in Millersville offers students small group and individual coaching, as well as stage production and screen opportunities. Director Pete Garvey and his wife, Julie Ann Garvey, started the studio three years ago and are already helping kids enjoy amazing opportunities on stage, in commercials, and in a recently produced TV pilot. Both Pete and Julie Ann have extensive acting credits and were so excited to bring that experience to kids in this region. “I am profoundly impressed with the talent of these kids and it is amazing to see their growth,” Garvey says. “At our school, not only do kids get excellent acting coaches, but we are always striving to provide professional opportunities, and skills in the technical infrastructure of various productions.”

Guest artists who work with students at Stage & Screen include Allison Bailey, who plays Glinda in the Broadway National Tour of *WICKED!*, and Sixx Orange, a Maryland native, who has taken Hollywood by storm, starring as the lead on Amazon’s *The Kicks!* “By having high-end talent teaching at our studio, the

kids the chance to learn other skills in sound and production by assisting with concerts and outside acting groups that come through the venue. “I cannot express the level of growth I see in these kids,” says Kimberly Stevens, Director of ACT.



“Not only do they learn to express themselves, but also they learn to step outside the box. It also helps their academics because they learn to speak up more and share their thoughts. This translates to how they interact with teachers and others at school. It’s also really beautiful to watch all kinds of kids come through here. Theater is not just for the artsy kids. Sporty kids love it, and they can be flexible by participating when they are not in their sports season.”





One thing all the theaters and studios have in common is a sense of inclusiveness. “At CTA, we value the importance of diversity and inclusion in everything from hiring staff, to the productions themselves. We look to choose productions that will be open to all, and love the idea of extending our reach to neighboring counties. And very importantly, we are a safe space for the LGBTQ community,” Devries says.



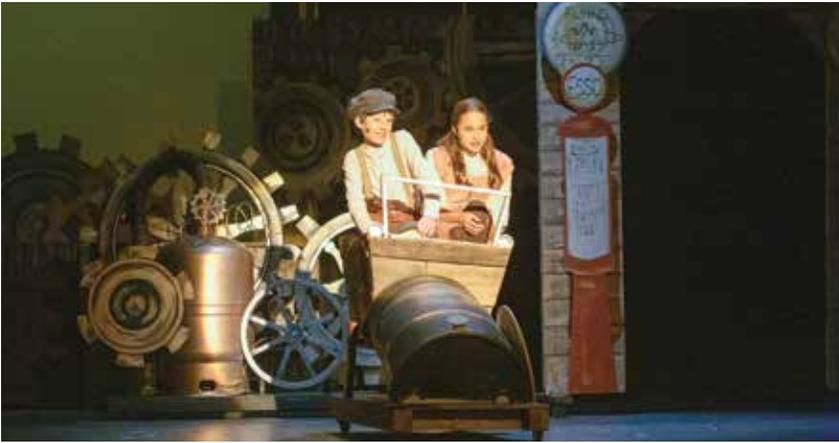
Whether the kids simply take acting classes, or go right into auditioning for productions, they learn important skills along the way. Auditions can be anything from cold reads of a piece, to singing a few bars of a song, to setting up individual times to be filmed and evaluated, as their

kids can see, and interact personally, with someone who’s done it and succeeded. It brings a whole different air to the studio. These actors are gentle, helpful, and informative to the children. It’s inspiring to watch,” Garvey says.

Participants at these various children’s theaters are sometimes finding such a love for acting and production that they hope to continue with it into the future. Jackson Anderson, age 16, has pursued coaching at Stage & Screen, and has auditioned and performed at numerous productions at Anne Arundel Community College. “I really love the community aspect of theater. I enjoy meeting different kinds of people, getting to know them, and learning where they come from,” Jackson says. Kids can also take part in summer programs in theater through AACC’s Kids in College Programs.

“Children’s and community theaters are amazing because there are so many personalities. Kids really learn about themselves and it’s so affirming for them to receive the applause from the audience, and even more exciting when they are recognized out in their community for their performance. It’s a springboard to so many other opportunities,” says Lisa Anderson, Jackson’s mother. Jackson has taken these experiences and had success in getting parts in film and television.





All photos courtesy Children's Theatre of Annapolis, Stage & Screen Studios, and Avalon Children's Theatre

audition. Each aspect of auditioning helps the kids to build confidence. If they don't make a particular show, all the theaters and studios have options for backstage work.

Children's theater programs in Anne Arundel and neighboring counties work to enhance what the kids have access to in their local schools. Many county and private schools have wonderful departments, and students will often split their time participating in school productions and children's theater productions. "We work with kids so that they can participate in both, based on the season at CTA," Casselbury explains. Kids in public schools also have the opportunity to audition to be part of the Performing and Visual Arts Programs at magnet schools. It's exciting for kids to be a part of their school and their private theater. Many of the local children's theaters, like CTA, also offer scholarships for kids who might not otherwise be able to participate. "We don't want money to be an obstacle for our programs and camps," Casselbury says.

Children's theater has always been a remarkable way for kids to discover a passion and get more creative. Now more than ever, after a year of separation, and activities done in a modified capacity, it seems even more crucial for the kids who love it, or others looking to discover it. The community can expect excellent productions from all the local children's theaters in the near future, like *Frozen Junior* from CTA. Some studios may still be working on virtual productions but, as safety allows, staffs and participants are eager to get on the stage and perform for their usual large audiences. "It's been hard on these kids, not having this artistic outlet," Devries admits. "I've seen my son struggle by not having it around."

Says Stevens, "I just love watching them grow, shine, and come out of their shell."

For children interested in pursuing theater, this area has an abundance of high-quality options to be part of a community that feels like family. All of them have received local, regional, and, even, national accolades, and provide a multitude of options for beginners all the way to those seeking professional opportunities. Now all you have to do is get out there. Break a leg!



Script, Flip, Invest

HOW TO DEVELOP AN INVESTMENT
PLAN AND LEVERAGE TODAY'S REAL
ESTATE MARKET IN YOUR FAVOR

LISA J. GOTTO

For better or for worse these are increasingly changing times in which we live. The events of the last year have culminated to provide, for lack of a better term, a mish-mash of new rules competing with standard practices to create a new normal—*again*.

One sector that has certainly been in topsy-turvy world is real estate, and while it hasn't particularly changed the standard approaches to residential real estate investment, it has changed how each type of investor should approach the market we have inherited.

Investors Defined

Those four standard residential investor types are: the Traditional Single-Family Home Owner, the Multiple Residential Property Owner, the Speculative House Flipper, and the REIT (Real Estate Investment Trust) Investor.

The rumblings we first started seeing in the realty market in mid-2020, have required investors to step up their normal research in order to take advantage of market influences, or gain leverage—which is really the “secret sauce” of being a real estate investor.

The pandemic influenced real estate in several specific ways:

It made many apartment or high-density dwellers think twice about continuing in that scenario for much longer. A lack of both interior and exterior square footage, and the inability to put more daylight between you and your neighbor, playing primary roles here. This created a unique and rather large tranche of new, first-time home buyers.

It also created a greater number of families looking for larger homes and second residences out of the fray of urban areas.

Close to home, we have seen this scenario play out in the form of people who live in more congested areas such as Bethesda and Arlington looking for more space and more value for money here in our greater Annapolis and Eastern Shore markets.

The result has been historical, according to Brad Kappel, of TTR | Sotheby's International Realty.

“We had the lowest inventory ever recorded,” Kappel explains. (As of interview date: December 7, 2020) “We also have the

highest demand, with the most contracts in the year 2020, and the lowest days on the market.”

Less homes for sale has created pros for some of our investor types and cons for others.

Which brings us to one of the biggest changes and decidedly a notch in the “pro” column—historically low interest rates. (At the time of this writing, the 30-year fixed rate was 2.71 percent.)

And experts expect this trend to continue well into 2021. So how should the perspective single family home buyer approach the market in 2021?

Strategies for the Aspirational Traditional Single-Family Homeowner

What never changes in any real estate scenario is value for money. All the things we traditionally think of when securing a sound home investment apply here, specifically location. “The home should be in a neighborhood of similarly valued homes that feed into a strong school system,” Kappel suggests.

And while buying a home that has been well maintained is always the gold standard, with interest rates being so low, it is especially important and highly advisable to choose a home that already has the upgrades you may want, as it makes no sense to get less and then have to spend additional monies that you may need to acquire at a higher rate to address upgrades or deferred maintenance issues later.

You especially would not benefit buying a home that needs upgrades if you're using other investments like your 401K or mutual funds that are realizing decent returns to make those changes. Nor would you wish to jeopardize your

normal cash flow to address deferred maintenance issues on an ongoing basis. These are losing leverage scenarios that you want to avoid.

“People buy houses and then they’re house-poor because the house keeps nickel and diming them to death,” Kappel says.

Once you have secured the right property, you will also reap the advantage of the annual mortgage interest deduction (if you choose to itemize your deductions) and you will have maximized leverage in the single-family home buyer scenario.

Of special note: if you’re looking for a home in our current low-inventory market, ensure that you have been pre-qualified with a lender prior to making any offers. The seller’s market has created a highly-competitive space in which to operate as a prospective buyer and your pre-qualification will provide you with more leverage.



More House for the Money

One of the most significant changes that has affected the real estate market is the threshold for the conforming mortgage amount on FHA, conventional loans, VA loans, and farm loans which took effect January 1, 2021. The FHFA (Federal Housing Finance Agency) increased the maximum home price for qualification in Anne Arundel County, for example, from \$510,000 to \$548,250 — which means more house for qualified borrowers. *Log on to [FHFA.gov](https://www.fhfa.gov) for the conforming mortgage amount in your specific area.*

Strategies for the Multiple Residential Property Owner

In this particular scenario the adage, “There are two sides to every coin,” certainly applies. On one side, if you came into the pandemic market as a multiple property owner with some inventory in the right location, you are probably sitting pretty right now. If your investments were in the more dense and urban areas, however, you may be in a scenario you never even imagined you would be in—and now you’re the one sitting on the inventory.

And herein lies the risk and reward nature of every multi-residential property owner.

“Buying and owning real estate is not for everyone. This type of investment requires commitment and involves many risks,” says Marina Painter, CPA of Ally Tax Group in Annapolis. “As long as the investor is properly educated, however, buying real estate is a good way to diversify your investment portfolio, create a major reserve of equity for retirement, potentially create tax-free cash flow, and have tax savings.”

This market, however, has recently taken the stark reality of the risk and reward proposition of being a landlord to the extreme. That is why it is essential to do the homework, especially the math homework, associated with each and every property you are considering.

Part of any homework process is the understanding of the mean or average rental income price for your given area or neighborhood, going in. With the recent shifts in our daily live/work situations, these amounts may noticeably vary from what they were just 18 months ago. This also ties into assessing that the



“IT IS CRITICAL TO MODEL TWO THINGS IN YOUR CALCULATIONS: VACANCY AND REPAIRS. MOST INVESTORS FORGET THAT THINGS HAPPEN AND THAT MARKET CONDITIONS WON’T ALWAYS BE PERFECT.”

demand for rentals in your chosen area can support the financial goal you have set for the investment over the term.

Once you have obtained that information you will want to make sure the rental amount you have set represents at a minimum, a breakeven point for cash flow for you. The shrewd investor makes sure that sum includes wiggle room for some other eventualities.

“It is critical to model two things in your calculations: vacancy and repairs,” says David Orso of the David Orso Team of Compass Point Real Estate. “Most investors forget that things happen and that market conditions won’t always be perfect.”

Another consideration—calculating in the money you would need to pay a property manager. Most multiple property homeowners, especially those who do

not live nearby, require this extra pair of eyes, ears, and hands to address tenant issues as they come up in a timely manner.

An Investment Mortgage Primer

Most likely you will not be moving forward with any of these plans if you have not established your source of financing.

“Buying an investment property can be financially rewarding. When it comes to getting a mortgage to buy an investment property it is important to know the guidelines, and often, it requires a bit of creativity,” says Wes Tower, Managing Partner & Mortgage Advisor for Atlantic Prime Mortgage in Annapolis.

It’s also important to note that guidelines for investment mortgages are different than mortgages for primary residences and second homes, as



What is the Most Common Question Asked by Investment Property Owners?

“What can I deduct on my rental property? This is the most common question we get as CPAs,” Painter says. “Like anything in accounting the answer is ‘it depends.’ It depends on facts and circumstances of each individual case. For example, if you buy a laptop, it might be tax deductible if it’s being used primarily for your rental real estate business to manage your properties, doing property research, book-keeping, etc. Anything can be tax deductible!”

are interest rates, which are higher than primary home purchases. You will also notice a difference when it comes to the amount of down money required. For the best terms on an investment property mortgage, Tower explains, a down payment of 20 percent or more, is typically required.

“One of the creative options we often do for our clients to offset the down payment needed, is to borrow against their current primary residence with either a HELOC (Home Equity Line of Credit) or second mortgage,” Tower says.

“This gives the investor-buyer the down payment to get the best terms on financing their investment property. Investors that buy and hold properties typically do very well over the long-term. Appreciation combined with the rental income collected on a rental home is a great way to build wealth. As investors add multiple properties to their portfolio, mortgage financing can become

even more tricky as the buyer’s Federal Tax form Schedule E will come into play for evaluating their income qualifications,” Tower explains.

As you would imagine, your overall financial/tax picture will become complicated, but with proper record-keeping, planning, and advice, it is something that cannot only be managed, but leveraged.

“Bookkeeping plays a very important role in any business, including real estate,” Painter says. “If you are a landlord, how do you know how well your rental properties are doing if you are not keeping track of their income and expenses? After all, you are in business to make money and you cannot do tax planning and make an educated decision if you don’t have those numbers readily available.”

Painter explains that there are a lot of tax-saving strategies that can be applied not only while you own real estate, but also when you are selling it.

“Again, proactive tax planning is the key. If you are selling a piece of real estate and have an estimated capital gain of \$250,000 that can cost you \$60,000 to \$80,000 in tax. That is your hard-earned money and something you’ve been working for, for years, paying mortgage interest, taxes, upkeep on the property, insurance, etc. So why wouldn’t you take advantage of the tax code and not pay a dime more in tax than you have to?”

Painter says it’s essential to seek the advice of a CPA before making any major real estate investment decision.

“Sometimes a smallest adjustment or modification can result in a major tax outcome. Failure to plan is planning to fail!”

Strategies for the Speculative House Flipper

If you’ve been sitting watching HGTV all pandemic and thinking, “That house flipping doesn’t look so tough. I bet I could do that. They always seem to be able to make money. Maybe there’s some decent investment potential out there for me.”

To this thinking, Orso counters definitively: “Keep your day job. It is so hard to find homes at the right price and the competition is so incredibly stiff right now because HGTV has made flipping seem fun and popular.”

Indeed, this is a particularly tough market in which to get started, with its low level of inventory, and these types of investments are often a lot more challenging than the television shows make them out to be.

“The money is made on the buy side,” Orso says. “First-timers typically screw up by overpaying up front and then overestimating how much they can sell it for.”

If you are of hardy stock, have done your homework, and still think flipping is something you want to pursue, Kappel has some advice for the determined.

“You have to be able to find a property that has enough upside that you can: one, buy it, then renovate it, and then turn around and sell it (with enough) to pay the transaction costs, to be able to get out from under it.”

By transaction costs you must consider the amount you will most likely pay a realtor on the buyer’s side and that’s if you handle your end as a “For Sale By Owner” transaction.

You will also have to pay a transfer tax (in Anne Arundel Country that’s 1.1 percent) because you have not lived in the home. There could also be capital gains implications because you have not lived in the home. And unfortunately, we are not done yet.

“YOU HAVE TO BE ABLE TO FIND A PROPERTY THAT HAS ENOUGH UPSIDE THAT YOU CAN: ONE, BUY IT, THEN RENOVATE IT, AND THEN TURN AROUND AND SELL IT (WITH ENOUGH) TO PAY THE TRANSACTION COSTS, TO BE ABLE TO GET OUT FROM UNDER IT.”



“The other thing that you have to factor in and that people don’t put a value on is their time,” Kappel says. “If you consider the carry costs from the point where you secure the property and it transfers into your name, to the point where you sell it and it goes into the new buyer’s name. What is that amount of time worth to you?”

Again, if you are willing to make peace with all these factors, there are two things you can do to make your sailing in the flipping market a bit smoother. One, is wait until we have navigated back to calmer buyer’s market waters. The other, Kappel says, is to align yourself with a realtor who you trust implicitly to give you the straight skinny on what a realistic price of sale would be once you have done your renovations.

Strategies for the REIT Investor

A REIT (Real Estate Investor Trust) is a construct in which you can have some skin in the real estate market game without having to do the actual buying, selling, or flipping of properties. There are different

types of REITs to choose from, their funds are generally made up of commercial properties and/or mortgages on those types of properties, and they are considered viable portfolio diversification tools.

Do your research, but more importantly have those important conversations with your financial adviser. Not all REITs are created equal—and the pandemic has caused significant volatility in some of these funds due to the commercial nature of their structuring.

The primary issues in the short-term lie in the blow the pandemic dealt to the commercial office and small business sectors. There is less need for office space when everyone is working from home and industry experts agree that many of those jobs will never return to traditional offices in commercial spaces. With small businesses having to curtail hours and services, many of their landlords have had trouble collecting rent. (Note: the impact of social distancing restraints and business closures varies widely across real estate and REIT sectors, but for some, the effects were severe.)

Until the economy can return to normal, most analysts are taking solace in that fact that prior to the pandemic, these investments were positioned particularly well in the market with strong balance sheets and ample amounts of liquidity, and they see this financial strength as supportive for their positive mid- to long-range outlooks on REITs.

The Future... Only Younger

As we look forward, realtors are preparing to see more of the same when it comes to inventory shortages as we continue into 2021. Despite that particular challenge, they remain enthusiastic. “In my professional opinion, 2021 will be incredible,” Orso says. “There are so many buyers looking for homes and 2021 will see new inventory and more sellers ready to pull the trigger. Inventory is the issue for active buyers, but it is also the issue for home sellers because they are saying, ‘I can’t list now because there is nothing to buy.’ More listings is the answer!”

The future will also highlight the group predicted to be the

most plentiful among those new investors—millennials.

“Everything I am reading from the NAR (National Association of Realtors) is talking about engaging with millennials because they are the most populous part of our population right now and they’re all going to become home buyers at some point in the next five years,” Kappel says.

Traditionally, he explains, this might not have a profound effect on an area like Annapolis because in generations past, the younger adults would be headed to more urban areas like D.C. or New York City initially.

“They want to be able to go out to dinner, go to yoga class, and have everything at their fingertips,” Kappel says.

Post-pandemic, he says, they see areas like Annapolis as a more practical alternative, with a better climate, better schools, and better pricing.

“They *were* headed to the cities, but now...they’re coming to town.”

Yes, the times, they are a’ changing!

LONG & FOSTER®

REAL ESTATE

410-721-1500 • Crofton/Bowie, Tri-County Office 

Want to become a Realtor? Contact Us Today For Information

Long & Foster now offers virtual pre-licensing classes.
Contact Dominic for details on this exciting new career opportunity.



Dominic Cantalupo

Manager, Associate Broker
Crofton/Bowie Tri-County Office
Office: (410) 721-1500 | Cell: (410) 963-5466
Dominic.Cantalupo@LNF.com



Jeanette Blankenship

Your Two Rivers Neighbor
Serves Military/Veteran Families

Let me assist you with having a smooth
home buying or home selling experience!

Long and Foster Real Estate, Inc. • 2191 Defense Highway, Crofton, MD 21114
Cell: (443) 351-8039 • Office: (410) 721-1500
Jeanette.Blankenship@LNF.com • LongandFoster.com/JeanetteBlankenship



Ryan Fuhrman

Mortgage Consultant | NMLS ID: 450398

If you have applied for a home loan with a competitor, we want to save you money! Just show us a current Loan Estimate from another lender, and we will either beat the competitor's offer or provide you a \$350 gift card just for giving us the opportunity to compete.

Prosperity Home Mortgage • 2191 Defense Highway • Crofton, MD 21114
Cell: (240) 432-8513 • Office: (410) 721-1500 • Ryan.Fuhrman@phml.com

Top 1% Realtors® Nationwide

Call Me To See What Anne Arundel County Has To Offer!!!



BILL FRANKLIN

Let Bill's Success Work for You!

- Resales
- New Home Construction
- Investment Properties
- Nationwide Relocation
- \$700+ Million Lifetime Sales
- Master's Club Member
- Long & Foster's Hall of Fame
- PGCAR's Hall of Fame

"I sell more because
I do more"



www.BillFranklin.net

(O) 410-451-6205 | (C) 301-346-5690

BillFranklin@LNF.com

Buying, Renting or Selling? Let's Talk!



LONG & FOSTER
REAL ESTATE



Becky Litz, Realtor 703-336-2223
Military Relocation Professional 



Baldwin Homes Presents...

Waugh Chapel Woods from \$575,900

Whitefield from \$585,900

Cannery Crossing from \$579,900

Spacious models ranging up to 3,000+ sq. ft.
Some with immediate deliveries

Cheryl Poole - (c) 240-876-9088 • Cheryl.Poole@LNF.com



Sebastian May

Realtor®

Cell: (443) 808-9226 Office: (410) 721-1500

Sebastian.May@LNF.com | LongandFoster.com/SebastianMay

LONG & FOSTER
REAL ESTATE

Considering how historically low interest rates are, now would be the best time to buy. Contact me to learn more about how I can help you!

Long and Foster Real Estate, Inc. • 2191 Defense Highway • Crofton, MD 21114

Tracy G. Morgan

Realtor®



Your Neighbor Specializing in the
Greater Riedel and Waugh Chapel Areas

Cell: (301) 452-7511 | Office: (410) 721-1500

Tracy.Morgan@LongandFoster.com | LongandFoster.com/TracyGMorgan



THE MCKENNA GROUP
unlock your dreams



Let Us Help You Unlock Your Real Estate Goals!

Direct: 443-995-2847 | Office: 410-721-1500

Email: Caitlin.McKenna@LNF.com

www.TheMcKennaGroup.net



Maria Lopes

SFR, SRES and C-CES

Office: (410) 721-1500 • Cell: (240) 423-8510

maria@mariosellsdcmetro.com
LongandFoster.com/MariaLopes

Let me show you the way to buying, selling or renting your next home or investment.

LONG & FOSTER
REAL ESTATE

Crofton/Bowie Tri-County | 2191 Defense Highway | Crofton, MD 21114



Cheryl Poole

Specialty in helping new home buyers find their
dream home since 1998.

Let me help you find your new home too!

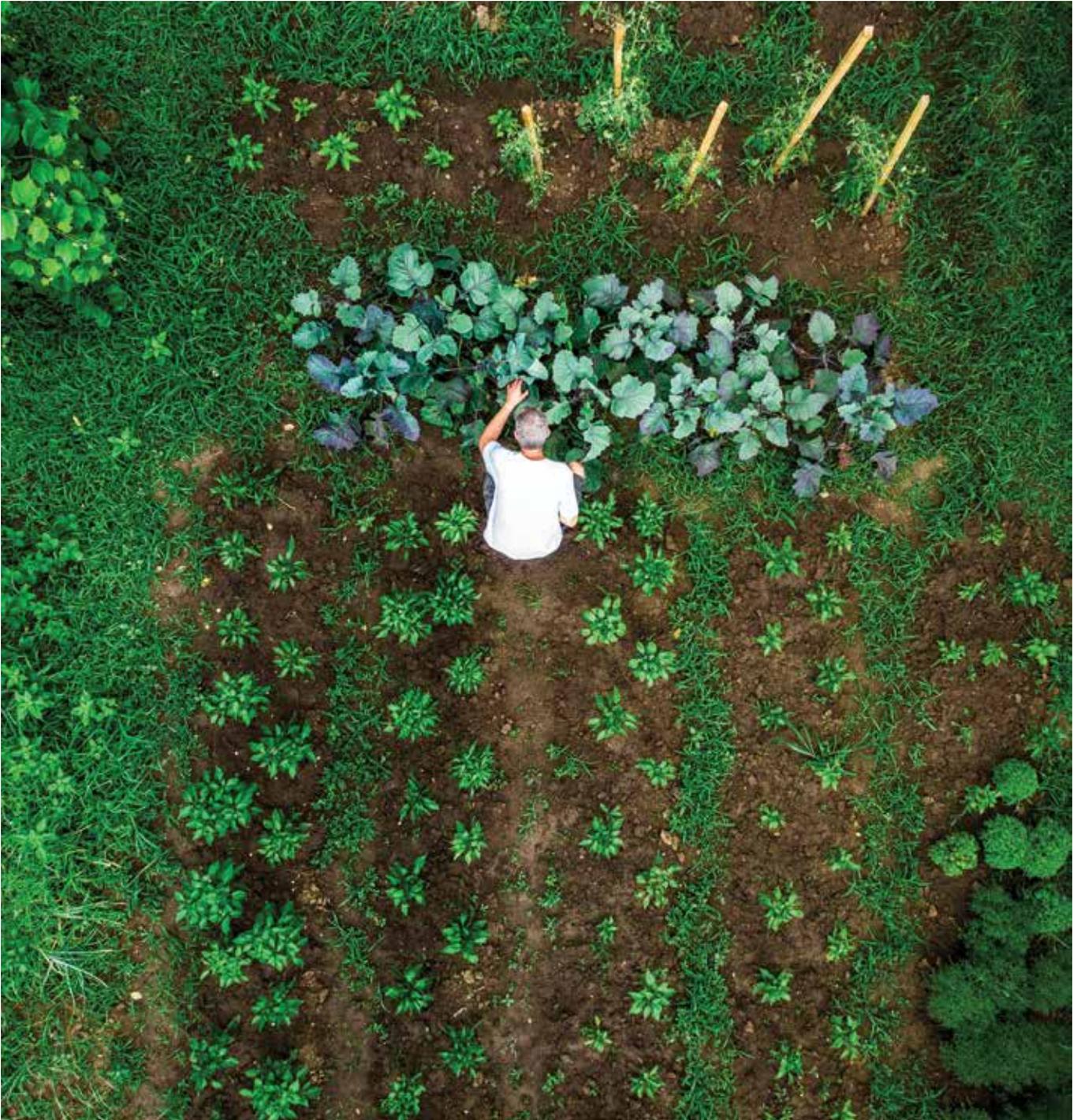
Long and Foster Real Estate, Inc. • 2191 Defense Highway • Crofton, MD 21114

Cell: (240) 876-9088 • Office: (410) 721-1500

Email: Cheryl.Poole@LNF.com • LongandFoster.com/CherylPoole

Home & Design

36 FUN WITH VEGETABLES IN YOUR GARDEN | 40 HOME OFFICE HAPPY
42 SEVERN STUNNER | 44 THAT GRACIOUS SOUTHERN VIBE





HOME GARDEN

Fun with Vegetables in Your Garden

By Janice F. Booth

Now that it's beginning to look less like winter and more like spring, like me, you may be eager to get out in the garden and figure out what needs cleaning up and what needs settling down. You might even be putting together a list of gardening tasks—some tasks for you, some for other family members, and some for those folks who show up in their big truck with lots of powerful gardening tools and muscles, lots of muscles.

We've all been through a lot these last twelve months, and you're probably waiting impatiently for changes, such as less time stuck indoors at home and more opportunities to get outside for exercise and fun. And, you may also be eager for some things to return to "normal."

I'm going to try adding a new normal to my garden this year—vegetables. Maybe you'll want to try that too. Yes, we've all grown a tomato plant in a pot on the patio. You may even have started an avocado plant from a pit or grown a tiny pineapple. But let's

get serious here. How about growing some crunchy vegetables in your garden? We've all learned how important self-reliance is, so why not feed yourself some crisp, sweet carrots and tangy radishes? I'm picturing myself wandering outdoors in June and August and even October to harvest my own pretty pea pods and an embarrassingly plump zucchini or two. Doesn't that sound great?

So, if you're willing to give this a go, let's begin by figuring out *location*; where in our lovely flower beds can we make room for peppers, lettuce, and cabbage? (That's right; I'm not suggesting we dig up our pretty hostas and lush roses. No need for long, tidy rows that break the symmetry of your garden's design. We'll plant veggies among and around the flowers and shrubs. We can even focus on planters and pots for our aspiring veggies.) **SUNLIGHT** is the most important element if you want lush, juicy, plentiful vegetables. We're going to have to carve out spots for planting vegetables or placing planters and pots in bright sunlight.

Next, we'll need to be sure those sunny *locations* we've identified have **ACCESS TO WATER**, preferably easy access. Will the sprinklers reach the bean vines and carrots? Finally, will your vegetables be reasonably well **PROTECT-ED**? Growing vegetables are vulnerable to buffeting winds, careless footsteps, and curious dogs and cats, hungry rabbits,

and deer. You'll want to think about how you might protect your ripening vegetables from these dangers and marauders.

If you're going to try containers for your vegetable garden, you'll want to consider the same issues of location. But, you'll have the advantage of portability. If the spots you choose seem not to work for



your young plants, move the pots and planters. If you try vining vegetables, like beans and peas in hanging pots, you can even move them during the day to capture the best light. (A handy tip about those beautiful, big planters and urns: instead of filling them top-to-bottom with soil, fill the bottom third of the container with those Styrofoam peanuts and then pour the soil over them. The pot will be lighter and you'll have better ventilation and drainage for your plants' roots—particularly helpful if you're growing root vegetables.)

Okay, now that we've figured out where we're going to plant vegetables, we have to figure out when to plant them. *Timing* is, as usual, vital. Most vegetables are annuals; they will produce for only one growing season. New seeds and cuttings are necessary each spring. A few, however, are perennials; watercress, rhubarb, asparagus, and garlic will send up new growth each spring, as long as the winters are not too harsh. Herbs are also perennials. (Another handy

hint: Herbs are enthusiastic members of the garden. They will usually take off, grow like weeds, and come back bigger, but not necessarily better, with each growing season. I recommend relegating your herbs, if you grow them, to pots and planters, where you can keep a close eye on them. If they get rangy or woody, cut them down-to-size; they'll thank you for it with tastier leaves and buds.)

And looking deeper at *timing*, perennial vegetables fall into one of two varieties—"cool season" or "warm season" plants. This refers to when the seeds or starter plants are set in the soil. When the earth is still cool, not frozen or very cold, lettuce, spinach, carrot, and radishes can be planted. Tomatoes, peppers, melons, and cucumbers are warm season vegetables and do well when they are set into soil that has been warmed and quickened with awakening worms and root systems.

So, we have perennial and annual, warm and cool season plantings, and the third



**Here's the deal.
You switch.
You save.**

Tammy Counts, Agent
1416 Annapolis Road
Odenton, MD 21113
Bus: 410-647-8756
tammy@tammycounts.net
Hablamos Español

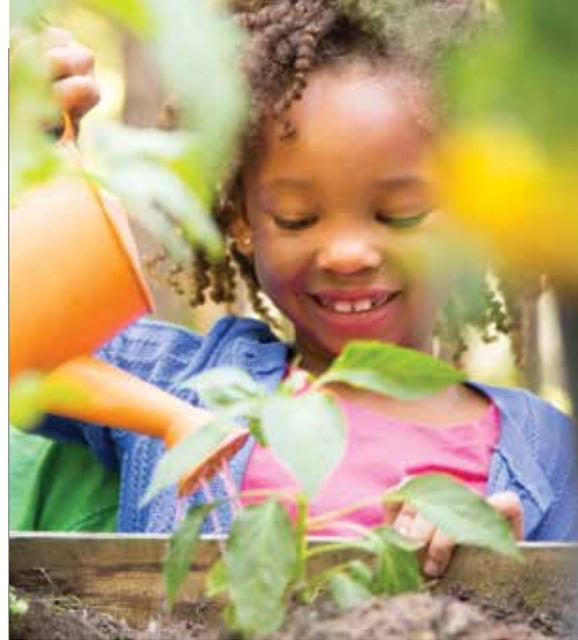
The right insurance at the right price is available now. On average, you'll save \$536! All you need to do is make the switch. It's easy. Just call me today.

*Average annual per household savings based on a 2019 national survey by State Farm® of new policyholders who reported savings by switching to State Farm.

State Farm Mutual Automobile Insurance Company
State Farm Indemnity Company
Bloomington, IL

State Farm County Mutual Insurance Company of Texas
Richardson, TX
2001308

**Like a good neighbor,
State Farm is there.®**



element of *timing* is maturation—of particular interest as you anticipate your lushes veggies on your table. You can look up the number of weeks or months it will take a given vegetable to ripen. Baby leaf lettuce and radishes will be ready to eat in approximately 25 days. Tomatoes, melons, and squash take 2 or 3 months before they can be harvested. When you know the maturation time for the vegetables you're planting, you can plant in two-week intervals, so you're not harvesting all the tomatoes or all the cabbage at the same time.

Now, I'm going to close this little pep talk on a fun note. Heirloom and unusual vegetable seeds and starter plants are now easily available. There's a lovely Chinese Pink Celery that's sweet and crunchy. Or, you might have fun planting chartreuse and purple striped Dragon Tongue Bush Beans. One of my favorites is Black Aztec corn, which has beautiful, blue kernels, and makes delicious cornmeal or a stunning decorative addition to your fall arrangements. And while we're considering fun, edible plants, remember you can throw in some edible flowers to accent your garden and garnish your dinner plates. Marigolds, Calendula, Viola, and Nasturtiums are hardy, little ladies and easy to cultivate.

We'll have to compare notes on the success of our vegetable-growing experiments. Our summer tables will be loaded with goodies; we'll be "growing local" as well as "buying local" this year.



Your Lawn Care Team

ON THE GREEN INC

You're unique, and your lawn care should be too!

GREEN CARE LAWN PROGRAM

Our organic-based, six-step program uses organic fertilizers, poly-coated slow-release products and liquid weed control to guarantee the thickest, greenest, healthiest lawn possible!

- Lawn Fertilizing
- Mosquito and Tick Control
- Tree and Shrub Care
- Goose Control
- Aeration and Seeding

- Other Services Offered:**
- Irrigation Maintenance
- Mole Control
- Deer Guard
- Flea-Ant-Tick Control
- Lawn Composting

\$29⁹⁹

First Application
Green Care Lawn Program

(Up to 8,000 sq. ft.)
New Customers Only. With this coupon.
Not valid with other offers or prior services.
Expires 5/31/2021 • www.OnTheGreenInc.com

\$29⁹⁹

First Application
Mosquito and Tick Control

(Up to 8,000 sq. ft.)
New Customers Only. With this coupon.
Not valid with other offers or prior services.
Expires 5/31/2021 • www.OnTheGreenInc.com

\$75⁰⁰

Irrigation System
Start Up

Up to 8 zones
New Customers Only. With this coupon. Not
valid with other offers or prior services.
Expires 5/31/2021 • www.OnTheGreenInc.com

MDA #29518
MHIC 127182

410-695-0444 | www.OnTheGreenInc.com

GET YOUR HARDSCAPE AND LANDSCAPE PROJECT STARTED NOW!

Call or email to schedule your free consultation



- Landscaping
- Walkways
- Retaining Walls
- Paver Driveways
- Pool Decks
- Patios
- Lighting
- Rain Gardens



Ciminelli's
Landscape Services, Inc.
Quality • Value • Responsive Service
Since 1991

410-741-9683 | www.ciminellislandscape.com

info@ciminellislandscape.com MHC #120642 Licensed and Insured



Q: I have been hearing a lot of talk about it being a seller's market right now, is it really a good time to sell?

A: For the last several years we have seen decreases in housing inventory which has created a supply side deficit. Along with exceptionally low inventory, we are also seeing the lowest mortgage interest rates in history.

When you combine current income levels, low rates and appreciation rates, we have been experiencing the best affordability index in our region since 1993. What this means is that anyone thinking of selling is looking at their best market opportunity in their lifetime. It certainly is the best I have seen in my 37+ years in real estate. Long and Foster is positioned to be your best real estate option when combining our market-leading presence and related real estate services.

DOMINIC CANTALUPO

Associate Broker/Manager

Long & Foster Real Estate, Inc. | Crofton/Bowie Office

Office: (410) 721-1500 | Cell: (410) 963-5466

Dominic.Cantalupo@LNF.com



LEADING REAL ESTATE & HOME PROFESSIONALS 2021

Home Office Happy

MAKING GREAT DEDICATED SPACE

By Lisa J. Gotto

There's no way around it; current events have conspired to denote the necessity of having a dedicated space at home for extended study and office hours. If you're still struggling with finding the right area in your home or just don't feel that motivated within a space you already have, you are not alone.

Generally, there were three basic scenarios created when the need arose to do more work and study from home: One, you already had a "home office" but basically it is was the "study" or spare bedroom that you never enjoyed working in when you could work from home; two, your home's open plan living area needed to serve as the dedicated space, or three, you had no idea where a dedicated work space could go.

With this in mind, we thought we'd provide some solutions for these three scenarios and make them inspiring as well, so you'll love the space you made well after the every-day need to use it has passed.

SO LONG STUFFY STUDY!

A clunky, dark desk and a bookcase stuffed with years-worth of outdated periodicals in it. How many of us are guilty of having this bland room tucked away somewhere in our homes? It's time to ditch the chunky for the sleek, and the bland for the bold.

This room upgrade is so much more inspiring with its bright and cheery walls, the airy take on a work surface using a ta-

ble instead of a standard desk, and the creative blending of the desk's traditional look with its sleek modern chairs. Storage is handled unconventionally but conveniently behind the desk with some vintage piece of furniture playing a new role. Motivating pops of color are found in the decorative accents and texture is added in with a fluffy, not stuffy, area rug. Voila! A fresh place to work and a great space to be in anytime when work is done.



HELLO SPACE FOR PRODUCTIVE CO-HABITATION!

Recent market trends indicate, as more people are shopping for new homes over last year, that for some, requirements are changing; with a slight uptick in prospective homeowners asking to see homes with traditional floor plans again. If you've got little kiddos using your primary open plan living space for absolutely everything right now including increased study hours, you know why.

The key to making it all work in spaces like these now-a-days is flexibility. With real estate experts not expecting to see open plan living disappearing





entirely from the residential wish list, they suggest that a reconfiguration of your space may be in order; one that provides for peaceful co-habitation, as well as productive work and school schedules going forward. (Now that we have been working from home for some time, the benefits are outweighing even these drawbacks and trend spotters predict many office jobs will remain at home even after the pandemic has abated.)

Ways to make these spaces work for everyone include some tweaks to open plan staples, like installing a drop-down-from-the-ceiling screen between the main kitchen work-space and the nearby kitchen island to help create a separate zone. Forward-thinking designers are already creating hidden panels capable of sliding in or folding out to help create a space buffer. Options to equip the panels with ports to charge your electronic devices are also on the design table, so creating smaller, transitional workspaces to use as needs arise are all possibilities for the future of the at-home worker.

Adjusting your thinking about what you consider a viable work-space to be can be helpful, as well. Consider your desk. Many

of us work differently now and no longer require the large, standard desk that takes up a certain amount of space. We no longer have stacks of paper files that may need spreading out as we used to, as our files are now digital and our information is cloud-stored, not hard copy file cabinet-stored. With flexibility like this, the option to work outdoors in mild climates is another possibility worth exploring. Prior to the pandemic, it wasn't uncommon to see gig workers at outdoor cafes doing their thing, so extending this practice to the at-home office is not at all far-fetched.

WHAT'S BEHIND DOOR NUMBER 2?

If you guessed a totally self-contained workstation for the modern, at-home worker, you could be right! When first pressed to work from home, setting up shop at the kitchen table probably seemed like a sensible interim solution, but it isn't particularly practical for the new normal of working from home long-term.

While you may not have a whole room to spare, you might have a built-in space in a room that could suffice. Some of these, "I turned my closet into an office!" makeovers are the coolest solutions we've seen to the dedicated

office space conundrum, and are having people boasting about the "clofices" they created.

These clever little endeavors can range from simple, practical retro-fitting by crafting and attaching a solid work surface within the space and adding a small chair with wheels that hides away behind the original closet door. Or, you can get as creative as you wish with paint and materials, extending the space by removing the door entirely, and leaving it open to view or adding a rod and chic curtain to tie on one side when in use.

TIP: If your closet is not already equipped with a lighting fixture, have no fear! LED lighting technology offers battery-powered lighting options that burn brightly and can be easily installed with either a peel and stick backing, or by using a simple cordless drill to secure a mounted device. Shine on!

The possibilities are endless. If you're not handy and don't have access to a handy person in your household, there are now clever closet outfitters online in many areas that can help. However you approach it, have fun creating your own little world tucked away from the everyday!

ADVERTISE WITH US TODAY



CONTACT:

alyons@whatsupmag.com

Severn Stunner

By Lisa J. Gotto

A panoramic paradise awaits the new homeowners of this 5,000 square-foot home that is not only spacious but has many special features. The expanded colonial style design is well-situated on a lot landscaped for seclusion that provides soothing Severn River views as far as the eye can see.

The comfort of warm woods welcome you into the spacious entry hall where a central staircase provides a primary focal point. To the left you'll enter the home's formal living room with its gorgeous wood-burning fireplace and a set of French doors that lead to a screened-in porch area—just one of the incredible access points to the home's outdoor living spaces. To the right, you'll find a lovely formal dining room with rich hardwoods, and wood trim and chair rail accents.



Primary Structure Built: 1984
Sold For: \$2,225,000
Original List Price: \$2,195,000
Bedrooms: 6
Baths: 5
Living Space: 5,181 Sq. Ft.
Lot Size: 1.59 acres

The main level also offers the homeowners the beauty of a large eat-in kitchen with rich cherry custom cabinetry and a six-burner center island cooktop. Views to the river are the benefit of three large vertical windows providing a horizontal expanse—perfect to keep an eye on the outdoor activity below. Breakfasts can be enjoyed in its own sunny space that also provides ac-

cess to the home's screened-in porch off the living room. Again, a trio of large picture windows affords morning water views in every season.

The kitchen flows seamlessly into the show-stopping family room with its vaulted timber ceiling with architectural beam detail. A series of floor-to-ceiling windows along with a patio door allows entry to one of the four levels of decking surrounding the house. A feature wall of stacked stone provides the mantle and wood-burning hearth in this amazing living and recreation space.

Four of the home's five bedrooms are located on the home's upper level, including a luxurious 19- x 14-foot



master suite with separate living area and the home's third wood-burning fireplace—an oasis all its own.

Located in the community known as The Downs, this home also affords access to amenities such as a club house, marina and marina clubhouse, a picnic area, outdoor swimming pool, tennis courts, and a toddler playground.

Along with being a great “get away from it all”-type home, the property offers an outdoor living area appointed to rival any resort with its incredible views, Olympic-size inground swimming pool, expansive decking and patio space for entertaining, hot tub, and picnic area. Its 100 feet of water frontage, private dock site with multiple slips, and eight feet of mean low water, make this a home that scores high on the quality-of-life scale.

“The buyer was from Arlington,” said Brad Kappel, Luxury Property Specialist, at TTR Sotheby’s International Realty. “[The sale] really tells the story of how urban buyers are moving to the Annapolis area for its waterfront homes.”

Listing Agent: Brad Kappel; TTR Sotheby’s International Realty; 209 Main St., Annapolis; m. 410-279-9476; brad.kappel@sothebysrealty.com; bradkappel.com

Buyer’s Agent: Dawn Wilson; TTR Sotheby’s International Realty; 2300 North Clarendon Blvd., Arlington, VA; m. 703-217-4959; o. 703-745-1212; ttrsir.com

BOWIE SIDING & ROOFING

We make homes beautiful and energy efficient Proverbs 11:30

Family Owned, Christian Business Serving the Baltimore/Washington Suburbs since 1971

Quality Materials
15 Year Workmanship Guarantee

CELEBRATING
50
YEARS

Specializing In:

- Siding & Roofing
- Decks
- Trim/Gutters
- Windows/Doors
- Drywall & Repairs
- Insurance Work
- Painting
- Insulation
- Kitchen & Bath

“We promise to listen to your needs, offer sound advice, answer all questions and provide a detailed written estimate for your consideration. No pressure, no games. Your satisfaction is our top priority.”

-Rick and Jocelyn

The Capital
READERS
CHOICE
2019
WINNER

CertainTeed
SINCE 2008

410-721-4226 www.BowieSidingRoofingAndWindows.net

301-262-7855 Licensed • Bonded • Insured MHIC #6540 • FREE Estimates

HOME IS A
PLACE...

TO WATCH YOUR
FAMILY GROW.

Arundel Federal Savings Bank Mortgage Loan

**ARUNDEL
FEDERAL**
SAVINGS BANK

Visit a branch or apply online at
ArundelFederal.com today.

410.768.7800

Member
FDIC



Primary Structure Built: 1931
Sold For: \$1,040,000
Original List Price: \$1,175,000
Bedrooms: 3
Baths: 2 Full, 1 Half
Living Space: 3,150 Sq. Ft.
Lot Size: 0.13 acres

HOME REAL ESTATE

That Gracious Southern Vibe

By Lisa J. Gotto

Many a real estate aficionado would call this the perfect family home on the perfect street. And they would be right! Located in the Annapolis Southgate neighborhood, this 1930s charmer offers all the allure of a pre-war era home with all the upsides of a wonderfully executed modern expansion that affords 21st century creature comforts.

“This Southgate neighborhood is often described as one of the prettiest locations in Annapolis,” said Listing Agent Liz Montaner of Coldwell Banker Realty. Its proximity to West Street and the downtown area at its one end and Spa Creek at the other are what make the area so desirable, she added.

You know you have arrived somewhere special when you step on the front porch with its tranquil mix of ceiling and exterior paint colors emitting a gracious Southern vibe, a feeling that



carries through inside the main living space. A bright, white country kitchen with subway style tiles on the backsplash and a farmhouse sink await the baker and the chef. Other highlights include the room's custom white cabinetry with farmhouse pull accents, a center island butcher block prep space, and six-burner gas stove. A sunny breakfast eating area, as well as a formal dining space provide gracious gathering areas for family meals and entertaining.

The main level's open floor plan includes a lovely formal living space with a central white-washed brick fireplace. All of the main level living spaces glide along sunny hardwood floors and feature elements of wood trim and molding found throughout. Natural light streams in the many oversized sash windows all along the open plan which then open up at the back of the home to a Charleston-inspired two-level sitting porch.

The porch is accessed on the upper level from the spacious master bedroom suite. This room features a separate seating area and en suite bath with soaking tub, dual vanity, and separate shower. This second floor offers two additional generous bedrooms with a shared bath, and an adorable bonus room that sleeps two is located just above on the third floor. This space has charming chimney detail along with wainscoting treatment, and a quiet home office area perfect for at-home study or business teleconferencing; something most new homeowners are looking for.

"The sellers were delightful to work with," Montaner said. "They really got it, which made the whole process go so well."

Listing Agent: Liz Montaner; Coldwell Banker Realty; 3 Church Circle, Annapolis; m. 443-871-1143; o. 410-263-8686; lmontaner@cbmove.com; lizmontaner.com

Buyer's Agent: Malina N. Koerschner; Coldwell Banker Realty; 3 Church Circle, Annapolis; m. 410-493-9059; o. 410-263-8686; malina.koerschner@cbmove.com



EVERYTHING WE DO, WE DO RIGHT



With Mr. Handyman® on the job, you can rest easy knowing that no detail will be overlooked. Our seasoned professionals bring a worry-free guarantee with them, ensuring that every job is done to your satisfaction.

YOU CAN COUNT ON MR. HANDYMAN® FOR ALL THESE SERVICES AND SO MUCH MORE.



\$50 OFF YOUR TO DO LIST

This coupon is valid for \$50 worth of services provided by Mr. Handyman®. Minimum of 4 hours. Limit one offer per household. Available at participating locations only. Not valid with any other offer. Offer expires: 03/31/21

CALL YOUR LOCAL MR. HANDYMAN® 410.881.5683 OR VISIT US ONLINE AT MRHANDYMAN.COM



Fully Insured-General Liability and Workers' Compensation. Each franchise independently owned and operated. Some services are subject to local licensing requirements and may not be available at all Mr. Handyman locations. Mr. Handyman is a member of the Dwyer Group®. ©2017 Mr. Handyman.

Colonoscopies save lives.

Colorectal Cancer often has no symptoms.
If you're 45 or older talk to your doctor and please get screened.

COLONOSCOPY IS THE GOLD STANDARD

Reduces the incidence of cancer by

89%

COLOGUARD MISSED:

1 in 13 People with Colon Cancer

COLOGUARD ALSO MISSED:

More than 30% of polyps that will soon be cancer

Almost 60% of larger polyps that may become cancer



Anne Arundel Gastroenterology Associates, P.A.

"Setting the Standard for Gastroenterology"



ANNAPOLIS | PASADENA | BOWIE | ODENTON | STEVENSVILLE

Now Open In Odenton
1215 Annapolis Rd #201 • Odenton, MD 21113

Accepting new patients in all convenient locations
Telemed appointments available • 410-224-2116 • aagastro.com

2021 TOP DOCS

ANNE ARUNDEL COUNTY + EASTERN SHORE SURVEY

Calling All Doctors!

Nominations have begun for this year's Top Docs honors! A biennial peer-survey project that celebrates exemplary medical professionals practicing in the Greater Chesapeake Bay Region. You—licensed medical doctors—are integral to this nomination process and the forthcoming honors of your peers. These are your awards. Your nominations of fellow doctors in more than 40 fields of practice will be tabulated and vetted. The results will become Top Docs 2021–2022 and will honor those doctors most recognized by their peers.

Only licensed medical doctors may access the survey forms.

There are two survey forms: one to nominate doctors practicing in Anne Arundel and Prince George's Counties; and another for doctors practicing in the Mid-Shore (Queen Anne's, Kent, Talbot, and Dorchester counties). You may complete and submit each form once. You may nominate up to three doctors for each category listed on each form. Voting is live March 1 - April 30.

WHATSUPMAG.COM/TOPDOCS2021



The Senior Dog Sanctuary Mission:

Providing a safe haven for senior dogs who are unable to be cared for by their owners, who are abandoned or abused or face euthanasia.

SENIOR DOG SANCTUARY OF MARYLAND

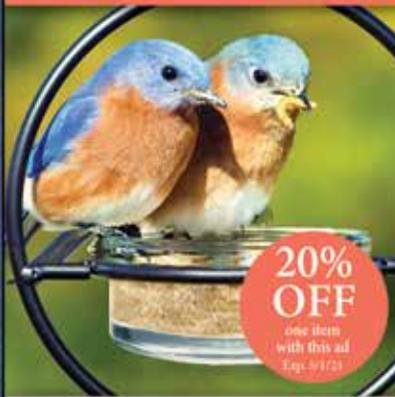
8336 WB&A Road
Severn, MD 21144
443-742-0270

seniordogsanctuary.com

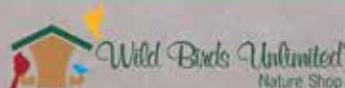


Spring Into Bird Feeding

at Wild Birds Unlimited Nature Shop



Certified bird feeding experts • Premium bird seed
Feeders with lifetime warranties
Exclusive advanced pole system • Nature themed gifts



The Village at Waugh Chapel
1304 Main Chapel Way • Gambrills, MD 21054

410-451-6876

www.wbu.com/gambrills

Visit Us or Shop Online: MyWBU.com/Gambrills

When It's Time to Say Goodbye



Maryland's Newest & Most Advanced Pet Cremation Service is Now Open in Bowie

Saying Goodbye to a Pet is Never Easy...Let the Experienced Funeral Professionals at Maryland Pet Crematory Help.

Maryland Pet Crematory
6512 N.W. Crain Hwy (Rt. 3 South)
Bowie, MD 20715

www.mdpetcrematory.com

301-805-4200

Health & Beauty

48 FITNESS TIPS | **49** DON'T LOOK AWAY | **50** FRESH TAKE
51 UNPLUG | **53** TONER VS. WITCH HAZEL VS. RUBBING ALCOHOL



Fitness Tips

STARTING A ROUTINE FOR SENIORS

By Dylan Roche

It's never too late to pursue physical fitness—in fact, exercise becomes even more important as you get older. That's because staying active helps offset some of the negative effects of aging, improves quality of life, and helps seniors remain independent. The American Academy of Family Physicians explains that exercise is good for strength, balance, energy levels, cognitive function, and even emotional well-being. It also helps stave off chronic conditions like heart disease and osteoporosis. Seniors who don't stay active find it harder to do daily tasks like going up stairs, carrying a heavy bag of groceries in from the car, or even walking without assistance.

But this doesn't mean seniors need to be training the same way they did when they were younger. The National Council on Aging recommends moderate exercise for at least 30 minutes a day, five days a week, including two days of muscle-strengthening activities that target all major muscle groups. The problem is that only one in three Americans over the age of 65 actually meet this recommendation.

If you're a senior who's looking to jump into a new workout program—or if you're encouraging an older relative to do so—bear in mind that it's not as easy (or as safe) to jump into a routine as it was at a younger age. The National Institute on Aging recommends talking to a doctor or health care provider first, especially if there are chronic conditions involved like heart disease, high blood pressure, diabetes, or arthritis. Exercise is still possible with any of these conditions (and these conditions will likely improve with regular exercise), but they do pose safety risks for anyone beginning new physical activity. This is especially true for anyone who has spent many years being sedentary.

Be sure to develop a varied exercise routine, one with activities that improve your endurance, strength, balance, and flexibility.

Endurance: These are the exercises that raise your heart rate and breathing—they're also known as aerobic or cardiovascular activities. They are good for improving your heart, lungs, and circulation, and increasing your energy levels. Great endurance exercises include: walking, bicycling, jogging, swimming, dancing, and recreational sports like tennis or basketball.

Strength: These are the activities that make your muscles stronger and help offset muscle loss as you age. Great strength-training exercises include: lifting weights, using resistance bands, and doing bodyweight exercises like pushups, sit-ups, or lunges.

Balance: These are recreational activities that force you to maintain and improve your stability, ultimately reducing risk of falls. Great activities for balance include: standing on one foot, walking heel-to-toe, and tai chi.

Flexibility: Flexibility exercises are the ones that keep your muscles loose and your body limber so you can move more easily. Great flexibility exercises include: stretching and/or yoga.

Here are two easy at-home exercises recommended by the National Institute on Aging. For more ideas, visit www.nia.nih.gov and select



"Exercise and Physical Activity" under the "Health Information" drop-down tab.

Wall Push

1. Stand facing a wall slightly more than an arm's length away. 2. With your feet shoulder-width apart, lean forward and place your palms against the wall. 3. Keeping your feet flat on the ground, bend your elbows and lean your body in as if you were trying to push the wall away from you. 4. Hold for five seconds before pushing yourself back to starting position. 5. Repeat 10 times or until fatigued. Be sure to maintain good form throughout each rep.

Overhead Arm Raise

1. Stand with your feet shoulder-width apart or sit comfortably on a chair with your feet flat on the floor. Hold a dumbbell in each hand, arms down by your side. 2. Raise the dumbbells up to shoulder level and hold them with your palms facing forward. Slowly raise both dumbbells over your head until your arms are straight. 3. Hold for one second before bending your elbows and lowering both weights down to shoulder level. 4. Repeat 10 times or until fatigued. Be sure to maintain good form throughout each rep.

Don't Look Away

PAYING ATTENTION TO EYE HEALTH

By Dylan Roche

You might say that too many people in the United States are turning a blind eye to their eye health. An estimated 142 million Americans over age 40 have some kind of vision problem, according to the National Academies of Sciences, Engineering and Medicine—and most of those problems can be fixed if they're treated early.

The issue? Most people underestimate or disregard the importance of regular eye examinations. It's one of the reasons the American Optometric Association (AOA) is a sponsor and proponent of Save Your Vision Month, observed every March by doctors of optometry across the country.

Because when more people prioritize their eye health, they avoid long-term vision problems that can hinder everything from professional productivity to social engagement. And in children, vision problems can affect their education and development.

Annual eye exams are about more than catching blurring vision—you want to stay abreast of serious developing eye problems and detect them early. Conditions like glaucoma are often detected only once it's too late to reverse them.

According to the Mayo Clinic, adults with no vision problems and no family history should have their eyes checked every five to 10 years in their 20s and 30s, every two to four years from age 40 to 54, every year to every three years from age 55 to 64, and every year or every other year after age 65.

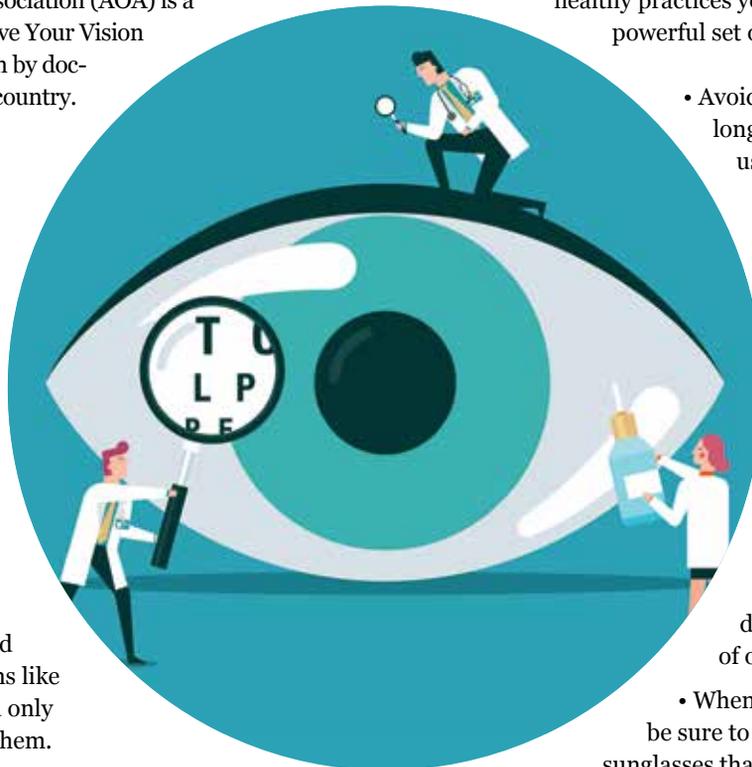
But aside from routine screenings, there are important signs to watch out for that indicate you should have your eyes checked:

- If you notice any changes in your vision, such as difficulty seeing objects at a distance where they were once easy to see clearly
- You suffer eye strain or headaches, especially after staring at a computer screen for an extended period of time
- You have

to squint to read, or you have to hold reading material far away

- You have to close one eye to read something clearly
- You see spots or flashes of light
- You get dizzy after watching something that's moving
- Your eyes are red and dry
- You should also get your eyes checked more frequently if you have glaucoma or diabetes in your family history, or if you are taking medications that have side effects pertaining to your eyes/vision.

Want to take better care of your eyes? Here are some healthy practices you can observe to maintain a powerful set of peepers.



- Avoid staring at screens for too long. The AOA recommends using a 20/20/20 rule: Every 20 minutes, look away from your screen and stare at something 20 feet away for at least 20 seconds.
- Eat a healthy diet with a variety of nutrients for eye health. Colorful fruits and vegetables like leafy greens, berries, beets, sweet potatoes, and (of course) carrots are all great choices. Fish is another great addition to your diet because it's a good source of omega-3 fatty acids.

- When you go outside in the sun, be sure to bring your shades. Opt for sunglasses that offer UV protection, as

these rays can damage your eyes. Along the same lines, wear protective eye goggles when you're playing sports or engaging in high-risk activities like construction.

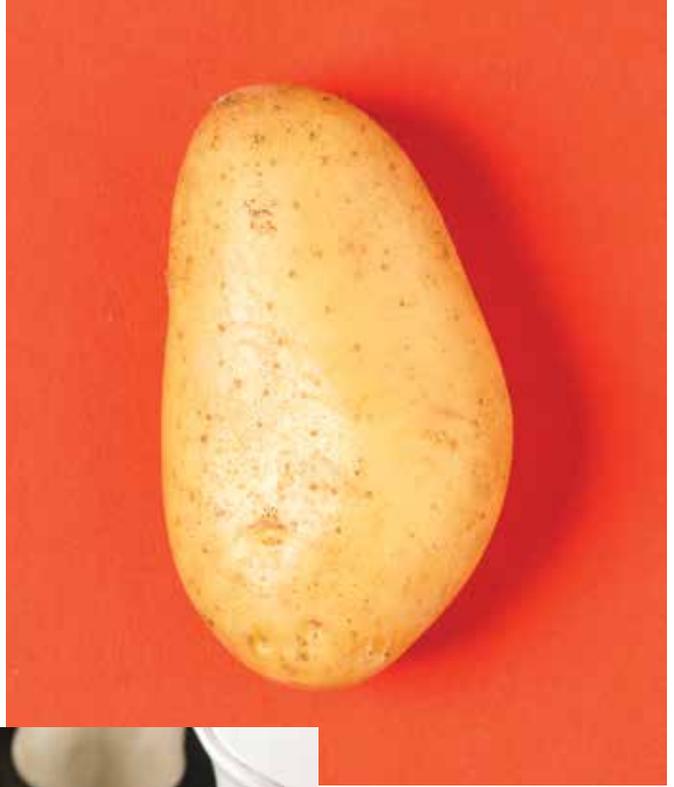
- Clean your contact lenses with high-quality contact solution. Never use your saliva to clean contacts—saliva contains bacteria that is harmful to your eyes.
- Get plenty of exercise. Physical activity helps stave off conditions like high blood pressure and diabetes, which can lead to eye diseases.
- Take care with your makeup. Old or dirty eye makeup can cause big problems—replace mascara and liquid eyeliners every three months, and replace eyeshadow and pencil liners at least once a year.

Fresh Take

POTATOES

By Dylan Roche

“Po-tay-toe,” “pah-tah-toe”...however you pronounce the name of this root vegetable, you shouldn’t deny its nutritional advantage. Although potatoes are often regarded as a starch and sometimes shunned by low-carb eaters, they’re a dietary staple in many cultures and for good reason. They’re hearty, versatile, and packed full of essential vitamins and minerals. So, with St. Patrick’s Day coming up in March, you can feel good about putting as many potato dishes on the menu as you want!



When you’re picking out potatoes at the market, you’ll encounter several varieties—expect them to be similar nutritionally, but they will have different tastes and textures that lend themselves better to different purposes:

Russet potatoes: These are the classics you probably think of when you picture a potato. They’re oval-shaped with a brown, roughly textured skin dotted with lots of eyes. The Produce for a Better Health Foundation notes that their low moisture and high starch make them an ideal pick when

you’re looking for potatoes to bake. **Red potatoes:** These are smaller, sometimes about the size of a golf ball, with a thin reddish-brown skin. The Produce for a Better Health Foundation recommends red potatoes for boiling, roasting, or frying. **Yellow potatoes:** You’ll recognize yellow potatoes by their golden skin, and although they are highly versatile, their high moisture content makes them great for boiling to make mashed potatoes, according to the Produce for a Better Health Foundation.

Even before potatoes came to be associated with Ireland, they were sustaining populations halfway across the world in South America as far back as 8000 BC. The Spanish Conquistadors brought potatoes back to Europe after they conquered Peru in the 16th century, and the popularity of potatoes spread. In Ireland, the culture came to be so dependent on potatoes as a primary part of their diet that when a fungus wiped out most of the crops between 1845 and 1854, it took a dev-

astating toll on the Irish population and became known as the Great Potato Famine.

Today, most people eat potatoes in some kind of processed or heavily prepared form, and this might be where people get the notion that they’re not a vegetable. As Eat Fresh, a resource put out by the U.S. Department of Agriculture, points out, foods like French fries, chips, and hash browns usually have added fat and salt. On the other hand, a simple medium-sized baked

potato has only about 150 calories, no fat, 3 grams of protein, and about 37 grams of complex carbohydrates for sustained energy.

Taking a look at the nutritional profile of potatoes, you can see how potatoes help fuel a healthy body—there’s fiber for good digestion, potassium for fluid balance and heart health, iron for red blood cell formation, Vitamin C for fighting oxidation, thiamine for a strong nervous system, and niacin for good circulation.

When you're picking out potatoes, pay attention to their skin—you want ones with smooth, unblemished skin and no sprouting on their eyes. If a potato has shriveled or bruised skin, it's damaged or spoiled. When you bring them home, store them in a cool, dark, dry place, and wash them immediately before preparing them.

Ready to find something delicious to do with potatoes? These recipes are great for a light meal or a delicious side dish:

← Irish Boxty

A classic that's perfect for St. Patrick's Day

INGREDIENTS:

2 large Russet potatoes, grated
1 large yellow potato, boiled and mashed
1 cup whole-wheat flour
1 tablespoon cream
1 egg
1/4 cup finely chopped chives
1 teaspoon parsley
1 teaspoon thyme
1 teaspoon salt
1 teaspoon pepper
1/2 cup canola oil

DIRECTIONS:

Place the grated Russet potatoes and chives in a large bowl and toss them with flour. In a separate bowl, combine the mashed yellow potato, cream, and egg. Slowly add to the grated potatoes and combine thoroughly. Add parsley, thyme, salt, and pepper. Form the mixture into patties and set aside on wax paper. In a large skillet, heat canola oil over medium heat. Add the potato patties and allow them to cook for about 4–5 minutes on each side until golden brown. Remove from the skillet and set them on a plate lined with paper towels. Serve with sour cream or marinara sauce and sauteed vegetables.



Potato and Broccoli Casserole

A healthier take on much-loved comfort food

INGREDIENTS:

5 medium-sized Russet potatoes
5 cups broccoli florets
1 cup vegetable stock
1 1/2 cups goat cheese
2 tablespoons cornstarch
1/4 cup olive oil
1 teaspoon whole-grain mustard
1 tablespoon chopped chives
2 cups grated part-skim mozzarella
1/4 teaspoon paprika
1/4 teaspoon cumin
1/4 teaspoon salt
1/4 teaspoon pepper

DIRECTIONS:

Preheat the oven to 400 degrees F. Cut the potatoes into cubes and chop the broccoli florets into small pieces. Bring a large pot of water to a rolling boil and set the potatoes in to cook for approximately 10 minutes. In a separate pot, use a steam basket to cook the broccoli until tender, approximately 5 minutes. In a small saucepan, warm the vegetable stock and olive oil over low heat. Whisk in the cornstarch until thickened, then add the mustard and goat cheese, allowing to melt and combine. Remove from the heat. Drain the potatoes and combine with the broccoli in a large mixing bowl. Add the wet mixture and combine, followed by the chives and shredded mozzarella. Season with paprika, cumin, salt, and pepper. Spread the mixture in a casserole dish and bake in the oven until warm and bubbly, approximately 15–20 minutes.



HEALTH & BEAUTY HEALTH

Unplug

IT'S GOOD FOR YOU

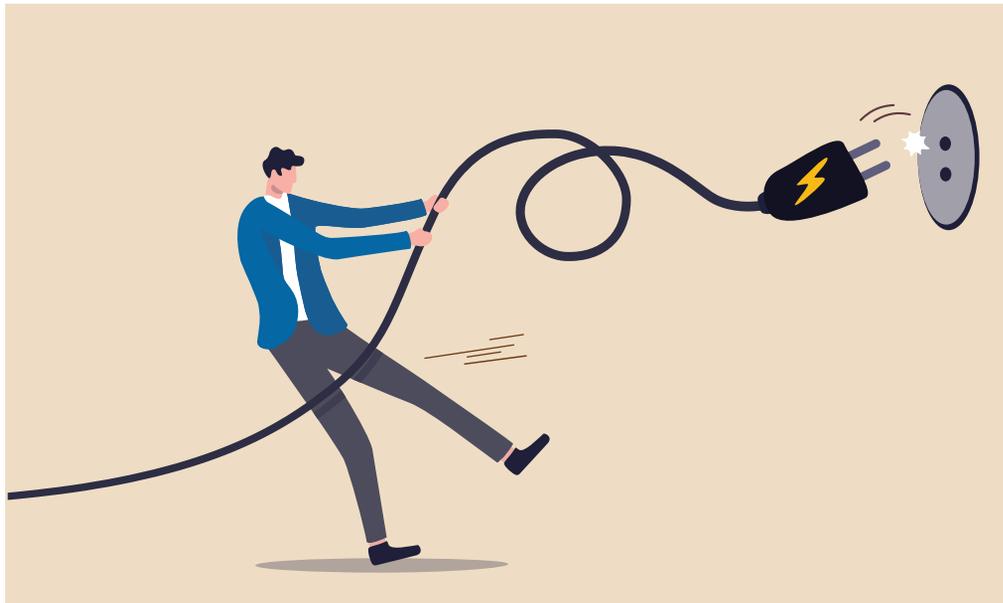
By Dylan Roche

If you're like most people, there's something you do excessively every day that's pretty bad for your health. Maybe not as bad as cigarettes or fast food. But cutting back on it might still be good for both your physical and mental wellbeing.

This unhealthy habit? Screen time. Think about how many collective hours you spend staring into your phone, tablet, or computer on any given day. But on National Day of Unplugging—recognized this year from sundown on Friday, March 5, to sundown on Saturday, March 6—people across the country will take a 24-hour break from all their tech devices.

Of course, it's not practical to swear off your gadgets all the time. But giving them up for a short period helps you realize your potential for going without them more often and ultimately achieve better tech-life balance.





Maybe you're already aware of the way your tech addiction affects your daily life. According to a January 2018 study published in *Digital Health*, one-third of adults surveyed admitted they had spent less time with friends and family because they were glued to their phones. Furthermore, one-fifth said a friend or family member had ignored them because that person was on their phone.

Poor tech-life balance affects our wellbeing and quality of life in some unexpected ways. Thinking of learning to unplug more often? Consider some of the ways your life might improve...

You'll be more active.

Less time in front of a screen means more time to get up and move around. You might not think you waste that much time scrolling through your phone, but a few minutes here and there can add up. This is especially true if you're opting to check your email or your messages throughout the

day. You might have heard of the term "nomophobia"—the fear of being unreachable. Let yourself overcome your fear and recognize that messages can wait. Use 10 or 20 minutes of downtime to go for a walk around the block. Your emails will be there when you get back.

And if you're somebody who is seriously connected to your phone, you might find that all the time you waste adds up. If you suddenly have an extra hour in your day, you can finally enjoy the full workout you always thought you were too busy to do.

You'll be less stressed.

Having constant connectivity was supposed to make our lives easier—instead, it has just made our lives harder. You might think that you're being productive when you're trying to shift between emails, text messages, web surfing, and whatever else you're doing on your phone. Instead, you're dividing your attention so much that you're not able to accomplish anything sufficiently.

Another stressor is the constant comparison with others. People post polished depictions of their lives on social media and it makes us feel as if our day-to-day activities pale in comparison. The result is a compromised sense of self-worth.

By unplugging, you remove yourself from all the distractions, both the professional and the social. It makes it much easier to focus on your task at hand. You'll get more accomplished and take a greater sense of satisfaction in it. If your project requires an electronic device, such as your computer, you can set up internet blockers to help you avoid social media sites and other black holes for mindless scrolling.

You'll get more sleep.

Electronics aren't just affecting your quality of sleep because you stay up late browsing through Pinterest. Electronics make it harder for you to fall asleep and stay asleep because they emit

what's known as blue light, wavelengths of light that increase your body's alertness. That's great during the day when you need to be awake and responsive—not so much at night. These wavelengths of light will also suppress your body's production of the sleep hormone melatonin.

Poor sleep leads people to be chronically exhausted and even anxious. While some people have opted to try special glasses that block blue light, or to turn their phone's settings to night mode, health experts recommend doing the obvious: avoiding screen time at night.

You'll be less strained.

Being off your phone just *feels* better. People have a tendency to crane over their phones, putting stress on their neck, back, and even their hands. Their posture suffers and they develop stiffness.

It's also not so great for your eyes. People who spend too much time looking at screens develop what's known as computer vision syndrome (CVS for short), which is marked by blurred vision, headaches, light sensitivity, and a stinging or burning sensation in the eyes.

Put your phone away—your neck, back, and eyes will thank you for it.

Want more insight into how constant connectivity is affecting your health, plus tips on how you can survive your tech-free 24 hours? Visit www.national-dayofunplugging.com.

Toner Vs. Witch Hazel Vs. Rubbing Alcohol

WHAT'S THE DIFFERENCE, AND WHICH ONE IS BEST?

By Dylan Roche

Taming an out-of-control oily complexion can be tough, especially when there's some outdated skin-care advice out there. Certain older generations grew up on the notion that rubbing alcohol was the secret to drying out pimples and controlling acne (it's not!). And when science started discouraging that idea, a whole line of alcohol-based skincare products got vilified—including toner and witch hazel.

But today's market carries toner and witch hazel that are different from what they were 20 years ago—and depending on your needs, they could serve a purpose in your skincare routine.



TONER is a liquid facial product that's helpful for oily or acne-prone skin. It's clear and looks just like witch hazel and alcohol—and you might have even heard that toner can be just as bad for your skin. Toner got this reputation back in the '90s when most were actually made with alcohol. The intention was to control oil, but instead they tended to just dry faces out. Today's toners are made with gentler ingredients like salicylic acid, lactic acid, or hyaluronic acid, which serve the purpose of cleansing and refreshing your skin without stripping away your skin's natural moisture. In fact, toner can bind moisture to your skin and prevent dryness. Use toner to get rid of any remaining traces of dirt in your pores after washing your face. This is especially helpful for people who need a deep cleansing after heavy facial products like makeup or sunscreen.



WITCH HAZEL is sometimes used as an active ingredient in some toners, mainly those for oily skin. Witch hazel is a liquid extract from the witch hazel plant, and it can be helpful in drying up oil and fighting pimples. Some people find that witch hazel is irritating and dries their skin out too much—this could be because the witch hazel was extracted using alcohol. If you want to use witch hazel to tame oily skin, look for a version that is made without alcohol and that contains moisturizing agents like aloe vera.



ALCOHOL was once a frequently used ingredient in some toners and acne-fighting facial products, but not so much anymore. That's because alcohol does kill bacteria on the skin, but it also does a lot of harm by stripping away healthy oils and that keep your natural moisture locked in. If you have an especially bad pimple, you can reduce its size by dabbing it with a bit of rubbing alcohol, but take care not to overdo it. And finally, don't forget—no matter what cleansing products you use, always finish up your daily skincare routine with a moisturizer that will hydrate your skin and restore its natural barriers.

CLASSIC TECHNIQUES
FRESH INGREDIENTS

Catering Available
Retail Beer,
Wine and
Liquor

Harvest Thyme

Easter Sunday
Brunch and
Pre-order carry
out meals.
Menu TBD

MODERN KITCHEN & TAVERN



Hours:
Mon-Thurs 4-9
Lunch Fri-Sat 11:30-4
Dinner 4 to 9 on Fri-Sat
Sunday Brunch 10:30-3

Monday Pizza Nights
Cheese Pizza \$8, Woodcutters &
Harvest Pizza \$10

Happy Hour
All day Sunday & Mon-fri 4-7 at bar & outside.

1lb wings and 6pk of
select beers for \$15
2lbs wings and 6pk of
select beers for \$20

VOTED BEST CHEF IN WEST COUNTY

1251 West Central Avenue • Davidsonville, MD
443-203-6846
www.harvestthymetavern.com

West County Best of West County Annapolis

Mamma Roma
Italian Food with a Twist

Indulge
IN AUTHENTIC ITALIAN CUISINE!



TASTE
WHY WE'RE
VOTED
THE BEST!

Stop in and try one of our homemade
pasta dishes or our delicious pizzas!
Your tastebuds will thank you!

West County Best of West County Odenton: 8743 Piney Orchard Pkwy, Ste. 102
410-695-0247
www.mammaromas.com

West County Best of West County

DAVID'S
Natural Market

Your
ORGANIC
HEADQUARTERS

Plants arriving in late March



Local organic
plant seedlings

Organic
seeds/soil

Local organic
gardening supplies

Bulk foods • Naturally raised meats • Gluten-free • Raw & Paleo Friendly
We carry a wide selection of vitamins, herbs & other supplements

CBD PRODUCTS
AVAILABLE

871 Rt. 175 (Annapolis Rd) • Gambrills, MD 21054 • 410.987.1533
Columbia 410.730.2304 • Forest Hill 410.836.0808 • Family owned & operated for over 38 years

West County Best of West County

Dining

56 DINING REVIEW | 58 CULINARY TRENDS | 60 GUIDE



Peanut Butter
Pie at **Harvest
Thyme Tavern**

WHAT'S UP? READERS

**RESTAURANT
REVIEW**

Calling All Food Critics!

Send us your restaurant review and you'll be eligible for our monthly drawing for a **\$50** gift certificate to a local restaurant. Fill out the form at whatsupmag.com/promotions.

Simple and Supreme Italian Fare

By Rita Calvert
Photography by Stephen Buchanan

Since 2017, owner Rik Squillari has drawn crowds to his Italian tavern, which is located off the beaten track from the Annapolis dining scene. Harvest Thyme in Davidsonville offers seasonal menus, creative offerings, plus Italian standards, which keep people coming back for cuisine made with effort and care.

Harvest Thyme deserves very high marks for its ambitious adaptation to the challenging COVID months, keeping up with many of its popular traditions like its extensive pizza menu, and also with its more complex offerings like the starter and entrees we chose this night. We also lucked out with exceptionally unusual Fall weather, which extended their highly suitable outdoor dining spread along the petite strip mall's sidewalks—just the right size tables and overhead lighting. Patio heaters at the ready assure outdoor comfort. Inside, business was brisk too, with tables adequately spread apart.



**HARVEST
THYME
TAVERN**

1251 West Central Avenue, Davidsonville
443-203-6846 | harvestthymetavern.com

We laughed at ourselves for stumbling a bit over a restaurant first; pointing our cell phones at the QR (quick response) code pasted on our table to access the menu—a novel safety step to eliminate the risk of disposable or sanitized menu. Don't forget your reading glasses.

Squillari takes pride in his wine offerings, as he should since he spent years in the business. With a unique formula, he offers bottled wine at retail prices, rather than restaurant markup, with a \$10 corkage fee. An entire wall of the interior is devoted to wine and bottles are available for purchase as are beers and spirits. The menu sports a simple but very nice selection of both reds and whites by the glass and an extensive list of bottles, which several tables around us were enjoying. My companion chose the Pinot Noir, currently an interesting one from Angels Ink, new on the menu since our last visit.

The Angels Ink hails from multiple Central Coast (CA) vineyards and complemented the meal well. It's on the light side, fruit-forward with berries and vanilla and a nice note from its oak aging. (Note that at the time of our visit, there were four other Pinot Noir choices by the bottle, and you can make a purchase in the retail shop, to be opened tableside for the corkage fee.)

If you prefer cocktails or beer, don't miss the options here. There are numerous craft beers, including a flight of draft beers, and creative cocktails, some with ingredients like local cider.

We had peeked at the menu before arriving and were ready to go with the evening's appetizer special; a trio of beautifully plump sea scallops in a lovely fennel, apple brandy cream sauce. Even without a specific seafood focus, Harvest Thyme knows where to source its scallops.



Absolutely the freshest and sublimely cooked—a feat that many eateries haven’t perfected. The fennel apple brandy sauce was novel and appropriately light. Our one wish for this otherwise wonderful starter was a lighter touch with the salt. The dish paired beautifully with a glass of Bohigas Cava from Catalunya, Spain. Fruity with hints of cinnamon, this sparkling wine has a light sugar content and feels dry, soft, and creamy. A festive way to begin the evening.

When last we were at Harvest Thyme we ate inside and after sitting through the aroma of pizza baking, we vowed we would come back and try one. So here we were ordering the Woodcutter Pizza featuring Sweet Italian Sausage, Applewood Bacon, and Wild Mushrooms. The crisp browned sausage and bacon were the stars on this pizza pie with a smear of tomato sauce and light sprinkling of cheese.

The day’s catch enticed me to try and it arrived as an enticing slab (rather than a filet) of Chilean Seabass leaning upon a bed of creamy polenta. The rich bacon and tomato reduction was a thick deep red sauce served in a side tiny crock with baby carrots as a vegetable. The half-inch thick steak of fin fish had a golden surface and was delightfully moist in the center.

My dining companion couldn’t decide at first between two Italian-leaning entrees: would it be the Pear and Ricotta Sacchetti or the special Braised Short Rib Ravioli? If “sacchetti” is new to you, it translates to beggar’s purses and sounds charming, especially as it’s served here with taleggio, prosciutto, and basil cream sauce. But the winner this night was the Ravioli with its most-exotic sounding flair: wild Hen of the Woods Mushroom Demi-Glace Cream, topped with Venison

Ragout and Fresh Herbs. Definitely a dish to leave to the experts at Harvest Thyme. We learned that the complex demi-glace consists of veal bones cooked in stock for 24 hours and then reduced to a “master” base sauce for the other ingredients. Very unusual and delicious, and a most generous serving of very fresh tasting raviolis.

Supremely satisfied, we still wanted a taste of something sweet and decided on the

Peanut Butter Pie, which was described as an immense Reese’s Peanut Butter cup. It was a thick wedge of what tasted like peanut butter cheesecake on rich chocolate cookie crumb crust finished by a quarter-inch thick fudge ganache top layer. The rosette of whipped cream garnished the opulent dessert. The excellent decaf coffee deserves a nod—I almost never like after dinner coffee anywhere and this really was good—enough to ask for a refill.





Not All Heroes Wear Capes

We want to join the round of applause that Feed Anne Arundel—founded by Monica Alvarado, owner of **Bread and Butter Kitchen** in Eastport—has gotten for their incredible work in connecting dozens of area restaurants with the hungry people in our community by raising money to purchase meals from local restaurants (helping them out in this difficult time) and giving them to those in need. Alvarado was honored with the inaugural Annapolis Person of the Year award, and Anne Arundel County provided a \$1 million grant to support the effort. You can support it, too, by making a donation at feedannearundel.org.

DINING TRENDS

Savor the Chesapeake

A CULINARY COMPENDIUM OF RESTAURANT, FOOD, AND BEVERAGE NEWS AND TRENDS FROM THE CHESAPEAKE REGION

By **Kelsey Casselbury**

Hellos and Goodbyes

We love seeing new companies open their doors, but it's so bittersweet when you also say goodbye to some favorites.

From fresh bread to unique breakfast options to lunch sandwiches, the menu at Annapolis' **In Grano Bistro and Bakery** sounds like a dream (particularly the Chinese-Stuffed Flatbread, made with pulled pork, scrambled eggs and a ginger sambas dipping sauce). Led by Adam Pusateri and Pericles Lewnes, In Grano—located in Annapolis Technology Park in the former location of Katana Sushi—also features coffee of all sorts (including some intriguing flavors of lattes, such as Lavender and Chai Spice) and plans to offer beer, wine, cocktails, and sake in the future. **302 Harry S. Truman Parkway, Suite H, Annapolis | ingranobakery.com**

It looks like **Phillips Seafood** wants to reinstate its presence in downtown Annapolis, but not to its Dock Street location that closed in 2015 (and, before that, in 2009). Instead, the Maryland mainstay has submitted a beer, wine, and liquor license for 110 Compromise Street, where they want to serve crabs fresh from the dock outside the restaurant. It's TBD on whether the county will allow that, so check back! www.phillipsseafood.com

There can never be enough coffee shops, so let's give a shout of excitement for Severna Park's **The Big Bean**, which is opening a second location on Bestgate Road in Annapolis this spring. In addition to the menu that you



know and love, this location plans to serve nitro coffee on tap and cold brew options. **558 B&A Boulevard, Severna Park | 888 Bestgate Road, Annapolis (coming soon) | www.thebigbean.com**

If you like beer, Anne Arundel's West County is the place to be—**PHERM**, a new Gambrills brewery, has joined Chesepiooc in Crofton and Crooked Crab in Odenton to make a trifecta of hops in the area. Owners Billy Abbott and Henry Jager named the brewery after fermentation (which is how beer is made) and the band Phish, and they've started out strong with a bevy of brews on tap, including IPAs, a pilsner, sours, and more—in other words, something for everybody. **1041 MD-3, Gambrills | phermbrewing.com**

Other West County news isn't quite so happy—**Houlihan's**, part of a national chain of restaurants, closed its doors at the end of 2020, due to coronavirus-related financial losses. Additionally, according to plans submitted to the county, it seems as if Nautilus Diner—a Crofton-area pillar—will be demolished in the future and replaced with a Sheetz gas station and convenience store. The project is in its early stages, so more details are sure to come.

Easton residents got a happy surprise when **Old Mill Deli**, which permanently closed (in theory) last fall, announced that it would reopen on February 1. The deli serves a variety of breakfast and lunch options, with ever-changing lunch specials. **1021 North Washington Street, Easton | 410-822-9613**



In the Kitchen: Feeling Saucy

There's a holiday for every day, week, and month of the year, and most of them are quite suspect (who declares these holidays, anyway?) But, it's kind of fun to just go with it, so let's talk sauces in honor of National Sauce Month.

Most cooks know already about the five French mother sauces: Béchamel, Velouté, Espagnole, Tomato, and Hollandaise. If you love to cook and haven't mastered these yet, what are you waiting for? If they're old-hat to you, though, here are three more versatile sauces that you should have in your repertoire:

Chimichurri. Similar to pesto, this Argentinian sauce is an uncooked blend of herbs (usually parsley), olive oil, garlic, vinegar and chilies that's traditionally used on steak, but is dazzling on pretty much anything from chicken to vegetables to rice.

Barbecue. Skip the bottled stuff—homemade barbecue sauce is super-simple (and much lower in added sugar). Recipes vary, but it's typically a combo of tomato puree (or ketchup), molasses, apple cider vinegar, Worcestershire sauce, and seasonings.

Satay. Also known as peanut sauce, satay originated in Indonesia and is made with ground peanuts or peanut butter, coconut milk, soy sauce, brown sugar, and lime juice at its base, but some cooks also add fish sauce, tamarind, curry powder, and red pepper flakes or other spice.

In case you're wondering, there are other food-themed celebrations a-plenty in March—it's also National Fresh Celery Month, Noodle Month, Flour Month, Frozen Food Month, and Peanut Month.

From the Bar: Gin

Before you say it, stop—gin does *not* taste like a pine tree in a glass. If you're sticking to that sentiment, you probably haven't sampled a wide variety of the spirit. Sure, the flavor profile is rooted in juniper berries (which, admittedly, *do* come from a conifer), but distillers these days experiment with all sorts of ingredients that can really affect the finished product. To prove that not all gins are created equal, the spirit is separated into four distinct varieties:

LONDON DRY. Originating in England but produced globally, this is the most juniper-heavy type of gin, and it's free from artificial flavoring. It must be made with a neutral base and ring in at a minimum of 40 percent ABV. *Use it in a: Gin and Tonic*

PLYMOUTH. Both a style of gin and the name of a distillery in the UK (the only one that produces this style), this is drier than London Dry and offers up some citrus at the front and some spice at the back. The

juniper isn't quite as prominent. The distillery is also the source of the higher-proof Navy-Strength gin (the British Royal Navy loved it). *Use it in a: Martini (which absolutely should be made with gin, not vodka)*

OLD TOM. This stuff is a bit sweeter, thanks to the licorice in the distillation (but it doesn't taste like licorice, thankfully). Sometimes it's aged in barrels, which can greatly influence the flavor. *Use it in a: Tom Collins*

GENEVER. This is the OG of gin, dating back to the 16th century in Holland (though some may claim it's not a gin at all but its own distinct spirit). The base grains are malted, like in whiskey distillation, which produces a richer flavor. You're not going to taste citrus, and you won't get as much juniper. *Use it in a: Gin Old-Fashioned*

All this being said, American distilleries are playing with the definition of gin and expanding what sort of flavors can accompany (or perhaps even mask) the juniper. Don't believe us? Try one out.

Pot O' Gold

Serves 1

1 ounce lemon juice
1 ounce raw honey
1 ounce gin*

Combine the ingredients in a shaker with ice and strain into a lowball glass filled with ice.

*Recipe from Gray Whale Gin (www.graywhalegin.com), which supports ocean conservation with each bottle sold—meaning you can feel even better while sipping your cocktail.



Have culinary news to share?

Send an email to Kelsey Casselbury at kcasselbury@whatsupmag.com.

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 \$ 🍷 🍷 * 🍷

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 \$\$ ☎ 🍷 🍷

THE GRILL AT QUARTERFIELD STATION

"So happy to start my day with The Grill's Brunch!" —David Rumm

Little Spice Thai Restaurant

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

Maiwand Kabob

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

Red Parrot Asian Bistro

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

Timbuktu Restaurant

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

Vivo Trattoria & Wine Bar

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

Millersville/ Glen Burnie

Arturo's Trattoria

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

Broken Oar Bar & Grill

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

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 \$\$ 🍷 🍷

PARK TAVERN

"I love to catch up with friends at Park Tavern or even have a night to myself with their togo options, always up to my high standards" —Ashley Austin **WINNER**

Tijuana Tacos VI

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

Willy's Kitchen

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

Odenton

Baltimore Coffee & Tea Company

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

Bangkok Kitchen Thai Restaurant

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

Buck Murphy's Bar & Grill

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

Crab Galley

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

Grace Garden

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

Hong Kong Gourmet

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

Hunan L'Rose

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

Mamma Roma

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

Orchard Café

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

Perry's Restaurant

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

Riconcito Mexicano

1103C Annapolis Rd, Odenton; Rinconcito-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 \$ 🍴

Lisa's Deli

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

Mi Pueblo II

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

Park Tavern

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

Mike's Crab House North

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

EASTER BRUNCH & DINNER CURBSIDE PACKAGES AVAILABLE FOR PREORDER STARTING MARCH 29

ANNAPOLIS BALTIMORE - PIER 5 **RUTH'S CHRIS STEAK HOUSE** ODENTON PIKESVILLE

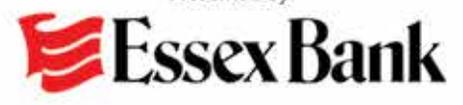


A WHAT'S
UP? MEDIA
VIRTUAL
COOKING
SERIES!

IN  A
**COOK'S
KITCHEN**
WITH CRAIG SEWELL



Presented by:



ABOUT

Welcome to our ongoing virtual cooking class series with Craig Sewell in his kitchen. Craig is the Marketing and Livestock Manager for Southern Maryland Agricultural Development Commission. He is also the previous owner of "A Cooks Café" located in Annapolis, MD.

TOPICS

MARCH 4:

Beef and Pork from Pasture to Plate

MARCH 18:

Julie Child Recipe Night

REGISTER

whatsupmag.com/inacookskitchen



WHAT'S UP? MEDIA

RAMS HEAD ROADHOUSE

"My go to place whether I want a whole meal or just a drink" —Jimmy Sanders

Annapolis Area & Beyond

Blackwall Hitch

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

Broadneck Grill & Cantina

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

Davis' Pub

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

Fuji Japanese Steakhouse

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

G&M Restaurant & Lounge

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

Grump's Café

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

Harvest Thyme Modern Kitchen & Tavern

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

Herald Harbor Hideaway

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

La Sierra

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

Lista's Grill

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

Lures Bar and Grille

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

The Melting Pot

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

Mi Lindo Cancún Grill

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

Milano Pizza

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

Mother's Peninsula Grille

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

Old Stein Inn

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

The Point Crab House & Grill

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

Rams Head Roadhouse

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

Rips Country Inn

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

Ruth's Chris Steak House

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

Shop Local. Buy Local.

RESERVE YOUR SPACE TODAY
 Contact Ashley Lyons at 410-266-6287 x1115
 or alyons@whatsupmag.com

"We Make Good Men Better"

**TO BE A MASON
ASK A MASON**

1206 STEHLIK DRIVE,
ODENTON 21113
SINCE 1908

WWW.ODENTONLODGE209.NET



Where's Wilma?

FIND WILMA AND WIN!

March comes in like a lion and goes out like a lamb. In between the mixed weather and transition from winter to spring, our faithful flying mascot Wilma soars the skies, dipping in and out of towns far and wide across the Chesapeake region, ever-searching for great dining, shopping, and services. Where will she pop up next?

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: Danielle DeVeau Crawford of Severna Park, 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



Please Print Legibly

I FOUND _____ Advertiser _____
WILMA _____ Advertiser _____
ON PG. _____ Advertiser _____

Name _____

Phone _____

Address _____

E-mail address _____

What is your age bracket? (Circle one) <25 25-34 35-44 45-54 55+

Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles! Yes, please! _____ No, thanks _____

Entries must be received by March 31, 2021. 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.

Annapolis Area Christian School Camps.....20

Anne Arundel Gastroenterology Associates.....46

Archbishop Spalding High School11

Arundel Federal Savings Bank.....43

Ballet Theater of Maryland.....11

Baltimore Washington Medical Center.....IBC

Bowie Siding & Roofing Inc.....43

Ciminelli's Landscape Services Inc.....39

David's Natural Market.....54

Drs. Walzer Sullivan & Hlousek P.A.....3

Fichtner Services.....BC

Harvest Thyme Modern Kitchen & Tavern.....54

Hospice of the Chesapeake.....1

Integrity Tax and Small Business Solutions.....9

Long & Foster-Crofton.....34, LREHP

Mamma Roma.....54

Maryland Pet Crematory.....46

Monsignor Slade Catholic School.....15

Mr. Handyman.....45

Odenton Christian School.....20

O'Donnell Vein and Laser.....IFC

On The Green Inc.....38

Ruth's Chris Steak House.....61

Skin Oasis Dermatology.....13

State Farm-Tammy Counts.....38

The Jaklitsch Law Group.....7

Wild Birds Unlimited.....46

Woodholme Gastroenterology Associates.....20

END COVID



IT STARTS WITH YOU.

The COVID-19 vaccines are authorized by the FDA as safe and effective. Vaccination is the best tool for stopping the virus and helping us keep our communities safe.

Get the facts. Get the vaccine.

LEARN MORE: umbwmc.org/vaccine



UNIVERSITY of MARYLAND
BALTIMORE WASHINGTON
MEDICAL CENTER



FICHTNER SERVICES

ROOFING • SIDING • GUTTERS • WINDOWS



Fichtner Services provides full exterior remodeling services for roofing, siding, windows, doors and gutters. We are the company you can trust for quick response, quality craftsmanship, reasonable pricing and steadfast respect for homeowners and their homes.



REQUEST YOUR FREE QUOTE TODAY! 410-519-1900 | WWW.FICHTNERSERVICES.COM