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On the Cover: Celebrate and enjoy the Best of West County food and dining winners this month. Design by August Schwartz. Contact *What's Up? West County* online at whatsupmag.com. ♻️ Please recycle this magazine.

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Best of Beauty & Fitness Results
Local Olympians Competing in Japan

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From the editor

TWENTY-FOUR YEARS AGO,

What's Up? Media was launched by Veronica Tovey on a wing and prayer. Well, it was much more than on a whim, but you get the idea. Her notion that an entertainment and lifestyle magazine could thrive in a market already populated by several local publications seemed a bit zany at the time (1997). But by delivering a beefy calendar of local events (now online at whatsupmag.com) rounded out with fun feature articles and touchpoint coverage of home, health, environment, and dining, Tovey and team proved itself to have a winning formula and one that's stuck. It's been a fun ride and next May, when we eye our silver anniversary, we'll reflect more on the magazine, its influence in the community (and vice versa!), our readers, and those who've become family and friends.

This May, we celebrate so much more than our anniversary. And I think the feeling is mutual, as all of us continue to emerge from the pandemic's slumber and begin to socialize safely. It's been a while. And in many ways, we're seeing all the hard work of this past year pay off. Though we're not out of the tunnel entirely, we can certainly see the light. There are events. There are summer past-times. There are vacations on the horizon.

On the 1st of the month, May Day, one of the most beautiful traditions blossoms throughout Annapolis, towns, and communities across the Chesapeake landscape. Bouquets, wreaths, and arrangements of bright, colorful flowers adorn the front doors of our homes—a cheerful reminder that hope springs eternal. A couple weeks later, all eyes will be on “The Run for

the Black Eyed Susans”—what we've long known and enjoyed as the Preakness Stakes thoroughbred races. The 146th running will have fans in the grandstands. Shortly thereafter, we'll turn our attention skyward for the return of the Blue Angels, who'll be soaring above the Chesapeake Bay and Severn River, to celebrate the United State Naval Academy's Class of 2021 graduation. The following weekend, barbecues will ignite the Memorial Day holiday—a time to reflect on those that gave their lives in battles past so that we can enjoy our freedoms today. All of these traditions near and dear to Marylanders' hearts—it's our culture.

And this issue is chock full of local flavor. For the best of our beloved blue crabs, the results are in! Consult the Best of West County Food & Dining results for the bevy of Chesapeake bounty you voted tops in town. Speaking of bounty, we also talk with several local farmers in the Rita Calvert-penned “Thank Goodness!” feature about their operations in the “age of COVID” and how they've coped, tweaked, and developed during this challenging time. There's good news in that one. I also recommend reading about Coastal Conservation Association Maryland and volunteer Mike Wissel to get an idea of how their work is vital toward protecting Chesapeake habitat and fisheries. And to get a feel for the many, many nonprofit organizations in our region working hard to ensure prosperous, safe, equitable, and clean environments and communities, we've compiled “Nonprofits You Should Know”—a comprehensive resource list of local orgs.

Like life—and like the many years we've been at it, making magazines—this issue has so much more to it than what I've touched on herein. As you enjoy this spring, and flipping through this issue, I hope you'll feel inspired, enriched, and maybe even a little zany. We could all use that energy about now.

James Houck,
Editorial Director

Out on the **TownE**

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April showers bring May flowers, right? Well, those rainfalls are not the only thing that causes Maryland to have some of the most beautiful flowers, shrubs, and trees. The Chesapeake Bay Watershed grows over 2,700 species of plants, grasses, shrubs, and flowers. Planting native plants in your garden is important to preserve Maryland's biodiversity. Whenever you plant natives, you impact the area around your home because they cross-pollinate with wild flora and are able to disperse seeds into surrounding areas. It is also the best way to help pollinators like bees and butterflies. Native plants and native insects have an intricate balance of co-evolving with each other. Read about some of the stars of the region and what they can bring to your own garden.

BLACK-EYED SUSAN (RUDBECKIA HIRTA)

Might as well start with the most popular, Maryland's State Flower. These flowers consist of bright yellow petals and a black, dome-shaped center filled with seeds ready to be caught in the wind and plant new seedlings. Show your Maryland spirit and start planting a few state flowers in your garden and see how even more sprout season after season.



CARDINAL FLOWER
(LOBELIA CARDINALIS)

In wet woods and meadows throughout the state, you can find the intense and beautiful Cardinal Flower. This flower blooms from July through September and is super easy to maintain if you choose to add it to your own garden. Plant it in your shaded garden to attract swallow-tail butterflies, bees, and hummingbirds.



BERGAMOT
(MONARDA)

Bergamot creates brightly-colored flowers, perfect for a pollinator garden. Unlike most of the other plants and flowers on this list, you are not likely to find this lavender beauty by the Bay, as Monarda needs dryer soils found in meadows and woodland edges. And good news, this flower is both deer and rabbit resistant.



WHITE OAK
(QUERCUS ALBA)

The tall and strong White Oak is just one of twenty-one species of oaks native to Maryland, but this is the only one that can claim to be Maryland's Official State Tree. We can find the White Oak through all woodlands in Maryland and even in yards and neighborhoods. These trees can tower from 60 to 100 feet and provide a beautiful, majestic silhouette. The largest known White Oak had a trunk circumference of 32 feet and grew in Wye Oak State Park in Talbot County. In 2002, a storm destroyed the tree.



ROSE MALLOW
(HIBISCUS MOSCHEUTOS)

Once you see the amazing white or pink flowers with a deep pink center, you know you have found a special Rose Mallow. Rose Mallow loves the marsh and sun, so it may not be the best fit for your home garden, but that does not stop it from being beyond beautiful. A crazy fact about Rose Mallow is that they have been used medicinally in the form of tea to treat digestive and urinary tract inflammations.



JOE-PYE WEED
(EUPATORIUM DUBIUM)

Coming from the daisy family, Joe-Pye Weed loves to be in the moist woods and marshes, making it perfect for our area. They attract birds and bees to their surroundings and they are not hard to find, considering they can grow up to 10 feet tall. Just like the Rose Mallow, Joe-Pye Weed have been used herbally and homeopathically to treat urinary tract and gall bladder problems.



↑ Denim & Diamonds

Unfortunately, with everything going on last year, Anne Arundel Medical Center had to cancel their annual Denim & Diamond event. To make up for it, this year, they will be having a whole month event to raise money for Luminis Health Anne Arundel Medical Center's mental health and addictive care services. May is Mental Health Awareness month so from May 1st to May 31st, participate in this virtual celebration of Denim & Diamonds —Delightfully Deconstructed. Throughout the month, join in for a virtual auction, restaurant/boutique events in the community on both sides of the Bay Bridge, and much more. Find more information at Aamedenimanddiamonds.org



May Day Celebration 2021 →

Celebrate the 66th annual May Day in Annapolis with The Garden Club of Old Annapolis Towne on May 1st from 10 a.m. to 5 p.m. Annapolis residents are to set out May baskets on their porches to show gratitude and appreciation to all of the numerous healthcare workers and other helpers in our community. Be creative and use flowers from your own garden to give residents and Annapolis visitors beautiful things to look at around the town. Post pictures of your colorful baskets to social media using #MayDayAnnapolis2021 and #66thAnnapolisMayDay.



← Big Little Boat Festival Races & Rendezvous

Chesapeake Light Craft are hosting the 2021 Big Little Boat Festival Races & Rendezvous on the campus of Camp Wabanna in Edgewater. The festival will take place on May 22nd and consist of a 1-, 3-, 8-, or 20- mile race for paddlers, rowers, and sailors. In addition to the race, there will be a boat parade and room for camping in tents and small campers. Find more information and register at Clcboats.com/festival



↓ Wine and Dine in the Garden

Dine al fresco at the William Paca Garden in Annapolis on May 12th at 5:30 p.m. Enjoy extravagant food and wine provided by Ken's Creative Kitchen for this unforgettable evening. Experience a four-course dinner in the picturesque English Garden. Be sure to register by May 5th, seating is limited. The dinner is all inclusive, both food and wine at \$150 per person. Register today at Annapolis.org



Annual Strides Against Skin Cancer 5K ↑

Anne Arundel Dermatology is hosting the Annual Strides Against Skin Cancer 5K to benefit the Skin Cancer Foundation. The 5K run/walk will take place on May 15th at Quiet Waters Park in Annapolis. All race proceeds will benefit the Skin Cancer Foundation who educates both the public and medical community on the importance of skin cancer, how to prevent it, and how to protect ourselves from it. Find more information and register for the race at Give.skincancer.org/2021strides

Oxford Fine Arts Virtual Gallery →

Fifty incredible artists will be showcased in the Oxford Fine Arts Virtual Gallery opening on Friday, May 14th at noon and closing on Sunday, May 16th at 4 p.m. Virtual studio tours and workshops will be offered online all weekend. The show will feature artists from the Cayman Islands, Arizona, the Talbot County area and more. If the pandemic allows, there will be a in person pop-up show on May 15th. Proceeds from the VIP experience, the demos, and 30 percent of the art sales will support the Community Center's mission to serve, educate, and inspire. Keep an eye on their website to stay up to date on the show at Oxfordcc.org





TOWNE SALUTE

Mike Wissel

Coastal Conservation Association Maryland

By Lisa A. Lewis

Born and raised in the Chesapeake Bay region, Mike Wissel has always loved the area’s rivers and developed an interest in fishing at a young age. When he moved back to Maryland in 2009 from New York—where he had been pursuing his career—he renewed his passion for the sport of angling. So, when Wissel noticed a decline in the number of fish caught while enjoying one of his favorite pastimes, he became concerned and knew that he had to help.

While participating in a fishing tournament hosted by Coastal Conservation Association Maryland (CCA Maryland), he met a lot of like-minded people who shared his interest in conservation. After speaking to the then-executive director of CCA Maryland, Wissel decided to take action. In 2014, he co-founded one of many regional



IT’S OUR RESPONSIBILITY TO HELP CONSERVE OUR PRECIOUS MARINE RESOURCES. EDUCATION IS SO IMPORTANT, AND RAISING PUBLIC AWARENESS CAN REALLY MAKE A DIFFERENCE. WE HAVE AN OBLIGATION TO CREATE A MORE SUSTAINABLE FUTURE FOR THE NEXT GENERATION.”

chapters (Central Region Chapter), and he has been a staunch advocate and dedicated volunteer for the entire organization since that time.

“It’s our responsibility to help conserve our precious marine resources,” Wissel says. “Education is so important, and raising public awareness can really make a difference. We have an obligation to create a more sustainable future for the next generation.”

A nonprofit organization, the mission of CCA Maryland is “to advise and educate the public on the conservation of our marine resources” and “to conserve, promote, and enhance the present and future availability of coastal resources for the benefit and enjoyment of the general public.” CCA Maryland consists of several chapters that serve as a forum for recreational anglers and volunteers who are interested in conservation.

As the co-founder and vice president of the Central Region Chapter, Wissel organizes meetings, schedules guest speakers, and helps launch local programs to raise awareness. Perhaps one of the chapter’s most successful achievements is the creation of the Living Reef Action Campaign (LRAC), which is regarded as “CCA Maryland’s flagship habitat, education, and outreach program.”

Established in 2015, LRAC offers in-class and hands-on learning experiences in area schools to teach students about

the ecological benefits of oysters and the importance of habitat creation and restoration. The students build artificial reef components (called reef balls) that are deployed in the Bay and its tributaries. Not only is the program fun, but it also helps generate interest in the environment and foster stewardship.

“The Living Reef Action Campaign demonstrates how we can put life back into the Bay,” Wissel says. “A few months after deploying the first reef ball off Tilghman Island in 2016, new life and oyster growth could be seen. By applying the science and creating these living reefs, we are able to see a concept put into action from start to finish, and that is such a rewarding experience. It’s also great to see how excited the students are about the program.”

In addition to his hands-on volunteer work, Wissel also plays a business/administrative role for CCA Maryland. He serves as the chairman of the State’s Management Committee and as the vice chairman of the State’s Board of Directors.

“Mike is the kind of volunteer and leader that any grassroots organization would be proud to have in their ranks,” says David Sikorski, executive director of CCA Maryland. “He constantly keeps his eye on the end goal of any CCA Maryland effort and has been the driving force behind building and maintaining our Central Region Chapter. Mike’s attention to detail and

follow through is second to none, and he constantly steps up to the plate to lead and motivate others. Furthermore, Mike's family and community have always risen to the occasion to support his efforts, [which] shows the true value he brings to those around him."

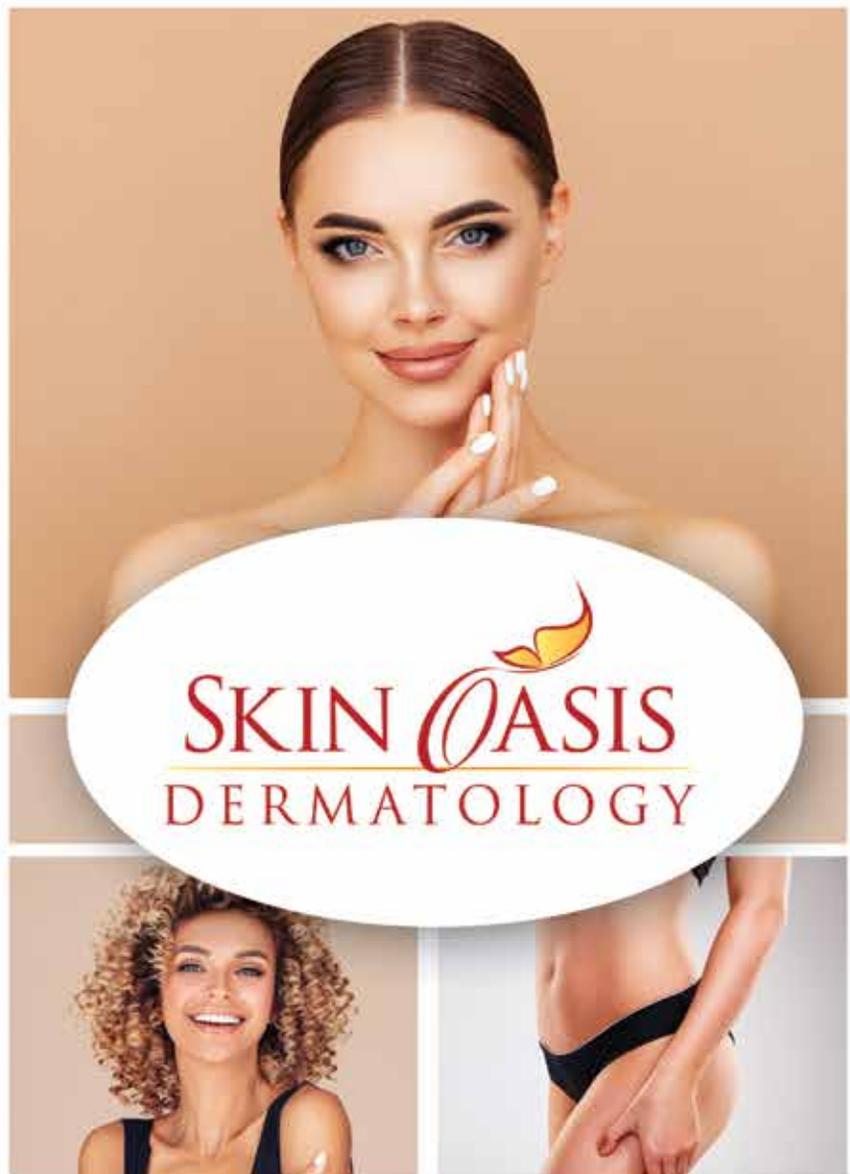
Like all organizations, CCA Maryland has had to adapt to meet the challenges presented by the COVID19 health crisis. The organization utilizes a virtual platform to conduct its events, including fundraisers, banquets, and raffles. Wissel says that interest in fishing has increased since the pandemic started, and CCA Maryland remains committed to its mission, which is even more important than ever during this difficult time.

Wissel, who works in financial services, lives in Carroll County with his wife, Kelly, and their three children, twins Lauren and Carter, 13, and Addison, 15. An avid angler, he feels lucky that CCA Maryland offers him the opportunity to combine two of his passions: conservation and fishing.

"Coastal Conservation Association Maryland is a great organization, and I love being a volunteer," Wissel says. "The more I developed my interest in fishing, the more I became engaged in conservation. It's so important to protect our marine resources, and CCA Maryland offers a way for recreational anglers to play a role in advancing conservation efforts. It's truly a win-win situation for people who love fishing."

For more information about Coastal Conservation Association Maryland, visit ccamd.org.

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



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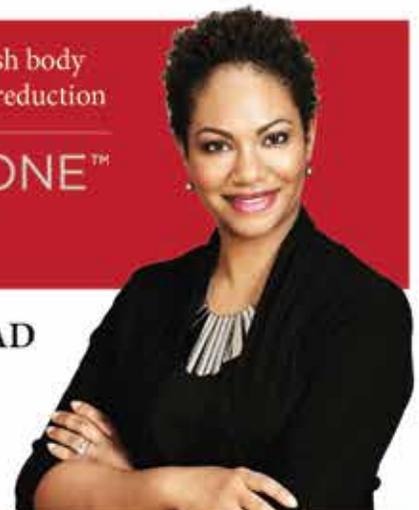
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Intuitive Wellness Open in Crofton ↓

This past March, Intuitive Wellness cut the ribbon and opened its Crofton location. Offering a variety of therapeutic massage, skincare, and nutritional counseling services, Intuitive Wellness' practice is based on over 21 years of experience.



ARC CENTRAL CHESAPEAKE RECEIVED GRANT

The Arc Central Chesapeake Region, a nonprofit committed to transforming lives for people with intellectual and developmental disabilities (I/DD), recently announced an \$18,250 grant from the Community Foundation of Anne Arundel County to continue and expand the critical healing and crisis prevention work through Coping with COVID. Created in Summer 2020, Coping with COVID helps people with I/DD process their emotional response to the pandemic and identify ways to adapt to the many changes and disruptions in their lives. "Our role as a provider is to proactively acknowledge the challenges and changes people are experiencing, and to help people grieve healthily so they are able to move forward without fear," says Jonathon Rondeau, President & CEO, The Arc. "People with I/DD are already at an increased risk for isolation. Ongoing social distancing could lead to people feeling disconnected from their community, resulting in challenging behaviors and even trauma." To learn more, visit thearcctr.org.



↑ Chill Axes Opens in Crofton

On February 9, Chill Axes cut the ribbon and officially opened for business just over a week later. Chill Axes dubs itself as the premier axe-throwing venue in Anne Arundel County. Conveniently located just off Route 3 at Davidsonville Road, the social venue host groups for fun outings of axe throwing and camaraderie. The venue features 14 throwing lanes and multiple axe-throwing game configurations.



"We are so grateful for these gifts, which will allow us to make great strides in our work," says Bradley Schlaggar, MD and PhD, Kennedy Krieger's president and CEO. "But it was equally heartening to learn that these two generous donors supported us throughout their lifetimes."

↑ LEGACY GIFTS TO KENNEDY KRIEGER ARE LARGEST SINGLE DONORS IN INSTITUTE HISTORY

Two longtime supporters of Kennedy Krieger Institute recently gave a total of \$6.6 million to the Institute through their estates. One gift will be used to recruit new scientists; the other to support the overall work of Kennedy Krieger. Both donors were women who gave modestly but continually throughout their lifetimes; their charitable giving supported causes that included but was not limited to the education and healthcare of children. Their generosity also mirrors a current trend in philanthropy that sees women playing a large role in a family's charitable giving. Notably, these two gifts are the largest legacy gifts from single donors in the Institute's history. Mrs. Eleanor Black Requard (black and white photograph with husband) of St. Michaels, Maryland, an innovative Maryland educator during her lifetime, bequeathed \$5.4 million to Kennedy Krieger to be used for the Institute's strategic priority of recruitment of new faculty and scientists.

Mrs. Audrey W. Clark of Glen Burnie, Maryland, bequeathed \$1.2 million to the Institute.

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

Exciting things are happening in 2021!



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goal of being able to play professionally and influencing kids. I really want to make the Olympics."

Despite her top-notch skills and abundance of confidence, Nutile was never so uneasy when she tried out for Chesapeake as a freshman in 2017. "I was so nervous and I didn't know where I would fit in," Nutile explains. "When I went out, I was one of two freshman and the rest were upperclassman."

Nutile, a pitcher and shortstop, can look back at that experience now and laugh. She easily made the team and quickly developed into one of Maryland's top high school players. The 5-foot-9 Nutile went on to dominate as she led the state in home runs (11)—which was also a school record.

Nutile's prowess helped her earn a softball and academic scholarship to Longwood University in Virginia.

"I was lucky to coach Lauren Gibson, who played four years at Tennessee, and the U.S National team," Chesapeake Softball Coach Don Ellenberger says. "She worked out more than anybody I have ever seen. She took her talent and made herself that much better. Jerzie has been the same way. She has so much talent and she worked really hard to turn herself into a great player."

Nutile developed her skills playing 10 years of club softball, including the last two for the Ashburn Stars in Northern Virginia. She plays year-round and about 100 games a year. She competed in tournaments in Florida, Georgia, and Tennessee.

"She can play anywhere," Ellenberger says. "When I first saw her play, she was a catcher."

Nowadays, Nutile is playing shortstop and pitching for Chesapeake. The switch hitter batted .459 as a sophomore with 11 home runs, 20 runs scored, and a team-leading 37 RBIs to help the Cougars to the Class 3A state championship game the following year.

The year before, the Pasadena resident hit .397 with 11 homers, 22 runs scored, and 37 RBIs.

"She is powerhouse as a hitter," Ellenberger says of his third-place hitter. "She has home run potential on any pitch."

Nutile worked as Chesapeake's No. 2 pitcher for her first two years in high school. She would have been the team's No. 1 last year but the season was wiped because of the pandemic. Nutile hopes to get that opportunity this spring.

"She is a dominant pitcher," Ellenberger says. "Over the last couple of years, she has refined her pitching so much."

Now that Nutile's high school career is winding down, she'll start preparing for college. She chose Longwood over Duke, Delaware,



Photography courtesy Jerzie Nutile

TOWNE ATHLETE

Jerzie Nutile

Chesapeake High School Softball

By Tom Worgo

Chesapeake High senior Jerzie Nutile just lives for softball. She has even practiced outdoors when it's 20 degrees. When Nutile doesn't have a game or practice for her high school or club team, she still works nonstop. Her coaches say she trains harder than most other players. The 17-year-old puts in up to five hours per day perfecting her skills for six or seven days a week by lifting weights, running, playing at a nearby field with friends, hitting a ball off a tee, or pitching to her father in a garage.

"I love softball so much," she says "It's something I want to pursue for a career. Players look up to me, so it's a motivation for me to really work hard. The harder I work, the more likely I am going to get to my

Liberty, and the University of Pennsylvania.

“She is a great fit for our program,” Longwood Softball Coach Megan Brown says. “I can’t wait to see the good things she will do for us. She is a talented player and she will have the chance to hit, pitch, and play shortstop.”



Nutile will concentrate as much on her studies as on softball since she wants to be a biological engineer. She carries a 4.4 weighted-grade point average and took a combined seven advance-place classes during her junior and senior years.

“I really want to use my academic platform to bring awareness of to the potential cures for cancer, dementia, and Alzheimer’s,” Nutile says. “I want to be a research scientist, and I really like to help people.”

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

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THANK GOODNESS

RESILIENT LOCAL FARMERS
HAVE ADAPTED TO PANDEMIC
PRESSURES TO PROVIDE
SUSTAINABLY DELICIOUS
MEATS, PRODUCE, AND WARES

BY RITA CALVERT

Ironically, COVID19 may have had an unexpected benefit: making us more mindful of what it takes for food to reach our plates, and more aware of what local farmers and producers do for us. For local farmers and producers, the boost in consumer interest was a welcome gift. We can't beat the pandemic without safe production and distribution along the entire food chain and that's what our local farms have demonstrated as they pivoted and adapted—transitioning customers from grocery store mentality to local seasonal production. With the increased interest in staying home and cooking, many small farms and CSAs are experiencing a boon, both in customers and production volume. Local farm food popularity is still “off the charts” 11-plus months into the pandemic. Let's dive in with some of our local farmers to see how their lives and their businesses have been affected.



HOLLYWOOD FARM

Hollywood Farm, owned by Jean-Francois and Thackray Seznec, is a small, fifth-generation family-operated farm on the Broadneck peninsula of Annapolis, with one of the largest tracts of conservation land in Maryland. They specialize in raising 100 percent grass-fed Katahdin lamb on 70 acres of pasture, but have quite a few other operations on the farm, which help make them a regenerative farm, meaning they are working on improving the land and soil.

I had a lovely tour of the farm and talked to “JF,” as he is called, to learn about special sustainable practices for the sheep, pasture improvements to rectify the soil, and methods used to make the farm more of a homestead, including: their sawmill to make use of wood from fallen trees, poultry processing, converting sod acreage to pasture, jam making from black currants and apples, and bread baking. Hosting multiple acres of gardens has a multi-pronged effect for the farm by promoting community interaction and improving the soil by organic gardening practices. The community garden, Grow Annapolis, is thriving in a half-acre corner of a 126-acre farm.

Gwen Manseau, daughter of JF and Thackray, is manager of Hollywood Farm, as well as mother, farm market manager, chicken processor, and full-time attorney. She conveyed the changes brought about by COVID19. “At first we were frightened of the pandemic as it began negatively,” she says. “We were concerned about the health of the people on our farm—family and employees. The same problems with finding safety equipment applied to us as well. We had a huge concern for our business as the pandemic came right at lambing season, plus at a time when we process our meat. Many of our processors



abruptly shut down, while processing demand was way up as farmers in the region needed to get *more* meat processed due to ‘pandemic hoarding.’ Lack of a processor translates into loss of revenue. It was a huge learning curve for us! We had to make four separate trips for meat processing rather than one.”

COVID also hit at the beginning of Hollywood Farm's season at the farmers' market in April. They set up home delivery in an expanded area and then realized quickly that they needed to limit deliveries to just Annapolis limits because they could not fill the demand. However, sales continued an uptick and when they also offered product at Anne Arundel County Farmers' Market in Riva, they sold out for the season.

MISE EN PLACE FARM

Mise En Place is a small forward-thinking farm in Davidsonville, Maryland, using regenerative sustainable methods and specializing in salad greens, mixed vegetables, ginger, turmeric (by the ounce), lemongrass, shishito peppers, serano peppers, Jimmy Nordello peppers (sweet), basil, thyme, parsley, sage, chives, mint, radishes, sunflower shoots, microgreens, broccoli, cilantro, radish, and more! I have gotten to know J.J. Minetola and his wife Cristina as I indulge weekly in his creative delicious tacos at the Anne Arundel County Farmers' Market. As we talked, JJ relayed the family's COVID19 experience and told how he came to be a farmer.

"COVID19 affected our family a lot in the beginning," Minetola explains. "My wife, Cristina, closed her acupuncture office for three months, so she helped a lot on the farm and she is still helping at the market. My off farm part-time job slowed down a lot too, so I scaled up the farm a little. I hired two part-time farmhands and started doing tacos at the market in the summer. Of course, we have been homeschooling our son Dean who helps with the tacos at market."

He continues, "I've always been into food. I worked up to chef in Annapolis restaurants like Tsunami and Metropolitan and a couple of D.C. restaurants. I loved buying from farmers directly as the produce farmers would sell us was always the best. I left the restaurant business to get a better schedule, as I was starting a family and farming sounded like a super-rewarding career where I could continue my love of food and ridiculously hard physical work. I took a couple of online farming courses and got into a beginner farmer program with Future

Harvest, which has been fantastic. We have a pretty small farm by most standards, but we keep scaling up every year.

"I like cooking with funky, rare ingredients so I keep trying out unusual crops, as long as they sell of course. We have four greenhouses/high tunnels now and the tropical crops like turmeric, fresh ginger, and lemongrass do well in them.

"The farm that used to sell breakfast sandwiches for years at the farmers' market stopped coming last spring, so I took the opportunity to start selling hot food. The health department and the board of directors were totally behind the taco idea. We use different seasonal ingredients from the other farmers every week for the taco recipes to promote all the other vendors, so it's a really collaborative community thing. We always have a breakfast and a vegetarian taco on the menu and I mix it up with the other tacos based on what we can get from other vendors, like a meat taco filled with pulled lamb or pork. We try to be a little authentic Mexican and a little creative. We post the menu every week on Instagram and Facebook, like a food truck would, and it's been really busy every weekend.

"Our new normal has given us more time to focus on growing the farm. Quarantining on the farm seems pretty easy, honestly. Homeschooling takes up a bit of time, but this year of extra family time hasn't been bad—we're not sick of each other yet.

"I sure hope 'buy local' will continue because it is so important for so many reasons. Supporting local businesses, freshness, not buying products shipped thousands of miles, and just chatting with the farmers and producers is fun. We shop for ourselves at the market," Minetola concludes.



**I'VE ALWAYS BEEN INTO
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WAS ALWAYS THE BEST."**

—J.J. MINETOLA



Photo by Stephen Buchanan



NUMBER 1 SONS AND THE FARM AT SUNNYSIDE

For some farms, small scale business models facilitated easier adaptations to COVID-induced market changes. Over the course of a few weeks in spring 2020, D.C.-based Number 1 Sons' Caitlin Roberts transformed her business from primarily selling pickles and ferments at farmers markets into a home delivery service for their own wares, plus products from local farmers and producers. The creative transition came about thanks to a novel collaboration with Stacey Carlsberg and Casey Gustowarow, managers of The Farm at Sunnyside in Rappahannock County, Virginia, and one of the highest volume vendors at DuPont Circle Farmers' Market.

Since Sunnyside stopped going to farmers' markets completely in 2020 due to the pandemic, Carlsberg and Gustowarow started brainstorming when COVID hit on how to keep farming and keep everyone safe. They called Roberts about the possibility of doing a veggie drop at Number 1 Sons. But Roberts suggested more! Home delivery with a collaboration of farmers.

The Farm at Sunnyside changed from being a farmers' market business to a wholesale packing, distribution business also selling culinary kits as well as salad or hot pepper packs. Carlsberg and Gustowarow enjoyed the creativity of putting the new seasonal packs together, envisioning how people could use them at home. However, it was difficult adapting all of the packaging materials and labor. Employees also had to adjust to the unpredictability about the number of orders every week. Staffing was a juggling act, organization was essential, and they worked it out.

"What a great success and eye-opening experience," Carlsberg states. "We did \$300,000 in 2020 with COVID through a sales channel, which did not exist before!"

NICE FARMS AND CREAMERY

Federsburg, Maryland-based Nice Farms Creamery has had a very strong following for 12 years. You can even see them at the Anne Arundel County Farmers' Market with a long line waiting to buy weekly milk, yogurt, butter, and ice cream in summer. Bob Miller, owner and operator, told me their story of COVID resilience.

"Well, we will probably sound like everyone else here, but the past year was interesting, scary, and extremely challenging. This was compounded by internal forces, which were already impacting us. The farm had been in my family for three generations, but I was the one who encouraged the family to sell dairy products directly to market rather than to a dairy coop. In the summer of 2019, my parents gave me an ultimatum to buy the farm or they would sell.

"I managed to get loans and we soldiered on through that winter and summer of 2020, which was the time COVID hit. In the winter of 2020, we were able to buy out the dairy farm from our parents and send them off into retirement! I learned a lot thanks to COVID. The core creamery crew, Jaclynne, Brandy, my brother Lucas, and even my little ones (John 14, Anna 8, Mary 6, Aria 4) are some of the toughest, indefatigable people ever. Many days were 18 hours to keep the creamery and farm going, plus do our emergency delivery routes and normal delivery routes and farmers' markets. I learned that our everyday farmers' market supporters and families are some of the best people ever—they kept coming out to markets and our social distanced creamery pick-ups during the crazy shutdown periods of winter and early summer of 2020."



Photo by Tom Bagley

I LEARNED THAT OUR EVERYDAY FARMERS' MARKET SUPPORTERS AND FAMILIES ARE SOME OF THE BEST PEOPLE EVER—THEY KEPT COMING OUT TO MARKETS AND OUR SOCIAL DISTANCED CREAMERY PICK-UPS DURING THE CRAZY SHUTDOWN PERIODS OF WINTER AND EARLY SUMMER OF 2020."

—BOB MILLER

Miller explains that COVID affected his business in several ways. First, some of their larger accounts closed, forcing them to dump a lot of milk for several months. The farm also lost much of the onsite ice cream business at fairs, steam and gas shows, and other events. Keeping additional employees at work was challenging. Every time someone came down with the sniffles, they were not permitted to go into the creamery production rooms or handle product. And they are still having a hard time getting gloves, hairnets, wipes, soaps, paper towels, spare parts, bleach, etc. to keep the creamery going. On the farm side, finding things like tractor spare parts or pricing replacement equipment has been challenging for Miller.

"The first major change to our dairy volume was to find a home for about 60 percent of our milk after one of our large accounts, without warning, shut down," Miller explains. "Due to this, we immediately lost all of our restaurants, coffee shops, cafes business—they were either closing or scaling back. A donation drive with the Maryland foodbanks in Caroline and Talbot counties enabled people to get onto our home delivery site to buy milk and, in turn, we would send them to food pantries.

"Social media and our email lists were the primary way of getting our adjusted plans out to people. Of course, word of mouth or talking to our customers in person also contributed to getting the word out for our new normal, which was an operation for emergency delivery routes. As the farmers' markets we supported, in Annapolis, Salisbury, and Lewes, became super busy, we added the extra burden of emergency delivery routes, more foot traffic at our dairy, and of course, longer searches for the supplies we need to keep operating.

"We are going on 12 years now with our dairy business, so we know the Annapolis area and central Delmarva really do care about supporting a local dairy. We are now starting a program with regular home delivery. Jaclynne and Brandy have taken the experience of the emergency COVID routes from last year and have created the Curbside Cow, A Nice Farms Delivery Service. This is a more fleshed out version of what we did last year. This women-run portion of our operation will combine our dairy products with a few other carefully selected local operations such as Easton's Chapel's Creamery and Princess Anne's Twin Post Farm for farm fresh eggs. We are looking to form routes around Easton, Denton, and Centreville."

If Miller and his farming brethren's fortitude, creativity, and ever-adaptive business models have proven thus far, our local farms will emerge from this pandemic even better positioned to serve farm-to-table goods and wares to our communities for years to come.





An Engaging Team Sport

THE PURSUIT,
CAMARADERIE,
CULTURE, AND
LESSONS
LEARNED OF
HORSEBACK
RIDING DURING
A PANDEMIC

BY JANICE F. BOOTH

After more than a year of pandemic quarantine, many of us are starved for contact, for interactions—a hug, a shared joke, and unmasked smiles. A pet is one way to safely share a hug and enjoy time with a friend—a dog or cat, fish or bird. But what about something or someone more substantial than that pet rabbit or gerbil? Have you thought about getting acquainted with a six foot-tall, 1,000-pound intelligent creature who can respond to your moods and will listen discretely to your secrets? Working with and caring for a horse could *safely* provide some of the emotional and physical warmth we’ve been craving. Horses and horseback riding might be the activity your family has been looking for, a sport you and/or your child can enjoy now. Riding provides opportunities for friendship, exercise, and skill development—no matter what your age. Sporting events, school athletics, and even the casual pickup game of baseball or basketball are dishearteningly dangerous during the pandemic. We’re left with a few “safe” sports—singles tennis, single-handed sailing, and... horseback riding among them. Horses and riding can be both a hobby and a sport even during this pandemic.

Since it's fun to have some basic knowledge of the "game" before you participate, here are a few bits of information about horses. You can toss these into a conversation to impress your friends; they may want to take up riding too.



HORSES ARE HERD ANIMALS

They feel more comfortable following a leader or moving in a group. As a rider, you will be the leader your horse will trust and follow; that will require confidence.



HORSES ARE PREY ANIMALS

That means they instinctively protect themselves and react to what they perceive as danger. As a rider, you must protect your mount by guiding and directing it to avoid danger and injury; that will require concentration and careful observation.

As of the 2014 survey by the Kentucky Equine Research Institute, over **80,000 HORSES** RESIDE IN **16,000 LOCATIONS** IN MARYLAND; 700 OF ARE LICENSED STABLES.

"Maryland claims to have more horses per square mile than any other state," according to Equineews.

There are **2,000 MILES** OF RIDING TRAILS IN MARYLAND

Lots of beautiful places to explore on horseback, from Calvert Cliffs to the Susquehanna River.

Symbiotic Relationship

To get started with this new activity, you and your child may want to learn to care for and interact with horses, perhaps volunteering at a local farm or stable. From that acquaintance, you can move on to horseback riding where the rider develops skills like self-control and patience, which are prized in most sports. Teacher and mother of two, Megan Ells-Perry is a skilled rider and horse trainer. She has spent her career working with children in the classroom and with horses on the farm. "Working with a horse requires that I *regulate my own emotions*. The horse senses if I'm tense or distracted," she says. "Horses live in the moment. They're very responsive to the people who are caring for, handling, or riding them. If I'm riding, or working a horse from the ground, I have to stay in the present moment, just as my horse is. The horse needs me to *stay grounded*, in the moment. That's an important life skill that I need to practice."

In addition to helping us relax and regulate our feelings, there are other skills we can cultivate as we take up riding. Like other sports, riding demands the synchronization of mind and body to achieve mastery. Physical *balance* must be combined with mental *concentration*. *Cooperation* between the horse and rider must be practiced, the way a quarterback or a captain of a swim team unites the team under her or his leadership. And, the rider must learn *strategic planning*, thinking ahead as to the path, the pace, and the goal for each riding experience. Riders learn to practice *high-level observation* and *problem solving*. For example, trail riding demands the rider anticipate dangers the horse might encounter such as uneven ground or startling distractions.

Guiding a horse through a jumper's course takes *strength* on the part of both horse and rider, as well as balance, coordination, and experience. In any type of riding, the rider and horse must be fully aware of one another's emotional state. *Confidence* on the part of the rider encourages the horse to obey and trust the rider's directions so they work as a team. Attentiveness is also critical; if a rider's attention strays from the horse and the course at hand, the ride will falter.

Training to be intensely *focused* is an important skill for any sport, and particularly for riders. Controlling and directing the animal requires *concentration* at every moment. The rider must *synchronize* his or her body with the horse's, and command that animal although that animal is many times larger and strong-willed. Essential to the rider's success is *team-work*—respect between the rider and her or his mount. While other sports may require coordination with team members on a defined playing field, riding demands coordination with the team member who cannot see you, but is propelling you through the event. You must call the plays, be the strategist for both of you. Without your guidance and the horse's cooperation, success will elude you.



"WORKING WITH A HORSE REQUIRES THAT I REGULATE MY OWN EMOTIONS. THE HORSE SENSES IF I'M TENSE OR DISTRACTED. HORSES LIVE IN THE MOMENT. THEY'RE VERY RESPONSIVE TO THE PEOPLE WHO ARE CARING FOR, HANDLING, OR RIDING THEM."

— Megan Ells-Perry



Learning and practicing *sportsmanship* is a valued quality in athletic events, and particularly so in horseback riding. Sportsmanship recognizes the importance of generous, honest, and fair behavior, treating others with respect—particularly that 1,000-pound animal that will carry you through the event safely and successfully. As the rider becomes experienced, she or he learns the rules and acquires skills and experience. Once the rider learns the elements and rules of dressage or cross-country or pleasure riding, he or she also figures out that the well-being of the rider and mount is the most important goal.

Like most sports, you'll want to be sure the rider enjoys spending time with teammates, getting to know them, becoming familiar with the unspoken signals of teamwork. If you're a rider, your teammate is your horse. The rider and the horse are a team, each with its own unique role to play in the sport. If you or your child

is not sure horseback riding is the sport for him or her, volunteering at a horse rescue farm provides an opportunity to discover if there's an affinity there—before you invest in expensive equipment and lessons. There are a variety of horse rescue organizations in Maryland. These organizations are always looking for volunteers to help care for the horses. You might be shown how to groom, feed, or exercise the horses, giving you the opportunity to discover whether you are comfortable and enjoy working with horses. (Usually, volunteers must be teens or older.)

Stable Pursuit

The next level of involvement with the sport of horseback riding may be selecting a place to begin your training. The type of riding you are to learn may depend on the instructor and stable or barn where you take lessons. Owning a horse is seldom a first step for novice riders. Just as a competitive swimmer seldom begins by building a pool, a rider may wait years to buy her or his own horse. Instead, investing in riding lessons allows you to use a horse owned by the stable offering the lessons. Riding lessons may seem expensive, but you are getting the use of an expensive horse and the equipment needed to ride that horse, along with the instructor's experience and time. There are many stables across Maryland that offer lessons as well as other horse-related services. It's wise to get recommendations from friends, if possible, or to research your options on the internet, noting the endorsements included on a stable's website.

There are some basic considerations when you are choosing a riding instructor from those available at the stable where you decide to ride. You can expect to be instructed in three areas: horse care, training (yourself and the horse), and riding. When you meet with an instructor be prepared to ask a few questions. See how she or he responds to you. Is she comfortable being questioned? Does he give answers that are clear to you? Is there a good feeling established between you? Trust your judgement. You or your child will get much more out of riding lessons if you and the instructor get along. You might even check to see if the instructor is certified.

There are two common certifications, either the American Riding Instructors Association (ARIA) or the Certified Horsemanship Association (CHA). Finally, ask about costs. You don't want any surprises there. Are you paying for a lesson of a specific length? Will you pay for a block of lessons? Must those lessons be taken before an expiration date? Are there stated goals for the lessons? What equipment does the stable provide and what equipment is your responsibility? Remember, as with any sport, you or your child should enjoy learning; the training should be fun. If you get an uncomfortable feeling while you're talking with a particular instructor, it may be best to keep looking. Interview a few other instructors at other stables until you find someone who makes you feel comfortable and enthusiastic about riding lessons.

Saddle Up



Once you've found a place to learn to ride, you'll be ready to invest in the essential equipment. Your instructor may give you a list of equipment suggestions, but you may want to do some research, so you have an idea of your investment before getting too deeply committed to the sport. Along with the horse you ride and that horse's tack (saddle, bridle, etc.) that are owned by the stable, the clothes you purchase and wear are important if you are to enjoy riding and remain safe. The *riding helmet* is critical and should be new. (Old helmets may be damaged or brittle, unable to provide the essential safeguards you will need.) Look on the helmet's label for "SEI Certified." The Safety Equipment Institute (SEI) monitors safety equipment for most sports.

Next in importance are the *riding boots*. They don't have to be elegant leather, but they should have only slight tread and half-inch heels. The heels are vital to keeping your feet from sliding out of the stirrups. (Winter boots won't work, since they have deep tread for snow and ice.) A bright colored vest and shirt will help the rider stand out against the grays, browns, and greens of the ring and field. (Of course, dressage has very specific attire for competitive events.) Pants and undergarments should be chosen for



comfort. Two-way stretch is useful for riding britches, though jeans are acceptable; avoid baggy styles that may bunch and rub against the skin. Close-fitting gloves will help protect your hands as you grasp the leather reins. That's about all you need.

In this difficult time of isolation and loss, Ells-Perry points out the value of horses and riding as therapy. Horseback riding and simply spending time with these intelligent, empathic, beautiful creatures can comfort us. As an elementary school teacher, Ells-Perry has worked with children with special needs such as Autism, ADHD, ADD, and Asperger's Syndrome. She and her husband, attorney George Perry, have raised their children around horses. "Everyone has personal challenges, especially now," she says. "Engaging with a horse brings a lot of joy, builds confidence, patience, and self-control. Horses don't care if your highlights have grown out or you don't feel like talking. Working with a horse decreases hyperactivity and develops sustained attention...A horse provides immediate feedback. If you stop paying attention to the horse, it stops paying attention to you—simple to see and understand." Ells-Perry points to Maryland Therapeutic Riding located in Crownsville, which has real success helping special needs children, and even veterans, through horses and horseback riding. (horsethatheal.org)

Finally, there is simply joy in spending time with horses and riding. Ells-Perry observes, "Horses read your intent; they're sensitive to your emotional state. We can all use some empathy right now." If all these skills and qualities seem worthwhile to you, you may be ready to try horseback riding as your hobby or sport of choice. Perhaps you're looking for a safe sport for your child, one that encourages all the fine character traits of competitive sports but keeps your young athlete out of the six-foot danger zone and away from unmasked competitors. Saddle up!

"EVERYONE HAS PERSONAL CHALLENGES, ESPECIALLY NOW. ENGAGING WITH A HORSE BRINGS A LOT OF JOY, BUILDS CONFIDENCE, PATIENCE, AND SELF-CONTROL."

— Megan Ells-Perry



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LAURA BURROWS HAVILAND, 40

The Law Office of Laura E. Burrows, Annapolis
410-960-6642; burrowsfamilylaw.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Family Law/Parent Coordination **The firm says:** Laura has been successfully litigating high conflict divorce and custody cases for 12 years. She now runs a family law firm with her husband, Eric Haviland. She and Eric have been working with divorcing parents doing co-mediation for nine years together. Laura is committed to reducing conflict for children, and is trained in Collaborative Law, Mediation, Parenting Coordination, and is a Best Interest attorney for children. Laura is on the Board of Directors for the Association of Family and Conciliation Courts (AFCC). She has been active in promoting Parenting Coordination in Maryland, having trained other parent coordinators in the "Problem Solving" method. She has served as a national and international speaker at annual AFCC conventions in family law and representing children.



EVAN KOSLOW, 38

Koslow Law Firm, Annapolis
443-482-5141; koslowlawfirm.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Family Law **The firm says:** Since graduating with honors, Evan then did a year-long judicial clerkship with Judge Weatherly at the Circuit Court for Prince George's County. After that clerkship, Evan has focused his practice on Family Law, as an attorney, mediator, and best interest attorney. He volunteers his time for the Anne Arundel County Circuit Court at Scheduling Conferences to try and help cases reach an amicable resolution sooner rather than later.



NATHAN VOLKE, 33

The Law Offices of Stacey B. Rice, Annapolis
410-709-8971;staceyricelaw.com

Alma mater: University of Baltimore School of Law **Legal Specialty:** Family Law **The firm says:** Nathan is an exceptional attorney. He is thorough and detailed oriented, and he does not skip a beat. He is well-versed on the law and always prepared for any obstacle that comes his way; whether it's a complex high-end property and financial matter, or a matter with highly-contested custody issues. Though his litigation skills are unparalleled, Nathan is also great at negotiating settlement agreements. He possesses all of the qualities that make for an all-around fantastic family law attorney.



SCOTT MACMULLAN, 39

Scott MacMullan Law, LLC, Annapolis
443-292-9033; macmullanlaw.com

Alma mater: Villanova University **Legal specialty:** Criminal Defense/Traffic Offenses/ Personal Injury/Estate Planning **The firm says:** Scott advocates tirelessly for his clients and is active in giving back to his hometown Annapolis community via numerous boards and nonprofits, including as a member of the Community Action Agency of Anne Arundel County and as Vice-Chairman of the Anne Arundel County Board of Appeals. He focuses his practice on criminal defense, personal injury, business, and estate planning matters. Scott was honored as a "Super Lawyer" in 2021.



ALEXANDER PAGNOTTA, 31

Sinclair Prosser Gasior, Annapolis
410-573-4818; spgasior.com

Alma mater: University of Maryland School of Law **Legal specialty:** Estate Planning/Elder Law/ Estate Administration **The firm says:** Alexander received his Juris Doctor degree from the University of Maryland School of Law, graduating with cum laude honors. He is a member of the American Academy of Estate Planning Attorneys where he is required to complete at least 36 hours of continuing education per year. Alex is dedicated to educating the public through seminars and webinars on the estate planning choices they can make to provide both financial and emotional security for their families and loved ones. He counsels individuals to meet their goals of preserving their wealth and protecting their legacy.



JOSH TABOR, 32

Law Office of Marla Zide, Glen Burnie
443-557-4153; marlazidelaw.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Family Law **The firm says:** After graduating law school, Josh clerked for the Honorable William C. Mulford, II. Since his clerkship, Josh has been a litigation attorney at the Law Office of Marla Zide, LLC. Josh has successfully represented clients in complex family law matters including custody and property division. Josh is a true team player within the office and he is well respected among his peers.



LISA ROBERTS WINDSOR, 36

Law Office of Marla Zide, Glen Burnie
443-557-4153; marlazidelaw.com

Alma mater: University of San Diego **Legal specialty:** Family Law **The firm says:** Lisa has been with the Law Office of Marla Zide, LLC for the last five years. Lisa has handled all aspects of family law matters and has recently become a Court certified mediator. Lisa is a zealous advocate for her clients and is truly a student of the law.



BROOKE BOWMAN, 38

Bowman Jarashow Law, LLC, Annapolis
410-267-9545; bowmanjarashow.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Estates & Trusts/Business Law **The firm says:** Brooke is excited to transition her practice back to Annapolis after practicing for almost a decade in Baltimore. After graduating cum laude from law school, Brooke's first job out of law school was a judicial law clerk at the Circuit Court for Anne Arundel County. Brooke's current practice focuses on assisting businesses with transactional and corporate matters while also serving individuals with their estate planning and administration needs. Brooke is recognized as a "Rising Star" by *Super Lawyer* magazine and serves as a Board Member for The Bill Sweeney Perinatal Care Fund, Inc.



FRANK P. LOZUPONE, III, 32

Bowman Jarashow Law, LLC, Annapolis
410-267-9545; bowmanjarashow.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Civil Litigation **The firm says:** Frank is a young and growing lawyer, rooting his practice in civil litigation and business matters in Anne Arundel County. His client focused approach and ability to listen, digest and provide assertive advice to clients. Not all litigation and legal dilemmas are created equal, and Mr. Lozupone provides creative and effective solutions for his clients. His perseverance and work ethic combined with his legal skill set make him an effective and affable lawyer for all clients.



GARY DAMICO, 32

Evans Law, Annapolis
410-431-2599; msevanslaw.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Real Estate **The firm says:** Gary has worked for Evans Law for over two years and during that time he has mastered real estate transactional work. He is in charge of our transactional real estate practice. He routinely handles complex purchase and sale matters for buyers and sellers on both residential and commercial transactions. He also is adept at handling complex residential and commercial leasing issues for landlords. Beyond that, he assists our clients on property matters such as easement issues, property line disputes, and the like. His ability to expertly handle these transactions while connecting personally with our clients has made him an invaluable addition to Evans Law.



CARLA MAGNAYE POOLE, 36

Hillman, Brown & Darrow PA, Annapolis
410-263-3131; hbdlaw.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Domestic Violence/Criminal Defense **The firm says:** Carla naturally connects with each and every one of her clients and is keenly aware of their needs throughout her representation of them. Having a background in law enforcement and public safety has helped cultivate her ability to work in high-pressure situations and to help clients who are often experiencing the toughest times in their lives. She has quickly gained the respect of her peers, who are impressed by her well-rounded knowledge of the law and by her practical approach to each case.



SARAH BROWN, 30

Hillman, Brown & Darrow PA, Annapolis
410-263-3131; hbdlaw.com

Alma mater: American University Washington College of Law **Legal specialty:** Family Law **The firm says:** Sarah is a zealous advocate for her clients. She not only provides superb legal representation, but she empowers her clients to stand up for themselves during one of the most stressful times of their lives. Sarah maintains a heavy case load and still finds time to actively engage in community groups to change and better Annapolis. She is the Vice President of GiGi's Playhouse Annapolis and of the Annapolis Rotaract Club. Sarah is a passionate young woman who is not only a rising leader in the Annapolis legal community, but also in the Annapolis community as a whole.



MATTHEW BERNHARDT, 38

Council Baradel, Annapolis
410-268-6600; councilbaradel.com

Alma mater: University of Baltimore School of Law & USNA **Legal specialty:** Personal Injury/Family Law/Litigation **The firm says:** Matthew is client-focused and results driven, with a well-rounded practice, dedicated to helping individuals achieve their best possible legal outcome. As a graduate of the United States Naval Academy, Matthew completed two deployments in support of the Global War on Terrorism as a Surface Warfare Officer. While maintaining his robust legal practice in Annapolis, Matthew continues to serve as a Commander in the active Navy Reserves and recently completed a deployment to East Africa in 2020 as the Deputy Director for Operations for the Combined Joint Task Force–Horn of Africa to enhance stability and prosperity in East Africa.



LEE ANN ADAMS, 33

Council Baradel, Annapolis
410-268-6600; councilbaradel.com

Alma mater: University of Maryland Law School **Legal specialty:** Real Estate/Business Law **The firm says:** Lee Ann focuses on assisting individuals with their home buying and selling process through the firm's in-house title company, and counsels businesses during all stages of its lifecycle, from formation to dissolution. Lee Ann was named partner of Council Baradel in 2021 while maintaining a fast-growing practice. Lee Ann makes a positive impact on her clients by supporting them during what is probably the single largest investment they will ever make.



ELIZABETH PFENSON, 32

Council Baradel, Annapolis
410-268-6600; councilbaradel.com

Alma mater: Notre Dame Law School **Legal specialty:** Family Law **The firm says:** Elizabeth maintains a substantial family law practice, and was named partner of Council Baradel in 2021, becoming the youngest ever at age 32. Her clients appreciate her attention to detail and thorough approach, as she assists clients with their sensitive and complex financial and family situations. Knowledgeable, yet down to earth, Elizabeth understands that, when clients work with her, they are often experiencing some of the most difficult moments in their lives. She seeks to lend her strength, knowledge, and professionalism to her clients as they navigate the intersection between their personal lives and the legal system.



JACK BECKETT, 36

Franke Beckett LLC, Annapolis
410-263-4876; fredfranke.com

Alma mater: Washington & Lee University School of Law **Legal specialty:** Fiduciary Litigation **The firm says:** Jack has been lead attorney on various fiduciary litigation matters at the trial level and on appeal. Additionally, he regularly creates Wills and Trusts and other planning documents for clients, often involving sensitive family concerns or complex tax issues. He has taught continuing legal education courses for lawyers with the Maryland State Bar Association and courses for Judges with the Maryland Judicial Institute. He has published articles in the Maryland Bar Journal. Jack is currently pursuing an Executive LLM in Tax at NYU Law School.



DEBORAH HOWE, 29

Franke Beckett LLC, Annapolis
410-263-4876; fredfranke.com

Alma mater: Washington & Lee University School of Law **Legal specialty:** Estate Planning **The firm says:** Deb is the primary attorney creating estate planning documents for many of the Firm's clients. These plans are tailor-made to meet each client's specific needs. The resulting documents may involve complex tax-sensitive provisions for high net-worth individuals and couples and/or planning to protect young children or vulnerable adults. Deb also has participated in fiduciary litigation, handling discovery issues, witness examinations, and argument before the court. Deb is active with the Maryland Bar Association in its legislative initiatives on remote document execution. She has co-authored a law review article on the Maryland Trust Act.



HARRISON BLISS, 31

Davis, Agnor, Rapaport & Skalny, Columbia
410-995-5800; darslaw.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Litigation **The firm says:** Harrison's law practice includes a broad range of litigation matters focusing on business and employment litigation. He has also represented hospitals and nursing facilities in guardianship proceedings and general tort litigation. During law school, Harrison advocated for discharge upgrades and service-connected disability ratings for veterans of the United States Armed Forces who were injured during their time in service. Harrison loves giving back to the community; he actively fundraises for Gilchrist Hospice in Howard County, and supports Wills for Heroes where he provides his services by offering estate documents to first responders free of charge.



LAURA THOMAS, 37

Davis, Agnor, Rapaport & Skalny, Columbia
410-995-5800; darslaw.com

Alma mater: The Catholic University, Columbus School of Law **Legal specialty:** Estate Planning **The firm says:** Laura focuses her practice on developing comprehensive estate plans to help clients preserve their legacies and has a particular affinity for assisting multi-generational business owners protect the businesses they spent lifetimes building. Laura serves on various professional committees, including the Maryland State Bar Association Estate and Trust Section Council Legislative Committee and the American Bar Association Young Lawyers' Division Real Property, Trust, and Estate Committee. Laura supports her community by serving on Howard County Conservancy and OhanaHC committees. Laura currently serves on the board for the Howard County Estate Planning Council. In her free time she also enjoys coaching lacrosse.



NORA MURPHY, 31

Davis, Agnor, Rapaport & Skalny, Columbia
410-995-5800; darslaw.com

Alma mater: George Washington University **Legal specialty:** Family Law **The firm says:** Nora is extraordinarily intuitive and autonomous, identifying the individualized needs of her clients and anticipating the best "next steps" in achieving their goals. Nora has a passion for helping others and is an exceptional team player. While Nora concentrates in family law matters, her broad-based knowledge in the area of domestic-relations has been invaluable in supporting both fiduciary litigation and estate planning matters. Nora's outstanding legal knowledge and work ethic are perfect complements to the kindness and genuineness she extends to her clients, lending comfort and compassion during what might otherwise prove to be an overwhelming life event.



RICHARD ANTHONY PASCIUTO, 37

Byrd & Byrd LLC Attorneys At Law, Bowie
301-464-7448; byrlandbyrd.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Elder Law/Estate Planning **The firm says:** As grandson of the Honorable John F. Kelly, Maryland District Court Judge, Tony has been learning to "think like a lawyer" his entire life. He began his law career as clerk to the Honorable Nicholas E. Rattal, Circuit Court of Maryland, followed by several years as a dedicated Public Defender. He is an active member of both the National Academy of Elder Law Attorneys and the PG County Senior Provider Network. He frequently volunteers as a speaker on topics such as Estate Planning and Medicaid. B&B is proud of the time Tony takes with clients, providing excellent legal advice, good counsel, and helping them find the right solutions.



JOSHUA D. WINGER, 39

Byrd & Byrd LLC Attorneys At Law, Bowie
301-464-7448; byrlandbyrd.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Elder Law/Estate Planning **The firm says:** Josh is the Byrd & Byrd "go to" for double-checking rules and statutory contents in a rush. His generous sharing of a phenomenal memory for details and specific requirements is admired by everyone in the office to confirm initial perceptions or to assist with case strategy. A popular presenter, Josh volunteers for multiple outreaches. He is convinced that knowledge is power and can be the pathway through which seniors can learn to advocate for themselves. Josh is a true friend to Senior Citizens of Maryland and to the entire community as their advocate for justice.



CATHERINE HOPKIN, 39

Yumkas Vidmar Sweeney & Mulrenin, LLC,
Annapolis; 410-571-2780; yvsllaw.com

Alma mater: University of Maryland **Legal specialty:** Bankruptcy and Reorganization **The firm says:** Catherine is a leader in the bankruptcy and reorganization field. Ms. Hopkin serves as the current President of the Maryland Bankruptcy Bar Association (the "BBA") and is frequently involved in high-profile bankruptcy and insolvency matters. Representing both creditors and debtors, she was one of the youngest practitioners in Maryland recognized by Chambers USA and has been ranked since 2016. She also has been recognized as a Super Lawyer since 2013 and served recently as a board member of the Pro Bono Resource Center, demonstrating a commitment to pro bono work.



REUBEN WOLFSON, 38

Smithey Law Group LLC, Annapolis
410-881-8190; smitheyllaw.com

Alma mater: University of Miami School of Law **Legal specialty:** Labor and Employment **The firm says:** Reuben is a partner at Smithey Law Group LLC handling all phases of employment law from meeting with prospective clients through the litigation process in administrative agencies, state, and federal court. Reuben's practice focuses on discrimination, harassment, and wage and hour law issues. He also counsels employers and employees on employment contracts and restrictive covenants. Reuben is a member of the Metropolitan Washington Employment Lawyers Association and sits on its Bench Bar Committee. Prior to joining Smithey Law Group LLC, Reuben was a member of the Labor and Employment law practice group at Rifkin Weiner Livingston LLC in Annapolis.



VERONICA YU WELSH, 32

Offit Kurman, P.A., Baltimore
410-209-6400; offitkurman.com

Alma mater: American University Washington College of Law **Legal specialty:** Labor and Employment/Employee Mobility and Trade Secret Protection/Civil Litigation **The firm says:** Veronica is a talented lawyer that works very hard to ensure the best outcomes for her clients. Whether it is working through a complex question of law or helping a client consider their many options, Veronica is a consummate problem solver who puts her clients first. Veronica is the type of lawyer that clients can trust to help them navigate the legal minefield. She is also well-regarded by her peers at our firm.



JANINE WOLFORD, 39

McAllister, DeTar, Showalter & Walker,
Annapolis; 410-934-3900; mdswwlaw.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Family Law **The firm says:** Ms. Wolford's interest in family law began in law school when she practiced as a Rule 16 attorney representing the underserved population of Baltimore City in domestic matters. She practiced general litigation for a number of years and has since decided to focus her practice in the area of family law. She is client focused, working closely with her clients in achieving their goals, while demonstrating the necessary empathy during this often difficult and taxing process on families. Her years of experience in the field of litigation and family practice allow her to be skilled in counseling, negotiating, and litigating.



STEVEN BROWN, 35

McAllister, DeTar, Showalter & Walker,
Annapolis; 410-934-3900; mdswwlaw.com

Alma mater: Florida State University College of Law **Legal specialty:** Employment Law **The firm says:** Steven's work reflects his exceptional contributions to the benefit of his clients and the community in which he practices. At the start of 2020, Steven brought his employment law expertise to the Annapolis office of McAllister, DeTar, Showalter & Walker. With the onset of the pandemic, Steven expanded his practice to become a "go-to" resource for guiding businesses through federal, state, and local COVID regulations. In addition, Steven volunteers his time as vice-chair of the Anne Arundel County Chamber of Commerce, as trustee to the board of trustees of the Anne Arundel County Bar Association, and for the Anne Arundel County Community College.



BENJAMIN HOWARD MEREDITH, 36

Iliff, Meredith, Wildberger & Brennan, P.C.,
Pasadena; 410-685-1166; ilimer.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Medical Malpractice/Personal Injury **The firm says:** Benjamin is an accomplished attorney. Ben's practice consists of representation of clients victimized by medical malpractice as well as representation clients who have suffered other types of personal injuries. Ben regularly represents clients who have been injured in automobile accidents. Ben is a very active member of the legal community. Ben has served on the Board of Trustees of the Anne Arundel Bar Association, where he was liaison to the Maryland State Bar Association. Ben has also served on other committees of the Anne Arundel Bar Association. Ben is a member of the Maryland State Bar Association Ethics Committee. Ben is also engaged in the community at large, as he serves as a Board member of a non-profit organization and is otherwise involved in civic and philanthropic activities.



MEAGAN BORGERSON, 33

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

Alma mater: University of Maryland Francis King Carey School of Law **Legal specialty:** Civil Litigation/Business Law **The firm says:** Ms. Borgerson joined Kagan Stern and began her career in private practice in 2014, after clerking for the Honorable Clayton Greene on the Maryland Court of Appeals. In her nearly seven years with the firm, she has steadfastly demonstrated the ability to handle the firm's most complex civil litigation and to quickly garner the trust and confidence of the firm's clients. Ms. Borgerson also routinely serves as outside counsel to the firm's business clients with little-to-no oversight needed. In her relatively short time in private practice, Ms. Borgerson has already established herself as the type of reliable, competent, and successful attorney our clients need, as demonstrated by her selection in 2020 as a "Rising Star" by Maryland Super Lawyers.



SHELBY WHALE, 26

Reinstein, Glackin & Herriott, LLC, Bowie
301-850-7349; rghlawyers.com

Alma mater: Michigan State University College of Law **Legal specialty:** Family Law **The firm says:** Shelby is a smart, conscientious young attorney who is in the early stages of her career and focuses her practice in the area of Family Law. She is a strong advocate for her clients. She quickly identifies issues and works hard to resolve them. Shelby is also an effective legal writer. She is active with the Maryland Hispanic Bar Association, as an interviewer/evaluator of candidates who are seeking judicial appointments across the State of Maryland. In May 2019, Shelby graduated, with honors, from Michigan State University College of Law. She is an important part of our law firm and we are lucky to have her.

LEADING **LEGAL** PROFESSIONALS





Photo by Tony Lewis Jr.

Franke Beckett LLC

For more than 35 years we have focused exclusively on the law of fiduciaries and the law of estates and trusts. By concentrating our practice, the firm has developed deep experience and knowledge. Within this practice niche, we handle it all:

- **Estate Planning.** We prepare wills, various types of trusts, powers of attorney, health care directives, and other estate planning documents. The documents can be simple or complex to meet specific family concerns and/or to focus on tax planning. We explore the circumstances of every client and their planning goals, suggest various ways of approaching those goals and then tailor the documents to address those needs.
- **Estate and Trust Litigation.** We are not a general litigation firm. We focus on will, trust, and other fiduciary litigation. We handle disputes over the meaning of estate planning documents, arguments involving personal representatives and trustees, and challenges to documents based on lack of capacity or undue influences.
- **Estate and Trust Administration.** We help clients with the process of winding up a decedent's financial affairs by implementing the individuals' estate plan or in accordance with state law if the person has no valid planning documents. We prepare all estate and income tax returns in-house so we can offer seamless administration services from beginning to end.



By handling every aspect of our practice area, we create a synergy that strengthens the handling of each matter. Our approach to planning, for example, is strengthened by our estate and trust administration practice. Our handling of both planning and administration is informed by the lessons learned from our fiduciary litigation practice. Our fiduciary litigation practice, in turn, benefits from our understanding of the substantive issues that arise in our planning and administration practices.

“You make the complex issues surrounding estate planning easily understandable for the layperson.”

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



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

During the COVID-19 pandemic, the firm developed techniques to permit us to continue to serve our clients, whether for planning, litigation, or estate administration matters. In a post-pandemic world, we will continue to use those techniques for clients upon request. We have always had clients located various distances from our physical office, whether from Anne Arundel County, the Eastern Shore, the Southern counties, and those counties surrounding Baltimore and Washington. These clients may find using a remote service option an added convenience. Once the emergency orders permitting remote execution of certain documents expire, the degree that we can offer completely remote estate planning services will depend on legislative enactments.

For more information about our firm and how we approach representing our clients, visit our website at www.frankebeckett.com.

FRANKE BECKETT

AN ESTATES AND TRUSTS LAW FIRM LLC

**The Law of Estates and Trusts
Planning • Administration • Litigation**

**151 West Street, Suite 301
Annapolis, MD 21401
410-263-4876
www.frankebeckett.com**





Skipper Law, LLC

Skipper Law, LLC is a civil litigation practice focused on personal injury cases, the representation of homeowners in HOA/Condo disputes, and business and contract law. Matthew Skipper founded Skipper Law in 2015 after previously working for The Honorable Richard Trunnell. Partner Jeffrey Kahntroff, previously at DLA Piper, joined the Firm in March 2017 and retired judge Leo E. Green, Jr. joined Skipper Law in 2019 after serving 18 years on the bench. Judge Green is one of the handful of retired judges now in active private practice, focusing his time on probate work, dispute resolution and general civil litigation. Sean P. Kraus, former law clerk to Hon. Pamela K. Alban of the Circuit Court for Anne Arundel County, is the most recent valuable addition to the team.

HOA/Condo

Skipper Law is the foremost leader statewide in the representation of homeowners in disputes with their community associations. We understand the substantial stress and anxiety that often accompany these matters and work diligently to find real solutions to real problems. In this context, we regularly represent homeowners in the following matters: architectural disputes, water leaks and property damage, violations and fines, fair housing issues and reasonable accommodations, illegal debt collection, liens on real property, election disputes, Board malfeasance, breaches of fiduciary duty, and others. We pride ourselves on offering sound, practical advice to homeowners throughout Maryland no matter how big or small the issue may be.

Our attorneys have handled HOA/condo cases at every level of the state judiciary including District Court, Circuit Court, the Court of Special Appeals and the Court of Appeals, recently prevailing in a Court of Appeals case striking down an abusive debt collection practice that harmed many property owners. In addition

to litigation, our attorneys have handled these matters before various other bodies, such as the Maryland Commission on Civil Rights and Montgomery County's CCOC.

Personal Injury – Millions Recovered

In addition to HOA/Condo work, Matthew Skipper has been named a Rising Star by his peers for his personal injury work in three consecutive years (Super Lawyers). Skipper Law has collected millions for personal injury clients in auto accidents, truck accidents, and other negligent injuries, including permanent injury and wrongful death. For personal injury matters, we do not charge for your consultation or collect any legal fees unless the firm obtains a recovery for you.

Contact Us For Your Consultation

If you need representation or advice, please call Skipper Law at (410) 919-2121 or visit our website online at www.skipperlawllc.com. While located in Crofton, we offer Zoom consultations and regularly represent clients throughout the entire state.

Skipper Law, LLC

2127 Espey Court - Suite 100
Crofton, MD 21114
(410) 919-2121
www.skipperlawllc.com



Jonathan Kagan



Stephen Stern



Michael Marinello



Ryan Beard



Meagan Borgerson



Patrick Daley



Heather Yeung



Travis Martz



Jonathan Hodgson



Lynn Krause

Kagan Stern Marinello & Beard LLC

Kagan Stern Marinello & Beard provides highly skilled legal services to businesses and individuals in the areas of business, employment, and litigation in Maryland, DC, Virginia, and other jurisdictions throughout the country. The firm's attorneys have been consistently recognized as "AV" rated by Martindale-Hubbell (which is the highest rating attorneys can receive from their peers), as well as by "Super Lawyers," "Best Lawyers," and annually by *What's Up? Media's* "Leading Lawyers," in the areas of business, employment, and litigation.

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

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

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

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

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



Kagan Stern Marinello & Beard, LLC

238 West Street
Annapolis, Maryland 21401
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Daniel V. Renart*, Paul J. Reinstein*, Top 100,
Maureen Glackin* Top 100 & Top 50 Women, Shelby E. Whale**, Randall S. Herriott*
*Chosen to Super Lawyers | **Chosen to Rising Stars



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RGHLawyers.com

Se habla español

Reinstein, Glackin & Herriott

The attorneys of Reinstein, Glackin & Herriott practice family law throughout Maryland and have more than 100 years of combined legal experience. The firm consists of Senior Attorney Paul Reinstein, who is also an award-winning mediator in the Washington area. Maureen Glackin, Partner, specializes in military divorce as well as the division of military retirement assets and other retirement benefits. Daniel Renart, Partner, focuses his practice on assisting clients in various family matters and is fluent in Spanish. Randall Herriott, Partner, is well-known by his clients as a strong advocate for equitable relief through his thoroughness and commitment to obtaining the best outcome for his client. Shelby Whale, the firm's newest Associate, has been chosen as one of *Super Lawyers'* Rising Stars for her growing knowledge and performance as a family law attorney. Members of RGH have experience handling complex litigation involving separation agreements, prenuptial agreements, divorce, alimony, child custody, child support, family businesses, property distribution, domestic violence, corporate issues and other complex family law matters.

When it comes to specializing in these areas of law, RGH is committed to providing quality and empathetic legal services to all of its clients. The attorneys at RGH have been recognized for their legal knowledge and experience by various accredited organizations, including the American Academy of Matrimonial Lawyers, *Super Lawyers*, Martindale Hubbell, *Washingtonian Magazine*, Best Lawyers and others. Our main office is located in Bowie, Maryland at the intersection of Routes 301 and 50, however, we are planning to move our main office from Bowie to Annapolis during the summer of 2021. We have an additional office in Rockville located near the Montgomery County Circuit and District Courts.

In these changing times, we are conducting business in-person as well as virtually, and our offices are professionally cleaned and disinfected once a week for the safety of our employees and clients.



CATHERINE
STAVELY

ELENA
SALLITTO

JENNIFER
BRANDI

Stavelly and Sallitto Elder Law, LLC

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

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

Recently added to the firm is our Associate Attorney, Jennifer Brandi. Jennifer has devoted her career exclusively to the practice of Medicaid and Estate Planning. She brings warmth, understanding and keen insight in meeting the needs of our clients.

Stavelly & Sallitto Elder Law, LLC

124 South Street
Annapolis, Maryland 21401
410-268-9246
Stavellysallittoelderlaw.com





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

Sinclair Prosser Gasior
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410-573-4818 • www.spgasior.com



Sinclair Prosser Gasior

Estate Planning and Elder Law Attorneys

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

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

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

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



Jack Schmerling

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

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

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

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

7429 Baltimore Annapolis Blvd., Glen Burnie, MD 21061
410-787-0022 | www.jackschmerling.com



Q & A

QUESTIONS & ANSWERS WITH THE LEADING LEGAL PROFESSIONALS



Q: What is the difference between a Power of Attorney and Executor?

A: The major difference is that a Power of Attorney is effective during your lifetime, and the Executor takes action after your death. A Power of Attorney

is a document that names a person to act on your behalf during times of incapacity, granting that person (the agent) the power to manage financial affairs or make health care decisions for you. Upon death, any assets that were solely in your name are now administered by your Executor or Personal Representative. This person would be named in a Last Will and Testament.

JON J. GASIOR
Sinclair Prosser Gasior



Q: To what do you attribute your being named "Maryland's Attorney of the Year", and your firm being selected as the "Best Personal Injury Trial Firm - USA"?"

A: #1. A commitment to excellence -- from every member of The Jaklitsch Law Group. We want every client thinking: "Hiring The Jaklitsch Law

Group for my car crash was the very best decision I ever made."
#2. Phenomenal results; from trial or settlement. We are driven to exceed client expectations.
#3. Experience -- in abundance. I've been in court almost every day for 36 years, trying nothing but car crash cases. Bob Farley and Christine Murphy, exceptional trial lawyers who get amazing results, are also on our team. The Jaklitsch Law Group is driven by our motto: "Be the Best!"
**AI Magazine and **Global Insight*

RICK JAKLITSCH
The Jaklitsch Law Group | 1-(855)-Big-Dog1



Q: Can a homeowners' association put a lien on my house without filing a lawsuit or going to court?

A: Yes. In Maryland a condominium or homeowners' association is only required to notify a

homeowner in a letter of the association's intent to create a lien. If the owner does not file a lawsuit in the Circuit Court objecting to the lien claim within 30 days of receiving the letter, the association can simply file a lien in the land records without any judge or jury ever verifying the debt claimed. If you have received a letter like this, it is critical that you act quickly to protect your property and your rights.

MATTHEW SKIPPER
Skipper Law, LLC



Q: What sort of estate planning issues arise from transferring a family business to the next generation?

A: Each situation is different, but a primary concern is control and governance: who will inherit voting power, and what rights will minority members

have if they want to sell? These matters can typically be addressed through a shareholder or partnership agreement. A well-crafted estate plan will give minority owners the ability to exit the business without creating undue litigation risk or the threat of a forced sale. Income and estate tax concerns must also be addressed in the succession plan. Franke Beckett LLC brings both planning and litigation experience to the table in assisting business owners with their estate planning.

JACK K. BECKETT
Franke Beckett LLC



Q: My partner and I are not married, but we share a primary residence. Is there a way that we can leave our primary residence to each other without having to pay Maryland's 10% inheritance tax?

A: Yes! If you and your partner are "domestic partners" as defined by Maryland

law (at least 18, not related, not married to anyone else, and in a relationship of mutual interdependence), there is a way to structure that inheritance so that it is exempted from the 10% inheritance tax. In addition to meeting the definition you must complete an affidavit with accompanying documentation.

DEBORAH F. HOWE
Franke Beckett LLC



Q: I am the owner of a small business. Now that there are COVID-19 vaccines available, can the company require all employees to be vaccinated?

A: In short, yes, employers may require employees to be vaccinated against the COVID-19 virus. This is subject, however, to ensuring the vaccination requirement is properly justified and implementing reasonable

accommodations that may be required for certain employees under laws such as the Americans with Disabilities Act and Title VII of the Civil Rights Act. If an employee refuses or cannot get vaccinated because of a disability or sincerely held religious belief, and there is no reasonable accommodation possible, then it may be lawful to exclude the employee from the workplace or ultimately terminate the employee. The decision to require COVID-19 vaccination is unique to the circumstances of each employer. Qualified employment counsel can assist in sorting through the various considerations and ensuring any decision to mandate COVID-19 vaccination is made and implemented properly.

MICHAEL J. MARINELLO
Kagan Stern Marinello & Beard LLC

Rick Jaklitsch



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The

Jaklitsch
Law Group



Imani Dunigan + Antoine Heath

I guess 2020 wasn't all bad, quarantine bride & groom has a nice ring to it. Focusing on what matters in life, making your own rules, and having fun, is what is the goal! We can't wait to embark on this new journey together. Love is never canceled!

Photography by Lynn Dunigan

Kristin M. Baldwin + Andrew C. McCarra



Kristin and Andrew grew up in Crownsville and have known each other since they were in elementary school. They reconnected over a double date six years ago and have been inseparable ever since! Engaged in June of 2019, Andrew and Kristin had to postpone their 2020 wedding due to the pandemic. They plan to marry on New Year's Eve of this year.

Photography by Megan Cara Photography

Chelsea Grieco + Keith Mallery

Keith and Chelsea met 10 years ago in college, at the University of Maryland in College Park. After years of long distance, Keith convinced the city girl to move from New York City to his hometown on the Eastern Shore of Maryland... an adjustment to say the least! In 2019, the couple moved from the shore to Anne Arundel County and have settled into their new home and lovely community in Odenton. The couple is very excited to finally seal the deal at their upcoming wedding which will be held at the Winterthur Museum, Garden & Library in Delaware this September!



Photography by Kemp Collective

Garrit K. Haley + Jazming N. Thompson

Locals to the Eastern Shore, Garrit and Jazming, took advantage of a beautiful fall evening photo session in the sunflower patch of a nearby farm. Planning for a fall 2021 wedding has been exciting and fun! Photography by Arden Haley



Sponsored by



Featuring modern rustic elegance, with thoughtful finishes throughout, including an outdoor ceremony space, private bridal cottage, and so much more, the Blackwall Barn & Lodge is anything but typical. BARNANDLODGE.COM

gift guide

WEDDINGS EDITION



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Most couples put more time into planning the wedding than planning their joint finances. Help them start strong with a CovingtonAlsina Marriage and Money Financial Coaching Package. Includes 2 meetings and 2 follow up phone calls with a financial planner to establish goals, create a personal financial site and draft an action plan. (\$750).

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Seth Mackin + Kim Fetsko

We met on February 19th, 2010 at a basketball game at our high school. A couple months later we started dating, and the rest is history. Just over ten years later on July 10th, 2020, after a bike ride to one of our favorite spots in Annapolis, Thomas Point Park, she said yes.

Photography by 410 Films

Casey-Jene Whitehead + Adam McClanahan



Adam and Casey met the summer of 2012 at Arden beach. They began dating shortly after in October. The couple got engaged in their backyard surrounding their closest friends (and dogs) and plan to get married a few days after their nine year anniversary in Crownsville, MD.

Photography by Michael Twiss

Scott Collins + Jessi Windon

Sparks fly between a cigar roller & rum runner on the Eastern Shore! Scott Collins proposed to Jessi Windon on their dock, on Tuesday evening last July. They share a love of great cuisine, cocktails & the Chesapeake Bay. Their respective businesses, Port of Call Cigars & LYON RUM, are both located in Saint Michaels. Photography by Jaime Windon



Sierra Diniz + Christopher Dove

After 9 1/2 years together and 2 beautiful children later, we're so excited to finally start this next adventure together. Snowboarding has always been a hobby we love for both of us and when Chris proposed at the top of the mountain at Wisp Resort, it was like a fairytale. I'm obsessed with all the wedding planning and can't wait to celebrate our wedding in 2022.

Photography by my future Father-in-law

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At Crave Catering Co, we are of the belief that food should speak for itself. With the proper accents it may even shout for itself. We offer approachable menus that, while executed at a high level, are not unfamiliar to your guests. With a vast amount of experience with many cuisines, we can find the fit for you. CRAVECATERINGCO.COM



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support when we needed you most.

Last year was a year full of tremendous challenges for our community. At Hospice of the Chesapeake, we were and 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. Our generous donors made the following programs possible even during a pandemic.



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



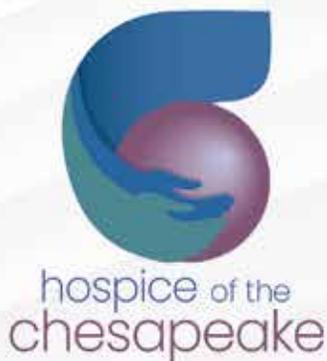
Care for those impacted by COVID-19 including much needed personal protective equipment for care teams and families.



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



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



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 443-837-3385.



NONPROFITS

YOU SHOULD KNOW

This month we have made it easy for you to map out your charitable giving agenda. Here are some of the many nonprofit organizations we have based in Annapolis, Anne Arundel County, and the surrounding region. Although we can't list them all, here are more than a few nonprofits you should know. Also check out the events these nonprofits are putting on in our Philanthropic Calendar both online and in our April issue.



NONPROFITS

100 Women Who Care Annapolis Annapolis; 100womenwhocare-annapolis.com; A giving circle of local women who want to support Annapolis area nonprofits by pooling donations to create a larger impact.

21st Century Education Foundation, Inc. Annapolis; 410-222-5370; 21st-education.org; Match the needs of the public schools of Anne Arundel County and the resources of surrounding businesses, industry, and community.

Alliance for the Chesapeake Bay Annapolis; 443-949-0575; allianceforthebay.org; Engages individuals, groups, businesses, and other environmental organizations and not-for-profit groups to develop collaborative solutions to improve, preserve, and protect the Chesapeake Bay and all its resources.

American Diabetes Association Baltimore (regional office); 410-265-0075; diabetes.org; Funds research to prevent, cure, and manage diabetes as well as educate the public about diabetes.

American Heart Association Baltimore (regional office); 410-685-7074; heart.org; Mission to create a world free of heart disease and stroke—a world where everyone can achieve the best possible health.

American Red Cross of Anne Arundel County/Central Maryland 410-624-2000; redcross-cmd.org; Respond to disasters, assist members of the military, teach lifesaving skills, and serve as one of the largest blood suppliers in the United States.

Annapolis Community Foundation Annapolis; 443-854-9256; annapoliscommunityfoundation.org; ACF serves the community by raising, managing, and distributing funds for the charitable purposes designated by its donors.

Annapolis Green Annapolis; 410-656-9420; https://annapolisgreen.com; Annapolis Green brings everyone together to create a healthy, thriving community and planet. Rather than focus on a single issue, Annapolis Green tackles a variety of challenges plaguing communities, motivating people to stand up for nature with programs that connect, inform, inspire and incite meaningful change.

Annapolis Immigration Justice Network Annapolis; aijnetwork.org; All-volunteer organization with the mission of building relationships with our immigrant neighbors in the greater Annapolis area.

Annapolis Maritime Museum & Park Annapolis; 410-295-0104; amaritime.org; Acquire, preserve, interpret, and exhibit artifacts, and photographic and archival collections that are part of the maritime history of the Chesapeake region.

Annapolis Opera Company Annapolis; 410-267-8135; annapolisopera.org; Foster singer development and opera education in our community.

Annapolis Summer Garden Theatre Annapolis; 410-268-9212; summergarden.com; Bring community-lead stage productions to downtown Annapolis during the summer.

Annapolis Symphony Orchestra Annapolis; 410-269-1132; annapolis-symphony.org; Produce, present, and promote memorable symphonic music that increases awareness, enjoyment, and appreciation of music for all ages throughout the region.

Anne Arundel Community College Foundation Arnold; 410-777-2515; aacc.edu/foundation; Solicits, receives, and administers private gifts, bequests, and donations to benefit students and to enhance the quality of teaching and learning at the college.

Anne Arundel Counseling Annapolis and Glen Burnie; 410-768-5988; annearundelcounseling.com; Counseling and therapeutic professionals dedicated to providing comprehensive treatment to children, adolescents, and adults through individual, family and group counseling.

Anne Arundel County CASA Annapolis; 410-267-7877; aacasa.org; Court Appointed Special Advocates' mission is to advocate for and support abused and neglected children to ensure their right to safe, stable, and permanent homes.

Anne Arundel County Community Action Agency Annapolis; 410-626-1900; aaccaa.org; Working in partnership with various governmental and non-public organizations to alleviate the difficulties that beset households with low-to-moderate incomes.

Anne Arundel County Food and Resource Bank Crownsville; 410-923-4255; afoodbank.org; Assist those in need. It is a free resource bank and no fees are required for its assistance.

Anne Arundel County Library Foundation Annapolis; 410-222-7371; libraryfirst.org; Provide a margin of excellence and innovation in library services, above and beyond what core government funding can provide.

Anne Arundel County Literacy Council Annapolis; 410-269-4419; icanread.org; Provide free one-on-one tutoring in basic literacy and English as a Second Language (ESL) to adult residents of Anne Arundel County.

Anne Arundel County Mental Health Agency Annapolis; 410-222-7858; aamentalhealth.org; Coordinate a comprehensive array of services in the Public Mental Health System for Anne Arundel County residents.

Anne Arundel Medical Center Foundation Annapolis; 443-481-4747; aahs.org/foundation; Enhance the health status of the people they serve by providing patients with compassionate, high quality services that will help alleviate pain, preserve health, and extend life.

Anne Arundel County Historical Society Linthicum; 410-768-9518; aachs.org; Provide leadership in the preservation and exploration of shared history.

The Arc Central Chesapeake Region, Inc. Severn; 410-269-1883; thearccc.org; Advocate for the rights and respect of all people with intellectual and developmental disabilities living in Anne Arundel, Calvert, and all Eastern Shore counties.

The Arts Council of Anne Arundel County Annapolis; 410-222-7949; annearundelartscouncil.org; Encourage and invest in the visual arts, performing arts, and historic preservation for the people of our county; as well as well as create a financial support system for arts organizations.

Arundel Bay Area Chapter of Jack and Jill of America, Inc. Gambrills; 301-261-3471; abajjoa.clubexpress.com; Membership organization of mothers with children ages 2-19, dedicated to nurturing future African American leaders through leadership development, volunteer service, philanthropic giving, and civic duty.

Arundel House of Hope Glen Burnie; 410-863-4888; arundel-hoh.org; To provide emergency, transitional, and permanent housing with supportive services for the homeless of Anne Arundel County.

Arundel Lodge Edgewater; 443-433-5900; arundellodge.org; Provide psychiatric rehabilitation services to Anne Arundel County adults with severe and persistent mental illness.

Arundel Rivers Federation Edgewater; 410-224-3802; arundelrivers.org; Uses science, restoration, and community action to make the South, West, and Rhode Rivers cleaner and healthier.

Assistance League of the Chesapeake Millersville; 410-956-5826; alchesapeake.org; This volunteer organization is dedicated to improving the lives of children and adults through community-based philanthropic programs.

Ballet Theatre of Maryland, Inc. Annapolis; 410-263-8289; ballet-maryland.org; Promote interest in and the enjoyment of the dance arts in Maryland.

Baltimore Washington Medical Center Foundation Glen Burnie; 410-553-8560; mybwmc.org; Provide the highest quality health care service to the community they serve.

Banneker-Douglass Museum Annapolis; 410-216-6180; bdmuseum.com; The museum, named for Benjamin Banneker and Frederick Douglass, is dedicated to preserving Maryland's African American heritage and serves as the state's official repository of African American material culture.

Bay Community Health West River and Shady Side; 410-867-4700; baycommunityhealth.org; Provides Primary Care and Behavioral Health services to all ages in a Patient Centered Medical Home environment. Accepts uninsured patients and a variety of health insurances. Insurance Eligibility and Enrollment and Care Management services available at no cost.

Bello Machre Glen Burnie; 443-702-3000; bellomachre.org; Dedicated to providing loving care, support, and services to children and adults with developmental disabilities either in the family's own home or in a safe and caring Bello Machre home.

The Bernie House Annapolis; 443-951-5193; theberniehouse.org; Single family transitional home for the non-offending parent and children who have left an abusive situation.

Bo's Effort Davidsonville; 410-790-9673; boseffort.org; Seeks to assemble community resources to break the stigma of mental illness through education and guidance as well as fund initiatives that offer awareness to families and individuals seeking to manage their illness and live healthy and productive lives.

Box of Rain Foundation, Inc. Annapolis; 410-295-0104; amaritime.org/education; Teach life-building skills through maritime/boat building experiences for local youth-at-risk, targeting kids 9 to 14 years old, in honor of the memory of Lee Griffin.

Boy Scouts of America, Baltimore Area Council Anne Arundel County; 443-573-2500; baltimorebsa.org; Prepare young people to make ethical choices over their lifetime by instilling in them the values of the Scout Oath and Law.

Boys & Girls Clubs of Annapolis and Anne Arundel County Annapolis; 410-263-2542; bgcaa.com; Enable all young people, especially those who need the most, to reach their full potential as productive, caring, responsible citizens.

Burrows Hill Foundation to Fight Friedreich's Ataxia Annapolis; burrows-hill.org; Established to raise public awareness, money for research, find a cure, and assist those affected by FA.

Casey Cares Foundation Baltimore; 443-568-0064; caseycares.org; Provides uplifting programs with a special touch for critically ill children and their families in eight states and D.C.

Center of Help Annapolis; 410-849-9194; centerofhelp.org; Empowers, educates, and connects immigrants with resources to promote self-sufficiency and to advocate for the successful integration of the immigrant community into Anne Arundel County.

Charting Careers Annapolis; chartingcareers.org; Ends the cycle of poverty in Annapolis by working individually with youth and their families while also addressing the systemic issues leading to poverty and inequities.

Chase Brexton Health Care Glen Burnie; 410-837-2050; chase-brexton.org; Provides a range of clinical services from primary medical care and behavioral health services to dental and pharmacy, among others, and welcome more than 40,000 patients annually.

Chesapeake Arts Center Brooklyn Park; 410-636-6597; chesapeakearts.org; Provides entertainment and education for adults and children including classes and workshops in visual and performing arts in dance, theatre, visual arts, and music.

Chesapeake Bay Foundation, Inc. Annapolis; 410-268-8816; cbf.org; Dedicated to the protection, restoration, and management of the Chesapeake Bay and its tributaries.

Chesapeake Bay Trust Annapolis; 410-974-2941; chesapeakebaytrust.org; Provides grants to nonprofit organizations, community associations, civic groups, schools, and public agencies for citizen involvement projects relating to the restoration of the Chesapeake Bay and its tributaries.

Chesapeake Children's Museum Annapolis; 410-990-1993; theccm.org; Provides educational activities for children of all ages and income levels.

Chesapeake Environmental Protection Association Galesville; 410-741-1014; cepaonline.org; Promotes good environmental practices through education and advocacy.

Chesapeake Region Accessible Boating (C.R.A.B.) Annapolis; 410-626-0273; crabsailing.org; Provides sailing opportunities for persons who traditionally have not had that option because of disability or economic circumstance.

Chesapeake Youth Symphony Orchestra Arnold; 443-758-3157; cysmusic.org; Provides young musicians with comprehensive musical and orchestral training for elementary through college-age students.

Children's Theatre of Annapolis, Inc. Annapolis; 410-757-2281; childrenstheatreofannapolis.org; Provides arts education for 5-to-18-year-olds through performances, workshops, technical stage training, internships, and apprenticeships in the theatrical arts.

Chrysalis House Crownsville; 410-974-6829; chrysalishouses.org; Offers substance use and mental health treatment to women around the state.

Coastal Conservation Association Maryland Annapolis; 800-201-3474; ccamd.org; Advocates for and conserves the sustainability of Maryland's marine resources.

Colonial Players Annapolis; 410-268-7373; thecolonialplayers.org; Provide entertainment, education, training, and encouragement to all members of the community interested in participating in the dramatic arts.

Community Foundation of Anne Arundel County Annapolis; 410-280-1102; cfaac.org; Connects donors, nonprofits, and community leaders to strengthen our county through philanthropy, creating a healthier community today and for generations to come.

The Coordinating Center Millersville; 410-987-1048; coordinatingcenter.org; Helps those with complex medical needs achieve a high-quality life.

Don & Sandy Pyle Charity Foundation Annapolis; 443-521-4998; birdseapro.com; Raises money for local Maryland charities to carry on Don and Sandy Pyle's legacy of charitable giving.

Downtown Annapolis Partnership Annapolis; downtownannapolispartnership.org; Strengthen and sustain local businesses, recognizing that a vibrant and healthy business community is essential to the economic success of the city.

Ellie's Bus Anne Arundel County; elliesbus.org; Spread awareness of mental health issues and suicide prevention to teenagers across Maryland and across the country.

Food Link, Inc. Annapolis; 410-897-3941; foodlinkmaryland.org; Fighting hunger in Anne Arundel County. No paperwork, no judgment, no rejections, and no waiting.

Foundation for Community Betterment Arnold; 410-394-9868; communitybetterment.org; Network of generous individuals who believe a simple gesture that touches just one life can positively impact an entire community.

Four Rivers Heritage Area Annapolis; 410-222-1805; four-riversheritage.org; Protects and strengthens the natural, historic, and cultural resources of the Heritage Area.

Friends Foundation Annapolis; friendsfoundation.com; Raises funds through group activities and events, which are distributed to local charities.

Friends of Arundel Seniors, Inc. Annapolis; 410-222-4464; aacounty.org; This all-volunteer assistance organization is dedicated to helping seniors and the disabled.

Friends of the Maryland State Library for the Blind and Physically Handicapped Millersville; friendsmdlbp.org; Provides support and awareness of the Maryland State Library for the Blind and Physically Handicapped.

Gigi's Playhouse Annapolis; gigisplayhouse.org; Offers therapeutic, educational programs and tutoring for free, to support all ages, from families with a prenatal diagnosis through adult individuals with Down syndrome.

Girls on the Run of the Greater Chesapeake Annapolis; 410-507-8369; gotrchesapeake.org; This nonprofit prevention program for girls in 3rd through 8th grade educates and prepares girls for a lifetime of self-respect and healthy living.

Girl Scouts of Central Maryland Anne Arundel County; 410-358-9711; gscm.org; Provide a place where girls are encouraged to share and explore their hopes and dreams. Girl Scouting builds girls of courage, confidence, and character who make the world a better place.

Giving Back Linda's Legacy Severna Park; homelessdrive.org; Dedicated to helping the homeless and inspiring everyone to get more involved with volunteering.

Habitat for Humanity of the Chesapeake Baltimore (regional office); 410-366-1250; habitatchesapeake.org; Works in partnership with families in need of housing to build simple, decent, and affordable homes.

Haley's Helping Hands of Maryland Annapolis; 443-784-8200; haleyshelpinghandsmd.org; Works with individuals in need of assistance by providing gently used clothing, shoes, and sports equipment.

Hammond-Harwood House Annapolis; 410-263-4683; hammondharwoodhouse.com; To preserve for public education and enjoyment the architecturally significant Hammond-Harwood House museum and its collection of decorative and fine arts.

The Harbour School Annapolis; 410-974-4248; harbourschool.org; Provides supportive, individualized education to students with learning disabilities, autism, speech impairments, and other disabilities.

Historic Annapolis Annapolis; 410-267-7619; annapolis.org; Preserves the city's architectural legacy and unique historic character for future generations—and for residents and visitors today.

Hope For All Glen Burnie; 410-766-0372; hopeforall.us; Provides basic human necessities (i.e. furniture, housewares, clothing, and personal items) to families and individuals without sufficient economic resources.

Hope House Treatment Center Crownsville; 410-923-6700; hopehousemd.org; Dedicated to providing men and women who are battling alcohol and drug addictions with the means to become healthy and productive citizens.

Hospice of the Chesapeake Pasadena; 410-987-2003; hospicechesapeake.org; Provides physical, psycho-social, and spiritual support services to individuals living with and affected by advanced illness.

Impact 100 Greater Chesapeake Annapolis; impact100great-chesapeake.org; Giving circle of women committed to making a lasting impact by collectively funding transformational grants and raising awareness of local charitable organizations.

Isabel's Gift Riva; 443-510-2673; isabelsgift.org; Assist families with children in the neonatal intensive care unit, providing them with comfort and supportive services.

James' Place, Inc. Ellicott City; 410-480-2334; jamesplaceinc.org; Raises funds to provide services to those with substance addiction and educates on the complex issues of substances.

Junior League of Annapolis Annapolis; 410-224-8984; jlannapolis.org; This organization of women is committed to promoting voluntarism, developing the potential of women, and improving the community.

Kunta Kinte-Alex Haley Foundation Edgewater; 410-295-9395; kintehaley.org; Spreads Alex Haley's vision of a world that celebrates ethnic diversity while honoring humankind's common, universal experiences.

Langton Green Annapolis; 410-263-3225; langtongreen.org; Helps people with developmental disabilities to live with the highest possible degree of independence and quality of life.

Leadership of Anne Arundel, Inc. Annapolis; 410-571-9798; leadershipaa.org; Provides people of diverse backgrounds with the education, resources, and networks necessary to become successful, proactive leaders.

Leadership Maryland Annapolis; 410-841-2101; leadershipmd.org; A uniquely talented network of informed leaders representing business, nonprofits, government, unions, and education to be a catalyst for positive change in Maryland.

Leslie's Week Annapolis; 410-263-5598; lesliesweek.org; Provides vacations away from cancer for Stage 4 Breast Cancer women and their families.

The Light House Annapolis; 410-349-5056; annapolislighthouse.org; Helps rebuild lives with compassion by providing shelter and services to prevent homelessness and empower people as they transition toward self-sufficiency.

Live Arts Maryland Annapolis; 410-263-1906; liveartsmaryland.org; Enhances community life through performing a wide variety of music and to provide education programs for musicians of all ages. Programs include Annapolis Chorale, Annapolis Chamber Orchestra, Annapolis Youth Chorus, and St. Anne's Concert Series.

Maryland Coalition for Inclusive Education (MCIE) Elkridge; 410-859-5400; mcie.org; Promotes inclusion of students with disabilities in general education classrooms and neighborhood schools.



NONPROFITS

Maryland Federation of Art Annapolis; 410-268-4566; mdfedart.org; Provides emerging and established artists with opportunities and enriches awareness of visual arts in communities across Maryland.

Maryland Hall for the Creative Arts Annapolis; 410-263-5544; marylandhall.org; Provides entertainment and education for adults and children including classes and workshops in visual and performing arts in dance, theatre, visual arts, music, and health.

Maryland Theatre for the Performing Arts Annapolis; 410-268-5854; mtpa.co; Creates a world-class performing arts center in our state capital to confirm Maryland's commitment and support of the importance of the arts in our society.

Maryland Therapeutic Riding Crownsville; 410-923-6800; hors-esthatheal.org; Provides therapy to special needs individuals with a range of physical, mental, and emotional disabilities using high quality therapeutic riding program.

Monarch Academy Annapolis; 443-449-2757; monarchacademy.org; Tuition-free, public charter school that educates students to be self-motivated, creative, critical thinkers and life-long learners who are productive contributors to the global community in the 21st century.

NAMI Anne Arundel County Arnold; 443-569-3498; namiaac.org; NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Nature Sacred Annapolis; 410-268-1376; naturesacred.org; Inspires, informs and guides communities in the creation of public green spaces designed to improve mental health, unify communities and engender peace.

Olivia Constants Foundation Annapolis; 443-949-7714; oliviaconstants.org; Supports and encourages individuals and organizations in their efforts to enhance the positive quality of individual, family, and community life.

Omni House Glen Burnie; 410-768-6777; omnihouse.org; Comprehensive psychiatric rehabilitation services and outpatient mental health clinic services for adults with severe and persistent mental illness.

Opportunity Builders, Inc. Millersville; 410-787-0700; obiworks.org; Provides adults with developmental disabilities a motivational environment offering vocational training, employment services, recreational activities, and support services.

Oyster Recovery Partnership, Inc. Annapolis; 410-990-4970; oysterrecovery.org; Coordinates the Maryland effort to restore the oyster community of the Chesapeake Bay.

Parents Place of Maryland Glen Burnie; 410-768-9100; ppmd.org; Resource center for families with children who have disabilities or special health care needs.

Partners in Care, Inc. Pasadena; 410-544-4800; partnersincare.org; Assists older and disabled adults to remain independent in their own homes by helping with transportation, handyman chores, and other neighborly tasks.

Patuxent Riverkeeper Upper Marlboro; 855-725-2925; paxriverkeeper.org; Protects, restores, and advocates for clean water in the Patuxent River and its connected ecosystem.

Pets with Disabilities Prince Frederick; 443-624-9270; petswith-disabilities.org; Provides humane sheltering and specialized vetting for those pets in need and provide support, resources and education for families whose pet has become disabled or those who are thinking about adding a pet with a disability to their family.

Project Chesapeake Annapolis; 443-214-5097; projectchesapeake.com; Strengthens communities through innovative, recovery-focused strategies and connects individuals seeking alcohol or drug abuse and addiction counseling services with the best treatment opportunities to promote long-term recovery and sustained success.

Providence Center Glen Burnie; 410-766-2212; providencecenter.com; Provides day programs for nearly 500 adults with developmental disabilities.

Robert A. Pascal Youth and Family Services Severna Park; 410-975-0067; pascalcsi.org; Provides exceptional, comprehensive psychiatric and psychological care for children, adolescents, adults, and families in Anne Arundel County.

Rotary Club of Annapolis Annapolis; annapolisrotary.org; Proceeds from the Rotary Club of Annapolis's fundraising efforts go to many worthy organizations in the area, with the aim of making life in Annapolis better for everyone.

Sarah's House Ft. George G. Meade; 667-600-3550; catholic-charities-md.org/sarahs-house; Provides safe shelter, daily meals, personal, as well as professional casework support for those in need.

Seeds 4 Success Annapolis; 410-533-3847; s4sannapolis.org; Provides children from low income communities with the skills and support to achieve success in school and life.

Senior Dog Sanctuary Severn; 443-742-0270; seniordogsanctuary.com; Providing a permanent safe haven for senior dogs who are unable to be cared for by their owners, who are abandoned or abused, or face euthanasia.

Services from the Heart Severna Park; communityservicesfromthe-heart.com; Provides children in need with weekly food backpacks over the weekend and holidays.

Severn Riverkeeper Annapolis; 410-849-2329; severnriverkeeper.org; To protect and restore the Severn River for our families and future generations.

Severn Town Club Annapolis; Severntownclub.org; The Severn Town Club is a group of active, diverse women who strive to contribute to the greater Annapolis community through various service projects. They are a member of the General and Maryland Federations of Women's Clubs.

SPCA of Anne Arundel County Annapolis; 410-268-4388; aacspca.org; The SPCA exists to protect animals in Anne Arundel County from acts of cruelty and neglect.

Special Olympics Maryland Baltimore; 410-242-1515; somd.org; Provides year-round sports training and competitions to children and adults with intellectual disabilities and other closely related developmental disabilities.

Start The Adventure In Reading Annapolis (STAIR) Annapolis; 410-703-8681; stairannapolis.org; Works with second-grade readers in Anne Arundel County Public Schools to help children improve critical early literacy skills.

The Summit School Edgewater; 410-798-0005; thesummitschool.org; Educates children with unique learning styles to their full potential. Serving bright students with dyslexia and other learning differences.

Vision Workshops Annapolis; 410-990-1611; visionworkshops.org; Provides innovative, dynamic, educational, and life-changing experiences for youth from underserved communities using the tools of photojournalism.

Walk the Walk Foundation Millersville; 410-980-1908; wtwf.org; Faith-centered organization working to help children with fundamental needs.

We Care and Friends Annapolis; 410-263-2874; wecareandfriends.org; Supports the building blocks to create strong families and communities in areas affected by drugs, poverty, and crime in Annapolis and Anne Arundel County.

The Well Baltimore; 410-589-6670; drinkatthewell.org; Community of women committed to transforming lives through long-term relationships, practical programs, and the healing power of love.

Wellness House Annapolis; 410-990-0941; annapoliswellness-house.org; Provides strength and support for people and families living and coping with cancer.

YMCA Camp Letts Edgewater; 410-919-1410; camplets.org; Offers Traditional and Specialty Day Camps, Resident Camps, and a year-round Retreat Center.

Yumi C.A.R.E.S. Foundation Potomac; YumiCARES@gmail.com; Therapeutic art program for pediatric hospital patients founded by Maryland's First Lady, Yumi Hogan.

YWCA Annapolis and Anne Arundel County Arnold; 410-626-7800; annapolisywca.org; Provides environments where women and girls can thrive.

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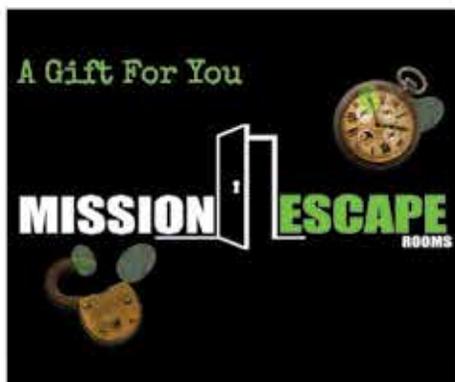


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Barbara Nalley, CRNP



Angela Price, CRNP

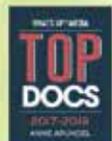


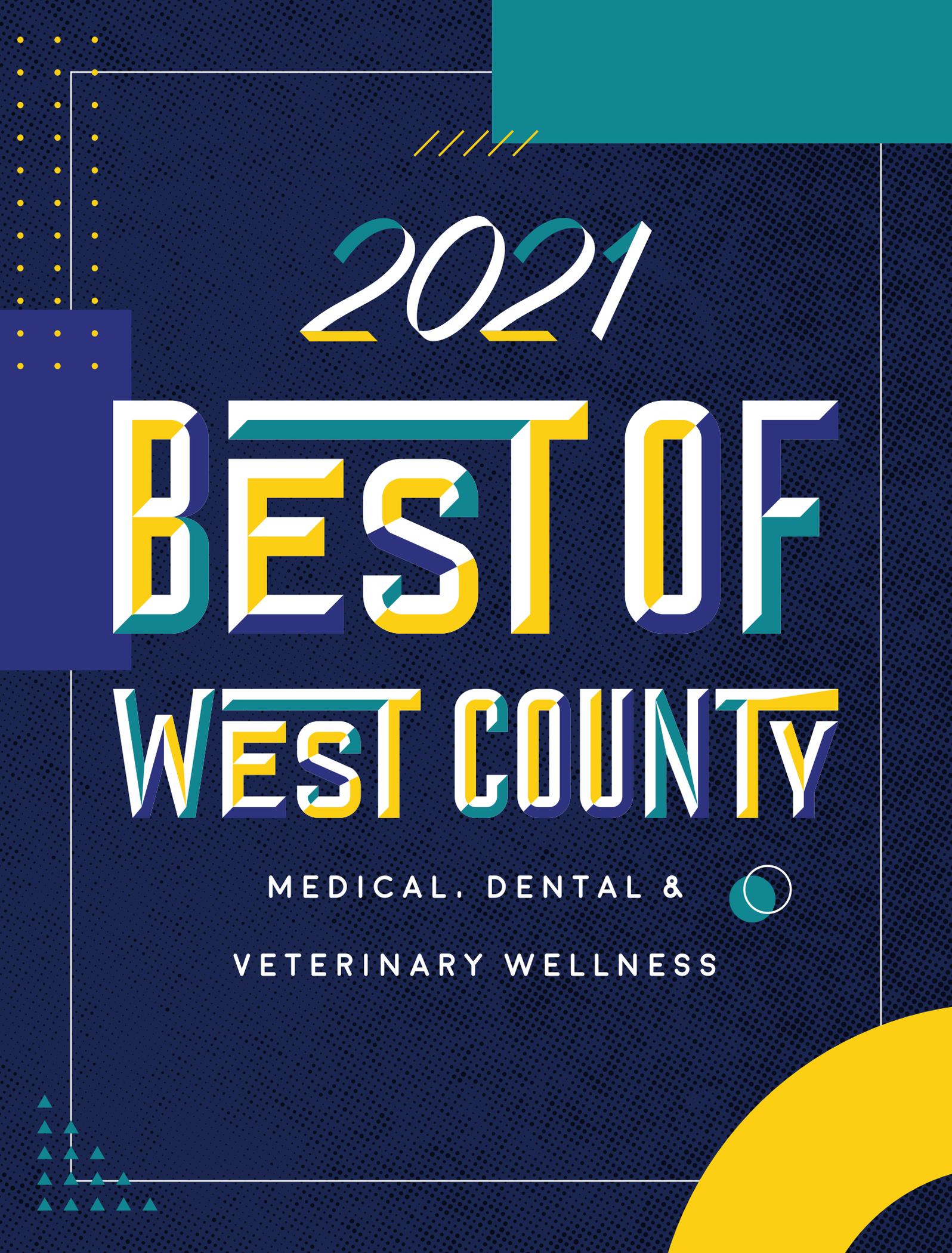
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Annapolis 410.571.9700

2401 Brandermill Blvd Suite 310
Gambrills 410.451.8952

chesapeakewomenscare.com





2021

BEST OF WEST COUNTY

MEDICAL, DENTAL &
VETERINARY WELLNESS





Welcome to the Best of West County 2021 *Medical, Dental & Veterinary Wellness* winners—the result of you, our readers, voting for your very favorite service providers in our annual Best of West County voting campaign.

In addition to naming the overall winners for each category, we've decided to name finalists—those businesses which earned a high number of votes, but came in second or third place, so to speak. Not every category has finalists—only those categories in which the voting was most active.

So please join us in toasting and celebrating the Best of West County winners and finalists (listed alphabetically by category).

Acupuncturist

Kristin Lundeen Acupuncture
2101 Defense Highway, Ste. A, Crofton
443-584-3047
kristinlundeenacupuncture.com

Alternative Wellness Therapy

Hunt for Hope Wellness
Crownsville
410-507-7924
huntforhopewellness.com

Chiropractor Practice
DeMaio Family Chiropractic & Physical Therapy

Locations in Odenton and Gambrills
410-672-1672
demaiochiro.com

Ear, Nose & Throat

ENTAA Care
1132 Annapolis Road, Ste. 106, Odenton
410-760-8840
entaacare.com

Physical Therapy
HansOn Physical Therapy & Sports Performance

750 Route 3 S., Ste. 5, Gambrills
301-323-8174
hansonphysicaltherapy.com

Sleep Apnea/Snoring Treatment

Pulmonary and Critical Care Associates of Baltimore-Glen Burnie
808 Landmark Drive, Ste. 120, Glen Burnie
410-832-3400
pccab.com

Urgent Care Medicine

FirstCall Medical Center
1071 Route 3 N., Ste. 101, Gambrills
410-721-2333
chesapeakeurgent-care.com

Veterinarian for Small/Exotic Pets

Bay Country Veterinary Hospital
1197 Generals Highway, Crownsville
410-923-3040
baycountryvets.com

Veterinary Clinic
Noah's Ark Veterinary & Boarding Resort

8074 Veterans Highway, Millersville
410-969-0100
noahsarkboardingresort.com

In addition to honoring the West County winners named herein, we are including the following list of Best of Annapolis winners to expand your number of options when seeking the very best medical, dental, and veterinary services in our region.

Finalist

Four Legs Animal Hospital
Davidsonville

Finalist

Crofton Veterinary Center
Crofton

Weight-Loss Program/Regimen

CoreLife
1350 Blair Drive, Ste. F, Odenton
443-230-3956
corelifemd.com

Women's Imaging

Chesapeake Medical Imaging
Locations in Glen Burnie and Annapolis
855-455-8900
cmirad.net

Acupuncturist

Annapolis Family Acupuncture
1298 Bay Dale Drive, Ste. 211, Arnold; 410-793-1701; annapolisfamilyacupuncture.com

Finalist

Meadow Hill Wellness
Annapolis

Alternative Wellness Therapy

Living Health Integrative Medicine
1833 Forest Drive, Ste. A, Annapolis; 410-216-9180; mylivinghealth.com

Finalist

Annapolis Pain Management
Annapolis

Finalist

Chesapeake Holistic
Annapolis

Birthing Center

Bay Area Midwifery Center
2003 Medical Parkway, Ste. G50, Annapolis; 443-481-4400; myaamg.org/bay-area-midwifery

Finalist

Luminis Health Anne Arundel Medical Center
Annapolis

Body Contouring (Non-Surgical)

Skin Wellness M.D.
171 Defense Highway, Annapolis; 410-224-2400; skinwellnessmd.com

Finalist

ProMD Health
Annapolis

Body Contouring (Surgical)

Annapolis Plastic Surgery
2002 Medical Parkway, Ste. 215, Annapolis; 410-694-7564; annapolisplasticsurgery.com

Finalist

Plastic Surgery Specialists
Annapolis

Finalist

Sullivan Surgery & Spa
Annapolis

Breast Augmentation & Reconstruction

Annapolis Plastic Surgery
2002 Medical Parkway, Ste. 215, Annapolis; 410-694-7564; annapolisplasticsurgery.com

Finalist

Plastic Surgery Specialists
Annapolis



Finalist

Sandel Duggal Plastic Surgery and Med Spa
Annapolis

Child & Family Mental Health Provider

Anchored Hope Therapy
170 Jennifer Road, Ste. 202, Annapolis; 443-291-8090; anchored-hopetherapy.com

Finalist

Thrive Behavioral Health
Millersville

Chiropractor Practice

Elevate Life
1730 West Steet, Ste. 105, Annapolis; 410-268-3333; elevatelife-clinic.com

Finalist

TruCentered Chiropractic Care
Annapolis

Cosmetic Eye Treatment

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

Finalist

The Center for Eye & Laser Surgery
Severna Park

Cosmetic Injections

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

Finalist

Center for Dermatology & Skin Care of Maryland
Crofton

Dry Needling

GOfit Physical Therapy
406 Duck Bill Lane, Annapolis; 443-699-4771; gofit-pt.com

Finalist

One. Physical Therapy & Fitness
Annapolis

Ear, Nose & Throat

Annapolis Ear, Nose, Throat and Allergy Associates
2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

Finalist

Anne Arundel ENT
Annapolis

Emergency Pet Care

Anne Arundel Veterinary Emergency Clinic
808 Bestgate Road, Annapolis; 410-224-0331; aavec.com

Facial Rejuvenation

Center for Dermatology & Skin Care of Maryland
2200 Defense Highway, Ste. 201, Crofton; 410-451-5500; dermofmd.com

Finalist

Skin Wellness M.D.
Annapolis

Holistic Dentistry

The Center for Innovative Dentistry & Facial Aesthetics
133 Defense Highway, Ste. 103, Annapolis; 410-266-3595; drro-landdental.com

Finalist

Annapolis Green Dental
Annapolis



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ANNAPOLIS
BOWIE
CROFTON
GREENBELT

Hormone Therapy

ProMD Health

166 Defense Highway, Ste. 302, Annapolis; 443-333-4940; promdhealth.com

Finalist

Annapolis Integrative Medicine

Annapolis

Finalist

BeBalanced Hormone Weight Loss Centers

Crownsville

Hospice Care

Hospice of the Chesapeake

90 Ritchie Highway, Pasadena; 410-987-2003; hospicechesapeake.org

Invisalign Specialist

Mairead M. O'Reilly, DDS, MS

888 Bestgate Road, Ste. 301, Annapolis; 410-266-0025; annap-olisortho.com

Finalist

Philbin & Reinheimer Orthodontics

Annapolis

Finalist

Drs. Lee, Bonfiglio, Vesely & Associates

Annapolis

Laser Hair Removal

Laser Center of Maryland

484-A Ritchie Highway, Severna Park; 410-544-4600; laser-centermd.com

Finalist

O'Donnell Vein & Laser

Annapolis

Laser Skin Treatment

Skin Wellness M.D.

171 Defense Highway, Annapolis; 410-224-2400; skinwellnessmd.com

Finalist

Laser Center of Maryland

Severna Park

Medical Grade Chemical Peels

Sandel Duggal Plastic Surgery and Med Spa

104 Ridgley Avenue, Annapolis; 410-266-7120; sandelduggal.com



Finalist

Plastic Surgery Specialists

Annapolis

Medical Grade Skin Care Products

Adoro Medical Spa

692-A Ritchie Highway, Ste. 2B, Severna Park; 443-569-7774; myeyelids.com

Finalist

Sullivan Surgery & Spa

Annapolis

Mental Health Services

Thrive Behavioral Health

1114 Benfield Boulevard, Unit G, Millersville; 410-780-5203; thrivebh.com

Finalist

Cedar Counseling & Wellness

Annapolis

Finalist

Anchored Hope Therapy

Annapolis

Mommy Makeover

Annapolis Plastic Surgery

2002 Medical Parkway, Ste. 215, Annapolis; 410-694-7564; annapolisplasticsurgery.com

Finalist

Sandel Duggal Plastic Surgery and Med Spa

Annapolis

Naturopathic Doctor

Whole Health Integrative Medicine

3168 Braverton Street, Ste. 330, Edgewater; 410-956-3090; wholehealthintegrativemedicine.com

Finalist

Dr. Erin Kinney

Annapolis

Nutritionist

Living Health I

ntegrative Medicine
1833 Forest Drive, Ste. A, Annapolis; 410-216-9180; mylivinghealth.com

Finalist

Chesapeake Holistic

Annapolis

Pain Management

All Star Pain Management & Regenerative Medicine

166 Defense Highway, Ste. 300, Annapolis; 410-694-7641; allstar-painmanagement.com

Finalist

Annapolis Pain Management

Annapolis

Pharmacy

Arnold Professional Pharmacy

1460 Ritchie Highway, Arnold; 443-949-8373; professionalpharmacygroup.com

Finalist

Cape Drugs

Annapolis

Physical Therapy

GOFit Physical Therapy

406 Duckbill Lane, Annapolis; 443-699-4771; gofit-pt.com

Finalist

Elevate Life

Annapolis

Rhinoplasty

Sandel Duggal Plastic Surgery and Med Spa

104 Ridgley Avenue, Annapolis; 410-266-7120; sandelduggal.com

Finalist

Annapolis Plastic Surgery

Annapolis

Sedation/Phobia Treatment

Djawan Center for Implant and Restorative Dentistry

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

TMJ Treatment

The Center for Innovative Dentistry & Facial Aesthetics

133 Defense Highway, Ste. 103, Annapolis; 410-266-3595; drro-landdental.com

Finalist

Annapolis Pain Management

Annapolis

Finalist

Mairead M. O'Reilly, DDS, MS

Annapolis

Urgent Care Medicine

Patient First—Annapolis Urgent Care

2051 West Street, Annapolis; 443-603-0758; patientfirst.com

Finalist

PM Pediatrics Urgent Care

Annapolis

Vein Restoration

O'Donnell Vein & Laser

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

Finalist

Vein Clinics of America

Annapolis

Veterinarian for Cats

Annapolis Cat Hospital

2244-48 Bay Ridge Avenue, Annapolis; 410-609-5497; annapoliscahospital.com

Veterinarian for Dogs

Greater Annapolis Veterinary Hospital

1901 Generals Highway, Annapolis; 410-224-3800; greaterannapolisveterinaryhospital.com

Finalist

Alexander Animal Hospital

Severna Park

Finalist

Bay Ridge Animal Hospital

Annapolis

Veterinary Clinic

Greater Annapolis Veterinary Hospital

1901 Generals Highway, Annapolis; 410-224-3800; greaterannapolisveterinaryhospital.com

Finalist

VCA South Arundel Animal Hospital

Edgewater

Finalist

Mobile Pet Vet

Anne Arundel County

Veterinary Surgery

Chesapeake Veterinary Surgical Specialists

808 Bestgate Road, Annapolis; 410-224-0121; cvssvets.com

Weight-Loss Program/Regimen

InShapeMD

576 Benfield Road, Severna Park; 410-975-5666; severna-parkinshapemd.com

Finalist

Annapolis Medical Weight Loss

Gambrills

Finalist

Living Health Integrative Medicine

Annapolis

Women's Imaging

Bay Radiology

537 Baltimore Annapolis Boulevard, Ste. B, Severna Park; 410-544-3331; bay-radiology.com

Finalist

Anne Arundel Diagnostics Imaging

Annapolis

Dr. Kevin Iskandar
Dr. Veera Patel
Dr. Helena Wang
Dr. Nish Patel

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WHAT'S UP? MEDIA'S 2021

EXCELLENCE IN N RSING

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This year's Excellence in Nursing campaign kicks off this month! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. This is nurses celebrating nurses!

The two-month nomination period opens May 1st and closes June 30th.

We are calling for licensed nurses and medical professionals—to nominate your fellow nurses in several fields of practice. The results will be tabulated, vetted, and become Excellence in Nursing 2021.

This is truly *professionals nominating professionals*. This is not open to the public at large. *Only licensed nurses and medical professionals may access this survey.* The process will be anonymous, but do have your state license number handy to access the nomination form. The license number is required to verify and qualify each nomination form. Only one

nomination form may be entered by each person. There are 15 categories/specialties on each nomination form. You may nominate up to two nurses per category; one nurse practicing within Anne Arundel and Prince George Counties, and another nurse on the Eastern Shore.

Thank you very much for your time and participation. You are truly benefitting the medical community by acknowledging the contributions of your peers. **Voting will close June 30th.**

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

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

WHATSUPMAG.COM/2021NURSES



2021

BEST OF WEST COUNTY

FOOD & DINING





We celebrate the Best of West County 2021 with the highly-anticipated *Food & Dining* winners! The following winners are the result of you, our readers, voting for your very favorite restaurants in our annual Best of West County voting campaign.

More than 20,000 of you participated this year! There were so many votes for so many businesses in fact, that, in addition to naming the overall winners for each category, we've decided to name *finalists*—those businesses which earned a high number of votes, but came in second or third place, so to speak. Not every category has finalists—only those categories in which the voting was most active.



So please join us in toasting and celebrating the Best of West County winners and finalists (listed alphabetically by category).

Appetizers/Small Plates

Harvest Thyme Tavern
1251 W. Central Avenue,
Davidsonville
443-203-6846
harvestthymetavern.com

Finalist

Ashling Kitchen & Bar
Crofton

Bakery

Sugar Butter Love
1723 Tarleton Way,
Crofton
410-310-1983
sugar-butter-love.com

Finalist

It's My Party Cookies and Favors
Odenton

Barbeque

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

Breakfast

Grump's Café
2299 Johns Hopkins
Road, Gambrills
443-292-4397
grumpscafe.com

Brewery

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

Finalist

Pherm
Gambrills

Carry-Out

Momma Roma
8743 Piney Orchard
Parkway, #102-103,
Odenton
410-695-0247
mammamomas.com

Caterer

Crave Catering Co.
Crofton
443-302-9169
cravecateringco.com

Chef

Crave Catering Co. (Kevin Devine)
Crofton
443-302-9169
cravecateringco.com

Finalist

Harvest Thyme Tavern (Rik Squillari)
Davidsonville

Chinese Restaurant

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

Cocktails

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

Finalist

Ruth's Chris Steak House
Odenton

Comfort Food Restaurant

Rip's Country Inn
3809 Crain Highway,
Mitchellville
301-805-5900
ripscountryinn.com

Crabcakes

G&M Restaurant & Lounge
804 Hammonds
Ferry Road, Linthicum
Heights
410-636-1777
gandmcrabcakes.com

Finalist

Hellas Restaurant & Lounge
Millersville

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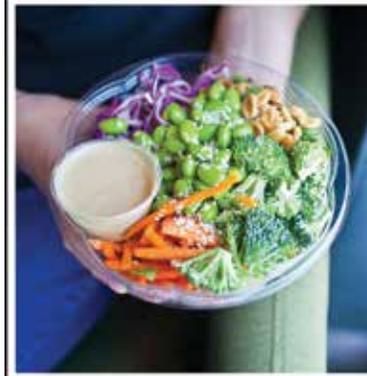
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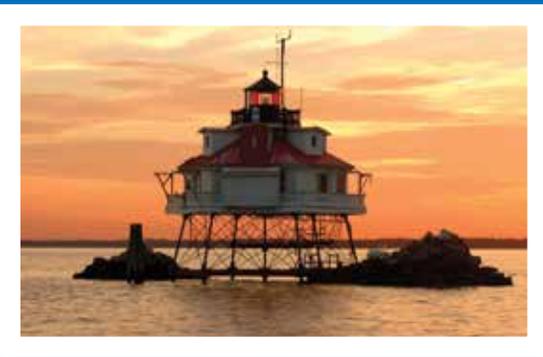
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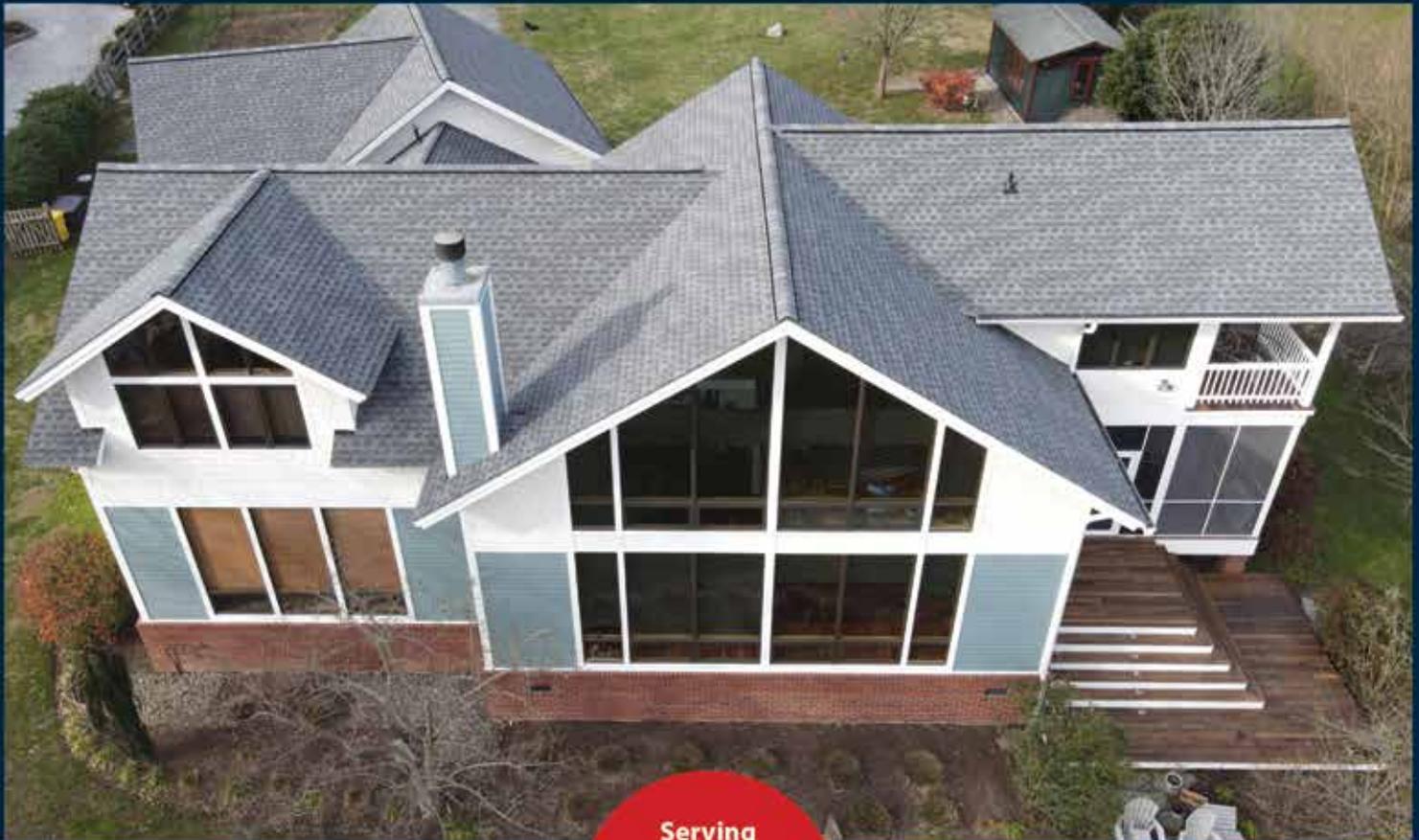
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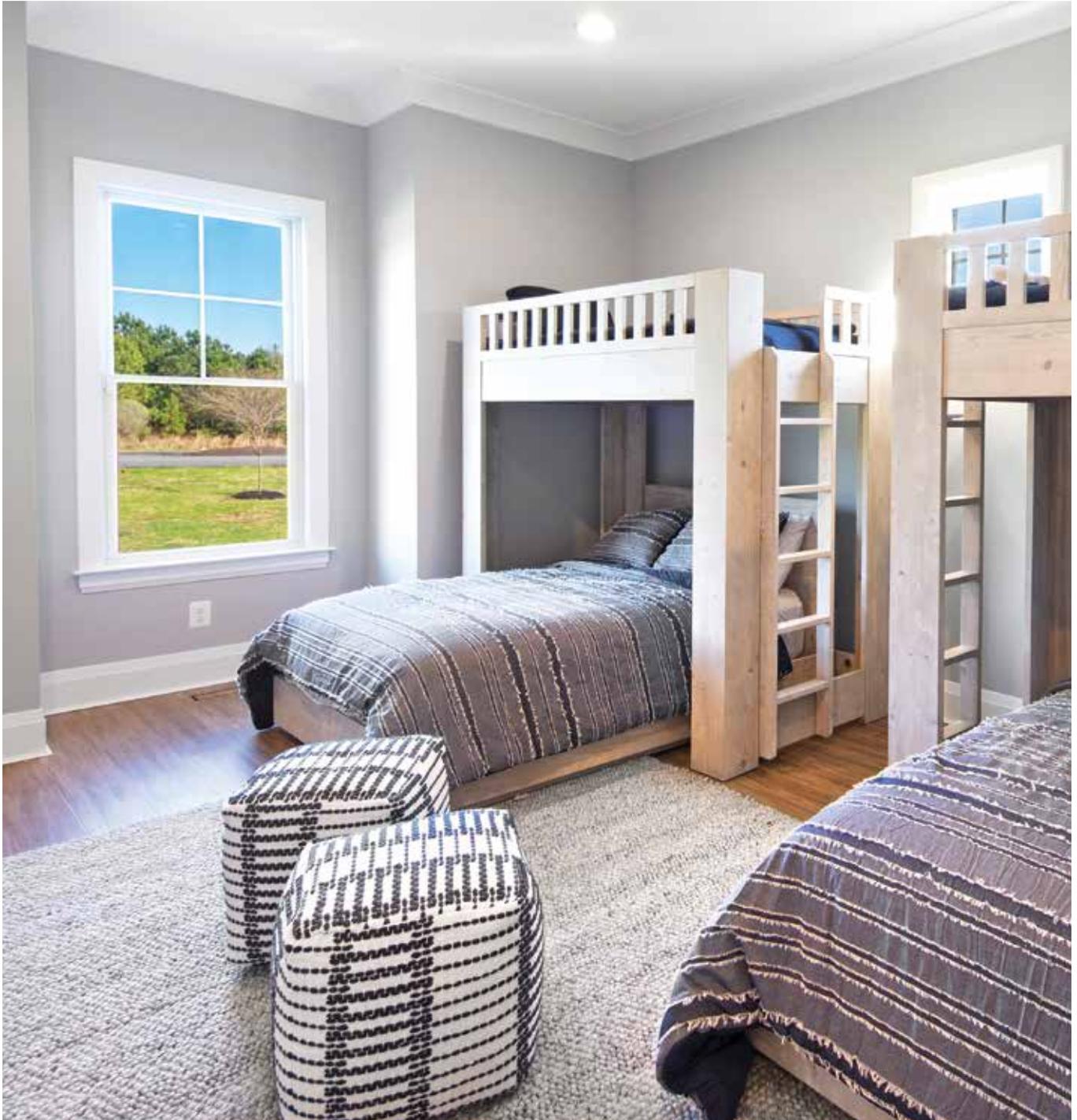
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THE SOUL AND MIND

By Lisa J. Gotto

*Photography courtesy
Paquin Design/Build*

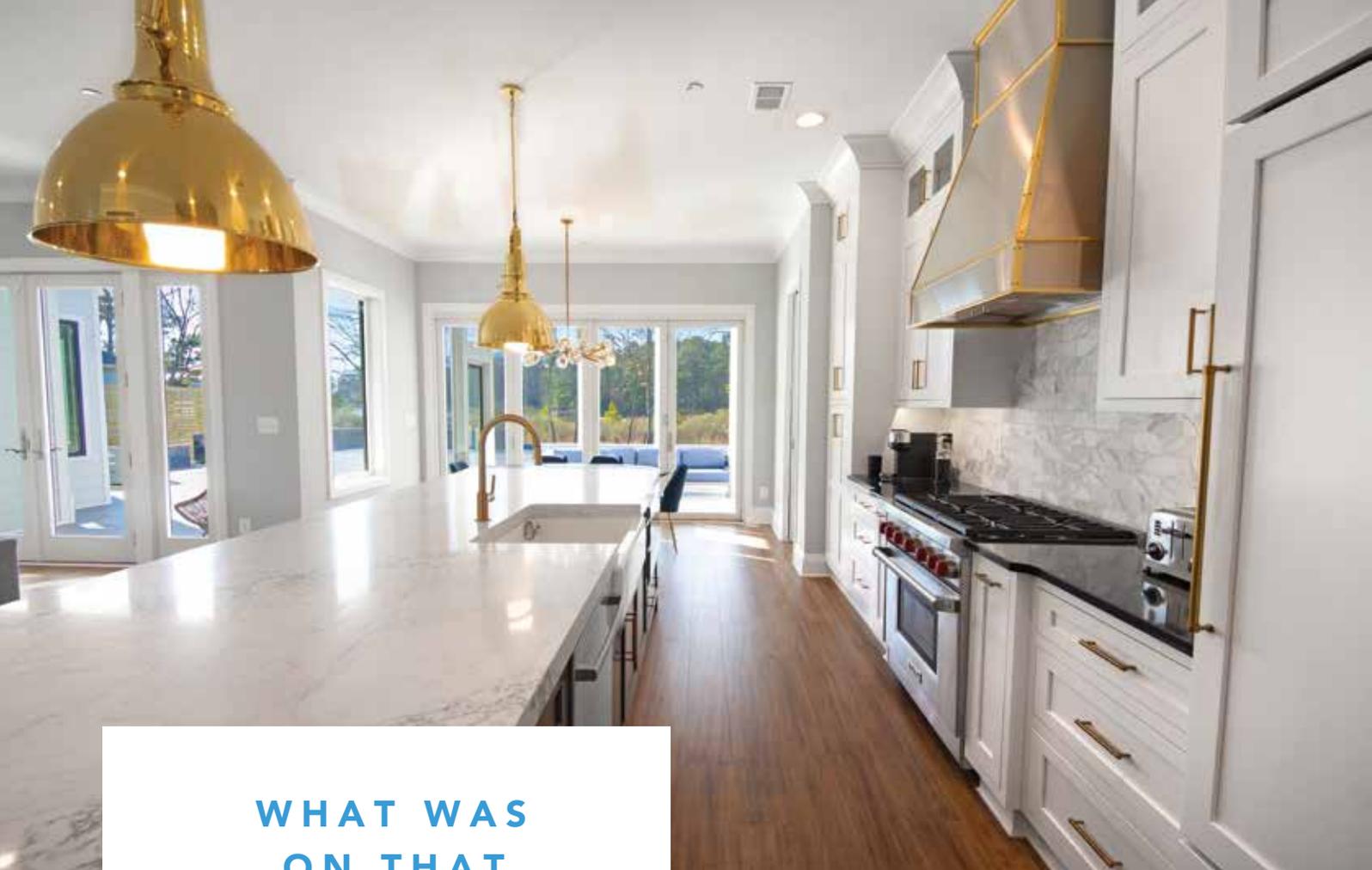




Whatever it is that most of us holistically crave right now can be found in this thoughtfully executed creek-side home-build in St. Michaels. Little did its owners know when they broke ground, just how vital addressing our health-related needs and wellbeing would become. The owners did have a healthy head start, however, as they both practice medicine and their primary goal in building a home was to create the ideal restorative retreat—one they could travel to quickly from their busy professions and primary residence in the greater D.C. area. It was a somewhat serendipitous informal encounter that introduced the homeowners to the principal of Paquin Design/Build, Brent Paquin, on a chilly day more than two years ago, on a development site advantageously located in one of the cozy coves synonymous with Talbot County living.

Paquin struck up a conversation with the couple, who had fallen in love with the area after several excursions to towns near and around St. Michaels and decided someday they would build a weekend home there. To them the area had everything they were looking for: natural splendor, a life-reaffirming backdrop, and plenty of water to get out and do the kayaking and paddle boarding they love.

Paquin explained that the particular community they were looking at had only a couple of lots left for sale. The hopeful home builders sensed that they had, indeed, found just the place for their future restorative retreat and purchased a lot within a couple of months. The homeowners also felt they had found just the builder to deliver their wish list and the collaborative process began shortly after.



WHAT WAS ON THAT WISH LIST?

As they say, knowing what you want is half the battle—and this couple knew exactly how they wished to live within the new space they were creating. The primary living level needed to be expansive so it could accomplish a lot, including a state-of-the-art, spa-like master bed and bath retreat, additional bedroom suites with restorative appeal for visits from their grown children, and a well-equipped home gym to satisfy the physical fitness advocates in them both.



Of course, they also desired an open-plan design that would incorporate a well-proportioned great room and an adjacent kitchen with a stylish and statement-making center island. The second level of the home should provide some breathing room, extra space for reading, lounging, screen time, and “me-time.” So that was added to the list.

Additionally, no true creek-side residence is complete without a comprehensive take on outdoor living. This home would have a spectacular plan to take advantage of the serenity of the cove and provide more than ample opportunity to get some outdoor exercise in, as well.

“The outdoor living space discussion was a high priority,” Paquin says. “All the homes in this community have a really nice Southern exposure in the summer months, so you’re getting a little sun and enjoying your outdoor space.”

Finally, but most vitally, how could they take advantage of the vistas afforded by this idyllic location? Paquin came up with the plan that would provide an answer to all the wish-list items and then some.

CHECKING OFF THAT LIST

From the moment you walk into the home you know the plan was well executed.

“We have a wonderful front-to-back vista. As soon as you walk in the house you can see the patio, and the tree-line, and the water’s edge,” says the homeowner.

As you walk toward that water view, accomplished through a series of French and accordion doors, the home’s open-plan living space glides along wide-plank engineered bamboo floors chosen for their dog-friendly durability.

Soothing pale gray tones and classic white trim enhances the wonderfully warm natural light flooding into the room and the eye is drawn to the gourmet kitchen with its complementary tranquil naval blue and white cabinetry.



“The homeowners wanted to keep the space modern and minimalistic,” says Dawn Crovo, Interior Design & Client Liaison for Paquin Design/Build of Grasonville. “We added elements to warm up the space by using a brushed gold finish on cabinet hardware and faucets in several of the rooms. The homeowners purchased classic, antique-style door hardware that added an unexpected touch of warmth to the space. On their range hood they opted for a brass strap detail to warm up the stainless steel and brass metal hood.”



" THIS SPACE OFFERS A PLACE TO UNWIND AND RELAX ON THE WEEKENDS AND HOLIDAYS. THE CLEAN LINES AND MINIMALISTIC DESIGN OF THE SPACE CREATES THAT UNCLUTTERED ATMOSPHERE... GRAY TONES WERE MIXED WITH GOLD, BLACK, AND WHITE ACCENTS TO CREATE A SOOTHING PALETTE."

—DAWN CROVO

The large center island topped with solid, subtle quartz is welcoming with its warm gold-toned fixture accents and its breakfast seating for five. There is also a separate eat-in area with a large, oval table and seating for six on upholstered chairs of naval blue distressed velvet. The view to the outside is soothing as it looks out over the patio; the view to the great room stunning with its modern, in-set gas fireplace and architecturally alluring built-ins on either side. The second level of the home functions as a de facto second family room; a flexible, chill-out space with vaulted ceilings, an 85-inch flat screen, expanded sectional sofa, and another spa-like bath with a large, freestanding soaking tub.

"So even though it's mainly a one-level house, there's lots of nooks and crannies for people to go and get some quiet time," the homeowner says.

Back downstairs, the all-important home gym is connected to the house through a huge, 700-pound sliding barn door that Paquin compares to a "work of art" in itself. Once inside, one is inspired by its auspicious placement.

"You can put a gym in lots of locations, but we knew we wanted to maintain the views of nature," says the homeowner. "We have a very tall ceiling in there, a 13-foot ceiling, and it's the kind of environment where we have a large TV on the wall, but you don't need to turn it on because your eyes are already distracted by the natural beauty around you."

With their workouts completed, the homeowners have a couple of options when it comes to cooling down and chilling out. They can choose to head to their simply tasteful master suite washed again in that soothing gray tone and alive with more natural views from the bedroom, or their spa-like bath with its sumptuous marble shower and large soaking tub.

One of the homeowners is an avid swimmer, so chances are he'll head out to the 55-foot-long lap pool with its attractive sheer descent water feature. Just this one sleek stunning feature provides all the statement-making panache of something you would encounter at a resort.

"We wanted to have something that was expansive, inviting, and sophisticated, but that did not detract from the natural surroundings," he says.

After a collaborative consult with the Paquin team and the pool builder, the homeowner chose a porcelain stone patio apron material to complement the pool's Tahitian blue tiles and South Pacific bluestone coping. (Typically used indoors for bathrooms, porcelain is now trending in outdoor applications because of its non-porous nature and extended lifespan.)



HOUSE MOST- DECEIVING

Perhaps the most interesting aspect of this home's exterior features is its unique combination of street-facing subtlety with the back of the home bringing the total wow aspect to the design.



When it comes to curb appeal, visitors are met with a traditional vision of a modern farmhouse, all white and trimmed in black. It's clean and uncluttered looking—the landscaping is pleasingly bucolic.

And then you either walk through the house or around the house are amazed to see how the home expands and evolves to its 4,000 square-foot floorplan.

“People are surprised,” the homeowner says. “People come over and say, ‘I wasn’t expecting this aesthetic on the inside.’”

Paquin says the exterior aspect of providing for elevation beyond the flood plain was his favorite part of the build.

“It has a transitional or traditional feel (from the front) but the back of the home wows you with a different style. It's more modern so you can take advantage of more glass and sleeker roof lines that set the scene for the views.”

The homeowners quite appropriately have a list of favorite aspects, but point out that they had a future they envisioned for the home.

“When we were out walking the property before we bought it, we envisioned these starry nights ...we have such an expansive sky and we have no light pollution anywhere, so we couldn't be more thrilled that [Paquin] was able to deliver on that vision,” the homeowner says.

“It's a house that allows you to know you are in a special place.”



HOME INTERIOR

5 Musts of Classic Bathroom Design

By Lisa J. Gotto

When planning a new bathroom or updating an old one, you will have a plethora of options to explore. From hardware choices to tile, and even fixture styles, the process (and budget) is most wisely managed if you can focus on the key actions that help create a room that is both functional and attractive.

Photo courtesy of lumens.com



1

Invest in Quality Elements

First and foremost, once it has been designed, a bathroom is harder and more expensive to re-design, so think for the long-term when you're looking at those major features such as your vanity, commode, your shower and/or tub, and any additional cabinetry you may require. Consult with a design expert to ensure that the room and its elements suit the needs of those who will be using it and makes the best use of the space that you have.

Smaller elements such as fixtures for your sink and shower, and hardware, should also be given consideration for how they will be used. That decorative hardware you chose might look amazing, but if it a frustrating exercise to open your drawer with a slippery hand, you may feel compelled to replace it sooner than you would like.

You should feel comfortable living with the results of your choices for a minimum of 10 years. Also, if this is not a "forever" home, resale value should always be given proper consideration.

Photo courtesy of wayfair.com



2

Soften a Bathroom's Hard Surfaces

In keeping with the thought that your primary bathroom should be a sanctuary for you, you will want to offset the inherent nature of its sleeker materials like tile and marble with subtle touches that lend the sense of comfort and care that this room is intended to provide. →

**This can be done
in several ways:**

Exposed shelving for soft goods:

Towels, soaps, and bath salts are a great way to lend texture and comforting visual interest to a bathroom. It's also always nice to have some of those extra towels nearby instead of having them in a less accessible linen closet. Including a few baskets or burlap bins for everyday items, such as swabs and cotton balls, will also help offset the colder look of hard surfaces.



Adding elements of nature:

From placing plants on shelving to having them take center stage as part of an accent wall, infusing the bathroom with nods to the natural world became popular prior to the pandemic and will remain a trend for the foreseeable future, as homeowners recognize the role that nature plays in our wellbeing.

Choose the proper level of non-task or mood-setting lighting:

While we wouldn't trade the utility of our lighted magnifying mirrors for anything, making sure your bathroom has ample options to turn down standard task lighting is essential for setting a soothing mood. Whether you go all-in with the latest in creative LED display, play with recessed lighting and dimmer switches, or simply add an array of candles of differing heights and widths, you should have a way to create a mood that says, "I'm not getting ready for work right now," and "I have nowhere else I need to be for a while."



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3

Treasure the Tub

There's no denying it—the shower has certainly gained the lion's share of the limelight when it comes to bathroom bells and whistles. From rain showerheads to multi-nozzle showers for two, and jetted massage options, it's tempting to think you may wish to forego a tub which undoubtedly is used less often, but this is an area where resale value also plays a role. While you may find a tub to be a space-consuming luxury, a future homeowner may find its absence a deal-breaker, so it is wise to at least provide flexible space for one in your bathroom's floorplan. Plus, we all require the comfort and downtime that a good soak provides; so, there's value in including one in any full bath design.

Photo courtesy of Home Depot



4

Keep a Tranquil Palette

Bold, rich colors are on-trend now in everything from cabinetry to paint to appliances. Classic baths however, keep tones either neutral or muted so that many personal styles can be accommodated in one room. Pops of color and personality that can be employed through the thoughtful choice of tile, an accent wall treatment, or accessories, can bridge the divide between trend and tradition. Paint color is your easiest option to change, so try your "must-have" hue on one wall instead of an entire floor treatment, for instance. This will make for a much quicker and less expensive update should you tire of the trend. Focusing on elements and surfaces that keep you safe and are practical and durable, with an eye for classic beauty and design, will have you enjoying that bath for years to come.

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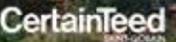
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HOME GARDEN

The Theme Game

MINI-GARDENS CAN BE FUN

By Janice F. Booth

Would you like to consider a new component for your garden; perhaps one that will be fun for you and refreshing for your outdoor space. While it's true that for some of us, gardening is a solitary pleasure, we still welcome appreciative comments on our efforts from our family, neighbors, or friends. With that in mind, consider a new element in your garden, a project that will satisfy you and delight others; how about creating tiny **Theme Gardens**? The size of these little treasures will depend on your enthusiasm and space. They can be any size, from a small grouping of flowerpots to an entire flower bed or even the entire garden. You may have seen examples of the recent craze for miniature and fairy gardens. In fact, they seem to harken back to the ancient Bonsai container gardens for which trees and other plants are carefully tended to create a landscape in miniature. But, I digress.

A Theme Garden or a group of such gardens might be a way to engage your horticulturally-challenged family and friends in gardening. There are a few ways to do that. If you have children or grandchildren, even neighborhood kids, you might offer them the opportunity to claim a garden. Or, you might create gardens for them and have them guess which is for them and what the themes are; **sports, book titles, favorite places**. It can be fun to brainstorm ideas with your 12-year-old for a soccer garden. She might use the shells of old soccer balls, planting flowers in them that will bloom in her team's colors. Or, how about a garden based on a favorite book, *Treasure Island* for example? A wooden packing box might be transformed into a treasure chest,

dripping with jewels and cascading ferns and ivy. The children might make a competition of the gardens, keeping their ideas secret and inviting everyone to guess the theme, sort of a mime game with plants. For the wee folk, how about small pots, each containing a plant for a letter of the **alphabet**. (No need to do all 26; maybe just the vowels, or the letters of a child's first name.) The children could paint or draw labels for each plant-letter to be taped to the pot or stuck in the pot on a straw.

If that doesn't catch on with your younger set, you might want to tax your own creativity and design a **mystery** theme garden. Invite folks to guess the theme of the garden(s). You could choose a **historical period**; the Colonial age or medieval times and create a garden filled with plants that would have been common in that period. Another idea is to create an **honor garden for someone or some event**. Perhaps your parents' favorite flowers, or a grouping of plants recalling your trip to Italy or Arizona. Instead of a photo album, why not a **photo garden**? You might laminate copies of some favorite family photos; attach them to ribbons to hang from your crape myrtle tree or placed among the plants on stakes, and build a theme garden around those memories and people. You could harness any of these **theme gardens to an educational goal**. Encourage kids to see history through the lens of nature and plants. Make **biology** and **botany** part of their real-world experiences. Invite young people to consider their heroes in light of the natural world. Even **geometry** could be explored through



miniature gardens—the hexagonal, rhombus, and diamond gardens would be a challenge. And how do you calculate their areas? How much soil is needed?

Okay, now that you're getting the idea—how about moving beyond the herb garden... What could we do with a **burrito garden** or a **snacks garden**? How about that tiny avocado tree you've been coaxing from the seed? And what about some heads of iceberg lettuce? Now, cheese may not be feasible, I realize, but perhaps some yellow loosestrife or goldenrod? If you squint they resemble grated or lumps of cheese, don't you think? And as for a snack garden—baby carrots, cherry tomatoes, radishes, a vine of green beans or peas, even a raspberry bush or a few strawberry plants in a hanging basket...doesn't that sound tempting?

And, while we're thinking of food, how about a Native American garden? You might need more room, but the traditional "**3 Sisters**" **garden**—corn, beans, and squash—would make for interesting conversations with admirers. Native Americans knew that these three plants completely support each other and those who plant and harvest them. In addition to providing a complete balanced diet, these three plants support each other, literally. The corn stalk supports the pole bean vine; the bean vine pulls nitrogen from the air and into the soil to feed the roots, while the squash vines cover the soil and roots, protecting them from wind and sun damage—wise lessons there for

us all. Another type of Native American garden is an **apothecary garden**. Similar to an herb garden, the apothecary garden contains medicinal plants. (You might include these plants in a Colonial History garden as well.) Rosemary grows well in our climate, and it's purported to boost one's memory as well as reduce swelling. Aloe Vera is a familiar and reliable succulent that eases burn pain and helps heal scrapes and cuts. Hardy Valerian, when brewed in tea, helps with relaxation and relieves indigestion. And our sweet, familiar Woolly Lambs Ear is the original band-aid. Soak those fuzzy leaves until they're soft, then apply them to a cut or scrape.

And finally, my last suggestion, and perhaps my favorite, is a **Moon garden**. The idea here is



to use plants whose variegated leaves and white blossoms reflect the moonlight. The blousy, night-blooming Moonflower and Evening Primrose are two beautiful options. You might want to create your moon garden around your handsome Southern Magnolia, with its stunning white blossoms. Candytuft beneath and a delicate clematis vine winding through the garden would all glimmer in the moonlight.

Whatever theme or themes capture your imagination, I know you'll have fun expanding on these suggestions. Gardens offer us endless opportunities for reinvention and restoration. This is a spring like none we have enjoyed before. We are all in need of restoration and perhaps reinvention.





Primary Structure Built: 2013
Sold For: \$1,200,000
Original List Price: \$1,274,900
Bedrooms: 5
Baths: 3 Full, 1 Half
Living Space: 2,500 Sq. Ft.
Lot Size: 0.14 acres

HOME REAL ESTATE

In True Annapolitan Style

By Lisa J. Gotto

The quality of a true craftsman and the charm of coastal living can be found in this Annapolis-centric home located in the neighborhood of Murray Hill. Just one block from West Street and three from Spa Creek, this home is advantageously located for the desirable “within-walking-distance” lifestyle that so many Annapolitans aspire to. And when they’re not out enjoying the nearby dining and entertainment opportunities, the new homeowners will have plenty of space and amenities to create their own fun right at home.

While this house is relatively new, built in 2013, it offers many traditional features like a spacious, welcoming covered front porch, a convenient, detached two-car garage, and a totally charming outdoor living space that looks like you’re dining al fresco at a fine restaurant.

Inside, the home has an open floor plan that flows from the foyer along gorgeous dark hardwoods into the main living space. Just inside the foyer prior to entering this space, the home offers a lovely formal sitting room. Each space on this level is fitted with extra large casement windows so the new homeowners will enjoy generous amounts of natural light wherever they are in the dwelling. The home is also upgraded with gorgeous molding and trim work throughout.



A beautiful, all-white kitchen with subway tile backsplash and center island seating for two, is equipped with all stainless-steel appliances, a gas cooktop, and attractive pendant light detail. A breakfast nook seating area for four offers a sunny start to the day with its three large windows and a more formal dining space is also available adjacent to the opposite side of the kitchen. In the center of the open-plan space is a large seating and television-viewing area with a gas fireplace focal point and the light of several large windows.

The master suite is located on the home’s upper level and features two walk-in closets, dual vanities, and soaking tub. There are two additional bedrooms, another full bath, and convenient laundry facilities on this floor. Additional space for bedrooms or office space is located in the partially finished basement, where there is already a fun, indoor recreation area for the kids. Outside, this home offers a durable Hardi-plank exterior and expert land- and hardscaping with stone pavers, and strategically placed decking and fencing to create an elevated and private outdoor living area. Everything a fun-loving Annapolitan could want—and more.

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Top of the Line & In Town

By Lisa J. Gotto

Photos by Michele Sheiko

Carefree, gracious living awaits the new homeowners of this 3,000-square-foot townhouse property in one of Annapolis' most highly desired neighborhoods. Located in the Acton's Landing community within the Historic District, this traditional, three-story Colonial with two-car garage provides a quick walk to the downtown restaurants, landmarks, and events.

Just steps inside the welcoming entry foyer, you ascend a stair into the home's open-plan living and dining space. This main level offers many high-end finishes and details, including crown molding and an elegant staircase. Gorgeous mocha-colored hardwoods flow throughout the space, which leads into the fully-equipped kitchen with its two-stool center island, custom cabinetry, and four-burner gas range with center grill feature and stainless steel hood.

A cozy, eat-in breakfast area offers lovely views of the community's lush, central courtyard from large sash windows with traditional inserts and a set of French doors off the family room space. From here the new homeowners will be able to walk out onto a generous balcony overlooking the lovely courtyard.



Primary Structure Built: 2007
Sold For: \$1,020,000
Original List Price: \$1,100,000
Bedrooms: 3
Baths: 4
Living Space: 3,052 Sq. Ft.
Lot Size: 0.4 acres

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The upper level of the home offers two large bedrooms including the master suite with two, generous walk-in closets and a master bath with dual vanity and soaking tub. Above this level, there is room for a guest quarters or a home office. This space offers vaulted ceilings, a recreation room, and views to the courtyard from its own private balcony, providing convenience and flexibility for accommodating extended family and friends. Also located just steps from this home's commons area, is the serene setting of Acton Cove Park for tranquil walks and access to Spa Creek for kayaking and paddle-boarding.

"This sale represented a fabulous walkable location minutes from Spa Creek and City Dock, a connected community with manicured common grounds, a two-car garage, and a 'lock-and-leave' lifestyle!" says Listing and Buyer's Agent, Georgie Berkinshaw.



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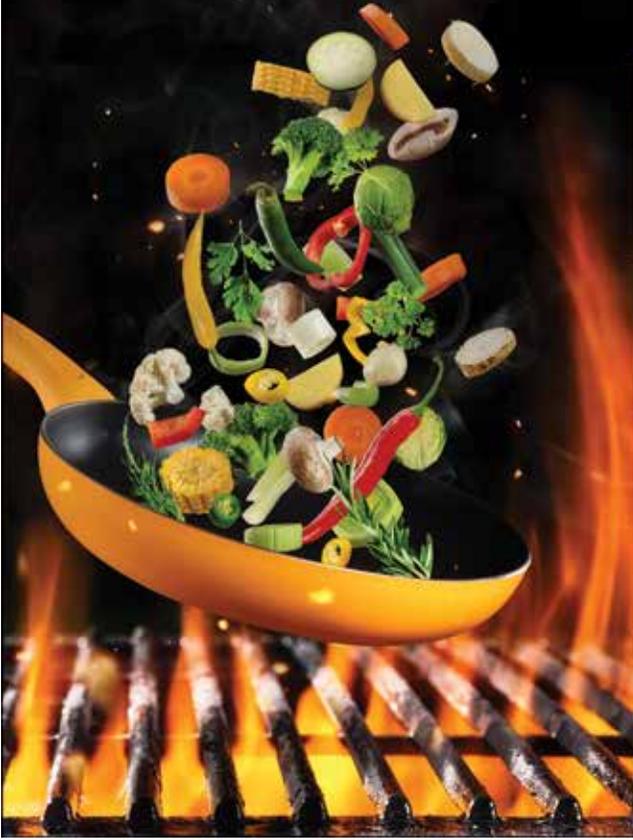
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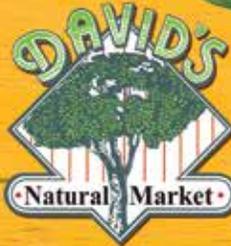


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HEALTH & BEAUTY BEAUTY

What is Body Contouring?

By Dylan Roche

Losing weight can be great for a person's health and self-confidence. But the excess skin left over after a person loses a large amount of weight? That part isn't so great. And although some people might be distressed about the way it looks, it's not merely about vanity. According to the University of Maryland Medical Center, excess skin can rub and become irritated, lead to infections, and can even make it difficult for a person to find clothing that fits right.

That's where body contouring comes in. Because the skin and tissue lose some of their elasticity, getting rid of this excess skin after losing 100 pounds or more can be nearly impossible through diet and exercise alone.

Instead, body contouring can smooth out the shape of a person's post-weight-loss body, whether a patient wants to remove excess skin from their abdomen, buttocks, back, breasts, or even face and neck. As Johns Hopkins Medicine explains, body contouring is an umbrella term covering a variety of procedures that can treat one or more of these problem areas. Common body contouring surgeries include: →

Abdominoplasty (commonly called a tummy tuck), in which excess skin is removed from the stomach area and the muscles are tightened to create a flatter appearance.

Liposuction in which stubborn fat that doesn't respond to diet and exercise is removed via suction. Liposuction can be performed on places all over the body, and while it is not meant to be a replacement option for a healthy lifestyle, it can improve the body's shape.

Mastopexy (commonly called a breast lift), in which excess skin is removed and tissue is tightened in order to raise and firm up the breasts.

Other body contouring procedures include lifts to fix sagging skin in the arms, thigh, face, or lower body.

Although results are often promising, it's important to note that body contouring comes with risks and some unappealing side effects. Patients who undergo body contouring could suffer from bleeding and infection, per the American Society of Plastic Surgery. Patients should also be prepared for two weeks of downtime while they recover at home, and they likely will have scarring afterward.

Finally, it's important to remember that body contouring isn't a magic cure for excess weight—it's intended for those who have already lost weight through diet and exercise, and who are committed to keeping the weight off in years to come.



HERE'S HOW IT SHOULD GO

Begin with your head up, shoulders back, and spine straight as you hold the handle with both hands, palms facing down. Your grip should be firm without squeezing.



HEALTH & BEAUTY FITNESS

Fitness Tips

ROWING

By Dylan Roche

For many people, warm weather means getting outside—and for those with water access, it might mean getting out on a boat. While some depend on motors and sails to power themselves, others might opt for a more rudimentary method: rowing. Why? Because rowing offers a great workout, combining cardio and strength training for a calorie-torching sweat session with very little risk of injury. Plus, if you're doing it in an actual boat, you can't beat the atmosphere. But even if you don't have access to a rowboat (or a rowing crew to assist you), you can still get a great rowing workout on the ergometer—that's the formal name for the rowing machine you might have seen at the gym. What's great about the ergometer is you can choose whether you want to do short, high-intensity bursts or a long, low-intensity endurance workout. Because the rowing

motion requires use of your arms and legs, you'll get a full body workout that targets your biceps, triceps, pecs, upper back, abs, glutes, quads, and calves. The American Fitness Professional Association notes that rowing is about 75 percent leg work and 25 percent upper body work.

In short, one of the reasons rowing is a great cardio option is because it requires more upper-body strength than the treadmill, but it engages your core more aggressively than the elliptical. It's also a low-impact workout, so there's less risk of injury than you would have if you were running or doing plyometrics, which put stress on your body. Those who want to increase the difficulty of their workout need only increase the resistance so that the handle becomes harder to pull.

But just because rowing poses a lesser risk of injury compared with high-impact workouts, that doesn't mean you can be sloppy—poor form can still result in injury. Furthermore, poor form means you aren't going to get as much benefit from your workout. For this reason, beginner rowers should seek out advice from a trainer or an experienced rower who can observe their form.

Want to learn about ways you can incorporate rowing into your workout routine? The American Council on Exercise (acefitness.org) and Rowing Workouts (rowingworkouts.org) are great places to learn more. You can also refer to Hydrow (hydrow.com) the leading brand of rowing machines, similar to Peloton among exercise bikes.

Push back with your legs and lean your back slightly as you go. Pull the handle up toward your chest, bending your elbows so that your arms bend toward your sides. Don't raise your arms above your chest.

Remember to keep your core engaged, as this will give you the strength to complete the exercise without straining your back.

As you return to the starting position, bend your legs and lean slightly forward. Avoid letting your shoulder/back round. Keep your weight on the balls of your feet the entire time.

Continue rowing for as long as desired. Remember, for optimum health benefits, you need only 75 weekly minutes of vigorous aerobic activity like running. Those who are trying to lose weight will be happy to know rowing can burn more than 500 calories per hour—very helpful when trying to burn the 3,500 calories needed to lose 1 pound of fat.



HEALTH & BEAUTY HEALTH

Destigmatizing Mental Health

HOW YOU CAN BE
PART OF CULTURE'S
CHANGING PERCEPTION

By Dylan Roche

Let's start with the good news—the stigma surrounding mental illness and mental health disorders is declining. According to a 2019 survey on behalf of the American Psychological Association, 87 percent of respondents said somebody should not be ashamed of having a mental health disorder.

The bad news? The stigma isn't entirely eradicated. That same survey found nearly one-third of people agreed with the statement "People with mental health disorders scare me."

As a way of educating more members of the public to be aware of mental and behavioral health issues, and to celebrate the successes of those who live with them (and overcome them!) every day, experts across the nation recognize May as Mental Health Month by



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American Psychological Association

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"People with
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scare me."

encouraging discussion, offering resources, and seeking to help society understand what mental health is—and what it isn't. According to Johns Hopkins Medicine, an estimated one-fourth of American adults battles a diagnosable mental disorder. These could take the form of anxiety disorders, depression, eating disorders, bipolar disorder, ADHD, obsessive-compulsive disorder, PTSD, schizophrenia, or other conditions.

The problem with the stigma surrounding mental health disorders is that it makes it harder for people to seek treatment. In some cases, they might just be worried their friends or family will perceive them differently if they know about their diagnosis. In other cases, their health insurance won't cover treatment, or they face discrimination at work because their condition isn't seen as a "real" medical problem.

Whether you struggle with a mental health disorder yourself or you are close to somebody who does, there are practical ways you can work to reduce the stigma. Here's how to get started:

Always be open to learning more. The first step to reducing stigma is to educate yourself about it. You could do this about mental health in general, or you could learn about the specific condition affecting a friend or family member. Knowing what this condition entails will help you become more understanding of why a loved one is behaving the way they are. You will also be able to separate fact from misconception about the condition, thus reducing the fear or shame associated with it.

Evaluate your own sense of stigma about yourself or those around you. Many people with mental health disorders will advocate acceptance and de-stigmatization while they themselves remain quiet about their own struggles. Nobody should have to open up about something private if they feel uncomfortable about it (especially when it comes to their health), but it's important to acknowledge to yourself that you have no reason to be embarrassed. The more you open up about your own mental health struggles, the more you will find that people relate to what you're going through and will feel comfortable opening up about their own experience.

If it helps, refer to yourself (and others) with person-first language. For example, tell people you "have schizophrenia" instead of "are schizophrenic." This ensures that neither you nor anyone else sees you as somebody who is defined by their condition.

Treat mental health the way you would physical health. Along the same lines of evaluating your own sense of stigma, you should strive to perceive mental illness the same way you would physical illness. You wouldn't avoid seeking treatment for heart disease, cancer, or diabetes—why wouldn't you take the same responsibility when it comes to mental health disorders?

Similarly, you wouldn't make fun of somebody with a physical condition, so why would you let somebody with PTSD or ADHD become the butt of jokes? If your child had asthma, you wouldn't ignore it and pretend it wasn't real, so why would you do the same with a child who has depression? Find ways to make people with mental illness feel comfortable, and always celebrate their achievements as they overcome struggles.

Understand that mental health disorders are not the same as personality traits. A big part of the stigma surrounding mental health disorders is that society sometimes perceives them as trivial or not real health conditions—this can be exacerbated by casual use of terms referring to mental illness. Remember that being sad is not the same thing as having depression, or that being organized is not the same thing as having obsessive-compulsive disorder. Be sensitive in your use of language so that you don't further these misconceptions or accidentally internalize them yourself.

Don't shy away from conversation. Think of the first three people you would call if you had great news—you got a great job offer or you closed on a new home. Remember that those same three people are also the ones you should feel comfortable calling if you're struggling. When you're having a particularly bad mental health episode, don't be afraid of opening up and talking to somebody about it. On the other side of things, if you know a friend or family member struggles with their mental health, make it clear they can come to you when they are in need. Be open and check in with them from time to time so that they know you are available.

Respectfully but directly correct any stigmatizing you encounter. Many people don't know that their inappropriate comments about mental illness are harmful. If you see somebody sharing something degrading on social media, leave a comment. If you hear an inappropriate joke on a TV, write an email to the production company. (Remember to keep it respectful—a lot of people are uninformed but not malicious.) This not only informs the person who has been insensitive but also shows anybody who is suffering in silence that there are people out there who understand.

Join a support group. When you join a support group, you find yourself surrounded by people who share your experience. They will help you see that your condition or disorder does not render you less of a person; additionally, they can offer support and advice from the perspective of somebody who actually knows what your struggles are like.

Need more resources? Organizations like the National Alliance on Mental Illness (nami.org) and the Anxiety and Depression Association of America (adaa.org) are great places you start. You can also take NAM's pledge to be part of the Stigma-Free Campaign and maintain your dedication to spreading awareness at nami.org/get-involved/pledge-to-be-stigmfree.

ACES

Asynchronous Coded Electronic Skin

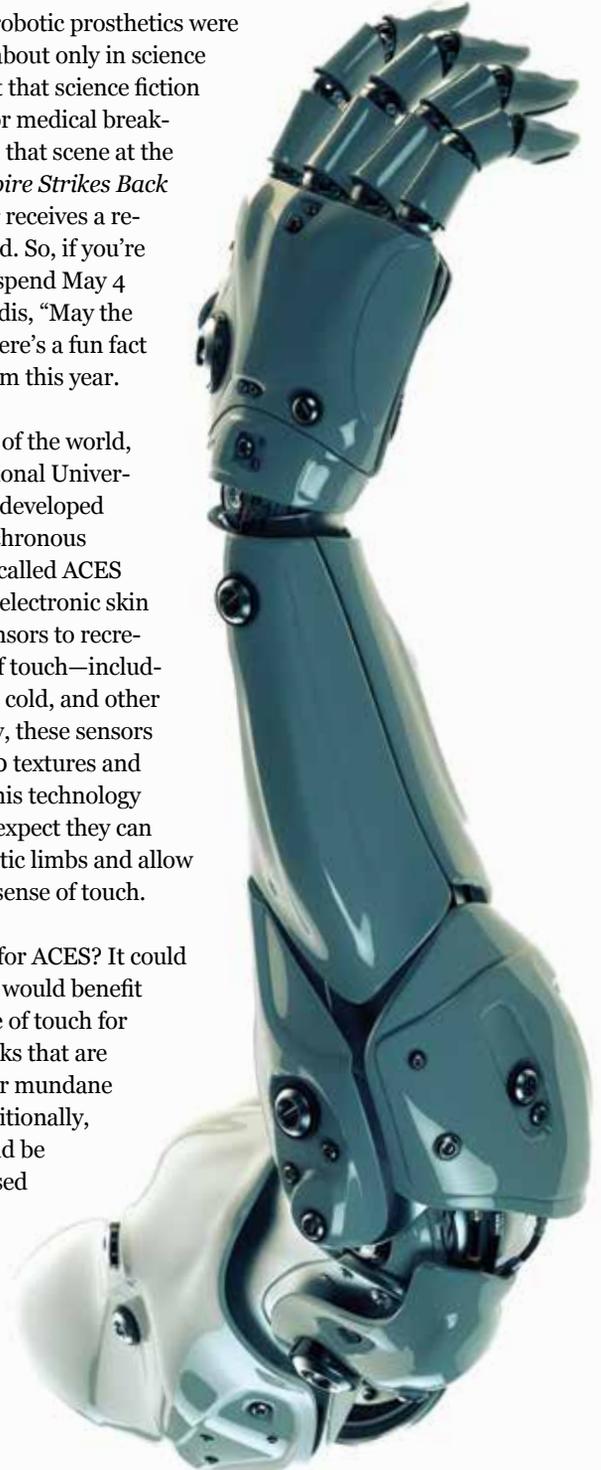
IT'S NOT SCI-FI, IT'S A MEDICAL BREAKTHROUGH

By Dylan Roche

For generations past, robotic prosthetics were something you heard about only in science fiction. But it turns out that science fiction is inspiring some major medical breakthroughs—specifically, that scene at the conclusion of *The Empire Strikes Back* where Luke Skywalker receives a replacement robotic hand. So, if you're someone who likes to spend May 4 wishing your fellow Jedis, "May the Fourth be with you," here's a fun fact you can share with them this year.

Over on the other side of the world, researchers at the National University of Singapore have developed what's known as asynchronous coded electronic skin, called ACES for short. It's a type of electronic skin that uses 100 small sensors to recreate the human sense of touch—including texture, pain, heat, cold, and other sensations. Specifically, these sensors can determine up to 30 textures and even read Braille. As this technology develops, researchers expect they can apply ACES to prosthetic limbs and allow people to regain their sense of touch.

Another potential use for ACES? It could be used on robots that would benefit from an artificial sense of touch for when they're doing tasks that are either too dangerous or mundane for humans to do. Additionally, the sense of touch could be beneficial for robots used to perform surgery—a huge step forward for the medical community!



Fresh Take

CHICKPEAS

By Dylan Roche

If you've ever wondered what the difference is between a chickpea and a garbanzo bean...well, the answer is *nothing*. They're the same legume! But the more widely used name around the world—chickpea—derives from the Latin word “cicer” (pea) and the less common name—garbanzo beans—derives from the Spanish word “algarroba.” It shouldn't be surprising there are different names for this mighty little legume, as it has held a prominent role in the culinary traditions of many cultures. In fact, it's likely no other bean or legume has been consumed as far back in time as the chickpea. Researchers note that it was consumed in Middle Eastern and Mediterranean cultures as early as 7,500 years ago. They first made their appearance in recorded history in 800 AD, when Charlemagne made reference to chickpeas grown in each manor plantation under his reign. Today, most of the world's chickpeas are grown in India, but they may also be sourced from Pakistan, Russia, Turkey, or Ethiopia. They're still a dietary staple in Middle Eastern countries, but they're becoming increasingly popular in the United States, particularly in the form of hummus, the zesty dip that's perfect for crudites, crackers, or toast. But don't limit yourself just to hummus—chick-



Chocolate Chip and Chickpea Cookies

INGREDIENTS:

1 16-ounce can chickpeas, drained and rinsed
1 cup firmly packed brown sugar
1 cup granulated sugar
1 cup butter
2 large eggs
2 teaspoons vanilla extract
2 cups semisweet chocolate chips
1 cup chopped walnuts or pecans
2 cups all-purpose flour
3/4 cup old-fashioned oats
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt

peas are great additions to stews, salads, casseroles, and other dishes. They have a buttery, almost nutty taste to them, and when they're cooked thoroughly, they take on a creamy texture.

Preheat the oven to 350 degrees and line a baking sheet with parchment paper. In a large mixing bowl, beat the granulated sugar, brown sugar, and butter until smooth. Add the eggs and vanilla and continue to mix. In a separate bowl, combine the oats, flour, salt, baking soda, and baking powder. Add the dry ingredients to the wet mixture. Add chickpeas and chocolate chips. Form the dough into rounded tablespoon-sized balls and place in rows along the baking sheet. Press to flatten. Bake for 10–12 minutes or until golden brown.



What makes chickpeas so great is not merely their taste or their culinary versatility—it's their nutritional benefit. A 1-ounce serving of chickpeas has only 46 calories but is full of iron for transporting oxygen to your cells, folate for converting carbohydrates to energy, phosphorus for muscle contraction, manganese for nerve function, and potassium for controlling blood pressure. They're packed with fiber to aid in digestion and keep you satiated between meals. Chickpeas are also a great vegetarian option for athletes because they have a 3:1 ratio of calories from carbohydrates to calories from protein, making them an ideal post-workout recovery food. Speaking of protein, chickpeas provide eight of the nine essential amino acids that you need in your diet. As plant sources of protein rarely offer all nine essential amino acids, most vegetarian protein sources are designated as incomplete proteins and therefore must be eaten in combination with other protein sources that will complement them. The only amino acid missing from chickpeas is methionine, which can be found abundantly in sesame seeds. As tahini (sesame seed paste) is an important ingredient in hummus, those following a plant-based diet can count on hummus as a complete protein. Homemade hummus is an easy and popular option for those who are looking for ways to use chickpeas around their kitchen (and seriously way better than the store-bought stuff), but



Hummus

INGREDIENTS:

2 16-ounce cans of chickpeas, drained and rinsed
2 cups tahini
1/2 cup lemon juice
4 cloves garlic, minced
1/2 cup olive oil

it isn't the only option. Don't be afraid to use chickpeas in your next homemade veggie burgers or even chocolate chip cookies (seriously). From there, you're only limited by your own creativity!

Add all the ingredients to a food processor. Begin by pulsing until everything is mixed well, then process until smooth. Add some cold water if the consistency is too thick. Serve in a shallow bowl with a drizzle of olive oil on top. Warm pita bread, carrot sticks, and cucumber wedges make great dipping options.

Sundried Tomato and Spinach Chickpea Burgers

INGREDIENTS:

1 16-ounce can of chickpeas, drained and rinsed
1/2 cup sundried tomatoes, chopped
2 cups baby spinach
1/4 cup chopped white onion
5 cloves garlic, minced
1 tablespoon milled flax seed
1/4 cup fresh basil
1/2 cup crumbled feta cheese
1 tablespoon cumin
1 tablespoon parsley
1 teaspoon salt
1 teaspoon pepper
1/2 cup olive oil
Whole-grain hamburger buns and pesto (optional, for serving)

Chop the spinach into small pieces and steam until soft. Set aside. Mash the chickpeas using a potato masher until you have a soft but still chunky consistency. Add flax seed and stir until the mixture has thickened. Add tomatoes, onion, spinach, garlic, basil, cumin, parsley, salt, and pepper. Stir to combine. Add in feta cheese. Set the chickpea mixture in the refrigerator to rest for at least one hour. Remove from the fridge and form into 4 to 6 evenly sized patties. Warm a frying pan over medium heat and add the olive oil. Set the patties to sizzle in the frying pan for approximately 3 to 4 minutes on each side or until the center is warm and the outside is golden brown. Serve on toasted whole-wheat buns with pesto.

Finding Potential in Others Means Finding the Boldness to Put Yourself First

When Davidsonville resident Theresa Puher was diagnosed with cancer in 2016 she had to focus on someone who she normally overlooked—herself.

“I strongly believe in helping others and giving back to those who are not as fortunate as I have been,” says the mother of three grown sons who has been married to her high school prom date, Paul, for 35 years. “Helping others is what I do.”

Puher, who grew up in College Park and graduated with a degree in Fashion Merchandising from the University of Maryland, has taken that mindset and turned it into action.

“I was the original creator of Delta Tau in Davidsonville, a chapter of Beta Sigma Phi, which is an international sorority that provides avenues for women to form friendships and meet new people, especially those who have recently moved to the area and feel isolated,” Puher says. “I also am fortunate to have been on the committee which raised money for *Camp Dreamcatcher*, an overnight camp that brings children together whose parents are HIV positive.”

“I believe in putting others before yourself,” she says. “I enjoy helping other people reach their potential.”

But that all changed Memorial Day Weekend 2016. Puher had to put herself—and her health first.

“Initially I was being treated for a urinary tract infection,” Puher

explains. “Even with medication I was still not feeling well. My husband noticed my abdomen was bloated and encouraged me to call my gynecologist. She examined me and immediately ordered a CT scan.”

“Suspicious findings’...that’s all I remember hearing,” Puher continues.

Puher was advised to get the skill and expertise of a top-rated Gynecologic Oncologist.

“I was stunned. I had just had a hysterectomy in 2015 due to a history of endometriosis and having fibroid cysts on my ovaries,” Puher shares. “I didn’t expect this.”

Puher’s radiologist referred her to Dr. Teresa Diaz-Montes, a Board Certified Gynecologic Oncologist and Medical Director of The Neil B. Rosenshein, M.D., Institute for Gynecologic Care at Annapolis. Dr. Diaz-Montes is recognized as one of the leading GYN Oncologists in the treatment of cancers of the female reproductive tract and proved to be more than just a gifted and experienced clinician. She was the right choice for Puher.

After careful diagnosis, tumors in Puher’s abdomen were identified, biopsied, and a treatment plan was put into place.

“Dr. Diaz-Montes gave me hope in my most difficult moments, which helped me stay calm and positive. Her keen eye and determined spirit put a name to my illness and a team of Mercy experts together who would change my life.”



Dr. Diaz-Montes diagnosed Puher with advanced Primary Peritoneal Carcinoma (PPC), a rare cancer that develops in a thin layer of tissue that lines the abdomen. Often, PPC produces a fluid called ascites, which if left untreated can cause liver failure.

“Primary Peritoneal Carcinoma is an aggressive cancer and is hard to diagnose,” Dr. Diaz-Montes explains. “Because there are no screenings for this type of cancer, listening to your body and knowing your family history is key. Theresa took immediate action and that is what gave her the best chance for a positive outcome.”

Dr. Diaz-Montes worked in collaboration with her colleague Dr. Armando Sardi, a Board Certified Surgical Oncologist at Mercy Medical Center. Dr. Sardi is one of the foremost experts on HIPEC Surgery, the life-saving procedure Puher needed. HIPEC uses Hyperthermic Intraperitoneal Chemotherapy or “heated chemotherapy” to treat late stage, complex cancers of the abdominal region.

During the 10-hour surgery, Puher received a “heated chemo wash” that eradicated the cancer cells in her body.

“You learn a lot about yourself when you go through something

like this. I was so incredibly blessed to have a great support system with my family and friends,” Puher says. “I was always there for others and now others were there for me.”

Every Day is a Gift

May 2021 marks five years since Puher first received her cancer diagnosis. She is now free of cancer.

“I feel great and am excited for the future,” Puher says. “The one thing I learned during this process is you can’t be overcome by fear. Winston Churchill said ‘Fear is a reaction. Courage is a decision.’ And he was right. You can’t be consumed by fear. I’m so glad I made the decision to be treated by Dr. Diaz-Montes, Dr. Sardi, and the wonderful team at Mercy. They were there for me and saved my life.”

Puher continues to focus her attention on helping others reach their potential. It’s who she is. Now her helping hand comes with a word of advice, “Take care of yourself. Make ‘Me’ your No. 1 priority. Listen to your body and find the best doctor you can.”

“Don’t take it for granted. Every day is a gift!”

This article was contributed to What’s Up? Media exclusively by Mercy Medical Center.



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.

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WHAT'S UP? MEDIA

Dining

92 TASTE | 94 GUIDE



Salmon Roasted with Green Herbs at David's Natural Market

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.

Supplementing Your Health

By Tom Worgo | Photography by Stephen Buchanan

David's Natural Market in Gambrells offers a unique blend of local, domestic, and international foods, including organic and natural produce, and nutritional items such as vitamins, supplements, and dietary products.

And with so many restrictions affecting the restaurant industry, there's been a trickle down effect, so to speak, that benefitted grocers. David's business has weathered the pandemic remarkably well.

"I think more people are grocery shopping because fewer restaurants are open," David's Market General Manager Zack England says.

England's stepfather, David London, owns stores in Gambrells, Columbia, and Forest Hill, all called David's Natural Market.

David's is all about sourcing product from local and regional suppliers, including Odenton's Cozy Quail Covey Eggs, Envista Farms in Glen Burnie, Oksana's Produce Farm in Chestertown, and Leela's Pure Goodness in Upper Marlboro, to name a few.



General Manager Zack England with his step-father and David's Natural Market owner David London.



David London, at right, sources the market's salmon from Chesapeake Smokehouse.

They source regionally from South Mountain Creamery in Middletown and The Family Farm in Bel Air, as well as Albert's Organics in New Jersey and Four Seasons Produce in Pennsylvania.

The market also sets itself apart by giving customers access to a certified nutrition specialist, Courtney Carpenter, who has worked out of the Columbia store for 27 years and 38 overall in the industry.

We recently talked to England about what David's Natural Market is all about and how Carpenter can help customers.

Zack, why is it important for your market to specialize in organic produce?

Most stores carry both organic and conventional products. With us, you don't have to pick around and look

to see if something is organic. You know if you are buying it here, it is organic.

Do you get quite a few of your products locally because that's what customers want?

If the organic produce looks good or tastes good, we just got it in and see how well it sells. It's not an order type of thing. A lot of people look for it. It also helps local businesses out, and I like supporting local businesses. The Family Farm delivers every Thursday and people look for their lettuce, carrots, beets, and kale in the winter, and in the warmer seasons, berries, tomatoes, and lettuce are popular.

Do you also get your meat and fish locally?

We get our salmon from a Maryland vender, the Chesapeake Smoke House

in Annapolis. Our salmon is very popular and we sell quite a bit of it. Other meats come from Pennsylvania. We get a lot of our steaks from Stoney Point Farm Market in Pennsylvania. We have a butcher who cuts fresh rib eyes from Pennsylvania.

How did you develop your partnerships with your farms and the meat producers?

We mainly deal with regular distributors. Some distributors will bring us samples from the different producers, and we try their stuff. And it's also by word of mouth. Somebody telling us about a good supplier.

Courtney, you have great credentials, including three degrees with a Masters in Human Nutrition Science from the University of Bridgeport in Connecticut. Is it unusual to have a certified nutrition specialist like yourself at a natural market store?

I am rather unique. There aren't very many in the stores who have that designation of a certified nutrition specialist. I got that designation by having a masters from Bridgeport, which had one of the first master's programs of its type. A nutritionist is someone that is licensed by the state as dieticians and nutritionists. It's unusual for someone like me to stick around in retail with this much education, but David has valued me.

Do you build supplement plans for customers?

I talk to a lot of people about supplements, and a lot of times I am just giving them the information on how they work and how they should

be taken. My focus is on food and I really try to do that first. When I see people privately, I often try to build good food plans for them and help them understand why they should eat the way I am recommending. I have seen multiple generations of families and advise them on both food and supplements. I really don't do plans for people at the store because on the spur of the moment because it takes too long. If that's what they need, they see me privately (at the store). It's been seamless.

What are some of the more popular supplements?

We have combinations that are like wellness formulas from Source Naturals. We also have vitamin C and elderberry. Some of the things that people have been using forever like vitamin C and Zinc are turning out to be important for your health during the winter and other times of the year—things that support the immune system. My niche is that I can tell you about something that's more specific to you than what you are taking. Not only do we have tablets and capsules, but we have herbal extract powder and vitamin C powder and liquid. We have things you won't find in big box stores or competitors that are chains.

What health concerns do most people have?

People fall into two categories. They either have something going on short term that they are dealing with, or they know they need to change their ways, and they are coming to see what I might recommend

as a start. I always try to encourage people to think of supplements as supplements to things they are doing to improve their health. That's especially diet, sleep, and exercise. The supplement industry is built on the structures and functions of the human body. They don't work in a vacuum. You have to give them a firm foundation of better food, good, quality sleep, and exercise.

What are some of the specific things that can't be bought without your certification?

There are a lot of brands that we'll only sell to you if you have a certification. They want to give some practi-

tioners an avenue that is exclusive. So, you can't just walk into chain stores and get it off the shelf. Designs for Health is one. Ortho Molecular Products and Pure Encapsulations are others.

Have you seen a shift in the way people approach their diets now versus 10 years ago?

Yes. One thing that is helping us is that finally just about every segment of the scientific community—people on the medical and health food side—are coming to the conclusion that you have to eat real whole foods and not stuff in boxes. I think the younger people are focusing on quality at any cost.



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

The Crab Shack

1260 Crain Highway, Crofton; 443-302-2680; thecrabshackmd.com; American, Lunch, Dinner, Seafood, Family Friendly, \$\$

Crave Catering Co.

1510 Danewood Ct; Crofton; 443-302-9169; Cravecateringco.com; Catering

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 \$ 🍷 🍷 🍷

Kodo Empire Garden

1166 MD-3, Suite 210, Gambrills; 410-721-5777; Empiregardengambrills.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 \$ 🍷

Pherm Brewing Company

1041 MD Route 3; Gambrills; 443-302-2535; phermbrewing.com; Food trucks on Weekends

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 \$ 🍷

Rutabaga Juicery

1131A MD-3 North; Gambrills; 410-970-2437; Rutabagajuicery.com; Juice and quick eats

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; Vnnoodlehouse.com; Vietnamese; lunch, dinner \$

Hanover

George Martin's Grillfire

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

Little Spice Thai Restaurant

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

Maiwand Kabob

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

Red Parrot Asian Bistro

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

Timbuktu Restaurant

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

Vivo Trattoria & Wine Bar

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

Millersville / Glen Burnie

Arturo's Trattoria

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

Broken Oar Bar & Grill

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

The Grill at

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

Hellas Restaurant and Lounge

8498 Veterans Highway, Millersville; Hellas-restaurantandlounge.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; Libation-smd.com; American; lunch, dinner, weekend brunch \$\$ 📞 🍷 🍷 🍷

Mi Pueblo

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

Pappas Restaurant & Sports Bar

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

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; Rinconito-mexicanoinc.com; 410-305-0882; Mexican; lunch, dinner \$ 🍷 🍺

Rieve's Deli

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

Romeo's Pizza

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

Ruth's Chris Steak House

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

The Hideaway

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

Three Brothers Italian Restaurant

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

Severn / Severna Park

Brian Boru Restaurant & Pub

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

Café Bretton

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

Café Mezzanotte

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

Casa Della Nonna

8141 Telegraph Road, Severna; 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 \$\$ 🍷 🍺

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 \$\$ 🍷 🍺

The Crab Shack

3111 Solomons Island Road, Edgewater; 443-837-6279; the-crabshackmd.com; American, Lunch, Dinner, Seafood, Family Friendly, \$\$

Davis' Pub

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

Fuji Japanese Steakhouse

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

G&M Restaurant & Lounge

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

Grump's Café

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

Harvest Thyme Modern Kitchen & Tavern

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

Herald Harbor Hideaway

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

Jesse Jay's Latin Inspired Kitchen

5471 Muddy Creek Rd, Churchton, 240-903-8100, jessejays.com, Latin, Lunch, dinner \$\$ 🍷 🍺

La Sierra

2625 Riva Road, Annapolis; 410-573-2961; Lasierarestaurantinc.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; Milanopizzafocrownsville.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; Ramshtheadroadhouse.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 \$\$ 🍷 🍺

Rutabaga Juicery

4 Ridgely Ave; Annapolis; 410-267-0261; Rutabagajuicery.com; Juice and quick eats

Ruth's Chris Steak House

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

Señor's Chile

105 Mayo Rd, Edgewater, 410-216-2687, senorchile.com, Mexican, lunch, dinner, \$\$, 🍷 🍺



Where's Wilma?

FIND WILMA AND WIN!

The future's so bright that our flying mascot Wilma has got to wear shades. She's feeling the good vibes start to pick up around town and now that she's wax'd, she's ready to fly out and about to enjoy the best Chesapeake regional dining, shopping, and services.

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 Tracie Howard of Odenton, 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 May 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.

A La Mode.....	Gift Guide
Annapolis Pillow Company.....	Gift Guide
Anne Arundel Bar Association.....	15
Anne Arundel Urology.....	57
Arundel Federal Savings Bank.....	73
Baltimore Washington Medical Center.....	IBC
Beall Funeral Home.....	15
Best of Party.....	7
Blackwall Barn & Lodge.....	1
Bowie Siding & Roofing Inc.....	75
Chesapeake Medical Imaging.....	52
Chesapeake Women's Care.....	52
Ciminelli's Landscape Services Inc.....	74
Clearscape Travel.....	17
Covington Alsina.....	Gift Guide
David's Natural Market.....	82
Drs. Walzer Sullivan & Hlousek PA.....	5
Fichtner Services.....	64
First Maryland Disability Trust.....	17
Franke Beckett LLC.....	LLP
Harvest Thyme Modern Kitchen & Tavern.....	Gift Guide, 62
Homestead Gardens.....	17
Hospice of the Chesapeake.....	46
Hunt for Hope Wellness.....	56
Indian Creek School.....	15
Jack Schmerling Attorney At Law.....	LLP
Kagan Stern Marinello & Beard LLC.....	LLP
Labbe Family Orthodontics.....	55
Little Treasury Jewelers.....	Gift Guide
Long & Foster - Crofton.....	79
Mamma Roma.....	63
Maryland Pet Crematory.....	15
Mission Escape Rooms.....	Gift Guide
Monsignor Slade Catholic School.....	63
Mr. Handyman.....	81
Odenton Lodge 209.....	63
O'Donnell Vein and Laser.....	IFC
On The Green Inc.....	75
Peepers Family Eyecare.....	57
Reinstein Glackin & Herriott LLC.....	LLP
Rutabaga Craft Juicery.....	61
Ruth's Chris Steak House.....	61
Sinclair Prosser Gasior.....	LLP
Skin Oasis Dermatology.....	13, Gift Guide
Skipper Law LLC.....	LLP
State Farm - Tammy Counts.....	73
The Container Store.....	2, 3
The Jaklitsch Law Group.....	LLP
Visit Annapolis.....	BC
Wild Birds Unlimited.....	82
Zacharys Jewelers.....	Gift Guide

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A desire to do more.**

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more at**
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BALTIMORE WASHINGTON
MEDICAL CENTER



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== & BEYOND ==



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PLAN YOUR STAY AT WWW.VISITBWI.ORG

