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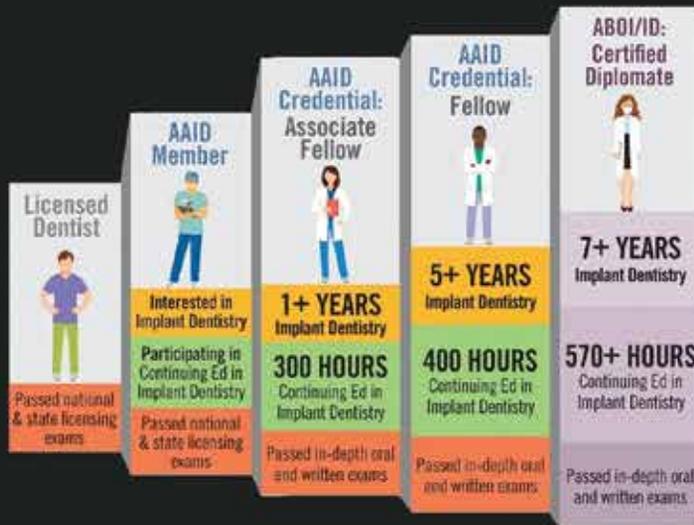


Eden Flynn
Clinical Director

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HOPE LIVES

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Our Mission:

HM2 Buck for Hope Foundation is to Educate the public, Elected Officials and all branches of the Military of sexual abuse and suicide.

This abuse must STOP being brushed under the rug and dealt with!

I started the HM2Buck for Hope Foundation because I am a mother of a 14 year Veteran Naval Corpsman who was sexually abused on a Naval ship by 3 Seaman , he then had to go on to his first duty station Camp Pendleton. For too long, my son lived with and suffered from this horrific abuse. On Monday, April 29, 2019 my son "FaceTimed" me for 5 hours to tell me that he was unable to cope anymore and that he lost all humanity and dignity.

His last words to me will stay with me forever: "Mom, when you believe in something you are a force of nature, please, please take up this cause to help end military sexual abuse." He felt he had nothing left to live for and then I heard the bullet that took his life. The victims of this abuse have no voice and there are too many suicides in all branches of our military.

Something has to change. Right now we are working with Protect Our Defenders and several other groups. There is actually activity on Capitol Hill and with the Secretary of the Defense to make changes, but there is a long, long way to go.

THE SECRECY HAS TO STOP!

Betty Buck

President

HM2 Buck for Hope Foundation
www.hm2buckforhope.com

We are hosting our Inaugural Event and Foundation Launch Reception to bring awareness to our community. Please join is to learn more and to support this very important cause.

Sunday, October 24, 2021

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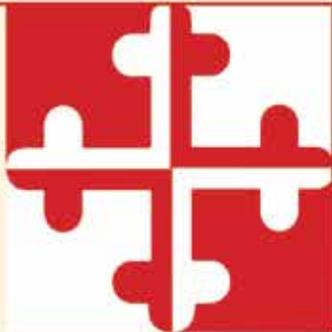
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Combating hunger in Maryland is currently a bigger battle than ever. Hundreds of thousands of Marylanders are seeking food assistance for the first time in their lives, according to the Maryland Food Bank. Even before COVID-19, it is estimated that 1.5 million of our neighbors experience food insecurity. The Food Bank is in need of cash donations and volunteers. Visit their website to find ways you can help at www.mdfoodbank.org.



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The cardiac surgery team at Luminis Health Anne Arundel Medical Center is proud to offer Anne Arundel County's first cardiac surgery program. We're here to provide the highest quality care to get you back to the activities, moments and people you love most.

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Scan the QR code to meet Charlie, one of the first patients of AAMC's cardiac surgery program. His life-changing heart procedure took place just a short drive from his home on Kent Island.

On the Cover: The 2021 Best of Retail & Professional Services winners are announced, including pet services. Photo by Kathy Sauve. Design by August Schwartz. Contact *What's Up? West County* online at whatsupmag.com. Please recycle this magazine.

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WHATS UP?

WEST COUNTY

Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

Chief Operating Officer

Ashley Lyons (x1115)

Entertainment Editor

Megan Kotelchuck (x1129)

Contributing Editors

Lisa J. Gotto, Dylan Roche

Contributing Writers

Janice Booth, Frederick Schultz,

Tom Worgo

Staff Photographer

Steve Buchanan

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Arden Haley

Production Manager

Nicholas Gullotti (x1101)

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

Debbie Carta (x1110), Beth Kuhl (x1112),

Kimberly Parker, Nina Peake (x1106),

Michelle Roe (x1113)

Special Events Director

Melanie Quinn (x1132)

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)

Administrative Assistant

Kristen Awad (x1126)

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OCTOBER 2021

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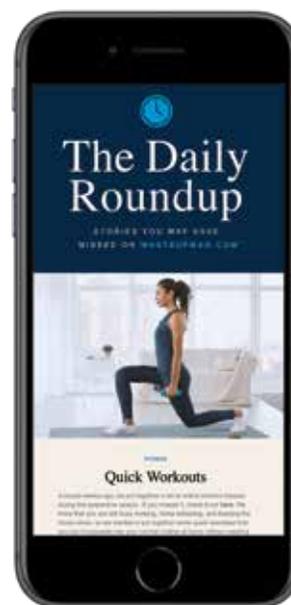
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editor *From the*



You're not going to believe this...well, maybe you will; especially parents, all generations included. It's nearing the end of August as I write this letter and this morning, as I drove my daughter to her summer camp, I got to play deejay and we listened to some "classic rock." It's always on in Dad's car. Classic, by the way, now includes the bands and songs of my youth/teen years. Over the speakers comes Nirvana's "Smells Like Teen Spirit" and my daughter asks with a hint of sarcasm, "Is this pop music Dad? You know I like pop music; like Ariana Grande."

"Well, it was new and popular at one point in time,"

I SAID TO HER WITH A LAUGH.

And it got me thinking, just how old is this song? After all, it still sounded great to me. Turns out that this September marks the 30th anniversary of Nirvana's album *Nevermind* on which this song appears; the album was released on September 24, 1991. Sheesh. Funny how that is; I'm sure many of you can relate, whether it's an album or song from the '90s, '80s, '70s, and so forth that you, at some point in time, played for your kids. And though the songs of our generation(s) might not resonate with an 8-year-old's perspective, they just might by the time she's a teenager. After all, I, myself, became obsessed with the music of my parents' generation by the time I was old enough to drive.

The transitions of life can be funny like that. And this month perfectly symbolizes such changes. Aside from the obvious first swells of autumn weather that signal the literal seasonal

change, there's the fresh start of the school year as many students transition to their next levels of education (early, elementary, middle, high, college, etc.). Adults seem to flip a switch at the same time, getting into fall- and, soon enough, holiday-mode. The workplace shifts gears as summer gets further and further behind us. And, of course, there's the start of football and hockey seasons (and the end of baseball's), harvest festivals and events, peak fishing and hunting, home and garden to-dos before winter, and, generally speaking, it's simply a great time to walk around town and be outdoors.

This issue covers a lot of ground in this regard. If you're parents and students about to embark on the search for the perfect school, I invite you to give "Schools of Thought" a once-over. It's our annual guide to private schools/colleges/learning centers open houses, visitations, and student-shadow experiences. A resourceful list, plus advice, for those looking to transition from one school to another.

Another great resource you'll find in this magazine is the Best of Retail & Professional Services, which closes out the 2021 year of winners! So, rev up your shopping savvy and cue this list of local favorites for everything from jewelers and clothing to auto and computer repair. Pretty handy to

have this, just in time for the coming holiday season.

We also have plenty of content that gives nod to the sports, teams, and players that we root for come fall; check out our exclusive interview with Major League Baseball's most promising prospect, Adley Rutschman. We also take a look at the local cycling scene in "Smooth Riding" and learn about advocacy and infrastructure that are growing this sport. And if fishing for striped bass in the fall excites you (or even just eating them), we have some intriguing perspectives about this Chesapeake Bay fishery and how we—anglers, advocates, politicians, and anyone with an ounce of concern in their veins—can help transition this beloved species from beleaguered to sustained.

There's plenty more within the pages of this magazine to peruse, enjoy, and inspire your own autumnal transition. And if you need a touch more motivation, give Earth, Wind & Fire's hit song "September" a listen; it may be as old as I am, but I still think it's pretty, pretty good!

James Houck,
Editorial Director

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Maria Lopes

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Out on the **TownE**

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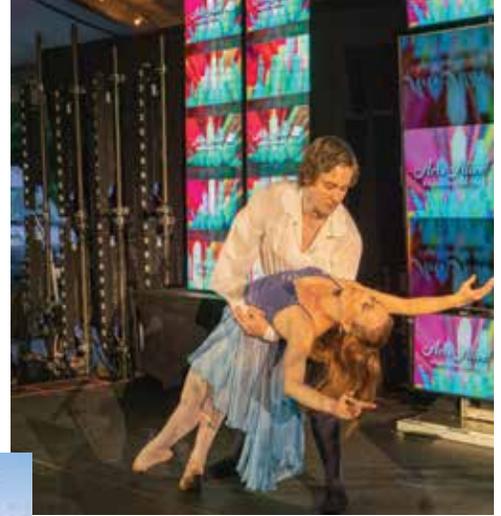


Piney Orchard Street Festival

The 2021 Piney Orchard Street Festival will be September 11th from 11 a.m. to 6 p.m. at 2400 Stream Valley Drive in Odenton. The festival will be a rain or shine event. Find more information at pineyorchard.com/street-festival.

Bay Bridge Paddle ↓

The 2020 Bay Bridge Paddle has been rescheduled for September 26th, 2021 at Sandy Point State Park in Annapolis. Water enthusiasts of all ages and expertise can come to the Bay Bridge Paddle with their stand-up paddleboards, kayaks, or other paddle crafts. There will be multiple races for different experiences and age levels but remember, the bay's water conditions are always unpredictable and every race is different! For more information, visit abceventsinc.com.



↑ ARTS ALIVE!

Arts Alive! In Annapolis is back this September. Enjoy a night of cocktails, food, live entertainment, and art at Maryland Hall on September 10th. The event will celebrate the new ephemeral sculpture "The Old Home Place" on the front lawn with the beautiful historic façade serving as a dramatic backdrop for the evening. Find more information at marylandhall.org.



Bountiful by the Bay

Join the Friends of the Light House signature event of the year, Bountiful by the Bay. This is an evening on the beautiful shore of the Chesapeake Bay with live music, gourmet food, open bar, and auction. This event will take place on September 25th from 6 to 10 p.m. at Bay Ridge Pool in Annapolis. All proceeds from this event will benefit Friends of the Light House. Wear your island attire! Details at friendslhs.ejoinme.org/Bountiful2021.



BELLO MACHRE GOLF TOURNAMENT

Support the developmental disabilities community with a day on the course for Bello Machre. The organization's 37th Annual Golf Tournament will be at Queenstown Harbor Golf Course on September 15th. There will be plenty of activities throughout the day including Worst Driver hole, the famous Sausage Stop, and plenty of fun contests. Find more information at bellomachre.org.

↑ Annapolis Mothers of Multiples Fall Consignment Sale

Visit Benfield Sportscenter in Millersville on September 11th from 8 a.m. to 3 p.m. for the Annapolis Mothers of Multiples Consignment Sale. This year, the sale will be bigger and better in their new location. This sale is open to the public with amazing bargains on gently used kids and baby clothing, toys, equipment, baby essentials, strollers, and more. This sale is sponsored by the nonprofit Annapolis Mothers of Multiples organization, annapolis moms.org.



↑ Paca Girlfriends' Party

Paca Girlfriends' Party is back on September 14th from 6 to 9 p.m. at the William Paca House and Garden in Annapolis. This will be an evening of food, fine wine, friendship, flowers, and fun. Experience the charm of the William Paca House, indulge in culinary creations prepared by the area's premier chefs, and stroll through the luxurious English-style garden filled with beautiful rose bushes. In its 13th year, the Girlfriends' Party has become a showcase for women entrepreneurs. More information at pacagirlfriends.com.



↑ HOSPICE CUP XL

This year's sailboat regatta will be held on September 18th to raise funds for and awareness of hospice care in our region. This annual event takes place in the Severn River and Chesapeake Bay in Annapolis, and is followed by the popular Shore Party. This year, the funds will be for Grief and Bereavement Services since they are often not covered by insurance. For more information, visit hospicecup.org.



Maryland Seafood Festival

Get your appetite ready to celebrate over 50 years of food and fun at Sandy Point State Park with a weekend of seafood dishes, competitions, kid's activities, and more. The 53rd annual Maryland Seafood Festival is back on September 25th and 26th. There will also be many local vendors, local craft beer and wine, and the beautiful scenery of the Chesapeake Bay. Find more information at abceventsinc.com.

34TH ANNUAL ANNAPOLIS GAM

Seven Seas Cruising Association is bringing together a common bond, commitment, and clean wake with their 34th annual Annapolis Gam. Meet new friends and fellow cruisers at the Maryland Yacht Club in Pasadena on September 24th through 26th. Bob Lipkin from *Latitudes & Attitudes Magazine* will be the keynote speaker. Find more information or register at ssca.org/annapolis.

KUNTA KINTE HERITAGE FESTIVAL ↓

Celebrate the Kunta Kinte Heritage Festival at Susan Campbell Park in Annapolis on September 25th from 10 a.m. to 7 p.m. This is a free event for all ages to enjoy live music and dance performances, food, and artisan vendors to celebrate heritage and history. This event has brought thousands of visitors to Annapolis to celebrate the perseverance, education, and cultural heritage of people of African descent. More information at kuntakinte.org.



Across the Bridge



↑ 2021 EASTON AIRPORT DAY

The 12th Annual Easton Airport Day is finally here. On September 25th, the community event will offer everyone the opportunity to visit the local airfield and see what flying is all about. There will be flyovers throughout the day in the skies of Easton. See rare and unique aircrafts, military jets, airport equipment, and classic cars on display at Easton Airport. Local food and beverage vendors will be available for this event. A full schedule of events can be found at eastonairportday.com

↑ Charity Boat Auction

Chesapeake Bay Maritime Museum's live boat auction begins at 11 a.m. along their waterfront campus in St. Michaels on September 4th. Boats will range in size and performance from sailing dinghies to cabin cruisers and everything in between. Be the highest bidder and get yourself the boat of your dreams. Find more information at cbmm.org.



ST. MICHAEL'S CONCOURS D'ELEGANCE ON CHESAPEAKE BAY

The 14th Annual St. Michael's Concours d'Elégance is back on September 26th at the Talbot County Country Club in Easton. The local student chapter of the Antique Automobile Club of America will be the beneficiary of the proceeds from ticket sales. This event will enhance the mood of stepping back in time in the tradition of historic Concours events held in Paris to exhibit automobiles in an elegant fashion show. For more information, visit smcde.org

Grand Art for Under a Grand

From September 3rd through September 28th, Troika Gallery in Easton will present its annual Grand Art for Under a Grand exhibit. Visit the gallery to purchase these fine art pieces for under a grand. No sales will occur until the doors open so be sure to get there early. Online purchases will be available 30 minutes after the gallery opens. The entire exhibit will be posted on the website, troikagallery.com.

↑ CHESTER-TOWN JAZZ FESTIVAL

On September 9th through 11th, celebrate 25 years of The Mainstay in Rock Hall. On September 9th, visit Jazz at The Mainstay, and then the Gala Cocktail Party and Concert in the Festival Tent at Wilmer Park on the 10th. Finish up the weekend on the 11th with an afternoon in Wilmer Park of fabulous jazz featuring an abundance of bands including headliner Christian McBride's New Jawn. For more information and to buy tickets, visit garfieldcenter.org.



TOWNE SOCIAL

Parkinson's Foundation Mid-Atlantic Chapter's Moving Day

On Saturday, May 15th, Parkinson's Foundation Mid-Atlantic Chapter held its annual fundraising event Moving Day. The event is an inspiring and empowering walk event that unites people around the country living with Parkinson's disease (PD), their care partners, and loved ones to help beat PD. Leading up to the event, participants and teams fundraise to help the Parkinson's Foundation provide everything people with Parkinson's need to live better.

Photography courtesy Scenic Rivers Land Trust **1.** Darlene Sellers and Ed Bord **2.** Daniel, Mike, and Liam Hawley **3.** Taylor Lewis and Tina Togafau **4.** Maggie Rehm and Erica Howley **5.** Eduardo Rivas, Judith Louis-Page, Parweem Nooruddin, Hiu Vu, Sherri Gutowski, Riley Costella, and Erin Watson **6.** Happy participants!





TOWNE SALUTE

Waleska Casiano Matos

Center of Help
(Centro de Ayuda)

By Tom Worgo

If immigration lawyer Waleska Casiano Matos wanted to air an advertisement for her services on TV, she could scroll the following words across the screen: honesty, integrity, compassion, and friend. That would tell her story. She's a straight shooter and, as a volunteer lawyer and counselor at the Center of Help, she treats her clients like family.

The center educates and connects immigrants in Anne Arundel County with resources to guide them toward self-sufficiency and successful integration into the community. That includes navigating the lengthy path to U.S. citizenship.

Officials at the center instantly took a liking to Casiano Matos, a Crofton resident and native of Puerto Rico. When she started volunteering nearly seven years ago, they immediately put her on the board.

"She is amazing," says Tatiana Klein, vice president of the center's board. "She is very honest and clear. She knows if somebody has a chance. We can trust her that she is not going to actually charge someone, knowing we have had other lawyers say yes to a case and take the money, but the person doesn't really have a case."

Often, Casiano Matos, 49, ends up helping her clients with more than just their legal problems. That's just the way she is. If there are other ways she can help, she will. "Some people are just afraid of lawyers and I just try to be human and make them feel comfortable," she says. "And that's where I get a lot of satisfaction. They know they have somewhere to go and they find me helping them with more than just the legal part."

If individuals who come to the center have medical issues, need to see a therapist, or need help with housing, Casiano Matos steps in. She takes the time to sit down and talk with them, and she'll often refer them to another nonprofit for further assistance, as needed. She likes to believe it was fate that brought her to the Center of Help. Right away, she decided to dedicate herself to its mission.

Casiano Matos, who has her own legal practice in Annapolis, initiated a once-a-month workshop to help immigrants with myriad challenges of adjustment. "From day one, she has been very into the community with what they need," Center of Help board member Roxana Rodriguez says. "When I worked for the City as a Hispanic liaison, there was a lot going on

with immigration. I asked her, 'Could you do a workshop?' She immediately agreed. She is very important to the community and makes a real difference."

Casiano Matos thoroughly enjoys these legal clinics and the impact they've had. People make a donation to the center in order to see her. Over the years, she's taken on several cases pro bono. "I spend the entire day with people," she says. "They make appointments, I meet them and screen their cases. I may refer them somewhere else. We do it from 9 a.m. to whenever we're finished."

Some of the cases she does take on, end up becoming a personal mission. Especially those who have experienced trauma or have fled from threats and abuse in their home countries in Central America and Mexico. She recounts the traumatic background of one of her clients, whom she met at the center four years ago. So far, she's spent more than 400 hours on his case.

"I have been helping him ever since," she says. "He was a boy who had been severely abused and almost killed back in El Salvador. He has gone through therapy. I am human, and I want to see him happy."

Four years later, the boy, now a 21-year-old Annapolis resident, is a success story. "He's been granted asylum. He's finishing high school, has a job, and is in the process of becoming a legal citizen," she says. "He's beginning to enjoy life, which is hard sometimes when you've gone through what he has."

Casiano Matos got her start in law back in her home country. For 11 years, she worked as an attorney for the Puerto Rican government. Her career there culminated with three years as the executive director of The Puerto Rico Pre-Trial Services Office. She also worked for the

department of corrections, serving as director and general counsel of their legal office.

Volunteerism has always been an essential part of her life. She recalls that her mother first got her involved, working for nonprofits dedicated to children and the elderly. Her favorite was Hogares Rafaela Ybarra, a home for abused and neglected girls in San Juan. Her most interesting story of all came from the experience of volunteering there for four years.

“I did what they called the Godmother Program,” she recalls. “I’d usually take the girls out for breakfast or to play. That’s where I found my daughter Angelica, who is now 21. I adopted her from that home.”

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



THE 2021 PINEY ORCHARD STREET FESTIVAL
SEPTEMBER 11, 2021



The 2021 Piney Orchard Street Festival surely won't disappoint. It has been a long two years since the last festival and Coordinator and Piney Orchard Community Association President, Susan Swank, is anxious to get the fun back on the street. The festival, which typically enjoys approximately 6 to 8 thousand attendees is scheduled for September 11, 2021 and held in front of the Piney Orchard Community Center. In addition to having a DJ all day, the planners are bringing back live music this year. With over 100 vendors offering anything from crafts, ice-cream, beer/wine, sno-cones, lemonade, funnel cakes and more, there is something for everyone. The rock wall and obstacle course will bring fun to everyone. If that isn't enough, kids' rides will be featured in the Community Center parking lot. The event is free to attend and open to the public. Nominal fees are charged for rides. The event runs from 11:00 a.m. to 6:00 p.m. and the address is 2400 Stream Valley Drive, Odenton. This is a Rain or Shine Event. Opening ceremony will begin at 11:00 a.m. at the Community Center with a wreath laying in honor of those victims of the September 11th tragedy.

For vendor information, please contact: pineyorchardstreetfestival@gmail.com

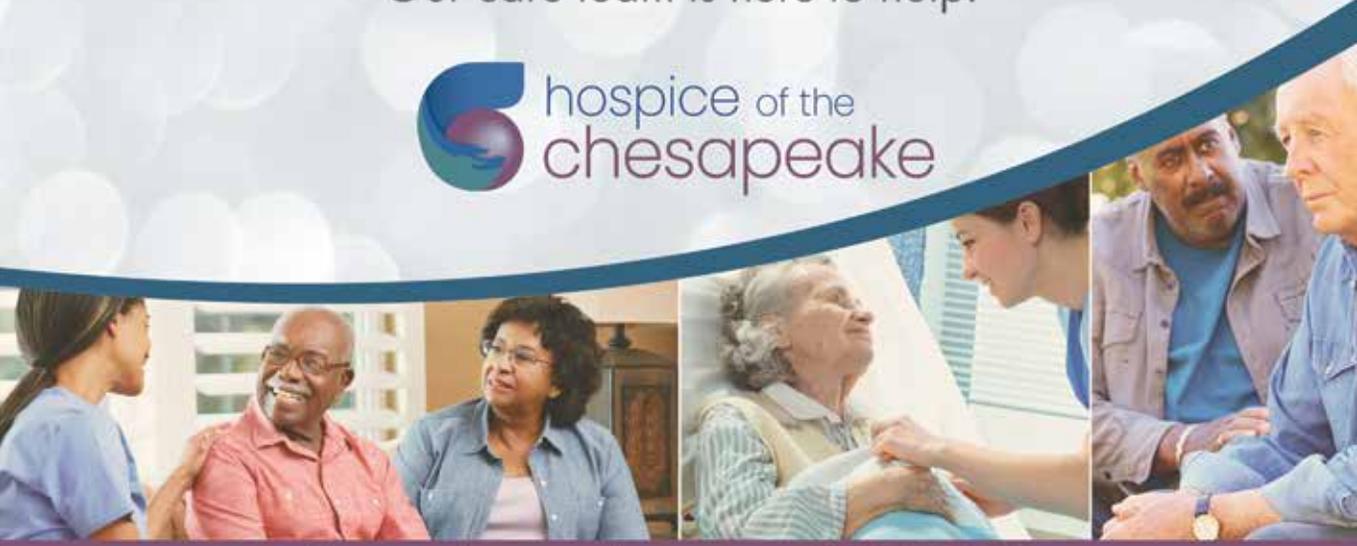
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Insurance Agent Opens New Office

Traci Hall, owner of The Hall Insurance Agency of State Farm, recently cut the ribbon on a new office located in Crofton. "We service Maryland, District of Columbia, and Virginia," explains Hall. "We offer car insurance, home insurance, condo insurance, renters' insurance, life insurance, health insurance including income replacement, pet insurance and business/commercial insurance. We offer notary public services and free shredding of your documents. When you arrive you'll be greeted with a cozy reception area and offered coffee, water, soft drinks and a snack during your visit." Congratulations Traci. For more information, visit tracidhall.com.

HOSPICE OF THE CHESAPEAKE'S NEW BOARD MEMBERS

Several prominent members of the community have been appointed to the boards of directors of Hospice of the Chesapeake and its foundation and began serving this year. Noel Cervino, David Hunt, and Delegate Edith J. Patterson were elected to the Hospice of the Chesapeake Inc., Board. Cervino is President and CEO of University of Maryland Charles Regional Medical Center, Hunt is Senior Vice President and Chief Nursing Officer for University of Maryland Baltimore Washington Medical Center, and Patterson represents Charles County's District 28 in the Maryland House of Delegates. Stacy Martin and Challie Samaras were elected to the Hospice of the Chesapeake Foundation Board. Martin is Vice President Business Banker for First Citizens Bank and Samaras is with Zachary's Jewelers. Headquartered in Pasadena, the nonprofit provides hospice and supportive care as well as bereavement services to residents of Anne Arundel, Charles, and Prince George's counties.



Whoof on The Wharf Opens

Whoof on The Wharf recently cut the ribbon and officially opened for business, providing opportunities for people to get out on the South River with their pups, whether it be in our kayaks or their own. Located right next to the Pier Restaurant, but in a space of their own, club members can actually go out to dinner and sit down to eat with their pups by their side, whether inside or out. Other activities offered include summer camps, group exercise classes, training classes, pet-focused art classes, and yappy hours. Whoof will even have its own "Arf Gallery" where members and guests may come view the dog-centric work of local artisans. For more information, visit whoofonthewharf.com.

TOWNE SPOTLIGHT

FITZGERALD OPENS STATE-OF-THE-ART SHOWROOM

Fitzgerald Auto Malls recently announced the grand opening and ribbon cutting ceremony of its newly renovated Fitzgerald Mazda Annapolis. Built in the 1960s as a traditional VW store, Fitzgerald purchased the Mazda dealership in 1999. After modifications as Fitzgerald Auto Mall with several brands, the Mazda showroom has now undergone a complete transformation to a state-of-the-art energy-efficient glass-enclosed showcase. Designed by architect Penney Design Group and general contractor Porter Construction, the Fitzgerald Mazda dealership adds more natural light to workspaces and an open floor concept to the showroom and offices. "Our people are very excited to work in and welcome the community to our bright and expansive new showroom. For us, this new showroom is a testament to Fitzgerald's commitment to energy efficiency and employee wellbeing," says Jack Fitzgerald, founder of Fitzgerald Auto Malls.



UMBWMC Appoints New Leadership Role

University of Maryland Baltimore Washington Medical Center (UMBWMC) has appointed Diane Croghan as vice president of community engagement and chief of staff, a new position for the organization.

In this role, Croghan will oversee external affairs and community engagement with the goal of enhancing and expanding partnerships with community stakeholders, organizations, businesses, and government entities. Her role also includes oversight of community outreach programs, community benefits and the community health needs assessment. Croghan also will advise Kathy McCollum, the hospital's President and Chief Executive Officer, UMBWMC's Board of Directors, and senior leaders to advance the strategic and operational objectives of the organization. "I am excited to welcome Diane to our leadership team. Her depth of experience and commitment to public service will be an incredible asset to UMBWMC," McCollum says.

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

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TOWNE ATHLETE

Taylor & Tracy Grollman

Annapolis Area Christian School
Lacrosse

By Tom Worgo

Sisters Taylor and Tracy Grollman have done so much together for their entire lives. They attended the same schools and played on the same sports teams. The Grollmans, recent Annapolis Area Christian School graduates, planned on sticking together for college at least at first, and they agreed on a first choice: the U.S. Merchant Marine Academy on Long Island. That would have given them a chance to prepare for military careers and play lacrosse.

“

**THEY ARE SISTERS
ON AND OFF THE
FIELD. THEY HAVE
THIS CONNECTION.”**

“For a while, we thought we were both going to the academy and we were super happy and super fine with that,” Taylor explains. But their plans changed when they decided to take a look at other schools that were aggressively recruiting them. And that ended with both of them having a change of heart.

Tracy will attend Eastern Michigan this fall, and Taylor will go off to Temple. Both earned athletic scholarships and Taylor also has a ROTC scholarship.

“That’s the thing that will be the most difficult and the most rewarding, that I won’t have

her by my side,” Tracy says. “We have different friends, and we need to build off that and see where it takes us. We will still be together sometimes, love each other, and be best friends. We will have our own lives. I am excited for that.”

One of the reasons the sisters had interest in the Merchant Marine Academy was because of their family’s strong military tradition. They have 10 relatives who are either currently in the military or have served in the past. Six family members served in wars including the Grollman’s Grandfather Paul Petzrick (Navy, Vietnam), Uncle Paul, Jr. (Marines, First Persian Gulf), Uncle Ernest (Navy, second Gulf War), Ernest’s wife Kelly Petzrick (Navy, second Gulf War), and the twin’s older sister Stephanie’s husband Martin Barker (Marines, Afghanistan).

“Growing up, I would always hear stories from my grandfather about his time in service,” says Taylor, who wants to be an Army chaplain or flight nurse. “I was also able to see my cousin go through flight school and how he just loves military life. Having a career serving others is something I would just love.”

Tracy plans to serve in the Maryland National Guard. “Tracy wants to protect the state,” the Grollman’s mother Amy says. “She wants to do part-time and she realized how hard it was for her cousin being aboard a ship for six months. She is like, ‘I don’t think I want to be away from my family like that.’”

Before the twins enter the military, they will focus on college. And both think their respective schools are ideal fits for them. “Temple is in the heart of the city and one of the things I love most about the campus,” says Taylor, a goalie who is interested in majoring in cybersecurity. “I also feel the coaching staff at Temple will take me to the next level.”

Tracy, a forward, will major in sports management at Eastern Michigan. In high school, she carried a 3.94 grade-point average, which was almost identical to Taylor's (3.95).

"The coach reached out to me and said, 'I would you to be part of our first class of players,'" Tracy recalls. "That's something I have always enjoyed. We started our club team (Pure Lacrosse Club)."

Good luck to AACS Girls Lacrosse Coach Bob Steinau replacing the twins in his lineup. Tracy and Taylor both earned all-conference and all-county honors in their careers. Tracy finished her career with 122 goals in four years as a starter, including a team-leading 45 as a senior. The 5-foot-2 Tracy scored a career-high six goals in a regular-season game against Mercy this spring. "She had incredible stick skills," Steinau says. "Although she is not the biggest player out there, she was fearless going to the goal."

Meanwhile, the 5-foot-7 Taylor was like a vacuum in the goal. During her sophomore season, the net minder made 19 or more

saves in nine games. Taylor says her best performance this spring was a 15-save effort against Park School.

"She was a perfectionist," Steinau says. "She would work every day to figure out her weaknesses and how she could improve on them. She was a great leader of our defense and like another coach on the field."

Steinau calls it a challenge for the twins to be without each other on the field. "It will be a big adjustment," he says. "They are sisters on and off the field. They have this connection. They are not going to have their sister in college, either on the ride home to talk about the game or school. They are always going to talk, but it's going to be totally different for them."

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

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-KAREN D.



TOWNE INTERVIEW

Adley Rutschman

Bowie Baysox Star Catcher

By Tom Worgo
Photography by Bill Vaughan

Every chance catcher Adley Rutschman gets, he watches Orioles' games in the clubhouse of the Bowie Baysox. That's as close he can get for the time being. Rutschman, ranked the No. 2 prospect in baseball by MLB.com, might be in line for a September call-up to the big leagues or a regular spot in the lineup in 2022 if he looks ready.

"That's where you want to be, playing on TV every night with the big-league team," Rutschman explains. "That's the ultimate goal and motivation for me every day."

The expectations for the 6-foot-4, 220-pound Rutschman are huge. The Orioles drafted him No. 1 overall out of Oregon State University in the 2019 Major League Baseball draft and they

gave him a record \$8.1 million signing bonus. The 23-year-old Rutschman is considered an All-Star caliber talent, a switch hitter with power, and great defensive skills with a knack for handling pitchers.

He started his professional career in 2019 at Single-A Aberdeen, hitting .320 in 20 games to earn a promotion to Delmarva, where he ended the season. In 2020, he worked out at the Orioles' minor league complex in Sarasota because of the pandemic, then started this season at Bowie.

What's Up? Media talked to Rutschman about a pending promotion to Baltimore, his development, the positive influence his family has had on him, and where he likes to eat in Annapolis when he stayed in a hotel there while playing for Bowie.

The media has labeled you the future face of the franchise. How do you respond?

I think it's an extreme honor to have that label put on you. For me, it's always going to be one of those things I am going to be appreciative of. It doesn't mean a lot about how I go about my daily business. I am going to do everything the same way. My goals and

expectations are going to be extremely high for myself. My mindset is to make the most of every single day and take nothing for granted.

This is your second season in the minors. What are the improvements that are helping you get closer to the big leagues?

It comes down to elevating things mentally. I'm refining parts of my swing and from a defensive standpoint, being able to call a good game and understanding what the pitchers want to do. It's a huge part of it.

Since there was no minor league baseball season last year. Did you make as much progress in your development?

It's a different body of work. The sheer number of at-bats and games you get while playing a full minor league season; I wasn't able to get that during the Covid year at the alternate site. But I was able to make the most out of the opportunities I was given.

You have any superstitions?

I do get into different habits. If I am batting left-handed, I have to put my lead glove or my right-handed glove on first. If I am batting





“IT COMES DOWN TO ELEVATING THINGS MENTALLY. I’M REFINING PARTS OF MY SWING AND FROM A DEFENSIVE STANDPOINT, BEING ABLE TO CALL A GOOD GAME AND UNDERSTANDING WHAT THE PITCHERS WANT TO DO. IT’S A HUGE PART OF IT.

right-handed, I got to put my left-handed glove on first. If I am wearing a certain belt or pair of socks and do good, I will wear them until I don’t do good.

What is your go-to pregame meal?

I like to keep it light and it depends on what time I get to the field. I am a big breakfast person so I will get an omelet from somewhere. First Watch (in Bowie) is a good spot. Sometimes, I will get a sandwich from Chick-fil-A. In college, I would go to Jersey Mike’s a lot. Chipotle is another one

Since you were staying in an Annapolis hotel for a bit, what food places did you frequent in town?

There’s a couple good breakfast spots. Iron Rooster is one of them. Double-T Diner is another. I also like Mission Barbeque and Whole Foods. Whole Foods is so much fun. You can just walk around and explore it.

What do you do for fun when not playing baseball?

I love hiking and golfing and I love exploring trying to find new food places.

Your younger sister Josie made you a TikTok celebrity last year. Was it fun being a social media sensation?

My sister introduced me to the app and we had a good time with it. There wasn’t a lot of stuff to do during the quarantine time. So, we just hung around and made it a fun thing to do. Social media is not really my world. I am a baseball player.

Can you talk about the role of your parents in helping get to this point?

My parents are the most influential people in my life. They have taught me to work extremely hard from a young age. I have just tried to walk in their footsteps. Having role models like them has really helped me out.

What was the first thing you bought when you got your signing bonus?

One thing I wanted to do is improve my training in the offseason. I didn’t want to skip on training equipment during Covid. We built a weight room in our garage, and this offseason I got a cold tub and a sauna. I also wanted to spend it on memories and getting better quality time with people. I flew a couple of buddies out to Las Vegas for a comedy concert. We also went for a week in Cabo San Lucas, Mexico.

You were a kicker on the Oregon State football team as a freshman. What was that experience like?

It was a crazy experience. I was going to Oregon State for baseball, but in July (2016) I got a call from the special teams coach asking me if I wanted to try out for the team for kickoffs. When I was in high school, they came to see a guy on my team, David Morris, a stud. That’s when they saw my leg. At Oregon State, I won the kickoff job and did it for a year. Once I started playing baseball, I gave it up.



Jamie Lynn Heathcote + Christopher Robert Cassidy

Jamie Lynn Heathcote of Crofton, MD and Christopher Robert Cassidy of Davidsonville, MD were engaged on October 31, 2020. [The beautiful engagement ring was discovered inside their carved pumpkin when Jamie went to light it...nice job Chris!] A September 2022 wedding in Annapolis is planned.

Photo by Jim Heathcote



Jennifer Lynn Wall + Ryan David Kautz

Who says dating sites don't work? Match.com paired with the isolation that Covid brought allowed these two to have a love at first sight encounter at Quiet Waters Park in Annapolis. The bride moved to Towson from Kent Island to start her new life with her new man. They are planning their wedding that will take place next Spring of 2022.

Photo by Ryan Kautz



Lauren Allison + Alex Platia



Seeing all of our friends and family to celebrate our engagement at Cascia Vineyards was the best way to celebrate our engagement!

Photo by Erin Allison

Mandana M. Shaya + Patrick J. O'Brien

It's official—We are engaged! I know I will look back on this day as the beginning of a memorable journey—challenging at times, but an incredible journey nonetheless. I never realized that I could love anyone as much as I love you.

Forever Yours, Mandana



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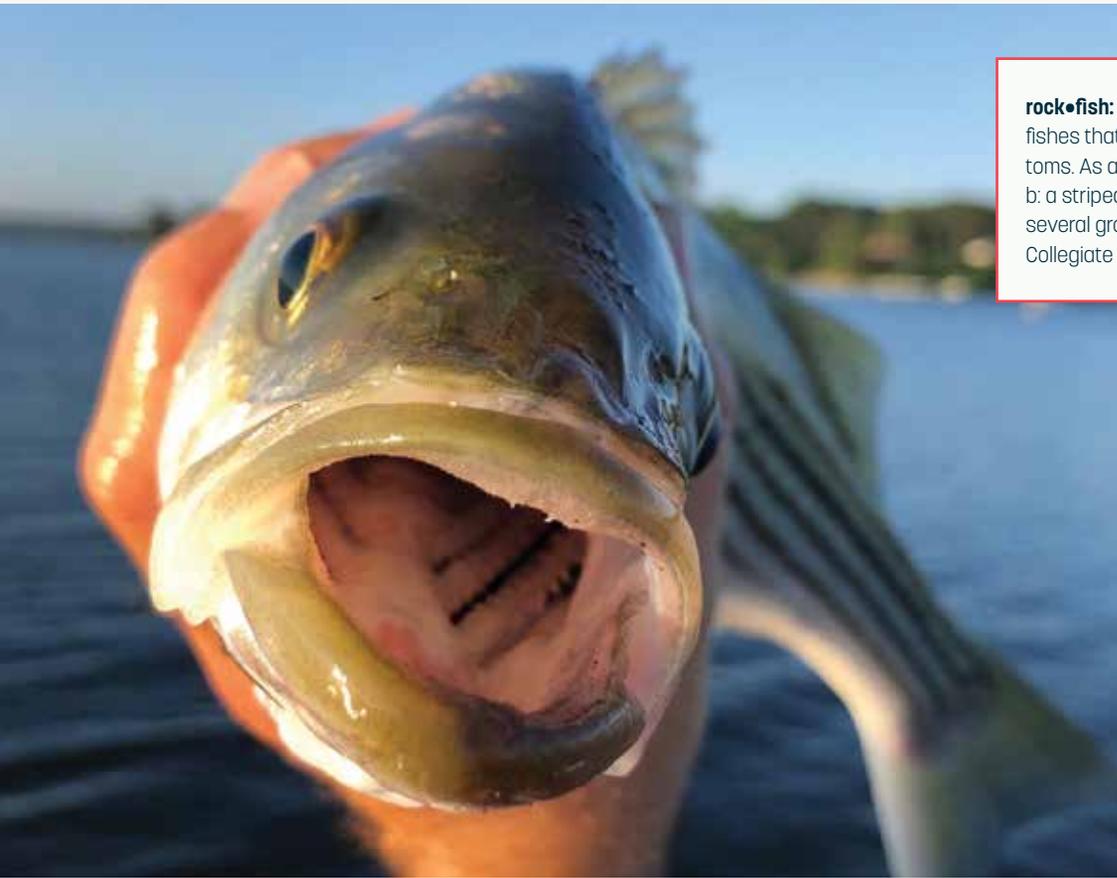
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BETWEEN

ROCKFISH
& A HARD
PLACE

In 1965, it was named the State Fish of Maryland. This signature product of the Chesapeake Bay has a checkered history of over-fishing and what some saw consequently as over-regulation. Alarms are sounding once again about the recurrent decline of the rockfish population in the bay. Is anyone listening?

By Frederick Schultz



rock•fish: any of various important market fishes that live among rocks or on rocky bottoms. As a: any of several scorpaenid fishes, b: a striped bass (*Morone saxatilis*) c: any of several groupers d: GREENLING. (Webster's New Collegiate Dictionary, [G&C Merriam Co., 1974])*.

According to several sources, “the change” here refers to the catch, in pounds, between recreational and commercial fishing, which has been dramatic.

The trouble with such “action” taken by the commission—formed by the 15 Atlantic coastal states in 1942 “for the promotion and protection of coastal fishery resources”—is the glacial rate at which the organization actually works—or not. “While we are not at the point we were in 1984,” Keliher reports, “the downward trend of this [rock-fish] stock is evident.”

Anglers who’ve enjoyed the fight that ensues when they’ve hooked one, or those who simply enjoy a main-course filet or diving into the whole thing stuffed with crabmeat, have been loving one of our fish species to death for decades. And we may, again, be in for some choppy waters ahead.

According to the Chesapeake Bay Program, under the auspices of the U.S. Environmental Protection Agency, the bay’s commercial striped bass fishery saw a steep decline from 14.7 million pounds in 1973 to 1.7 million pounds in 1983. This led to passage in 1984 of the Atlantic Striped Bass Conservation Act and a moratorium declared from January 1985 to the Fall of 1990 in Maryland and Delaware, and a 1989 one-year harvest ban in Virginia. Whether the situation is currently on the brink of such extremis now depends on whom you ask.

In 2018, *Bay Weekly* reported that “commercial catches reached a low of 361,000 pounds in 1983 and rose to a high of 2,267,000 in 2009.” Between 2010 and 2018, the commercial harvest “dropped below two million pounds but has remained relatively stable from 2015 to 2018 at above 1.4 million pounds.” The recreational keep “soared from a low of 2,000 pounds in 1982 to almost 11 million pounds in 2016.” Each year thereafter, however, the numbers “dropped by about three million pounds per year for each following year.”

Atlantic States Marine Fisheries Commission (ASMFC) Chair Patrick Keliher (who serves simultaneously as commissioner of the Maine Department of Marine Resources) refers to the fish in a May 7th press release as the Atlantic States organization’s “flagship species” and notes that “the change is happening too fast, and action needs to be taken.”



THE COASTAL CONSERVATION ASSOCIATION: *Our Local Conduit to the ASMFC*

A strong connection to the work being done by Eastern Seaboard striped bass managers in the organization is the Maryland Chapter of the Coastal Conservation Association, which participated in May’s spring meeting of the ASMFC. During the proceedings, CCA Maryland Executive Director David Sikorsky reported that he was “pleased to see that the majority of Board members recognize the value in not lowering our expectations of the fishery.”

The CCA’s Atlantic Coast Fisheries Director, Richen Brame, announced that anglers and CCA leaders have sounded the on-water alarm for years that striped bass stocks have been de-

clining, having suffered through a decade or more years of mostly below-average recruitment. Now is the time,” Brame stresses, “for decisive action to properly constrain fishing mortality to meet the goals of a more abundant and healthier fishery.”

As reported by the conservation group, the ASMFC board focused on changes to four key management categories in the May spring meeting to be developed: recreational release mortality, conservation equivalency, management triggers, and actions “to protect the 2015-year class, a cohort that is estimated to be the last decade’s second-most abundant year.” For further information on the Coastal Conservation Association’s work in Maryland, visit ccamd.org/striped-bass.

IS IT 1984 ALL OVER AGAIN?

In the spirit of his accomplishments 37 years ago, former state Delegate and Senator Gerald Winegrad is back to stirring the environmental (and political) pot. One of the most outspoken critics of the handling of the current rockfish crisis in the bay, Winegrad had introduced sweeping legislation in 1984 that still stands as one of the boldest fisheries-management pieces of legislation in Maryland state history.

The term introduced back then was “moratorium,” which, Winegrad says today, may still be the only effective means of turning around the depleted rockfish population in the bay. The law, in the face of short-sighted commercial interests that strongly opposed any restrictions on the imperiled rockfish, forbid their harvest or even the possession of them until it could be proved that such a drastic policy actually had turned the dire situation around.

While Winegrad is perhaps best-known these days for his regular columns in the Annapolis



Capital Gazette, he brings an impressive resume to the table regarding an array of other environmental efforts. Under Governor Harry Hughes, he served as a member of the fledgling Chesapeake Bay Commission. An early champion of environmentally friendly waste disposal, he served on the Governor's Advisory Council on Recycling and also advocated for clean water and the possibilities of solar energy.

Senator Winegrad recently agreed to discuss the plight of rockfish for this report, and he didn't pull any punches in the wide-ranging discussion. Our talk centered around how to avoid a collapse of the rockfish population similar to, or worse than, the exigencies that brought on the 1984 moratorium. And he's angry with what he calls the "so-called experts" who appear not to be as concerned as he is, for a number of reasons.

According to Winegrad, everyone, from Governor Larry Hogan to the Chesapeake Bay Foundation (CBF), favor the commercial side of the bay fishery, including but not limited to rockfish. "All the burden is on recreational fishing," Winegrad told us, "because the governor, in particular, will do nothing to upset the rural side of his political base. And the CBF certainly won't turn its back on the millions of dollars it receives, essentially from refraining to support regulation that would in any way affect commercial catch limits."

Winegrad laments that all fishery decisions require legislation. "How many legislators have the fishery management experience required to intelligently pass a law on rockfish?" One specific issue is something called "circle hooks," which political appointee William Anderson, the state's Assistant Secretary of Aquatic Resources at the Department of Natural Resources (DNR), declared Maryland to have been the first state to adopt them in catching rockfish, and which Winegrad says is untrue. The hooks are meant to decrease the mortality rate of caught fish and thus keep more of them alive for release back into the water.

WINEGRAD VERSUS THE DNR

What seems to irk Winegrad the most is that his April retort of an earlier email written by Anderson went unanswered. The spirit of the concern expressed in Winegrad's message to Anderson gets to the heart of what the former senator sees as a shortfall in what the DNR should do. Following is the essence of the former state senator's concerns:

- The fisheries commission needs to reduce the commercial harvest quotas allocated to the states by at least 20 percent, especially in the Chesapeake, where at least 70 percent of rockfish breed.
- The DNR has refused to reduce the commercial catch despite cracking down on the recreational fishery. Commercial rockfish harvest will be down for 2020 but this is not due to DNR actions. It is caused by a decline in the market due to Covid-19.
- Maryland's commercial quota exceeds any other state's by more than 40 percent. The fisheries commission cut quotas in the past, and DNR acted, but we need to further cut commercial landings, and now.
- The commission has not applied its mandated 18 percent reduction to this commercial quota, the surest way to reduce rockfish mortality.
- A 20 percent reduction would assure a better chance of recovery...No new restrictions, perhaps until 2023, may be too late. The commercial harvest quotas in the Atlantic fishery (90,727 pounds) also should be cut by at least 20 percent. The fisheries commission wisely rejected attempts by Maryland and Virginia in 2017 to liberalize rockfish harvest because of "economic hardship."
- The recreational 19-inch minimum size limits also should apply to commercial landings, and the latter part of the rockfish harvest season for both commercial and recreational harvests should be shortened to further reduce mortality.
- DNR needs to name a director of fisheries with fishery-management experience and a conservation ethic. It has been more than two years since the last director left.
- DNR should work more closely with recreational fishery leaders like the Maryland Coastal Conservation Association to foster trust and cooperation in assuring conservation goals are accepted and met.
- While increased fishing restrictions to reduce killing rockfish are painful for both commercial and recreational fishers, the pain must be shared to prevent another collapse in our iconic state fish.

After contacting Secretary Anderson to provide a chance to respond, we received the following from Gregg Bortz, Media Relations Manager, Department of Natural Resources ➔



Photo by Maryland Dept. of Natural Resources

“Maryland’s striped bass management program is developed by our expert fishery managers to protect this iconic species based on best available science and significant observation and data, and is vetted and approved by the Atlantic States Marine Fisheries Commission. The department’s regulations for the 2021 season include an April non-targeting closure during spawning season, and a mid-summer closure of the recreational fishery—specifically designed to protect the spawning process and address discard mortality, the two major issues our scientists and fishery managers have identified in Maryland’s portion of the Bay.”

THE BALLAD OF SHIRLEY & DICK (or, How Rockfish Nearly Vanished from the Chesapeake)

There was a time when regulations on the number and size of caught rockfish were, at best, loosely enforced. It reached the point that, at its worst and least sustainable, rules and regulations were practically nonexistent. Therein lay the problem that persists today. And the story of Shirley and Dick is a case in point.

The husband-and-wife team were law-abiding sportspeople who liked nothing more than to ply the waters of the bay for all the bounty it promised. They always followed Maryland state regulations, such as they were at the time, and embarked on many a fishing trip to the bay’s immediate Western Shore, more than a two-hour drive in the 1960s and ’70s, years before Interstate 97 shaved off drive time significantly. In those days, they had little choice for accommodations, sparse as they were on that side of the bridge along Route 50. Among them were a few cinder-block “motor courts” that dotted the landscape between whatever eateries occupied the windmill that is today’s Red Hot & Blue restaurant and of course, Angler’s, the sportsperson’s hangout that currently touts itself as “serving the Annapolis area since 1961.”

Several particular outings are vivid memories for relatives taken along many times on rockfish excursions. Dick’s preferred fishing spots were the giant concrete piers in the middle of the bay that supported the bridge itself. The “rock,” as everyone called them, would seek out the sturdy bridge supports to feed and to deposit eggs for hatching. These spots were especially treacherous, because the bay currents converged there and made a sort of swirly effect in the water.

Shirley and Dick never came back empty-handed and shared the bounty with friends and family back home. As the fishing trips became more frequent and the anglers became more adept at their sport, the lures they used, and all the other makings of a successful trip, the fish were getting bigger, too. One time, the catch was so prodigious that all the coolers brought along that had been filled with food and beverage were being earmarked to bring home the catch.

And what a catch it was. In fact, one of the rock was so large that it didn’t fit into any of the large coolers on hand, so, the bathtub came into play, as the largest fish of the catch was folded and iced down inside. That one never made it to the table. Dick had the old boy stuffed and mounted and hung the trophy over his fireplace mantelpiece. Alas, those experiences became fewer as time went on, and the 1984 moratorium on rockfish spearheaded by Senator Winegrad sounded the alarm. Now, with the fish in crisis again, (along with shad, crabs, and oysters), maybe we’ll remember the moral of this story.

“IT’S PRETTY SIMPLE, REALLY”



“Pong” Tamrongyouth, a native of Thailand who’s been fishing in the Annapolis area for more than 20 years, agreed to talk to us for this report about the fishing in this area. To anyone in his neighborhood, it’s obvious that fishing is in his family’s blood. Several years ago, when the city was replacing worn sidewalks with fresh concrete, he etched “The Fishing Team” into the wet pavement, and he uses “Badfish” as one of his online usernames. This day, he stands next to his modest Key West 186 Sportsman center-console boat to answer a few questions.

Unlike commercial fishermen in this area, most people do it for fun. He points out that he does it for both fun and food. “Recently, the regulations have been stricter,” he acknowledges, “because the striper population has been dropping in the Chesapeake Bay. We’ve all been overfishing the big ones that swim up the bay to spawn.” And Pong knows full well that this is the reason fishing was closed in April for the preseason this year and last year. “The reason is, people want the big ones—30, 40, and 50 inches long—to come back and spawn all the way to the Susquehanna (River) and leave before we can catch them.”

He’s been doing this for over 20 years now in the Annapolis area and longer in other locales nearby. “For me, back in the 1980s, the fishing was still good. Ever since 2000, it’s gotten slower. Part of it is over-fishing. I think the small ones are still plentiful, but they’re undersized—14 to 16 inches. Nineteen to 25 inches are the good size to bring home,” Pong says. He’s heard that contractors at the Maryland-Virginia line are taking the baitfish and processing them for Omega III oils. “It’s the bait that attracts stripers, but they net them for fish oil,” Pong says nodding. (A note here on Omega III oil: While it has been touted as helping the human body to manage damaging stress, on May 16th of this year, the Cleveland Clinic issued a report that Omega III fatty acid “offered no benefit to patients at high risk for cardiovascular events.”)

We asked Pong how he rates the government efforts in regulating the rockfish. “I would say for the first part of the season they do a good job. But the second part, from May 16 until they close, I think they should allow two per person, not just one. Right now, you can keep just one fish per person per time out [19 inches minimum]. That’s not much for all the gas, money, and time.”

He does see a silver lining, however, in some of the regulatory efforts. “The first season, the trophy season, when they close in April and open later in May, that’s a good thing to do to allow the bigger fish to come up the bay and spawn. Sometime in July, they shut it down for two weeks, too, due to the higher temperature and the oxygen in the water being lower. Every time we catch fish, they will die, because they lack oxygen. It’s pretty simple, really.”

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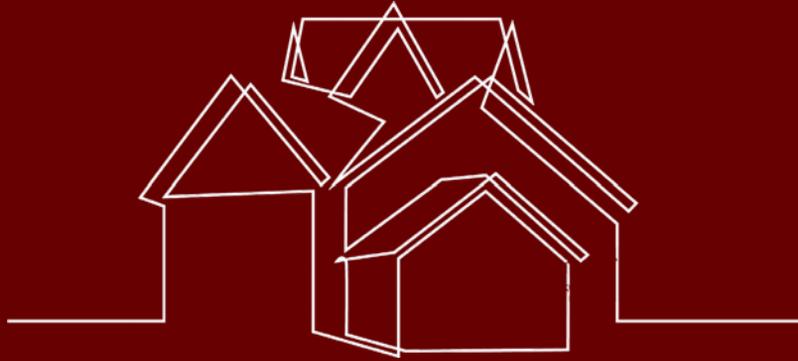


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Leading
Real Estate
& Home
Professionals

Christy Bishop

Christy Bishop is incredibly passionate about protecting her clients' wealth and accordingly takes her profession very seriously. Her affiliation with Warren Buffet owned "Best of the Best" real estate brand Berkshire Hathaway HomeServices paved her career to becoming a Berkshire Hathaway HomeServices Luxury CollectionSM Marketing Specialist providing special expertise for the real estate market in Maryland with true concierge service.

"When you're negotiating someone's largest asset, there's a lot of intrinsic value in the trust clients place on real estate professionals, and I take it very seriously. It's incredibly important to me to represent their best interests." A recent client sent a special thank you of gratitude "We would not have gotten the sale price for our home without your help. Thank you a million times!" Treating her clients money as her own sets her apart from others. "Being knowledgeable and full of expertise is important; additionally, it is very emotional to buy and sell real estate. They say the three greatest stresses in life are death, divorce, and moving. The fact that I get to be a part of someone's life during this process and they trust me to alleviate the stress and make it the best experience possible is what I enjoy. It's about the relationship but also the integrity and trust placed upon us." Whether selling a condominium, townhouse or gated estate her clients can be assured of the highest caliber of representation available.

Christy has 25 years of experience and over 200 million in industry sales. She is a Maryland native and the daughter of 2 former United States Marines and Naval Academy graduates. Growing up between water surrounded Severna Park and Annapolis she headed west for the mountains at 18 years old and settled in Idaho. After graduating from the University of Idaho with a B.S. in Marketing, Christy entered the financial service industry in ski resort town Sun Valley, Idaho. Driven by desire for greater career opportunities, Christy moved back home in 1996 and was offered the opportunity to market new home subdivisions in Crofton. Her new passion was discovered and the builder named her Sales Manager and subsequently Director of Marketing and Sales.

Active locally in her industry, Christy is the Chairperson of the Anne Arundel County Association of Realtors Legislative Committee. She is a lifetime member of the top one percent of Anne Arundel County Realtors Masters Club who exhibit high professional and ethical standards as well as exemplary sales records.

Recently, Christy was chosen out of thousands of agents to be a part of The American Dream Television show. A national show featuring uplifting stories of real life, communities, lifestyle and of course local real estate! Christy is currently interviewing for upcoming episodes. For an exclusive opportunity to have your property showcased on the show give Christy a call immediately to schedule an interview.

When she is not working with clients, Christy loves spending time with friends, family and her beloved German Shepherd. She enjoys fishing, writing, motorcycles, gardening and time away at a second home at the beach in Delaware.



As seen on



Christy Bishop

443-994-3405 | 410-647-8000
Christy@CBMoving.com
www.CBMoving.com

@MarylandWaterfront

RECENTLY SOLD PROPERTIES



8152 Pinehurst Harbour Way
Pasadena, MD 21122
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928 Heatherfield Lane
Millersville, MD 21108
Sold for \$770,000



928 Densmore Bay Court
Gambrills, MD 21054
Sold for \$650,000



1476 Mara Vista Court
Crofton, MD 21114
Sold for \$303,000



2448 Shadywood Circle
Crofton, MD 21114
Sold for \$550,000



1116 Carbondale Way
Gambrills, MD 21054
Just Listed \$500,000

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Willow Oaks Realty, LLC

Willow Oaks Realty firmly believes that the best relationships come from a place of contribution. We are grateful everyday that we have the honor to help our friends, neighbors and community with the biggest decisions in their life. Katelyn and Jana offer top notch customer service paired with an abundance of knowledge of the local market. We truly believe taking the extra step to really taking care of our clients is what sets us apart. We are two realtors that are mother and daughter. We come from a strong four generation military family. With many moves ourselves we knew there was something we felt was missing in the real estate process. We felt that personal connection with client relation was the missing piece. We have made a promise that no matter what the situation is our level of service will always remain the core of our business. We want your real estate experience to be fun and enjoyable. We have said our relationships goes past the closing table. We want our clients walking away from their experience feeling taken care of and feeling as if they are our only client. The real estate process can be stressful but if you choose the right professionals it doesn't have to be. We are here every step of the way!



Katelyn Hooper **Jana Fee**
916-532-7079 888-651-7763

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Crofton, MD 21114
www.willowoaksrealty.com



▶ FEATURED PROPERTIES



1210 Mansion Woods Rd
Annapolis
\$932,500
(buyer)



27 Truck House Rd
Severna Park
\$482,000
(buyer)



448 Marianna Dr
Millersville
\$575,000
(sold)



2022 Thresam Ct
Crofton
\$999,999
active (listing)



8608 Fluttering Leaf Trail #304
Odenton
\$289,900
Under contract (listing)

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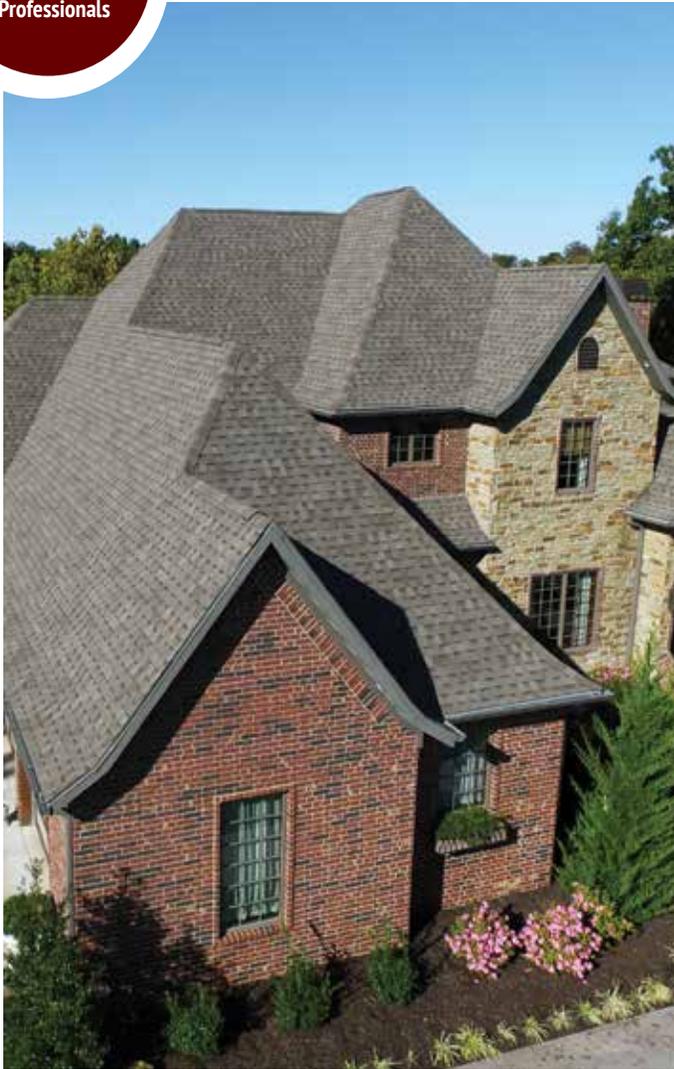
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Bowie Siding and Roofing is a family owned and operated Christian business. We are a licensed and insured Home Improvement Contractor with 50 years of experience in Maryland and Virginia. Bowie Siding and Roofing has thousands of satisfied customers and was the first to offer a 15 year warranty on their workmanship. Whether you need a new roof, a siding repair, energy saving windows or one of our many other services you can feel confident that Bowie Siding and Roofing is the best choice for all of your remodeling needs.

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"My experience was so positive! Jocelyn in the office came to my home to clearly explain the terms of my contract. It helped me make an informed decision. Joe and Jimmy worked steadily and hard with great results. I love the new look and quality of the materials and work. They are honest, helpful and reliable. I highly recommend them!" - Customer

"Bowie Roofing and Siding installed our new roof. Company is very easy to work with! Jocelyn accomodated to our needs and was very friendly and professional. The crew who installed our roof and new skylights were punctual, professional and worked well as a team. Finished in one day." - Customer



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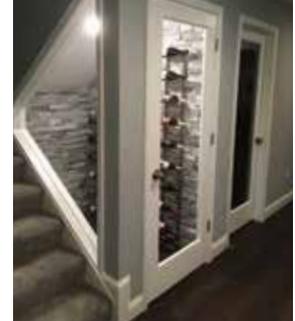
Be it a new home, addition, or remodeling project, Absolute Design Studio focuses on all design elements to help ensure each aesthetic compliments the other. From subtle to striking, our showroom of products offers near limitless possibilities.

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Jen Schaub

Jen Schaub was born and raised in Maryland and grew up spending weekends in Annapolis, sailing on the Chesapeake Bay. Jen graduated from the University of Delaware in 1992 with a Degree in Marketing and Finance, and then in 1997 completed her Master's Degree in Physical Therapy. Her love of helping others and her sales and marketing expertise lead her to begin her real estate career in 2017. Currently, Jen enjoys working with buyers and sellers at Long & Foster in Annapolis/Eastport. Her extensive knowledge of the area, meticulous attention to detail and her complete dedication to excellent customer service has allowed Jen to manage numerous successful real estate transactions from start to finish. Jen is a proud member of The AAC Master's Club, Chesapeake Real Producers, Baltimore Real Producers and the Long & Foster Gold Team and Founder's Club. Outside of work, Jen loves to spend time with her two boys, participate in exercise activities, play with her dogs and spend time with friends and family.

Check out Jen's local blogs at JenSchaubgetsyoumoving.com

Jen Schaub
 (720) 244-5945
Jen.Schaub@lnf.com
 320 6th St. Annapolis MD 21403



1619 Sloop Dr., Annapolis, MD 21409
 Sold for \$689,000



3147 Catrina Ln., Annapolis, MD 21403
 Sold for \$690,000



Q: What are the real numbers for Anne Arundel County Residential Real Estate growth?

A: I hear this all the time and usually you only see half-truths. Here is a true statistical snapshot for January through June for 2019, 2020 and 2021.

Year	Units Sold	Total Sold Volume Jan-June	Avg. Sold Price	Days on Market
2019	4704	1,928,386,212	\$409,946	63
2020	4620	1,952,042,200	\$422,520	57
2021	5887	2,866,233,868	\$486,875	27

Source: ©Copyright 2021 Bright MLS-Information deemed reliable but not guaranteed

Fueled by historic low interest rates and the best affordability rate since the early 70's, our local Anne Arundel County market has soared...25% more units, 49% more total volume and 25% higher average price in just two years. No one knows how long this growth will last but very few experts think we will see a bust. Our agents here at Long and Foster in Crofton can help guide you with your specific real estate needs. Want to be part of our great team? Contact Manager/Associate Broker, Dominic Cantalupo.

DOMINIC CANTALUPO

Associate Broker/Manager | Long & Foster Real Estate, Inc. | Crofton/Bowie Office
Office: (410) 721-1500 | Cell: (410) 963-5466 | Dominic.Cantalupo@LNF.com



Q: Under Maryland Law, what's considered a "material fact" requiring disclosure when selling a home?

A: Maryland Real Property Article 10-702, et. seq., requires sellers to disclose known material defects in their property to buyers. Real Estate agents have a legal duty under COMAR (Code of Maryland Regulations) to "reasonably

investigate to ascertain all material facts" about a property they list and disclose those facts to buyers. While there is no specific list of what a "material fact" is, courts have generally considered them as any matter that would be material to the buyer making an informed decision about the property. Sellers must disclose known defects and Listing Agents must take reasonable measures to discover the material facts about a property. Both have a legal duty of disclosure to buyers. For example, a seller just completed a new deck and the agent discovers no permits were secured. In this example, the agent is required to disclose this fact to potential buyers.

GLENN RUSSELL DONALDSON, ESQ.

Velocity Title



Q: What do most clients desire from their real estate professional?

A: Time and time again Clients answering the question have said responsiveness is the number one thing they want from their real estate professional. In times like these where every buyer is competing

for every property it is critical that the real estate professional be immediately responsive to their client. In this market an hour delay can cost the deal. At Willow Oaks Realty our agents are on the cutting edge of technology and are there to immediately handle their client's contract needs. Choose the right agent to secure your new home.

KATELYN HOOPER

Willow Oaks Realty, LLC



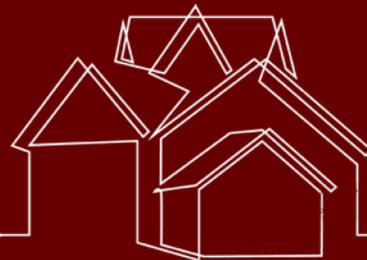
Q: When is the best time to buy or sell real estate and what do we do if we think we need to do updates or repairs before the property goes on the market?

A: Due to the historical record setting low inventory of homes available for sale, the seasonal market has not had much bearing on today's activity as we've seen in the past. As the market starts to settle and become more balanced, this may adjust back to the surge of homes coming on the market in

the spring and fall creating increased competition for sellers and more choices for buyers. Timing the market depends on what is truly best for your own individual situation to make that decision. To get the best guidance and advice, consulting an experienced local realtor is the first step. Before undertaking any updates or repairs let us advise you of the most up to date marketing recommendations. We even have partners that will make renovations or licensed repairs to your property and delay the cost until closing. Most importantly, this way you have marketing expertise and guidance as to what is necessary and the best choices to increase your property value and avoid wasted time and money.

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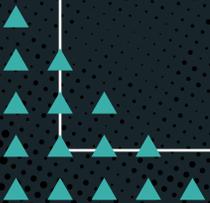


2021

BEST OF

WEST COUNTY

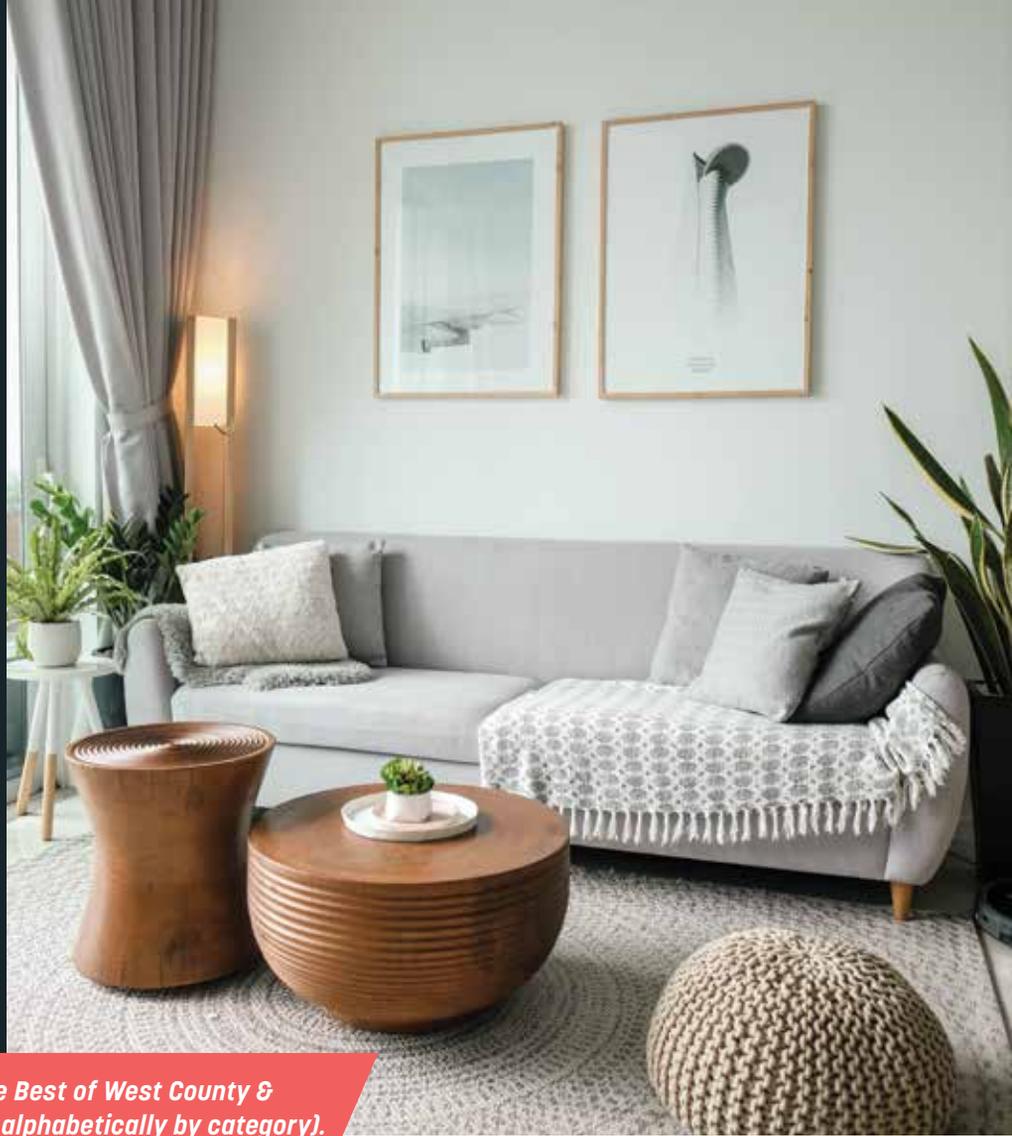
REAL ESTATE.
HOME & GARDEN





We continue celebrating the Best of West County & Annapolis 2021 with the robust list of Real Estate, Home & Garden winners! The following winners are the result of you, our readers, voting for your very favorite realtors, contractors, and more home-related services in our annual Best of West County & Annapolis 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 celebrating the Best of West County & Annapolis winners and finalists (listed alphabetically by category).

Appliance Store
ADU, Your Appliance Source
1823 George Avenue, Annapolis; 410-267-7110; adu.com

Finalist
Bray & Scarff
Annapolis

Finalist
ApplianceLand
Annapolis

Architect
Purple Cherry Architects
1 Melvin Avenue, Annapolis; 410-990-1700; purplecherry.com

Finalist
Hammond Wilson Architects
Annapolis

Closet Organizer/Designer
Systems by Susie, LLC
Annapolis; 443-875-8083; systemsbysusie.com

Finalist
Anna Graham Interiors

Finalist
California Closets
Annapolis

Custom Builder
Lundberg Builders, Inc.
314 Main Street, Stevensville; 410-643-3334; lundbergbuilders.com

Finalist
Choice Construction
Pasadena

Finalist
Bayview Builders
Annapolis

Electrician
Watts Up Electric
Annapolis; 410-382-0601; wattsupelectricmaryland.com

Finalist
Cook Electric Inc.
Annapolis

Finalist
Chesapeake Electric
Annapolis

Fence/Deck Contractor
Fence & Deck Connection
1544 Whitehall Road, Annapolis; 410-757-5511; fenceanddeckconnection.com

Finalist
Long Fence
Odenton

Finalist
Mid-Atlantic Deck & Fence Co.
Gambrills

Flooring/Carpet Installer
South River Flooring
3059 Solomons Island Road, Ste. B, Edgewater; 443-221-7167; southriverflooring.com

Finalist
Gideon's Wood Floor Service Inc.
Annapolis

Framing Shop
Wimsey Cove Framing & Fine Art Printing
209 Chinquapin Round Road, Ste. 101, Annapolis; 410-956-7278; marylandframing.com

Finalist
Side Street Framers & Gift Gallery
Severna Park

Finalist
The Frame Shoppe, Inc.
Annapolis

Furniture Store
Details of Design
918 Bay Ridge Road, Annapolis; 410-269-1965; detailsannapolis.com

Finalist
Arhaus
Annapolis

Finalist
Park Home
Severna Park

Garden Center
Homestead Gardens
Locations in Davidsonville, Severna Park and Smyrna, DE; 410-798-5000; homestead-gardens.com

Gutter/Siding Installer
Fichtner Services
1872 Betson Avenue, Odenton; 410-519-1900; fichtnerservices.com

Handyman
Mr. Handyman of Anne Arundel & North PG
410-593-1456; 8229 Cloverleaf Drive, Ste. 435, Millersville; mrhandyman.com

Hardscape Design/Build
McHale Landscape Design
911 West Street, Annapolis; 410-990-0894; mchalelandscape.com

Finalist
Scapes, Inc.
Harwood
Hardware Store
Clement Hardware
500 Ritchie Highway, Severna Park; 410-647-4611; clementhardware.com

Finalist
K&B True Value
Annapolis

Finalist
Cape Ace Hardware
Annapolis

Home Appraiser
May Appraisal Services
7410 Baltimore Annapolis Boulevard, Glen Burnie; 410-766-4433

Home Inspection Services
Accurate Inspects
410-437-2408; accurateinspects.com

Finalist
HomePro Chesapeake Home Inspections
Stevensville

Home Renovation/Remodeling
Taylor Hart Design
410-507-1602; taylorhartdesign.com

Finalist
Home Remodeling Pros Annapolis
Annapolis

Finalist
C. Clary Contracting
Annapolis

HVAC Services
Cornett Heating & Cooling
674 Ritchie Highway, Severna Park; 410-647-6979; cornett HVAC.com

Finalist
ClimateCare HVAC Services, LLC
Crofton

Finalist
Grove Heating & Cooling
Crofton

Indoor Cleaning Service
Molly Maid of Central Anne Arundel County
1517 Ritchie Highway Ste. 102, Arnold; 410-593-1840; mollymaid.com/central-anne-arundel-county

Finalist
Cleaning Maid Easy, Inc.
Deale

Interior Design Service
Anna Graham Interiors
301-275-9303; annagramhaminteriors.com

Finalist
Purple Cherry Architects
Annapolis

Finalist
Taylor Hart Design



Irrigation Install & Service
Atlantic Lighting & Irrigation
1392 Defense Highway, Gambrills; 410-721-4070; atlantic-irrigation.com

Finalist
On The Green, Inc.
Gambrills

Kitchen & Bath Remodeling
314 Design Studio
314 Main Street, Stevensville; 410-643-4040; 314designstudio.com

Landscaper
McHale Landscape Design
911 West Street, Annapolis; 410-990-0894; mchalelandscape.com

Finalist
Brady Landscaping
Davidsonville

Finalist
Homestead Gardens
Davidsonville

Lawn Service/Treatments
Lawnscapes Etc. Inc.
1651 Crofton Boulevard, Crofton; 410-721-1136; lawnscapesetc.com

Finalist
On The Green, Inc.
Gambrills

Lawn/Garden Equipment Supply
Bowen's Farm Supply
2550 Riva Road, Annapolis; 410-224-3340; bowensfarmsupplyinc.com

Finalist
Homestead Gardens
Davidsonville

Lumber/Building Materials Supply
The J.F. Johnson Lumber Company
8200 Veterans Highway, Millersville; 410-987-5200; 3120 Solomons Island Road, Edgewater; 410-956-0400; johnsonlumber.biz

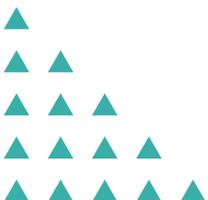
Finalist
84 Lumber
Arnold
Luxury Home Agent
Travis Gray, Coldwell Banker Realty
3 Church Circle, Annapolis; 410-263-8686; annapoliswaterfrontguide.com

Finalist
Brad Kappel, TTR Sotheby's International Realty
Annapolis

Finalist
Scott Schuetter, Century 21
Annapolis

Mortgage Lender
Atlantic Prime Mortgage
77 West Street, Ste. 310, Annapolis; 800-204-1283; atlanticprimemortgage.com

Finalist
First Home Mortgage
Annapolis





Finalist
Bay Capital Mortgage Corporation
 Annapolis

Paint Store
Maryland Paint & Decorating
 209 Chinquapin Round Road, Annapolis; 410-280-2225; mdpaint.com

Finalist
Regal Paint Centers
 Annapolis

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

Finalist
Chesapeake Painting Services
 Annapolis

Pest Control
Economy Pest Control, Inc.
 721 Bestgate Road, Annapolis; 410-266-6611; economypestcontrol.biz

Plumber
Heidler, Inc.
 208 Taylor Avenue, Annapolis; 410-694-7474; heidlerplumbing.com

Pool Design/Build
Catalina Pool Builders
 836 Ritchie Highway, Ste. 8, Severna Park; 410-647-7665; catalinapoolbuilders.com

Pool Maintenance
Goudy Pools
 Arnold; 410-432-2152; goudypools.com

Power Washing
Adwell Services
 1797 Virginia Street, Ste. A, Annapolis; 410-990-0991; adwellservices.com

Finalist
Blue Heron Property Services LLC

Real Estate Brokerage
Engel & Volkers
 138 West Street, Annapolis; 443-292-6767; annapolis.evrealestate.com

Finalist
TTR Sotheby's International Realty
 Annapolis

Real Estate Services
Nielsen Development Group
 165 Conduit Street, Annapolis; 833-634-6683; ndg.solutions

Real Estate Team
David Orso Team of Compass Real Estate
 8 Evergreen Road, Severna Park; 443-372-7171; davidorso.com

Finalist
Diane & Crew of Taylor Properties
 Annapolis

Finalist
Bob Lucido Team, Keller Williams Lucido Agency
 Annapolis

Residential Realtor
Scott Schuetter, Century 21
 1730 West Street, Ste. 200, Annapolis; 410-266-9005; scottschuetter.com

Finalist
Christina Palmer,
Keller Williams
Realty, Inc.
Millersville

Finalist
Creig Northrop,
Northrop Realty
Annapolis

Retirement
Community
Baywoods of
Annapolis
7101 Bay Front
Drive, Annapolis;
410-268-9222;
baywoodsafan-
napolis.com

Finalist
Brightview
Severna Park
Severna Park

Roofing Contractor
Fichtner Services
1872 Betson
Avenue, Odenton;
410-519-1900; ficht-
nerservices.com

Finalist
Landmark Roofing
Severna Park

Solar Contractor
Solar Energy
Services, Inc.
1514 Jabez Run,
Millersville; 410-
923-6090; solar-
saves.net

Stone/Tile/Granite
for Kitchen & Bath
Compass Stone &
Tile Studio
302 Harry S Tru-
man Parkway, An-
napolis; 410-224-
0700; cst-studio.
com

Finalist
Atlas Marble
& Tile Inc.
Arnold

Finalist
In Home Stone
Annapolis

Title Company
Eagle Title, LLC
181 Harry S Truman
Parkway, Ste.
200, Annapolis;
410-266-3600;
eagletitlellc.com

Finalist
Bay Title Company
Annapolis

Tree Service
Bartlett Tree
Experts
8274 Lokus Road,
Ste. 113, Odenton;
410-695-3263;
bartlett.com

Finalist
Tall Tree Service
Severna Park

Water Treatment
Service
Hague Quality
Water of Maryland
814 East College
Parkway, Annapo-
lis; 410-757-2992;
haguewaterofmd.
com

Finalist
Mid-Atlantic
Water Services
Annapolis

Finalist
Phelps Water
Company
Edgewater

Waterfront Real
Estate Team
Mr. Waterfront
Team of Long &
Foster Real Estate
320 Sixth Street,
Annapolis; 410-
266-6880; water-
fronthomes.org

Waterfront Realtor
Brad Kappel,
TTR Sotheby's
International
Realty
209 Main Street,
Annapolis; 410-
280-5600; brad-
kappel.com

Finalist
Travis Gray,
Coldwell Banker
Realty
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Finalist
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Annapolis Fine
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SMOOTH

How Marylanders are striving to create a more bicycle-friendly culture

RIDING

BY DYLAN
ROCHE

Not all aspects of social distancing were completely bad.

Prior to the COVID pandemic, bicycling had already been gaining in interest among all age groups throughout the Chesapeake region for several years. But then 2020 rolled around, and it suddenly became very clear that with a little extra time in the day and a desire to get out of the house, people were inclined to get on their bikes much more often.

This was observed by Tanya Asman, bicycle and pedestrian planner for the Anne Arundel County Office of Transportation. “The commuter park-and-ride lots are empty due to teleworking, and trail use is up due to COVID,” she says.

It was also observed across the Chesapeake Bay Bridge on the Eastern Shore by Paul Lombardo, chairman of the Queen Anne’s County Parks and Recreation Advisory Board and managing member of Bike Doctor of Kent Island. “The county has two excellent bike trails, and at the height of the pandemic, they were just covered with people,” he recalls.

Now the big question—is that interest sustainable?

If you ask Jon Korin, president and founder of Bicycle Advocates for Annapolis and Anne Arundel County (better known as BikeAAA for short) and chair of the Anne Arundel County Bicycle Advisory Commission, who has spent the past few years striving to ensure the area is much more accessible to all cyclists, the answer is yes. But it will take work.

“We hope everyone who started biking, who dusted off their old, beat-up bikes during COVID, or bought out every bit of supply the bike shops had during COVID...we hope for a lot of those folks, they’ll transition from biking for recreation to doing some biking for transportation,” Korin says. “But we know they won’t do it unless we make it safe.”

Since 2013, Korin and his fellow volunteers with BikeAAA have advocated ways to make bicycling a more viable choice for transportation, recreation, and fitness. “For me, it’s not so much about bikes—it’s for all the benefits that are derived by getting more people biking and walking,” Korin says. “Health of people. Health of the environment. Reduced traffic.”

Those reasons aren’t lost on local governments, which are now making bicycling a priority. Asman explains her office was formed



in 2017 under the direction of Ramond Robinson—before that, transportation was a division of the Department of Planning and Zoning—and today, the Office of Transportation works with the Department of Public Works on infrastructure projects. “We are much more involved with DPW in identifying what projects we want, and where, and the prioritization,” Asman says. It requires, as she puts it, “designing the roadway for the safe use of all road users,” including cyclists and pedestrians.

Specifically, this means adopting legislation like Complete Streets, as well as the county’s Transportation Functional Master Plan, titled *Move Anne Arundel*. Complete Streets will advance the design and operation of entire right-of-ways to prioritize safer, slower speeds for all people who use the roads. “This means every transportation project will make the street network better and safer for people walking, biking, driving, riding transit, and moving actively with assistive devices—making our county a better place to live,” Asman says.

Similarly, she explains, *Move Anne Arundel* prioritizes the installation of comfortable infrastructure such as shared-use paths and bicycle lanes separated from vehicles by a vertical barrier as a means of building out the low-stress, safe network. The Office of Transportation is also leading the charge on adopting and developing a Vision Zero action plan, a safety initiative to eliminate death and serious injury due to crashes.

To be effective in reaching the goals laid out by these policies and plans, however, Asman notes that all county agencies and the private sector need “to be dedicated to working in concert with each other to create safe, comfortable, bicycling, walking and transit infrastructure, with a mindset that active transportation is equally important as vehicular.”

In many cases, this means providing bicycle routes to as many places of interest as possible. One of the major projects BikeAAA has undertaken is providing guidance on the Anne Arundel Trail Network (annearundeltrailnetwork.org), an in-development connection of trails throughout the Annapolis-Baltimore-D.C. region that gives access to residential communities, places of employment and education, recre-

ation, shopping, culture, natural areas, and much more. This includes major existing trails like the Baltimore & Annapolis Trail and the BWI Trail, as well as ongoing projects like the Broadneck Trail and the South Shore Trail. Future projects will even form connections to the City of Baltimore, Prince Georges County, and D.C.

The Queen Anne’s County Department of Parks and Recreation has a similar vision for its trails, although its two main trails—the Cross Island Trail and the Kent Island South Trail—don’t connect to destination points the way Anne Arundel County trails do.

“Ours are used more as recreational trails,” explains Steve Chandlee, director of Parks and Recreation. “That’s mainly because we don’t have the urban areas close by—big urban areas to connect a lot of the workforce like you would in a Prince George’s County or a Montgomery County or an Annapolis area. Especially as you move farther up north, it’s a more rural area, so you’re definitely not going to find bicycles used as transportation to work.”

However, even for recreational use, Queen Anne’s County aims to bring the trails together. “The long-term plan has always been to connect up to Tuckahoe State Park,” Chandlee adds. “That’s always been the long-term vision. It’s just now a matter of acquiring the easements, getting money to build the trails, and moving forward.”

In order to turn the vision for a bicycle-friendly community into a reality, however, there are financial costs. Asman notes that much of this burden has been alleviated thanks to grants.

“Since 2017, the Office of Transportation has been awarded every grant request for which we applied,” she says, listing three Kim Lamphier Bikeways grants and one Transportation Alternative Programs for a Safe Routes to Schools grant, as well as grants that other agencies—such as Recreation and Parks and the City of Annapolis—have received. “When combined together, the county and the city have been awarded over \$10 million from transportation state and federal grants in the last three years or so, for both design and construction,” she adds.



“SOME PEOPLE HAVE A CHOICE—DO I DRIVE OR DO I BIKE? FOR OTHERS, THEY HAVE NO CHOICE. A CAR IS NOT AFFORDABLE, OR A SECOND CAR IS NOT AFFORDABLE, OR PEOPLE CAN’T DRIVE BECAUSE THEY HAVE A DUI OR NO LICENSE. WE NEED TO MAKE TRANSPORTATION OPTIONS THAT ARE EQUITABLE.”

Queen Anne’s County has turned to funding through Program Open Space—which is administered through the Maryland Department of Natural Resources to assist in the planning, acquisition, and development of land—to supplement county funding and grant money for work on its trail system.

But there’s another challenge to consider, particularly for the Eastern Shore, in creating a bicycle-friendly community: Route 50. It’s one of the reasons Lombardo says biking for transportation isn’t practical. “We don’t have the infrastructure to make it work,” he states simply.

That’s not to suggest cyclists like Lombardo have given up hope; on the contrary, having more of Kent Island accessible by bike would be a great thing, he explains, mainly because it would get more cars off the road. “We all know how bad traffic gets in the summertime here,” he says. “When you can’t get around by car at all, firetrucks can barely get by, people leave their neighborhoods and they can’t get back. If we had infrastructure so you could ride north, south, east, or west on Kent Island, you could go to the store or restaurants by bicycle, or just walk for that matter.”

Making bicycling a feasible transportation option does much more than reduce traffic—though it does do that, and in a far more efficient and cost-effective way than expanding the roads, Korin says. It also provides a boost to the local economy. “Somebody whizzing by in a car doesn’t stop to spend money,” Korin explains. “Somebody walking by a shop is more likely to stop and spend some money. It’s good for the economy. It’s good for tourism.”

Bicycling is also an important part of transportation equity, making it possible for all people, regardless of income or other resources, to get where they need to go. “Some people have a choice—do I drive or do I bike?” Korin says. “For others, they have no choice. A car is not affordable, or a second car is not affordable, or people can’t drive because they have a DUI or no license. We need to make transportation options that are equitable.”

As part of this cause, BikeAAA partners with Anne Arundel Food Bank, Anne Arundel Medical Center/Luminis, Anne Arundel County Police Department Bike Patrol, and Bike Doctor of Crofton for the Wheels of Hope program (bikeaaa.org/wheels-of-hope-refurbished-bikes), which collects used bikes that are then refurbished by volunteers and given (along with new helmets) to those in need. “There has been significant demand for people in recovery and others in need of affordable transportation,” Korin says.

Then there are the environmental benefits of getting more people out of cars and onto bikes. Asman explains that studies on the air quality of Anne Arundel County and Maryland show markedly better air during

the pandemic, when fewer cars were on the road. “Notably, nitrogen oxide, which is a vehicle emission and a large contributor to ozone gases, was above the allowable limits only three days at three separate locations out of the entire testing timeframe, April to September, in all of Maryland,” she says. “This is the lowest in 40 years of monitoring!”

Bicycling also provides an opportunity for camaraderie and community, as BikeAAA can attest. Not only is the organization connected to multiple cycling clubs all over the region, but they also host events like the Anne Arundel County Lifeline 100 (lifeline100.com), the area’s premier bike riding event, held in collaboration with Anne Arundel County Recreation and Parks and Anne Arundel County Police.

The all-ages, all-abilities tradition—now in its seventh year and set for Sunday, October 3—typically sees about 800 participants and has raised more than \$200,000 for local nonprofit organizations, many of which send cyclists to do the ride themselves. A range of distances—including 100- and 65-mile scenic tours and 30- and 15-mile flat, paved trail rides, and a children’s bike rodeo—make it possible for anyone to be part of the event. “Bike events are usually for the serious” says Korin. “Lifeline 100 is an event for every age and every ability, including people with special needs.”

Lifeline 100 is the biggest event for BikeAAA, but it’s not the only one. The organization also partnered with Future History Now to create the county’s first Bike Safety Playground for young children at Lindale Middle School in Linthicum Heights.

There’s no indication that Maryland bicyclists are slowing down in their advocacy and their interest any time soon. Instead, they are setting their sights on even more growth in the months and years to come. Notably, Asman says her office is about to embark on an update to the Pedestrian and Bicycle Master Plan. “I am very excited to begin this work as the plan will be action oriented and identify a short-, mid-, and long-term plan for building out the transportation network for bicycling and walking to our destinations,” she says.

If nothing else, bicycling gives people a better appreciation of the area where they live. “I’d like to think people stick with it,” Chandlee says of bicycling. “It’s a good way to get around, it’s a good way to spend time, it’s a good way to see farm fields, marshy areas, and wildlife as you’re going through on different trails. You get a nice view with a little bit of everything the area has to offer.”

Need Ideas for Places to Ride?

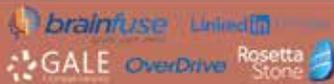
BikeAAA offers plenty of ideas, whether you’re looking for park loops, paved trails, road routes, or even options for mountain biking. Find info at bikeaaa.org/resources/places-to-ride



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SCHOOLS OF THOUGHT!

For parents and students, researching and visiting schools or colleges can be life-changing experiences. Gaining first-person perspective, on-site optics, and meeting the administrations of potential schools are instrumental to making one of life's most important decisions—choosing the right school. This guide provides tips for navigating your school search, as well as a comprehensive list of regional schools, colleges, and learning centers offering open house, campus tours, virtual seminars, and programs for all ages.

If you're considering school visitations this fall, or in the near future, here are several tips and considerations when planning. ►

- 1 MAKE A LIST AND MAP THE SCHOOLS OUT.** Before the application process begins, curate a list of all potential schools, research them, and narrow them down. Once you have reduced your list to the top contenders, it's time to start planning your campus visits. Ideally, you'll want to visit every school you are strongly considering, so map out each school and plan accordingly.
- 2 ORDER MATTERS.** Try to visit your top school(s) last. As you visit more campuses, you'll start to get a better idea of your likes and dislikes. Throughout the process, you will gain a better sense of questions to ask and places on campus you want to see and you will know what to look for by then.
- 3 TIMING IS CRUCIAL.** Plan your visit while school is, hopefully, in session. Observing student life will give you an authentic view of the school and will (hopefully) help you envision yourself as a student there.
- 4 EXPLORE ON YOUR OWN.** The official campus tour will highlight the school's best features, so make sure to spend extra time exploring parts of campus that weren't shown on your tour. This will be the best time to observe students, check out any departments you're interested in, or sit in on a class or lecture.
- 5 TALK TO CURRENT STUDENTS.** It's your tour guide's job to give the best impression possible of their school, making them a biased source. While the information your guide gives you is crucial, you may want to secure a more candid impression by talking to current students. Ask students anything that wasn't covered on the tour: What is student life like? Is it easy to meet and make friends? Is there a lot of diversity on campus? Is it difficult to adjust?
- 6 DOCUMENT EVERY VISIT.** If you plan to visit several schools, make sure to document each visit. Take pictures, jot down some notes, or record a voice memo to highlight your favorite—or least favorite—aspects of each school. Going on several tours within a short period of time can be chaotic, so this will help you separate and compare each visit.
- 7 KEEP AN OPEN MIND.** Your priorities during your initial school search may completely shift once you start touring, so remain openminded. Walk onto every campus with a positive attitude and save your judgments until the end of the tour.



The following list of regional schools, colleges, and learning centers advertise within the *What's Up? Media* family of publications. Please consider calling them directly to confirm open house dates, visitation guidance, and program availability. Schools are listed alphabetically.

PRIVATE SCHOOLS

ANNAPOLIS AREA CHRISTIAN SCHOOL—LOWER

Annapolis Campus—710 Ridgely Avenue, Annapolis; Severn Campus—61 Gambrells Road, Severn; 410-519-5300; aacsonline.org; AACs is an accredited K-12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Open Houses scheduled for 11/10 (Severn Campus) and 11/18 (Annapolis Campus). Register online. Private tours available by appointment.

ANNAPOLIS AREA CHRISTIAN SCHOOL—MIDDLE

716 Bestgate Road, Annapolis; 410-846-3505; aacsonline.org; AACs is an accredited K-12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Open House scheduled for 11/4. Register online. Private tours available by appointment.

ANNAPOLIS AREA CHRISTIAN SCHOOL—UPPER

109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org; AACs is an accredited K-12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Upper School Showcase scheduled for 10/15. Register online.

Private tours available by appointment.

ARCHBISHOP SPALDING HIGH SCHOOL

8080 New Cut Road, Severn; 410-969-9105; archbishopspalding.org; Spalding is a coed, college preparatory school that serves students in the greater Annapolis and Baltimore areas. It is a Diocesan school of the Archdiocese of Baltimore. Private tours and Shadow Days available by appointment and registering online.

CALVERT HALL COLLEGE HIGH SCHOOL

8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; Calvert Hall College High School is an independent, all-boys Lassallian Catholic college preparatory school attracting students from more than 100 zip codes. Cardinal Campus Experience Tours and Virtual "Cardinal for a Class" sessions available by registering online and appointment.

CHESTERTOWN CHRISTIAN ACADEMY

401 Morgnac Road, Chestertown; 410-778-5855; chestertownchristian.org; Chestertown Christian Academy serves students from Kent, Queen Anne's, and Cecil counties, as well as New Castle County in Delaware. Tours are provided daily. Please contact CCA's Admissions Director, Amanda Tuttle-Smith, at ccatriots.admissions@gmail.com or call the school.

DIVINE MERCY ACADEMY

8513 St. Jane Drive, Pasadena; 410-705-0778; divinemercury.md; Divine Mercy Academy is an independent private day school in the Catholic tradition for children in Kindergarten through 8th grade. Contact school directly for guidance on visitations, tours, etc.

GLENELG COUNTRY SCHOOL

12793 Folly Quarter Road, Ellicott City; 410-531-8600; glenelg.org; Glenelg Country School cultivates a community that stimulates students to realize their highest potential. Outstanding academic and enrichment opportunities nurture a passion for lifelong learning, personal integrity, and respect for others. Discovery Days scheduled for 10/15, 11/2, 12/1, 1/6, 2/23, and 4/5. Private family tours and virtual introductions are also available.

HOLY TRINITY: AN EPISCOPAL SCHOOL

13106 Annapolis Road, Bowie (Primary School); 11902 Daisy Lane, Glenn Dale (Daisy Lane School & High School Prep); 301-262-5355 or 301-464-3215; htrinity.org; Holy Trinity features the Primary School campus for grades 1-4, while The Daisy Lane School and High School Prep campus houses preschool and kindergarten and grades 5-8. Virtual Open House events and weekly Virtual Drop-In Wednesdays available. Register online.

INDIAN CREEK SCHOOL—LOWER

680 Evergreen Road, Crownsville; 410-923-3660; indiancreekschool.org; Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres). Personalized information sessions, virtual tours, and campus tours are available by appointment.

INDIAN CREEK SCHOOL—UPPER

1130 Anne Chambers Way, Crownsville; 410-849-5151; indiancreekschool.org; Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres). Personalized information sessions, virtual tours, and

campus tours are available by appointment.

MCDONOGH SCHOOL

8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; Embracing diversity of background, culture, and thought, the school builds upon its founder's original mission to provide life-altering opportunities and to develop in students the will "to do the greatest possible amount of good." Virtual open houses, tours, and recordings available. Contact school for details.

MONSIGNOR SLADE CATHOLIC SCHOOL

120 Dorsey Road, Glen Burnie; 410-766-7130; msladeschool.com; Monsignor Slade is part of the Archdiocese of Baltimore and is located in northern Anne Arundel County on a 10.5-acre campus. Open Houses for Prospective Families scheduled for 11/11 and 1/30. Private tours and shadow days may also be scheduled by appointment.

MONTESSORI INTERNATIONAL CHILDREN'S HOUSE

1641 North Winchester Road, Annapolis; 410-757-7789; montessorinternational.org; Recognized by the Association Montessori Internationale, Montessori International Children's House caters to students ages 18 months to 12 years on their 4.5-acre campus. Wednesday Morning Tours available by reservation. Open houses might be scheduled this fall. Contact school directly for guidance.

NAVAL ACADEMY PRIMARY SCHOOL

74 Greenbury Point Road, Annapolis; 410-757-3090; napschool.org; Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy, serving civilian and military families alike. Contact

school directly for guidance on visitations, tours, etc.

ODENTON CHRISTIAN SCHOOL

8410 Piney Orchard Parkway, Odenton; 410-305-2380; ocs.odentonbaptist.org; Odenton Christian School follows the A Beka curriculum. In addition, OCS offers many real-world electives. Open House scheduled for 11/16. Virtual Tour available online.

OLDFIELDS SCHOOL

1500 Glencoe Road, Sparks Glencoe; 410-472-4800; oldfieldsschool.org; Oldfields is an all-girls boarding school located on 140 acres of Maryland's horse country. Virtual Open Houses, Personalized Virtual Visits, and In-Person Visits available. Contact school directly for guidance.

RADCLIFFE CREEK SCHOOL

201 Talbot Boulevard, Chestertown; 410-778-8150; radcliffecreekschool.org; Radcliffe Creek School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne's, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties. Virtual Tour available online. Private visitations by appointment.

ROCKBRIDGE ACADEMY

680 Evergreen Road, Crownsville; 410-923-1171; rockbridge.org; A K-12 classical Christian school, now in its 25th year. Fall open houses scheduled for 10/11 and 11/12. Contact school directly for guidance on private visitations, tours, etc.

ST. ANDREW'S UNITED METHODIST DAY SCHOOL

4B Wallace Manor Road, Edgewater; 410-266-0952; school.standrewsum.org; Saint Andrew's is an independent school located on a 20-acre campus, and offers engaging

After School Enrichment Programs. Open House tentatively scheduled in November. Contact school directly for guidance on visitations, tours, etc.

ST. JOHN THE EVANGELIST CATHOLIC SCHOOL

669 Ritchie Highway, Severna Park; 410-647-2283; stjohnspschool.org; Located on over thirty acres, St. John the Evangelist School offers rigorous academics in a nurturing environment for students in Pre-K through 8th grade. Virtual and In-Person Tours available by appointment. Open Houses may be scheduled. Contact school directly for guidance.

SS. PETER & PAUL ELEMENTARY SCHOOL

900 High Street, Easton; 410-822-2251; es.ssp-peaston.org; SS. Peter & Paul is the premier Catholic elementary school on the MidShore, nurturing children in mind, body, and spirit. Please contact the school to arrange for a Sabre For a Day for your child, schedule a personal tour of campus, or join us for Walk-In Wednesdays from 9:00-11:00am during the school year.

SS. PETER & PAUL HIGH SCHOOL

1212 S. Washington Street, Easton; 410-822-2275; hs.ssp-peaston.org; SS. Peter & Paul is the premier, coed, college preparatory high school serving Maryland's Eastern Shore. Rigorous academics, diverse student life, and faith formation empower young people to grow in mind, body, and spirit. For information, or to schedule a Sabre Day or personal tour of campus, please contact the school.

ST. MARTIN'S-IN-THE-FIELD EPISCOPAL SCHOOL

375-A Benfield Road, Severna Park; 410-647-7055; stmartinsmd.org; St.



ARCHBISHOP SPALDING HIGH SCHOOL



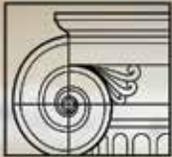
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3112 Arundel on the Bay Road, Annapolis; 410-263-8650; st.annesschool.org; St. Anne's invests in the intellectual and spiritual promise of each student in a community that celebrates diversity and upholds the dignity of every human being. Hosts several Open Houses annually. Private Tours available by appointment. Contact school directly for guidance.

ST. MARGARET'S DAY SCHOOL

1605 Pleasant Plains Road, Annapolis; 410-757-2333; stmargaretsdayschool.org; St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children. Contact school directly for guidance on visitations, tours, etc.

ST. VINCENT PALLOTTI HIGH SCHOOL

113 St. Mary's Place, Laurel; 301-725-3228; pallottihs.org; St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties. Open House scheduled for 11/7. Panther for a Day Shadow Visits (8th graders only) available by appointment, as are in-person tours.

SCHOOL OF THE INCARNATION

2601 Symphony Lane,

Gambrills; 410-519-2285; schooloftheincarnation.org; Located on a 26-acre campus in central Anne Arundel County, School of the Incarnation is a coeducational school and operates under the Archdiocese of Baltimore. Open Houses scheduled throughout the year. Private tours available by appointment. Contact school directly for guidance.

SEVERN SCHOOL—CHESAPEAKE CAMPUS (LOWER)

1185 Baltimore Annapolis Boulevard, Arnold; 410-647-7700; severnschool.com; Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion. In Person Tours available Mon.–Fri. after 4 p.m. by appointment. Virtual tours and information sessions available online.

SEVERN SCHOOL—TEEL CAMPUS (MIDDLE/UPPER)

201 Water Street, Severna Park; 410-647-7700; severnschool.com; Severn School's upper campus is situated on 19 acres, and offers the Stine Environmental Center, which is located along the Severn River. In Person Tours (3-person max) available Mon., Tues., and Thurs. at 3:30 p.m. by appointment. Virtual tours and information sessions available online.

THE BOYS' LATIN SCHOOL OF MARYLAND

822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.com; Founded in 1844, Boys' Latin School of Maryland is an all-boys independent school serving boys in grades K-12. Open House scheduled for 10/24; register online. Private tours available by appointment.

THE COUNTRY SCHOOL

716 Goldsborough Street, Easton; 410-822-1935;

countryschool.org; The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton. Virtual meetings and campus tours available by appointment. Contact school directly for guidance.

THE GUNSTON SCHOOL

911 Gunston Road, Centreville; 410-758-0620; gunston.org; The Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience. In-person Open Houses scheduled for 10/17, 11/4, 1/23, and 4/24; register online. Personal Tours and Shadow Day Visits also available by appointment.

THE KEY SCHOOL

534 Hillsmere Drive, Annapolis; 410-263-9231; key-school.org; Key School is a coeducational, progressive, college-preparatory day school with a picturesque 15-acre campus located in Hillsmere Shores and a 70-acre athletic park located in Annapolis Roads. Open Houses scheduled for 11/6 (Middle/Upper Schools) and 11/13 (First/Lower School). Private Tours available by appointment.

WYE RIVER UPPER SCHOOL

316 South Commerce Street, Centreville; 410-758-2922; wyeriverupperschool.org; Wye River is a 501(c)(3) nonprofit school that serves students with dyslexia, ADHD, ADD, and other learning differences at their Centreville campus. Private campus tours available by appointment. Contact school directly for guidance.

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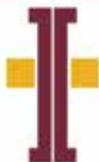
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Wednesday, November 10, 2021

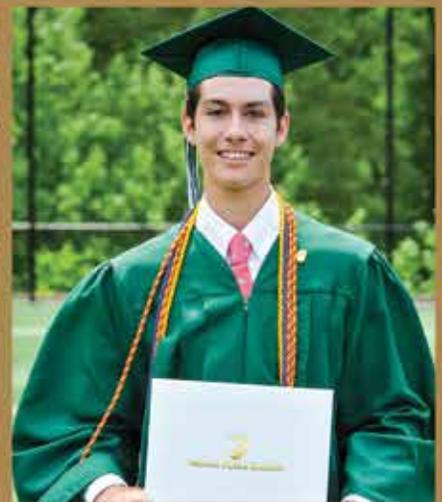
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Lower School
(Grades 1-5)

Wed., November 3
9:30 - 11:30 a.m.

Middle School
(Grades 6-8)

Wed., November 10
9:30 - 11:30 a.m.

Upper School
(Grades 9-12)

Tue., October 19
Tue., November 9
7:00 - 8:15 p.m.

Contact admission@indiancreekschool.org to schedule a tour!

indiancreekschool.org



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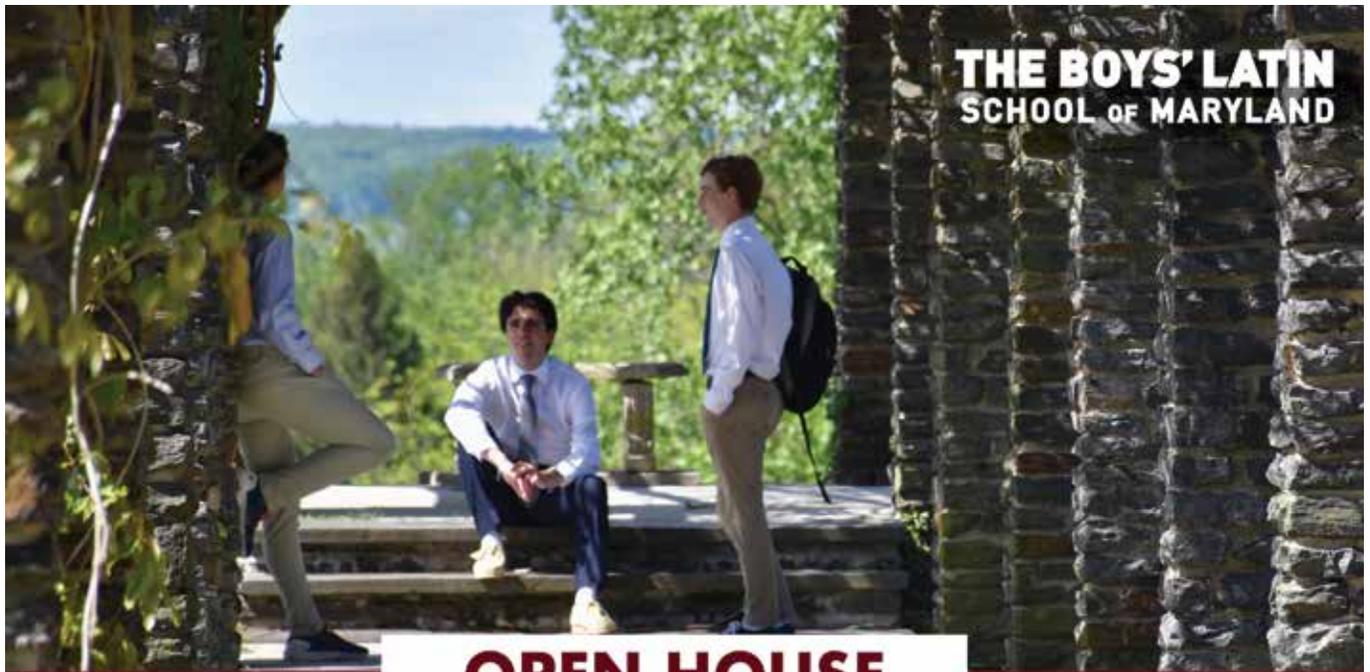


public, two-year institution accredited by Middle States Commission on Higher Education and the largest single-campus community college in Maryland. Enrollment, Admissions, and Program-Specific Information Sessions available. Contact school directly for guidance on visitations, tours, etc.

CHESAPEAKE COLLEGE
 1000 College Circle, Wye Mills; 410-822-5400; chesapeake.edu; Chesapeake College is a comprehensive public two-year regional community college serving the educational needs of the residents of Caroline, Dorchester, Kent, Queen Anne's, and Talbot counties on Maryland's Eastern Shore. Guided Tours available year-round to groups and individuals. Contact school directly for guidance.

EASTERN SHORE HIGHER EDUCATION CENTER
 1000 College Circle, Wye Mills; 410-827-5761; info. chesapeake.edu/eshec; Located on the Chesapeake College Wye Mills campus, ESHEC provides access to area residents to baccalaureate and graduate degrees from partnering four-year institutions. Contact school directly for guidance on visitations, tours, etc.

WASHINGTON COLLEGE
 300 Washington Avenue, Chestertown; 410-778-2800; washcoll.edu; Washington College is a liberal arts college founded in 1782 and was the first college chartered in the sovereign United States. Campus Visits available morning and afternoons by appointment. Virtual Counselor Interviews, Campus Tours, Information Sessions, and Resource Meetings available.



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OPEN HOUSE

Sunday, October 24, 2021
10:00 AM

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CODE NINJAS

145 Mitchell's Chance Road, Edgewater; 443-203-8415; codeninjas.com; At Code Ninjas centers, kids learn to code while building their own video games. They gain problem solving, critical thinking, and STEM skills in a fun, safe, and inspiring environment. Contact

center directly for visitation and program availability.

CRITCHLOW ADKINS CHILDREN'S CENTERS

Locations in Easton, St. Michaels, White Marsh/Trappe, and Cordova; 410-822-8061; cacckids.org; Critchlow Adkins Children's Centers teachers engage and nurture children ages two, three, and four in year-round Preschool and Pre-Kindergarten programs as well as children in Kindergarten through sixth grade in before-and after-School programs. Contact center directly for visitation and program availability.

GIGI'S PLAYHOUSE

129 Lubrano Drive, Ste. L104, Annapolis; 410-517-7474; ggisplayhouse.org; Down Syndrome Achievement Center that offers free therapeutic,

educational, and tutoring programs that support all ages, from families with a prenatal diagnosis through adult individuals with Down syndrome. Contact center directly for visitation and program availability.

PONGOS LEARNING LAB

2141 Priest Bridge Drive, Ste. 8, Crofton; 301-789-1815; pongoslearninglab.com; Center for all things science, technology, engineering, arts, and math (STEAM). Offers clubs, camps, classes, birthday parties, and enrichment programs in grades Pre-K through 8. Contact center directly for visitation and program availability.



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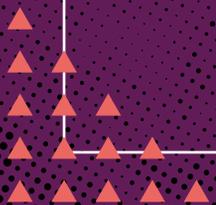




2021

BEST OF WEST COUNTY

RETAIL &
PROFESSIONAL
SERVICES





We continue celebrating the Best of West County 2021 with the robust list of Retail & Professional Services winners! The following winners are the result of you, our readers, voting for your very favorite shops, boutiques, and various service providers in our annual Best of West County voting campaign.

More than 20,000 of you participated and voted this year!



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

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Integrity Tax and Small Business Solutions

1610 Professional Boulevard, Ste. G, Crofton; 410-451-3663; integritytax-sbs.com

Auto Repair
Environmental Automotive Services

402 Headquarters Drive, Ste. D, Millersville; 844-750-0404; environmentalautoservices.com

Auto Body Shop
Paul's Body Shop

8236 Veterans Highway, Millersville; 410-987-5737; paulsbodyshopinc.com

Boutique Shopping
Divine Details

8248 Veterans Highway, Ste. 101, Millersville; 240-601-3777; mydivinedetails.com

Computer Repair
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410-774-5180; cheaperthanageek.com

Consignment Shop
Eye of the Beholder Consignment

1041 Route 3 N., Ste. 6, Gambrills; 410-721-2006; eyeofthebeholder-consignment.com

Customer Service
Heartlands Assisted Living at Severna Park

715 Benfield Road, Severna Park; 410-729-1600; fivestarseniorliving.com

Designer Jeweler
Little Treasury Jewelers

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

Dog Training
The Pup Camp (formerly Dog Thrive)

1041 MD-3, Gambrills; 443-281-3647; 570 D Ritchie Highway in Severna Park, MD 21146 phone 443-583-5960; thepupcamp.com

Family Outing
Mission Escape Rooms

1405 S. Main Chapel Way, Ste. 105, Gambrills; 410-721-6666; missionescaperooms.com

Farmers' Market
Crofton Farmers Market

1800 Seton Drive, Crofton; 410-353-2861; croftonfarmersmarket.com

Festival/Event
Piney Orchard Street Festival

2400 Stream Valley Drive, Odenton; 410-672-4273; pineyorchard.com/street-festival-2021

Game Play
Mission Escape Rooms

1405 S. Main Chapel Way, Ste. 105, Gambrills; 410-721-6666; missionescaperooms.com

In-Home Senior Assistance
Regent Healthcare

2288 Blue Water Boulevard, Unit 340, Odenton; 410-872-0310; regent-health.com

IT Solutions for Home & Business
Cheaper Than a Geek

410-774-5180; cheaperthanageek.com

Kids Birthday Party
Rolly Pollies

476 Ritchie Highway, Unit D, Severna Park; 410-544-9002; rolypolliessmaryland.com

Optician

Peepers Eyecare

2626 Brandermill Boulevard, Gambrills; 410-451-9499; nvoptometry.com

Organic Grocer

David's Natural Market

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

Pet Boarding & Daycare

Happy Tails Pet Resort

965 Generals Highway, Crownsville; 410-923-1131; happytailsresort.com

Pet Services & Grooming

Crownsville Canine

2007 A Lineage Lane Crownsville, MD 21032; 410-451-1110; crownsvillecanine.com

PPP Loan Advisor

Frost Law

839 Bestgate Road, Ste. 400, Annapolis; 410-862-2890; askfrost.com

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2022 DATE TO BE DETERMINED

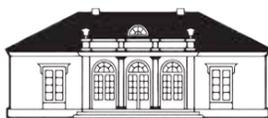
What's Up? Media has made the decision to further delay our Annapolis Best of Party previously set for September 29, 2021. As did everyone, our team was very hopeful that Covid would have been over by now. We had plans to celebrate our winners from 2020 and 2021 together at this event. It is very unfortunate that our Covid cases are on the rise again and this new variant is increasing transmission in our community. Our Best of Parties are indoor events of over 600 guests. Therefore, wearing masks and tasting foods together we know that social distancing would not be possible. We made this difficult decision to protect our community, our readership and restaurant employees. This year we hoped our event would bring the community together and lift up the Best of Winners after the rough year and a half they have had. We ask that you please take time to visit our winners and help to keep their doors open.

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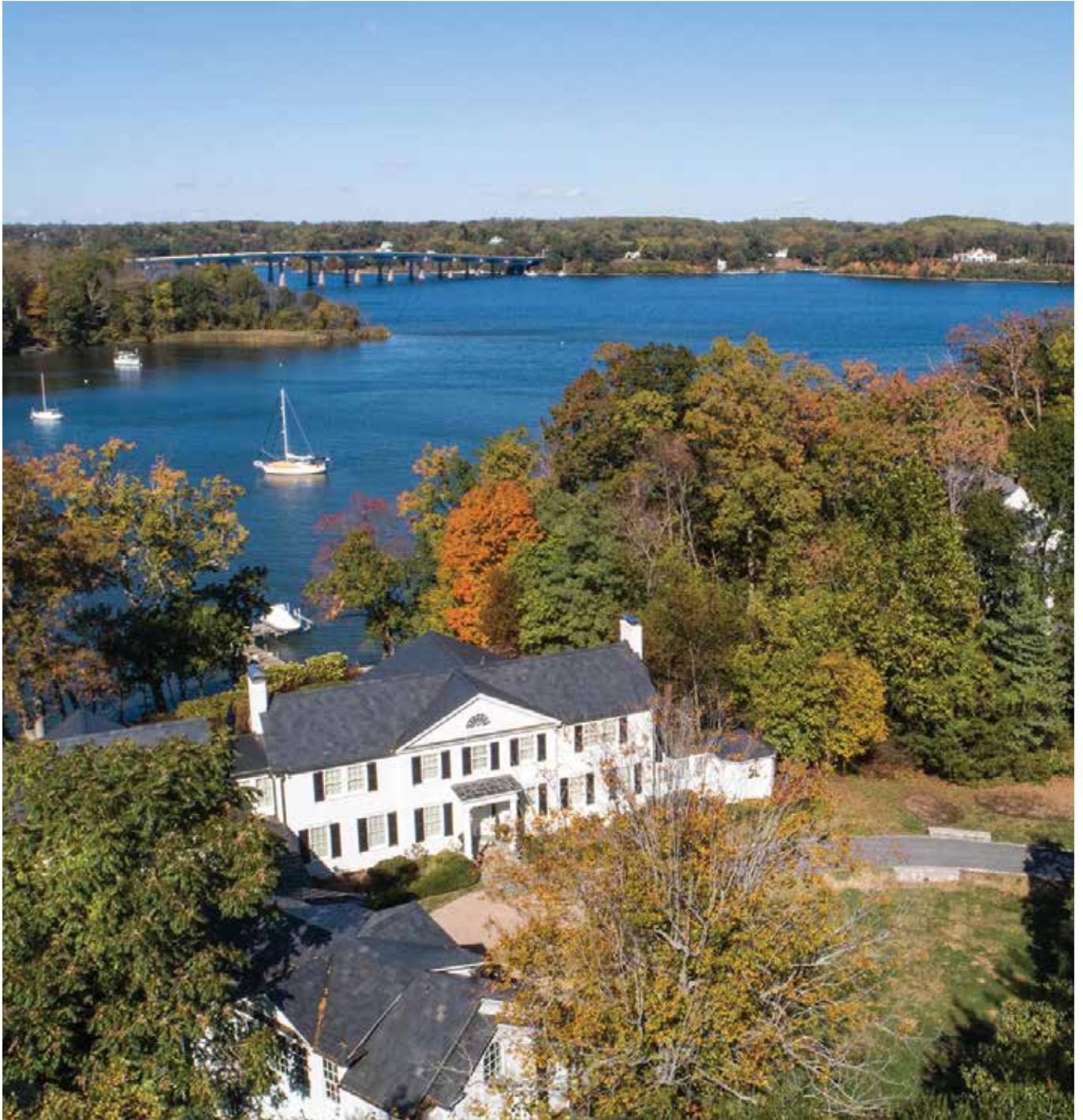




Photo courtesy of IMPERIAL STONE

When Size Matters

Oversized ceramic tiles are, for lack of a better word, “huge” right now in dramatic interior design. Considered a “simplifying” choice because they are low maintenance, this once again feeds a wellness narrative by keeping things simple; less stressful. Larger format tile sizes range from 18 by 35 inches, up to 5-foot slabs and larger, with thicknesses ranging from .14 inches to nearly three-quarters of an inch. Trending applications of large tiles include cutting them into hexagonal shapes to lend greater visual interest, and tilting the placement so alignment is on the horizontal creating an almost literal cutting-edge look. **Large format tiles** aren’t just being applied underfoot, either. They also have a role to play in creating statement-making accent walls, wet bars, and islands.



Photo by Artemest.com

Bye-Bye Boring...

3 TILE STYLE STORIES

By Lisa J. Gotto

From floors to walls, to backsplashes, and more, tile can complement our homes in so many ways. It is a durable material that delivers not only practical function, it provides a means of self-expression and personality in our homes that is both tactile and tangible.

As a result, the design industry around this resource is continually evolving. Here is look at what consumers are finding in showrooms now, and then practically applying in their homes.

Real World & Retro

We would be remiss in telling this tile tale without mentioning an anecdote from a recent local homeowner, who was gracious enough to let us tour her new home. Upon entering her laundry room, which had an eye-catching, cool pattern of tiles in various shades of blue balanced by gray and white, she then said, “And this is my fun room,” remarking that she thought outside her standard box of neutral tone thinking for this room. Such was the effect this one design choice had that it turned a conventionally mundane room into a “fun” room. This is typical of what is going on in the design realm of tile. It becomes a safe way for those who are more traditionally inclined décor-wise to safely explore something a bit more creative. The “fun” tile that the homeowner had chosen is among a current trend in tile, **retro concrete**. Known for being a low maintenance option, retro concrete uses playful, random patterns to make a style statement. “Personalizing” a room in this way is also part of an overarching wellness trend that has endured post-pandemic. Expect to see more of these types of tile applications well into 2022.

Photo courtesy of Tile of Spain



Biophilia & Beyond

The aspects of the aforementioned wellness trend are also evident in the **biophilic approach** to design we are seeing across this spectrum. “Biophilia,” which is the practice of incorporating nature and natural elements into constructed environments, is tangibly seen in the home in ceramic tile styles that mimic natural and even untreated wood looks. Contemporary, versatile, and easy to maintain, this biophilic approach effortlessly applies more earthy feeling to modern looks warming harsh edges and further enhancing the looks of those with more rustic or farmhouse design sensibilities. A trend within in this application is carrying the look seamlessly from indoors to outdoors creating a design narrative that is holistic with stunning open sightlines.

Updates on Classics

The latest iterations on tile classics range from changes in tone to placement gone rogue. Could one of these new approaches spark an update in your home?

1. The spa bath concept has always been popular for the way it calms and soothes the senses, taking inspiration primarily from the element of water. An updated version of the spa classic, however, looks to the earth in its texture and tone to provide a sense of peace and tranquility to the beholder.

2. Subway tiles earned their classic status through their simplicity and basic uniformity. Today’s subways are going places with new looks that go from spotted and accessorized, to a high-gloss sheen that takes the look from basic to bling-worthy.

3. Pattern play takes these already colorful tiles and allows them to mingle in less than obvious ways creating a more rare, random, and interesting take on the traditional.



Photo courtesy of Tile of Spain



Photo courtesy of Tile Club





Four Reasons It's Fun to Keep a Garden Journal

By Janice F. Booth

Have you, like me, wandered through your garden and paused over a lovely plant, blooming courageously in the summer sun, and wondered what it could possibly be? It has a name; it's vaguely familiar, but what is it called? Have you, like me, visited a friend's garden, admired his glorious flora, jotted down names on the back of your grocery receipt, gotten home, and found you'd lost that wrinkled paper? Have you leafed through a magazine or nursery catalog and come upon the absolutely perfect flower or shrub for that problem corner of the garden—then misplaced the magazine or lost the catalogue page you'd torn out? I have!

Well, dear Reader, I have a solution to these perennial problems—keep a *Garden Journal*. They can be as simple or as elaborate as you wish. There's no need to feel stressed about writing in it with any specific consistency. You can use it when and where you choose, and it will last as long as the pages hold out—then you can begin Volume Two. Perhaps you've seen copies of the Victorian Ladies' Garden Journals. They are charming collections of poems about gardens and

weather (some copied and some original to the lady) and sweet watercolors of the flowers, birds, and fountains. They sometimes hold dried specimens—pressed flowers and leaves. Friends' comments and quotes. They're quite original and fun.

You may find it useful and satisfying to begin your own journal about gardening in general and your own garden specifically. You have very little to do to get started. Select a type of blank book that has sturdy covers and fairly roomy pages. You'll want paper that is not too flimsy—you can expect the odd glob of mud and rain drop on the pages. You could design some type of cover that pleases you—a collage of pictures from your garden or a simple label with your journal's title and date.

There are lots of uses to which you can put this sturdy book. You needn't limit your journal to one focus only. Think of the journal as your companion in gardening. Whether you do most of the work yourself or supervise the gardener or gardeners, there are lots of details and even broad concepts to keep track of. Let me talk about just some of them.

1. PRACTICAL PAGES

Some portions of your Garden Journal may be committed to such useful information as:

- The season's budget, with cost of labor, weed treatments and fertilizers, prices for plants and seeds, new and replacement equipment.
- Glue an envelope onto one page and slip your bills and receipts inside. No need to calculate them. You'll know where to find them, should the need arise to look back over past charges or disputed invoices.
- A "Wish List" of items you want for your garden: art work, a fountain, fencing are some examples. If you know the prices, you can jot them down for future reference.
- Glue an envelope on another page to hold business cards and business addresses you've cut out of the paper or a magazine ad.
- Keep a list of pest infestations and remedies that work! Very handy. Even if you haven't been visited by those pesky aphids, write down the remedy. You may need it at some time in the future.



2. HISTORY

See your Garden Journal as a record of what has transpired in your garden:

- Take photos of your garden in all its glory during each of the seasons. Glue them onto pages and add a brief caption with date and any important information you might think useful, for example "This picture was taken before we lost the big Sycamore near the back of the garden."
- Draw or take pictures of some of your favorite blooms and plants. I've found it helpful to do a series of pictures of those special plants—when the plant first emerges from the earth, when it's beginning to grow among its neighboring plants, when it's in its full glory, and as it fades back into the greenery surrounding it. This "time lapse" helps me keep track of those special plants so my gardener or my own over-zealous gardening doesn't pull out these special favorites as weeds or nuisances!
- Keep a few pages each year as a weather journal. No need to get too carried away, but keep a few notes on significant storms, when the first frost comes, and when the last frost is past. Note particular dry spells and rainy seasons. This may sound rather dull, but over time you may be interested in looking back on the terrible wind storm" or (I hate to write it) the hurricane.

3. CREATIVE PAGES

Your Garden Journal can be a repository for ideas, those flashes of creativity when you think of all the things you'd like to try in your own garden.

- When you've toured a garden—your friend's or a public garden, you have probably taken a few photos, maybe you've sketched a particularly lovely area. Why not print out those photos and glue them into your Garden Journal? Add a caption with date and whatever you can remember about the garden; its name (if it has one), location, time of year. You might simply cut out pictures from the garden's brochure or buy a few postcards in their gift shop and tape them into your journal. We're so fortunate to have the superb U.S. Botanical Gardens and the Hillwood Gardens in the District of Columbia as well as the London Town and Poca and other public gardens right here in Annapolis.
- Flipping through those garden catalogues, tear out the pages with those glorious images of waterfalls and fountains, ponds and patios. Glue them into your Garden Journal for inspiration.
- If you're a collector, you might want to add blooms from your own flowers and press them for your Garden Journal. Pressed flowers and leaves are beautiful and sweet reminders of the joys your garden has given you.
- There might be a place in your Garden Journal for poems and quotes—yours, those of friends, and those you come upon in your reading.



4. CHARTING PAGES

There is real value in devising charts or maps of your garden.

- Start with photos of each of your flowerbeds or areas of your lawn and garden. If there might be confusion, note the season, time of day, and location for each photo.
- From those photos you have a couple options. One, you can glue a photo per page and then write a caption in identifying the trees, shrubs, and plants that are visible. Preferably, include the age of the flora if you know. These will be intriguing records for future planning. It will be fun too to see over time how the trees, shrubs, and flowers grow and mature.
- Another use for these photos is to develop a chart or map, perhaps using graph paper, for a bird's eye view of the area in each photo. Put the photo and the map adjacent in your Garden Journal. We've all seen those simple, tidy mapped flower beds

in catalogues and public gardens' brochures. Try creating your own. (I must confess, my attempts look more like wild bird nests than maps of flower beds, but I'm sure you can do a better job.)

- Another useful purpose for this section may be the recording of applications of fertilizers and natural herbicides. Keep track of applications on your maps. Over time you'll see what is helping and what is doing nothing or hindering your garden.

It's likely you'll think of other sections to add to your Garden Journal. That's great—maybe a section for photos of parties and picnics in your garden. There is no way you can get this “wrong;” it's your Garden Journal and your pleasure and interest. One day, you may happen upon one of your early volumes and smile as you see the changes your garden has undergone. You might even pass along your Garden Journal as a record of your house when you move, helping to protect the lovely plants you've nurtured and loved. Such a gift to new owners might be a real boon. Have fun.

Period Charm & Stately Privacy

By Lisa J. Gotto

This property of distinction was originally built in 1940, but walking through it today, the new homeowners will have the benefit of every modern convenience and the beauty of expertly crafted architectural updates throughout.

Located in the development of Wardour in West Annapolis, this estate-style residence is well-situated with incredible water views to Weems Creek and beyond to the Severn River. A traditional colonial exterior greets guests as does an opulent foyer with a black and white check marbled floor and architecturally appealing staircase. It is here guests will begin to notice that attention to detail is keen and abundant in this residence with elements of elegant finishes, crown molding, and tasteful trim work throughout.



Listing Agent:
Charlie Buckley
Associate Broker
Mr. Waterfront Team
Long & Foster Real Estate, Inc.
320 Sixth Street,
Annapolis
o. 410-266-6880
charlie@waterfronthomes.org

Buyer's Agent:
Vic Pascoe
Keller Williams
Select Realtors
1997 Annapolis Exchange Pkwy.,
Annapolis
o. 301-262-7771
vicpascoe@kw.com
kw.com



Primary Structure Built: 1940
Sold For: \$5,300,000
Original List Price:
\$5,300,000
Bedrooms: 5
Baths: 5 Full, 3 Half
Living Space: 7,189 Sq. Ft.
Lot Size: 1.29 acres



Once past the foyer, there are rich, dark hardwood floors underfoot and the view ahead is that of Weems Creek through the formal dining room's series of floor-to-ceiling windows and a set of French doors. This room is refined with a lovely neutral paper treatment, crystal chandelier, and is large enough to cater to any formal family gathering. The space opens to a large and lovely screened-in porch that overlooks the pool and bluestone patio area.

The kitchen is a gourmand's dream with its extra wide, six-burner Wolf gas range and double ovens, luxe granite countertops, a wealth of prep space including a separate area with its own charming farmhouse sink. A cozy breakfast area and a larger, informal seating area with outstanding water views help make meal-time a special time to gather even on an ordinary day.





This level also features a huge living room with the same dark hardwoods, many large windows—all with plantation shutters, and a gorgeous, wood-burning fireplace with marble surround. The family room is also large, but cozy and bright and is highlighted by a handsome carved staircase that leads to the home's master bedroom suite.

Once upstairs, there's a spacious landing outfitted with gorgeous built-ins creating a library/reading nook area. The master suite offers breathtaking water views from its wall of windows and private waterside balcony. Cathedral ceilings, well-crafted built-ins, and two, large walk-in closets add form and function. The master bath is a sumptuous retreat from daily stresses with its welcoming soaking tub, steam shower, and marble-tiled floors. There are three additional bedrooms with water views on this floor—two with en suite baths and fireplaces, and a large, bonus utility room that could be used for a home office or crafting room.

This amazing property also offers a large recreation room with walk-out feature on the home's lower level, and a separate studio-style carriage house above its three-car garage equipped with a Tesla charging station. And this home's water access via private pier means that the Annapolis harbor and all that downtown has to offer is just minutes away.



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Ultimate Two-in-One!

By Lisa J. Gotto

This superb, three-level home bursting with upgrades offers an outstanding main residence and the convenience of a private guest suite above a detached two-car garage. Just one block from Spa Creek, this 3,300 square-foot home is located in the highly-desirable community of Acton's Landing and mere minutes from downtown Annapolis.

A sweet, brick-paved front porch and lovely landscaping welcomes you to the gleaming open-plan living space with its gorgeous, honey-colored hardwood floors, and attractive crown molding and architectural columns. The formal living space features an accent entertainment wall, coffered ceiling treatment, and eye-catching plantation shutters.

The kitchen with its luscious central island serves as a primary gathering spot. The counters and island, that seats three, are topped with idyllic white quartz to pair with the alabaster custom cabinets and accentuate the room's clean, modern lines. True foodies will love the Wolf six-burner gas cook-top, the Sub-Zero refrigerator, and wine fridge.



This light and bright space flows nicely into the home's breakfast seating area, as well as its accommodating family room with its attractive wall of windows with plantation shutters.

Upstairs, this home offers an attractive master bed and bath suite with dual vanity, a huge, walk-in glass shower, deep-set, built-in soaking tub, and a walk-in closet. Another large bedroom with full bath is located on this level, and one floor above there's a great space for a dedicated office and an in-home gym. This floor also features a charming terrace that overlooks the home's gracious back patio. This beautifully landscaped entertainment zone offers an optimal amount of green space and paved outdoor dining and lounging space with a charming garden trellis and a relaxing hot tub.

Whether you're hanging here, or jumping in a water taxi for dinner in Eastport, this home provides all the finer points of the quintessential Annapolitan lifestyle.



Primary Structure Built: 2006
Sold For: \$1,550,000
Original List Price: \$1,595,000
Bedrooms: 4
Baths: 5 Full, 1 Half
Living Space: 3,365 Sq. Ft.
Lot Size: .09 acres

Listing Agent:

Elizabeth Montaner
Coldwell Banker
Realty
3 Church Circle.
Annapolis
m. 443-871-1143
o. 410-263-8686
lmontaner@
cbmove.com
coldwellbanker-
homes.com

Buyer's Agent:

Teresa Dennison
Long & Foster Fine
Homes
145 Main St.,
Annapolis
m. 443-223-1364
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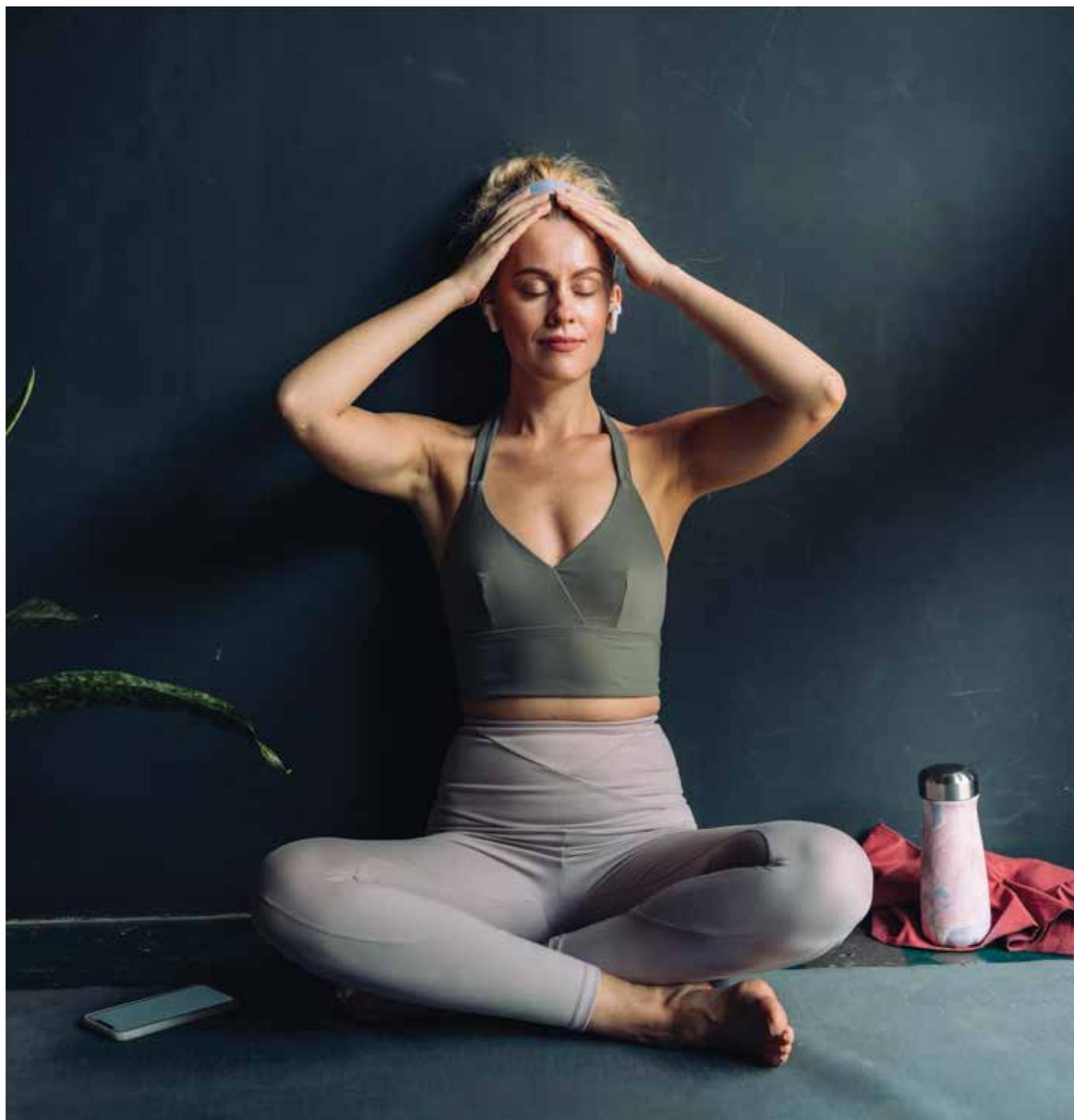
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Supplemental Melatonin

IS IT THE SOLUTION TO YOUR SLEEP WOES?

By Dylan Roche

Maybe you've always had some problems with achieving sufficient sleep, or maybe your sleep schedule has just been thrown off by a summer of vacations and unkept routines. You don't want to go reaching for sleeping pills, but there comes a point where you just can't let yourself lie in bed and stare at the ceiling for another restless night.

Then a friend recommends a melatonin supplement. It's not a sleeping pill exactly...even though it comes in the form of a pill, and it's supposed to help you sleep. So, what is it?

Melatonin is actually a naturally occurring hormone in your body. It's referred to as the "sleep hormone" because, well, it's what helps you achieve shuteye every night. Your pineal gland starts producing melatonin shortly after it gets dark, releasing it into your bloodstream to make you tired. When morning rolls around, and it gets light outside, your body stops producing melatonin to keep you alert throughout the day. This production cycle, with increased amounts of the sleep hormone at night and decreased amounts of it during the day, helps with the regulation of your circadian rhythm.

But when your body's natural production of melatonin seems to be insufficient, supplementing it is a viable option. The type of melatonin you buy in pills and teas is referred to as exogenous melatonin, meaning it was created externally in a lab.

As a dietary supplement, it has become increasingly popular over the past 10 years—the National Institutes of Health reports it's one of

the most commonly used supplements among both adults and children. It can be especially useful among people who are suffering jet lag or who do shift work. Melatonin supplements can also be good for people who have Delayed Sleep-Wake Phase Disorder, such as teenagers, who are biologically inclined to stay up late at night and sleep in during the morning, a schedule that's not conducive to their school demands. In fact, the American Academy of Pediatrics cites that melatonin works well as a short-term tool to help children get on a good sleep schedule while they are trying to establish new routines or break bad nighttime habits.

But don't be so fast to depend on melatonin supplements. Some users report side effects such as headaches or dizziness, and although studies show that it's safe to take melatonin for up to three months, there's little research that demonstrates its safety or efficacy for long-term use after that. The Mayo Clinic recommends stopping the use of it if you find you have a diminished response after repeated use.

Bear in mind that melatonin is not regulated by the Food & Drug Administration, so there's no set officially recommended dosage. Stick with taking 1 to 3 milligrams two hours before bed, and strive to increase your body's melatonin levels in natural ways if you have the opportunity: dim the lights in your environment and avoid looking at screens within several hours of bedtime, and expose yourself to plenty of light during the day. It's also helpful to maintain a regular sleep schedule once you've established one—yes, even on weekends!

Fresh Take

APPLES

By Dylan Roche

The saying goes “An apple a day keeps the doctor away.” But why? What is it about the apple that’s supposed to be so key to wellness?

While most nutrition experts will tell you there’s no one single food that’s going to improve your health by itself, you’d be hard-pressed to find a food that deserves this kind of reputation better than an apple. They’re filling, sweet, full of complex carbohydrates, packed with vitamins and minerals, and a great source of antioxidants. What’s not to love?

Apples might even be considered a Maryland food in some respects, as the Old Line State plays a special role in the spread of this popular fruit across the United States. Although apples are native to Asia, they eventually made their way to Europe before being brought to North America by English settlers. In the 17th century, Lord Baltimore specifically requested kernels of pears and apples “for making thereafter of cider,” according to a decree he put forth, and within a decade, nearly every Maryland farm had an apple orchard.

Today, you’ll find variety upon variety of apples on the market. According to the Cleveland Clinic, there’s not much difference between the many types when it comes to nutrition, so you should feel comfortable picking apples based on taste. (Need help deciding? The Cleveland Clinic recommends cutting up different types into bite-sized pieces and having an apple sampling with your family or friends.)

What is it about apples that make them such a healthy choice? Apples are a convenient snack, being approximately 100 calories and easy to carry around without any need for special storage, peeling, or preparation. They’re a great source of a type of fiber called pectin, which



Cinnamon Apple Muffins

INGREDIENTS:

4 large apples
1 cup canola oil
2 large eggs
1 tablespoon milled flax seed
2/3 cup milk
3 cups whole-wheat flour
1 cup white sugar
1 cup brown sugar
3 teaspoon ground cinnamon
1 teaspoon salt
2 teaspoons baking powder
2 teaspoons baking soda
2 tablespoons butter, melted

Preheat oven to 400F and line a standard 12-muffin tray with liners. Chop apples into half-inch cubes. Set aside 1/4 cup brown sugar, 1/4 cup white sugar, and 1 teaspoon cinnamon. Combine in a small bowl. Mix in melted butter. Set aside but keep warm. In a large mixing bowl, combine the remaining white sugar and brown sugar, flour, baking soda, baking powder, salt and remaining cinnamon. In a small mixing bowl, combine canola oil, eggs, milk, and flax seed. Slowly stir into the dry mixture. Fold in apple chunks, then spoon the batter into the muffin tray. Take the cinnamon-sugar-butter mixture and add a small spoonful on top of each muffin. Bake for 20-25 minutes until golden brown.



helps lower cholesterol, and keeps you feeling satiated for a long period of time—something that can be beneficial for people who are trying to lose weight. They are also a low-glycemic food, so they’ll provide sustained energy for a long time after eating them.

For people who are trying to stay hydrated, apples make a great choice because they’re full of water, plus they’re a good source of potassium, an electrolyte mineral necessary for proper fluid balance in our cells.

Now for that science behind that whole line about keeping the doctor away—apples are a great source of phytochemicals like polyphenols, antioxidants, and flavonoids that reduce your risk of chronic disease. Students have even shown that these compounds in apples are linked to better lung health, stronger bones, and reduced risk of cancer, diabetes, and heart disease.

Apples are in peak season in the fall, and those who have access to locally grown apples should try to buy them this way whenever possible. This ensures the apples are freshly picked, so they’ll be at their tastiest and their most nutritionally dense.

Waldorf Salad

INGREDIENTS:

2 large apples
3/4 cup walnuts
1/2 cup chopped celery
1/2 cup raisins or dried cranberries
3/4 cup plain Greek yogurt
1 teaspoon lemon juice
1/4 teaspoon black pepper
1/4 teaspoon salt

DIRECTIONS:

Chop the apples into small half-inch chunks. Combine with walnuts, celery, and raisins in a large bowl. In a small bowl, combine yogurt, lemon juice, salt, and pepper, then use to dress the salad.



When you’re shopping for apples, look for those that have a strong aroma and bright coloring, plus a firm feel with no bruises or blemishes on their skin. While any apple can be eaten raw, most people find they like apples with a juicy, sweet taste to them are best for snacking—apples like Galas, Fujis, and McIntoshes. Apples that are on the tarter side (and tend to have firmer, crisper flesh that holds up well in high temperatures) are a good choice for baking—Braeburns, Honeycrisps, Cortlands, and Jonagolds.

Store your apples at room temperature, and enjoy them with their skins when you’re snacking on them, as the skin is the fruit’s greatest source of fiber and nutrients.

But if you’re looking to do more than simply snack on a plain apple, there are plenty of ways you can turn this popular fruit into an impressive dish. Here are two delicious sides and a healthy dessert that will make you love apples in a whole new way.

Apple Hash

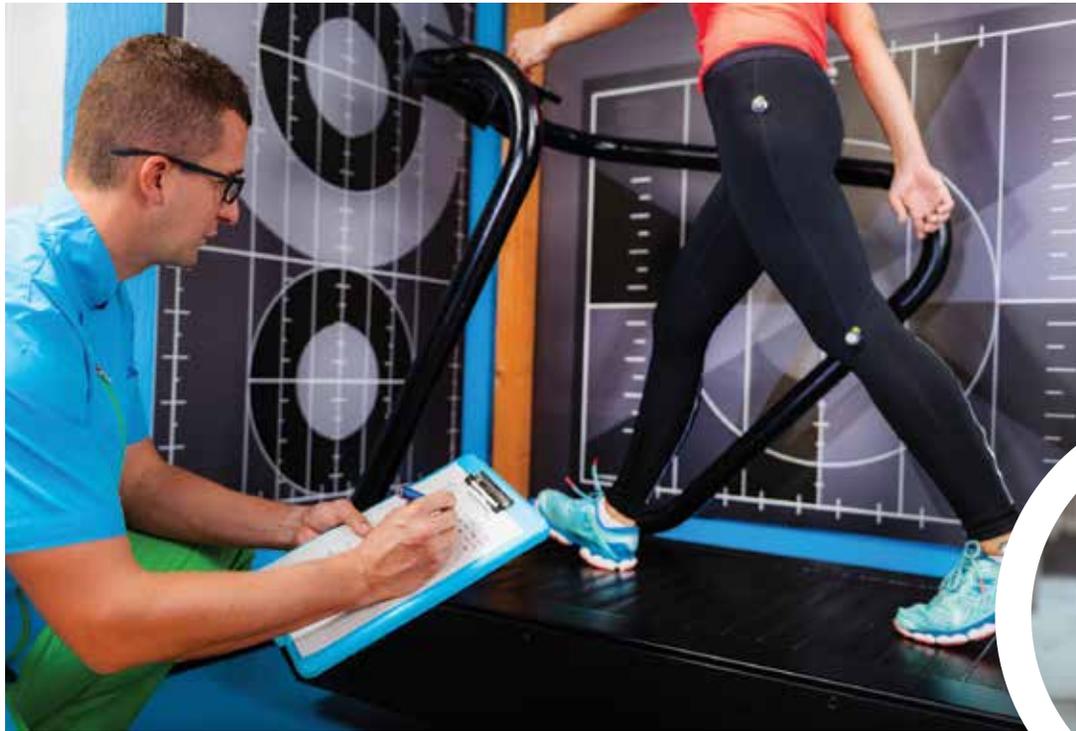
with Brussels Sprouts and Pumpkin

INGREDIENTS:

2 large apples
2 cups chopped pumpkin
2 cups Brussels sprouts, quartered
1/2 cup dried cranberries
1/2 cup roasted sunflower seeds
1/4 cup olive oil
2 tablespoons balsamic vinegar
1 tablespoon sage
1 tablespoon nutmeg

DIRECTIONS:

Heat a large skillet with the olive oil over medium heat. Add Brussels sprouts and pumpkin, stirring to ensure they’re well coated. Allow to cook for 15 minutes or until softened and slightly browned. Add the sage and nutmeg, then allow to continue cooking for another 2 minutes. Add the apples, cranberries, and sunflower seeds. Stir well and allow to cook together for 5 minutes. Remove from the heat and transfer to a serving dish. Toss with balsamic vinegar.



**THE ANALYSIS
OF YOUR STEP
WILL FALL
INTO ONE
OF THREE
CATEGORIES:**



HEALTH & BEAUTY FITNESS

Fitness Tips

A GAIT ANALYSIS

By Dylan Roche

Maybe September's cooler temperatures will be just the motivation you've been waiting for to get outside and start a walking or running routine. But if this is your first time sliding on a pair of athletic shoes to get some serious steps in, you might want to start with a gait analysis.

Available at most local running shops (sometimes for a reasonable fee, though some shops offer them as a complimentary service), a gait analysis helps you understand exactly how your foot hits the ground when you walk—and what kind of shoes you should be wearing.

Everyone has a unique gait. It's affected by the shape of your feet—specifically, the arch of your foot—as well as a few other factors, some of which are within your control.

Understanding your gait, and correcting it where possible, will help you avoid injury, gain speed,

and prevent long-term muscular or skeletal problems. While an imbalanced or imperfect gait isn't a huge problem for the regular walking you do for your day-to-day activities, doing it at the intensity of a run or a powerwalk sets you up for trouble.

A gait analysis is usually done on a treadmill. You'll run for a minute or two while your feet are videorecorded. Then the person doing the analysis—ideally, a certified expert like a physical therapist or exercise physiologist—takes a close look at a slow-motion replay of the video. They will then observe exactly how your foot is hitting the ground and how you're distributing your weight with each step.

If you want a less reliable home method to understanding your gait, take a look at your wet footprint on a level surface. The shape of your footprint will reveal how high your arches are—if the middle part of your foot between your ball and heel is thin, you have high arches; if the middle part is wide, you have low arches.

Another option—for dedicated runners or walkers who have never had a gait analysis done—is to look at an old pair of shoes and examine where they are being worn down. Do you see most of the wear appearing on the outer edge? That's from supination. Is it along the inner edge? That's from overpronation.

By understanding your gait and listening to the advice of an expert, you can find shoes that are best suited for your needs, keeping you free from injury and poised to go faster and farther.

Overpronation: The most common type of step, in which your foot rolls inward excessively when you land on it. This puts your weight on the inner edge of your foot instead of keeping it fixed on the ball of your foot. People who overpronate typically do so because they have low foot arches (they're sometimes referred to as flat footed).

Neutral: This is the ideal gait, in which you land your step on the outer edge of your foot and roll your step inward in a controlled manner. This allows all of your weight to be distributed evenly across your foot and the shock of the impact to be minimized. People with a neutral gait tend to have medium foot arches.

Supination: This type of gait is sometimes called underpronation. When your foot strikes the ground, you're striking with the outer edge of your feet and there's very little rolling of your foot inward. Runners who supinate tend to have high arches in their feet.

Lessons from Legos Is No Longer Child's Play

By Dylan Roche

Cheryl Talley of Lanham loves creating and tinkering with Legos®. Talley, a 56-year-old IT professional for a large health insurance company, enjoys the art of imagining, designing, and creating objects out of these colorful pieces of plastic. She finds it especially rewarding to flex her creativity while utilizing one of her most important character traits: patience.

"I am a patient person by nature. I like to take my time to make sure I know what I am doing, whether it is in my work or when I am building my latest creation," Talley says. Her patience and perseverance have resulted in miniature structures of model homes and sports cars—each containing several hundred Lego blocks and days of careful construction.

Be Your Own Best Advocate

While Talley demonstrates patience in most aspects of her life, her personal health is a different story. Tenacity, perseverance, attention to detail, and a clear understanding of what is needed to get the best results are all critical qualities Talley has learned from her pursuit to become a Lego master artist. These qualities became vital as she faced a difficult and challenging medical condition.

"I recently went through menopause, but still had irregular bleeding," she says. "At first, I thought it was just part of the aging process, but the unusual cycles didn't stop and I knew I needed to do something."

Talley's first call was to her Board Certified Gynecologist, Dr. Susan Peeler.

Armed with a list of questions, Talley headed to her GYN appointment at THE NEIL B. ROSENSHEIN, M.D., Institute for Gynecologic Care at Annapolis. "Dr. Peeler answered every question, walked me through the testing she needed to schedule and explained the best possible treatment plans for my condition," Talley offers. "Dr. Peeler made me feel like I was her only patient."

Trust Your Intuition

After undergoing several tests for postmenopausal bleeding, Dr. Peeler diagnosed Talley with uterine fibroids and endometrial hyperplasia.

Talley's bleeding turned out to be a warning sign for uterine fibroids and endometrial hyperplasia, an abnormal thickening of the uterine lining. Fibroids are commonly found in women of all ethnicities, but occur more frequently in African American women. Most fibroids are non-cancerous but they are often quite painful and bothersome. Endometrial hyperplasia, for some women, can lead to a cancer diagnosis and an involved surgical treatment plan.

Talley's condition was caught early and she did not have cancer, though her condition required an outpatient minimally invasive procedure. Talley has no long-term complications and Dr. Peeler doesn't see that changing thanks to Talley's proactive approach to her healthcare.



"I credit Cheryl for trusting her intuition and seeking treatment," Dr. Peeler says. "Together, we agreed the best course of treatment was to perform a minimally invasive, laparoscopic partial hysterectomy. What that means is that I was able to spare Cheryl's ovaries and that gives her a decided advantage. By keeping her ovaries, Cheryl's body will naturally protect against heart disease and osteoporosis."

Dr. Peeler performed Talley's outpatient procedure at Mercy Medical Center and Talley returned home to begin her recovery the same day.

"I was happy I was able to go home the same day as my surgery," Talley says. "It was nice to be able to recover in my own bed."

A Positive Outlook Leads to Inspired Imagination

"I am very thankful I had an amazing recovery," Talley says. "I wished I didn't have to have surgery, but it was the right decision for me. Dr. Peeler and her staff assured me every step of the way and that made the whole experience so much easier on me. Having peace of mind and the confidence that I was getting the best possible care were among the reasons I think my recovery went so well."

With a clean bill of health and a positive outlook on the future, Talley is excited to resume her life and build new Lego creations.

"I'm excited to construct something grand! Perhaps a mansion, an airplane, or some other large, distinctive object—wherever my imagination takes me, I can't wait!" says Talley with a smile.

"Now I'm onto the next build!"

"Lessons from Legos Is No Longer Child's Play" provided by Mercy Medical Center.

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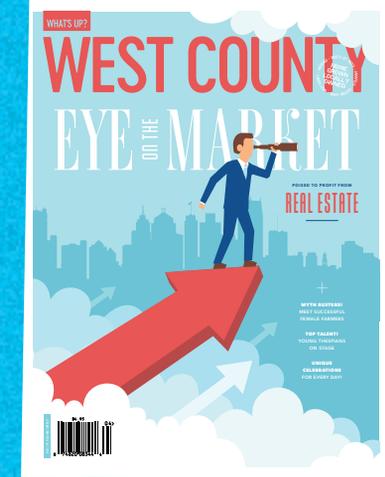
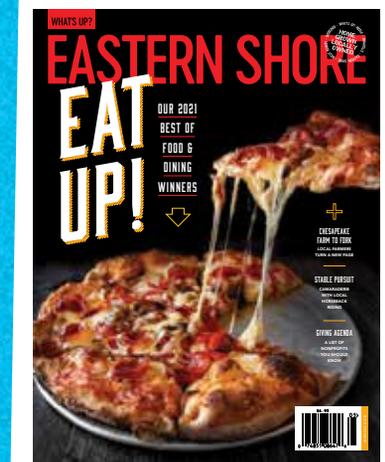
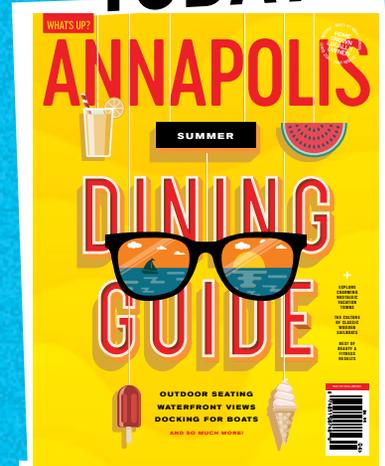


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REVIEW

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.

Icing on the Cake

By Tom Worgo

Photography by Stephen Buchanan

Rhonda Rogers had never heard of Nothing Bundt Cakes. Then in 2019, she visited a friend, Rachel Paris, in Texas who took her to a local bakery. That's when she discovered what Bundt cakes really were.

"She always had something special for us to eat when we visited," Rogers says. This time it was red velvet bundtinis cake.

"It was a combination of the cake and the frosting that did it for me," Rogers recalls. "I was like 'Oh my gosh.' I just fell in love with the cakes."

It just happened Rogers and her husband Glenn had relocated from Saudi Arabia after living there for eight years and were looking for a business opportunity. They found it with the national franchise, Nothing Bundt Cakes. The Rogers opened their store in the Annapolis Towne Centre in November and it's been a big hit.

"We have doubled what we thought we would see (in sales)," says Glenn, who is a pilot for United Airlines and works part-time in the store. A Bundt cake is baked in a Bundt pan, which gives it a distinctive doughnut shape.

Nothing Bundt Cakes offers eight- and ten-inch cakes, double-tiered, bite-sized bundtinis, and palm-sized bundlets. Currently, the Rogers store is one of five in Maryland.

The Rogers' son, John, age 30, manages the store and focuses primarily on supervising the kitchen. Rhonda says her employees—including two full-time bakers and 25-part timers—set the store apart and she considers them to be a key ingredient to its success.



NOTHING BUNDT CAKES

1901 Towne Centre Boulevard,
Ste. 130, Annapolis
443-775-7979
nothingbundtcakes.com

"I call them my symphony," says Rhonda, who is a Harvard grad and taught college in Saudi Arabia. They just flow, work well together, and really communicate."

We talked to the couple about their new business.

Why Annapolis for a store?

We didn't know where we were going to settle when we came back from overseas. Annapolis was an area where the brand had an opportunity. My husband is familiar with the Naval Academy because his father and uncle graduated from there. My in-laws live in Alexandria and my husband is based out of National and Dulles airports. So, this was the nearest territory that was available. Before we went overseas, we were avid sailors and scuba divers. So, coming to this area and being surrounded by water was fantastic. I fell in love with Annapolis. The stars kind of aligned.

Why did you want to own a Nothing Bundt Cakes?

We wanted to purchase a franchise for our family. It was something where we could be in it together and when we walk away or move away, we would leave something for our kids. It wasn't our dream of being a franchise owner. It was a family-driven decision—a legacy they could build on and carry on if they wanted to. That was very important to us.

Did your friends from Texas inspire you to go into business?

Yes, they did. Rachel and her husband had been master franchise owners for many years and for example, they owned all the Buffalo Wild Wings from Texas to Hawaii. We turned to them and asked for guidance about the concepts of running a business. They love the brand and concept. If it weren't for them, I don't know that we would



have purchased a franchise. But they told us, “You should own a business and try a franchise for like five years.”

What is your best-selling item?

The bundlets are becoming more popular. A dozen can come in a standard package, which comes in our top four flavors, or they can buy a customized assortment. Our number one flavor is lemon. My favorite is red velvet. You can get a dozen in lemon. The frosting is true to the term icing on the cake. The lemon bundlets are just delicious. They have such a lemon flavor to them. They are incredibly popular. Customers taste it and they fall in love with it. We hear it all the time.

What’s another customer favorite?

Our decorated cakes. We have different designs for different occasions. They are just so popular. We go year-round with several birthday designs. Those are at the top. When it’s an occasion like Mother’s Day or Easter, the demand is through the roof. Chocolate, Chocolate Chip is very popular. It’s such

a rich chocolate flavor. The texture of the cake is moist, light, and fluffy. The combination of that rich delicious chocolate flavor, high-quality chocolate chips, and the signature butter cheese crème frosting makes it special. It smells and tastes so great.

Glenn, how has business been so far?

It has been amazing. We had projections based on meetings with a lot of owners in Maryland and Virginia. Business has really taken off. Every week, the sales come out for the different stores in Maryland and we have been in the number one slot for several weeks.

Do you have plans for more stores?

I would like to open a second store within a year. That’s an idea we have expressed to the company and we are looking for a location. The idea of having more than one is appealing and hopefully, we can do it in a territory adjacent to Annapolis. The company likes you to operate your first for a year to get it running smoothly and stable before you move on to opening the next one.

With the pandemic going on, did that give you second thoughts about opening?

It did because we had initiated this prior to COVID and when it hit we were at the point of no return. So, we were concerned about what it would look like and if we would be allowed to open. The brand through COVID has done really well. They did 20 percent better than the previous year. People still want to celebrate and get treats.

With three family members working there, what is it like? Who is the boss?

Rhonda is the boss. With family, it is both fun and challenging. It gives a great

deal of flexibility. The three of us have been able to adjust our times and schedules. Obviously, there are challenges that maybe you wouldn’t have with other, unrelated people. It has worked out really well for the most part.

What do you and Rhonda do in the store?

I do finance, logistics, and I order all the materials. We will fill in the different positions as necessary if it’s really busy. All of us went through training with the company in Dallas. We are qualified and trained to work the different positions. Rhonda deals with day-to-day operations and interacting with the employees.



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 2021 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-smc.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 \$ 🍷

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Odenton

Baltimore Coffee & Tea Company

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

Bangkok Kitchen Thai Restaurant

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

Buck Murphy's Bar & Grill

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

Crab Galley

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

Grace Garden

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

Hong Kong Gourmet

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

Hunan L'Rose

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

Mamma Roma

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

Orchard Café

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

Perry's Restaurant

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

Riconcito Mexicano

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

Rieve's Deli

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

Romeo's Pizza

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

Ruth's Chris Steak House

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

The Hideaway

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

Three Brothers

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

Severn / Severna Park

Brian Boru Restaurant & Pub

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

Café Bretton

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

Café Mezzanotte

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

Casa Della Nonna

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

Founders Tavern & Grille

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

Garry's Grill & Catering

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

Gianni's Pizza

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

Lisa's Deli

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

Mi Pueblo II

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

Park Tavern

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

Mike's Crab House North

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

Annapolis Area & Beyond

Blackwall Hitch

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

Broadneck Grill & Cantina

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

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; Lasierrestaurantinc.com; Mexican; lunch, dinner \$\$ 🍷 🍴

Lista's Grill

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

Lures Bar and Grille

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

The Melting Pot

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

Mi Lindo Cancún Grill

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

Milano Pizza

1021 Generals Highway, Crownsville; 410-923-0093; 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; Ramsheadroadhouse.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$ 🍷 🍴 🍺

Rips Country Inn

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

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, \$\$, 🍷 🍴



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Where's Wilma?

FIND WILMA AND WIN!

Our faithful, flying mascot Wilma is super stoked this month. Her favorite sports teams from Washington to Baltimore and Annapolis to Salisbury are in action, and give her the chance to root for the home teams. Wilma is flying all over the region and dropping into towns to catch a game, dine, shop, and stay at her fave spots. Where will she land next?

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

Congratulations to **Cindy Lenhard** of Odenton, who won a \$50 gift certificate to a local business.

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



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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 September 30, 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.

Absolute Design Studio.....	LREHP
Annapolis Auto.....	CD
Anne Arundel County Public Library Foundation.....	46
Archbishop Spalding High School.....	49
Baltimore Washington Medical Center.....	IBC
Blackwall Barn & Lodge.....	19
Bowie Siding & Roofing Inc.....	LREHP
Cheaper Than A Geek/Cb Consulting LLC.....	54
Christy Bishop CB Moves Berkshire Hathaway PenFed Realty.....	LREHP
Ciminelli's Landscape Services Inc.....	81
Crave Catering Co.	24
David's Natural Market.....	93
Divine Mercy Academy.....	53
Djawdan Center for Implant and Restorative Dentistry.....	1
Fichtner Services.....	BC
Fitzgerald Automall.....	CD
Fred Frederick Chrysler Jeep Dodge.....	CD
Gleneig Country School.....	53
HM2 Buck Foundation.....	2
Holy Trinity: An Episcopal School.....	53
Homestead Gardens.....	41
Hospice of the Chesapeake.....	17
Indian Creek School (Upper Campus).....	51
Jen Schaub-Realtor with Long & Foster.....	LREHP
Law Offices of Kendall B. Summers.....	21
Long & Foster-Crofton.....	10, LREHP
Long Fence.....	68
Luminis Health AAMC.....	3, 5
Mamma Roma.....	93
Maryland Pet Crematory.....	21
Mission Escape Rooms.....	54
Molly Maid of Central Anne Arundel County.....	41
Monsignor Slade Catholic School.....	51
Montessori International Children's House.....	46
Mr. Handyman.....	77
Odenton Christian School.....	50
O'Donnell Vein and Laser.....	IFC
On The Green Inc.....	81
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Pongos Learning Lab.....	57
Rockbridge Academy.....	49
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Ruth's Chris Steak House.....	88
School of the Incarnation.....	51
Sheehy Lexus.....	CD
Skin Oasis Dermatology.....	7
St. Martin's In the Field Episcopal School.....	52
St. Vincent Pallotti High School.....	50
The Boys' Latin School of Maryland.....	52
The Jaklitsch Law Group.....	4
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Wild Birds Unlimited.....	95
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For questions, please contact The BWMC Foundation at 410-553-8560.

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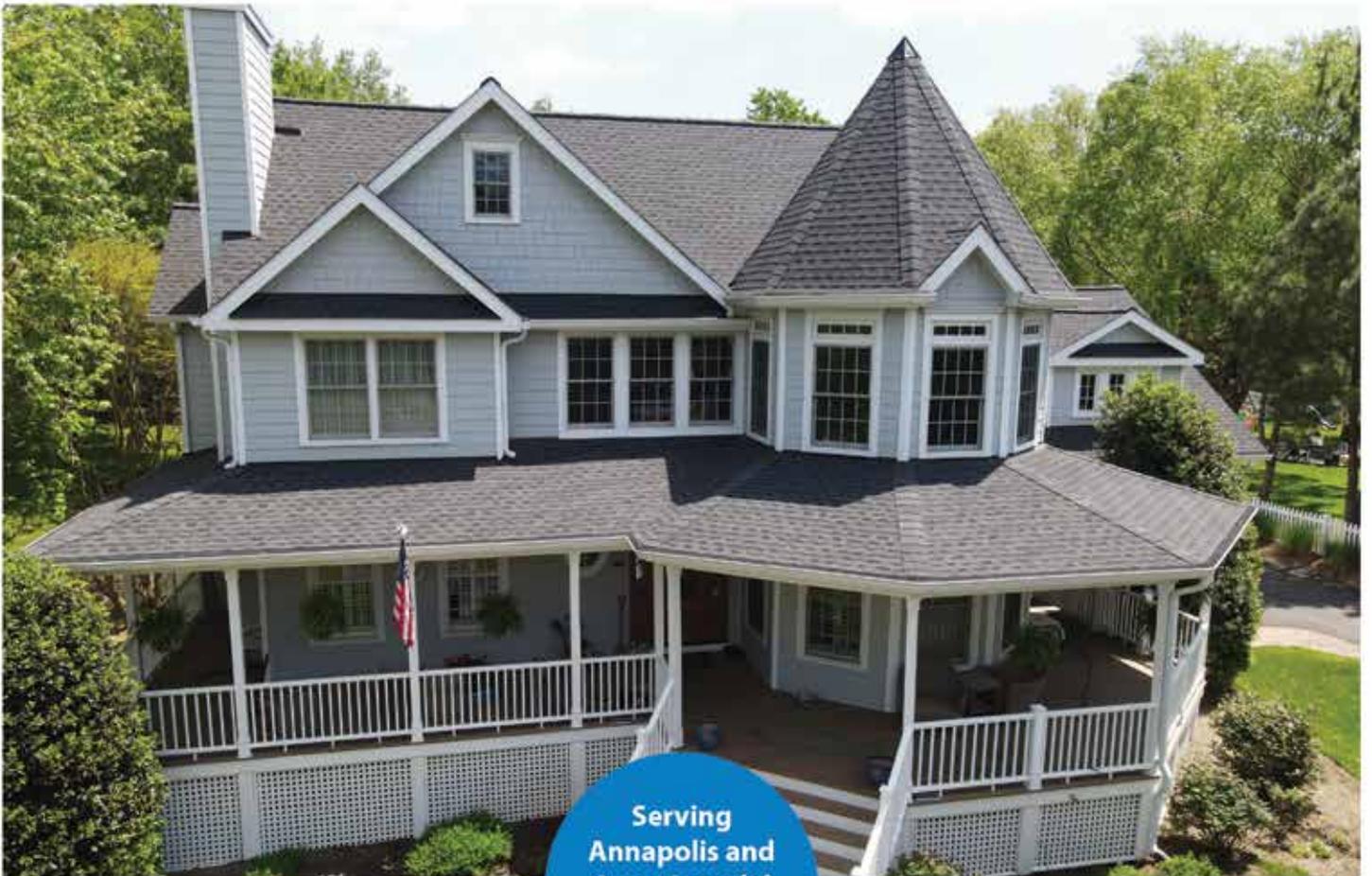
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