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WEST COUNTY

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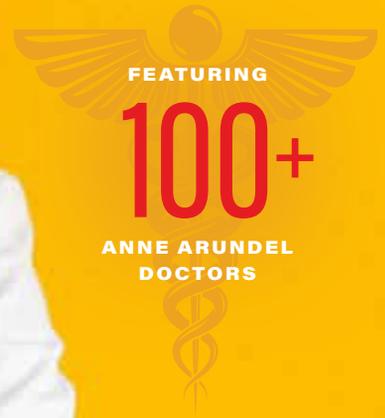
Diversity in City Murals

2022 BEST OF VOTING

Categories Now Live

YOUR GUIDE TO FALL

Excursions & Activities



WHAT'S UP? MEDIA OCTOBER 2021





From Left to Right: Laura Ruppel, L.E. | Ali Weiss, Aesthetic NP | Kelly O'Donnell, MD | Eden Flynn, BSN, RN

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

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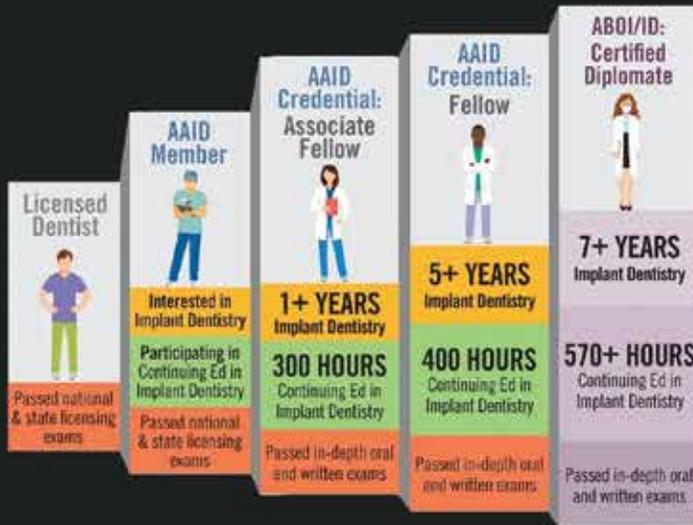


Eden Flynn, BSN, RN performing a Sciton Forever Young BBL laser treatment.

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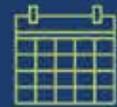
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On the Cover: We honor our region's leading medical professionals and Top Docs. Design by August Schwartz. Contact *What's Up? West County* online at whatsupmag.com. Please recycle this magazine.

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

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Remembering Desert Storm 30 Years Later
Historic & Nostalgic Rides
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From the editor

October—like most months—

IS GREAT FOR MAKING MEMORIES.

And the beauty of a great memory is that they're easy to recall.

**THE DETAILS ALMOST
CRYSTAL CLEAR IN MIND.**

Earlier this year, my family and I sat 'round the dinner table bouncing ideas off one another about where to take a fall trip. Each year, we like to try a different destination—a place that's unique to us but has some familiar accommodations. We're into camping these days, so state parks and small towns with natural and historic significance usually get top billing.

A couple falls ago, we chose Gambrill State Park, which lies a skip away from Frederick, where Maryland's Piedmont Plateau begins to kiss the Blue Ridge portion of the Appalachian Mountain range. This park is adjacent to Cunningham Falls State Park and Catoctin Mountain Park, making a contiguous three-park system that's rich for exploration, discovery, and—you guessed it—memory making.

First day in, and after setting up camp, I took to family to the prominent overlook in Gambrill to catch the sunset scenery. And the view delivered the first great memory of that trip. Looking over the expansive panorama of the valley below, dotted with tiny towns, church

steeple, and round-top mountains that met the far distant horizon, my daughter asked in wide-eyed fascination, "Daddy, is that the whole State?"

Can't beat that kid query. Good for a laugh.

You can read about Gambrill State Park and several more, as well as gobs of seasonal activities, destinations, and attractions in this issue's "Autumn Adventures" feature. It's packed with great ideas—and enough new ones—to make a few memories this fall.

Of course, there are still plenty of community events, entertainment, and personalities to follow and enjoy, as our "Out on the Towne" section demonstrates. Though we're cautiously navigating the obstacles of the resurgent pandemic (as of press time), there's still much to look forward to and, I think, autumn will feel more familiar than it did last year.

This issue also presents one of our publication's most prominent and important endeavors of the year. Our annual "Leading Medical Professionals" section introduces many of the region's Top Docs and hospital systems; the doctors who have been nominated by their medical peers as the very best at practicing their chosen medical specialty. Truly an honor, and a valuable service to our readers. If you're updating your primary care or need a specialist, this provides a base from which to start your search. You can also learn more about doctors practicing on the other side of the bridge (yes, the Bay Bridge), by visiting Whatsupmag.com and searching "Top Docs."

Our "Health & Beauty" content amplifies this issue's dedication to all things medical, fitness, and memorable (including "Candy Season" and how to navigate the sweet gluttony), while the "Home & Design" department showcases sweet homes with panoramic views of their own.

I hope this magazine finds you in good spirits and ever mindful of the many good reasons we've chosen to live in the Chesapeake region. I like to think this issue presents a good number of them. As for where exactly my family chose it's fall "trip," we kept it simple, ditched the tent, and have stayed closer to home. Annapolis—a town that's ripe to rediscover with its many museums, historic properties, large-scale artistic murals, and activities (lighthouse cruise anyone?) will surely make memories.

James Houck,
Editorial Director

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- 25% scored 1395+ on the SATs
- 1300 average SAT score (national private school & Maryland private school average is 1221; national average is 1051)
- 41% attend Research 1 Universities
- 14% were recruited to play collegiate athletics
- 35% pursuing STEM-related studies including engineering, computer science, marine and environmental science, pre-health/vet, and architecture

For a complete list of college acceptances and matriculations, visit keyschool.org/collegeacceptances

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Out on the **TownE**

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Hops & Harvest Festival

Gather at Merriweather Park at Symphony Woods in Columbia on October 2nd for the Hops & Harvest Festival. Tickets include unlimited tastings, live entertainment, games, and so much more. Beer, wine, and spirits will be provided from breweries, distilleries, and wineries all over Maryland and entertainment from Kelly Bell Band, DJ Chris Tharp, Miss Moon Rising and more. Find more information at hopsandharvestfest.com.



2021 International Edgar Allan Poe Festival & Awards

Gather at the Edgar Allan Poe House & Museum and Poe Park on October 2nd & 3rd to commemorate the 172nd anniversary of Edgar Allan Poe's death and for a Death Weekend Poe Places Tour. The fourth annual event is free and will feature Poe-themed performances, art, vendors, food, and more to celebrate Poe's life, works, and influence on the arts. Full information at poefestinternational.com.



Photo by Jamie-Leigh Bissett, OffbeatPhotographer.

↑ Providence Center's 60th Anniversary Harvest Bash

Visit Providence Center Greenhouse & Gardens in Arnold on October 16th at 6 p.m. for the 60th Anniversary Harvest Bash. Not ready to go to the Bash quite yet? Not a problem. Sign up to receive the At Home Experience Box and participate in the virtual Bash. Details at providencecenter.com.



Photo by Ken Tom

↑ BLAZERS. BOURBON. CIGARS.

Historic Annapolis' Blazers. Bourbon. Cigars. is back on October 21st from 6 to 9 p.m. at William Paca House and Garden. Spend the evening networking with fellow businessmen and community leaders. Enjoy bourbon, whiskey, and other fine liquor tastings, along with cigars, delightful food from the area's top chefs, and an array of vendors. All proceeds benefit Historic Annapolis. Find more information at annapolis.org.



Photo by United States Yacht Shows, Inc.

Fourth Annual Mental Health Gala and Awards Ceremony

On October 2nd, from 6 to 10 p.m., the National Alliance on Mental Illness of Anne Arundel County will be hosting their Fourth Annual Mental Health Gala & Awards Dinner. Join in being a beacon of hope to families living with mental illness by attending the ceremony at Crowne Plaza Hotel in Annapolis. For more information, visit namiac.org.

↑ UNITED STATES POWERBOAT AND SAILBOAT SHOWS

The United States Boat Shows are back this October in Annapolis. The United States Powerboat Show will take place October 7th through 10th at the Annapolis City Docks, while the United States Sailboat Show will follow October 14th through 18th. This internationally acclaimed sailboat show is recognized as the world's largest and most prestigious show of its kind. Find more information at annapolisboatshows.com.



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↑ HALLOWEEN PARTY AND PARADE

Whoof on the Wharf is having a Halloween Party and Parade in Edgewater on October 30th at 2 p.m. Be ready for all of the Halloween fun with witches, werewolves, and whatever we see paddling down the South River. They will have a costume contest, paddling parade, professional photos and more. Find more information on their Facebook page.

FOUNDER'S DAY HOEDOWN

Get your cowboy boots ready for a boot scootin' good time to celebrate the 25th Anniversary of Maryland Therapeutic Riding. MTR works with the natural healing and therapeutic power of horses to improve the quality of life of individuals faced with all kinds of challenges, whether they are physical, cognitive, mental, or emotional. The hoedown will take place October 9th from 6 to 10 p.m. at 1141 Sunrise Beach Road in Crownsville. There will be live music by Mark Bray & The Steel Soul Cowboys and dinner catered by Adam's Tap-house & Grille. Event details at horsethatheal.org.

13th Annual Calvert Arts Festival

Six wineries will be featured at the 13th Annual Calvert Arts Festival on October 9th from 10 a.m. to 5 p.m. at All Saints Episcopal Church in Sunderland. Shopping the local venues is free and a \$15 fee will enable you to taste wines and beers with a souvenir tasting glass. There will be live entertainment, food, crafts, raffles, and plenty more. More information at allsaints1692.org.



FairyFest

Bring your wings to Adkins Arboretum on October 9th from 11 a.m. to 3 p.m. for a full day of magic. Follow a trail of fairy houses along enchanted forest paths, hung for gnomes in Emily's Play Garden, and join in a meadow maypole dance. There will be live entertainment, magical games, crafts, and even a pirate ship. More details at adkinsarboretum.org.

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Photo by Martin Image Photography

↑ 4th Annual Run for the Dogs in Blue 5K Run/1 Mile Walk

On Sunday, October 24th, at 7:30 a.m. at Quiet Waters Park, run a 5K or walk a mile to support the Chesapeake K-9 Fund. This is a family and dog friendly event and each participant will receive an Under Armour Race Shirt and a Medal. After the race there will be a live K-9 demonstration. Buy your tickets now at Whatsuptix.com.



49TH ANNUAL INDEPENDENT SCHOOL FAIR 2021

Black Student Fund and Latino Student Fund is hosting their School Fair on October 17th from 2 to 5 p.m. at Walter E. Washington Convention Center in Washington D.C. This event is a forum for families to learn more about independent school education and engage students, teachers, and administrators from more than 70 local and national independent schools and educational programs. Search eventbrite.com for details.

GiGi's Playhouse Golf Outing

On October 13th at The Cannon Club in Lothian, GiGi's Playhouse will be having their 2nd Annual Golf Outing. The golf package will include breakfast, lunch, and post-game appetizers, beverages all day on the course, greens and cart fees, 50/50 drawing and raffles, and more. All proceeds will benefit GiGi's Playhouse in Annapolis. For more information, visit gigisplayhouse.org/Annapolis.

↑ QUIET WATER'S 31ST ANNUAL ART AND MUSIC FESTIVAL

Quiet Water's Park in Annapolis is having their 31st Annual Art and Music Festival featuring original artwork, demonstrations, music, and specialty food trucks on October 16th and 17th. The festival be 10 a.m. to 6 p.m. and the fee is \$6 per car. Search for details at aacounty.org/departments/recreation-parks.

Across the Bridge



↑ SULTANA DOWNRIGGING FESTIVAL

Sultana Downrigging Festival is coming back to Chestertown October 29th through 31st. Sultana Education Foundation has hosted this event for 21 years now and it is one of the largest annual tall ship gatherings in North America. The festival will feature Tall Ship sails, tours, incredible live bluegrass music, lectures, exhibits, family activities, regional food, and more. Find more information at downrigging.org.

↑ Chesapeake Film Festival

Chesapeake Film Festival is back, live and in-person October 1st and 2nd and being presented virtually October 3rd through 10th. The excitement of watching films on the big screen is back. The in-person viewings will be shown at Easton's Avalon Theatre and the virtual showings can be found at chesapeakefilmfestival.com. Nearly 60 films will be shown in total including documentaries, animation, shorts, narratives, student films, Made in Maryland films, thrillers, and environmental films.

OYSTERFEST

Sip, slurp, and savor at Chesapeake Bay Maritime Museum's OysterFest on October 30th, in St. Michaels. The festival will feature oysters served in a variety of ways, other local fare, craft beer and spirits, live music, and scenic river cruises aboard *Winnie Estelle* and so much more.

Local chefs will feature their own signature oyster dishes throughout the day, so be sure to try them all. Find more information at cbmm.org.

Rock Hall Fall Fest

Celebrate our Eastern Shore Heritage with family and friends at Rock Hall's Fall Fest. The festival will take place October 9th in Downtown Rock Hall. This event attracts thousands of visitors from across the Eastern seaboard showcasing the quaint hamlet of Rock Hall. This festival will feature music, local oysters, over 40 handicraft vendors and plenty of activities for children. Visit rockhallfallfest.org for details.



↑ ACADEMY ART MUSEUM ANNUAL CRAFT SHOW: BRIDGING FINE CRAFT & COMMUNITY

Academy Art Museum's 24th Annual Craft Show is back October 15th through 17th. See work from over 50 artists from across the United States. The show will take place at Academy Art Museum in Easton and is the cultural hub of the Delmarva region for art and educational programming. All proceeds from ticket fees and generous community sponsorships go directly to support the Museum's mission of providing meaningful art experiences and education to the Mid-Shore. Find more information at academycraftshow.com.

Easton Beer Fest

Drink local at Easton's 6th Annual Beer Fest on October 2nd from noon to 4 p.m. The event will be hosted by and supporting the Easton Volunteer Fire Department and will continue to be the largest indoor craft beer festival in Maryland. The festival will feature 40-plus breweries and craft beers from the mid-Atlantic and beyond as well as music, food, vendors, raffles, and plenty of games. Find more information at discovereaston.com.

Photo by Mark Dignan





TOWNE SALUTE

Sheila Ross

Oncology Foundation of Maryland & D.C.

By Tom Worgo

Back in 1992, Sheila Ross was diagnosed with lung cancer. She ended up having two-thirds of her right lung removed. “At that point in time I felt guilty because I was a smoker and I just thought, ‘I paid the price. That is that,’” Ross says. “And I turned out fine.”

Then, eight years later, the board member of the Severna Park-based Oncology Foundation of Maryland and District of Columbia, had a recurrence. This time it was in the hilum area, the wedge-shaped area on the central portion of each lung. “They had to remove the rest of the right lung followed by four or five months of chemo and radiation. It took me a year and a half to recuperate.”

During this, Ross, an Annapolis resident, began learning more about lung cancer. She discovered that of all the different cancers, it is the biggest single killer.

She also discovered that when it came to lung cancer, there was a political problem. “There was a stigma,” she explains. “There was very little money going into lung cancer research. It was considered purely a smoker’s disease. The thinking was: Why waste money on smokers? They shouldn’t have smoked.”

This realization launched Ross, a veteran Capitol Hill worker who finished her long career in politics serving as a staffer for U.S. Senator Chuck Hagel, on a 20-year mission. She founded the Lung Cancer Alliance in Washington, D.C., in 2004.

Ross also served on the Food and Drug Administration’s Oncology Drug Advisory Committee and the Early Detection and Screening Committee of the International Association for the Study of Lung Cancer.

“I worked 20 years to get CT screening approved by the federal government and covered by Medicare and private insurance,” she recalls. “That will save hundreds of thousands of lives worldwide. Maybe even more than that. That is my achievement.”

With her credentials, the Maryland D.C. Society of Clinical Oncology invited her to give a presentation in October of 2018. The Oncology Foundation of Maryland Executive Administrator Pat Troy and several other members of her organization were in attendance.

“It was one of the best programs we have seen,” Troy says. “We

said, ‘This is someone we need on our board.’ We thought her expertise would be invaluable. Not all our board members have a background in oncology.”

The 80-year-old Ross gladly accepted. She saw it as an additional opportunity to promote lung cancer screening and raise the visibility of the foundation.

“I hope I can help establish partnerships and working relationships with other advocacy and professional organizations to enhance their public education programs for all cancers,” she says.

Troy was elated, and surprised. “There’s not many people out there like her,” she says. “What were really the chances of her sitting on our board? She has done some amazing work increasing accessibility of lung cancer screening, not only locally, but nationally.”

Besides Ross continuing her public informational work with the Severna Park organization, she was excited at the prospect of being part of a county-wide nonprofit. “I’m sure that was appealing, the chance to become involved in something locally,” Troy says.

The board of the Oncology Foundation of Maryland saw Ross as someone who could help take the organization to the next level. The foundation expects to roll out one of its biggest campaigns ever for promoting cancer screening, prevention, and advocacy.

“She has so much experience,” Troy says. “She is keeping us focused in the right direction as we try to work through our public awareness campaigns. She has very good information and contacts from her years in D.C. She’s also a cancer survivor and she’s been in the trenches.”

It seems like Ross has an endless number of ways she can help promote the foundation’s mission, which is to strengthen relationships with hospitals, government health organizations, and other nonprofits in efforts to educate the public about the positive things happening to cancer research and care.



SHE IS A TIRELESS ADVOCATE. SHE'S SUCH A POWERFUL PLAYER IN THE CANCER COMMUNITY. SHE UNDERSTANDS THE MEDICAL AND LEGISLATIVE ASPECTS. SHE HAS UNBELIEVABLE EXPERTISE AND TALENT.

"She has already provided us with resources from other organizations that have been doing the same kind of work so we can put strategic alliances together," Troy says. "I feel that's where she will add a lot of real value."

Pam Piro, president of the foundation's board of directors, always looks forward to what Ross has to say at their meetings. "She is a tireless advocate. She's such a powerful player in the cancer community," Piro says. "She understands the medical and legislative aspects. She has unbelievable expertise and talent."

The most important thing to Ross continues to be helping the foundation get more people screened. "The oncology foundation is willing to take this on and get the implementation rate, the number of people screened, to 15 percent," she explains. "I hope they will be the first in the nation to get the number up to 50 percent in Maryland and Washington D.C. I hope they will lead the way for the rest of the country."

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↑ Anne Arundel County CASA Receives National Grant

Anne Arundel County CASA, Inc. has been awarded a \$34,000 Core Model Grant from the National Court Appointed Special Advocate/Guardian ad Litem (CASA/GAL) Association for Children. Funds will be used to recruit, train, and assign new volunteers to represent the best interests of children who have experienced abuse or neglect. Work done under the mentoring grant will target key populations such as American Indian/Alaska Native, rural, and opioid-impacted youth. "On behalf of all of us at Anne Arundel County CASA, Inc. we are overjoyed to have been selected as a National CASA/GAL Association for Children grant recipient," says Rebecca Tingle, Executive Director of Anne Arundel County CASA, Inc. "This support is a resounding testament to the work our CASA volunteers do on a daily basis to help abused and neglected children. We would not be able to continue our work without the support from our generous contributors."

ANNAPOLIS PEDIATRICS EXPANDS TO PASADENA

Annapolis Pediatrics will be opening its sixth location, a new office in Pasadena within the Magothy Medical Professional Center at 18 Magothy Beach Road. "We're pleased to expand our reach and provide the northern Anne Arundel County community with more convenient access to our exceptional pediatricians and pediatric nurse practitioners," says Jim Rice, MD, president of Annapolis Pediatrics. "The addition of our Pasadena location further supports our commitment to family-centered healthcare." Details of when exactly the office will open will be forthcoming.

New Solar-Powered Building for CRAB ↓

New Energy Equity, a leading U.S. community and commercial solar project developer, has partnered with Chesapeake Region Accessible Boating ("CRAB") to create a state-of-the-art green building at their new facility, in honor and memory of New Energy's co-founder and CRAB Board Member, Ian Palmer. As CRAB's Treasurer, Palmer was a key leader in the strategic planning and financial policies to better enable the organization to acquire a new fleet of boats and continue serving its sailing guests with disabilities, recovering warriors, and youth from underserved communities. The state-of-the-art learning center of CRAB's new Adaptive Boating Center ("ABC") will feature roof-mounted solar panels donated, engineered, installed, and managed by New Energy's charitable giving arm—the Lift as We Climb Foundation. The solar panels will produce an estimated 33 megawatt-hours of electricity—enough to fully power the entire new boating center at no charge, reducing its utility costs to zero for the next 25 years. The electricity savings will allow CRAB to allocate more resources towards furthering its mission. "Ian was a strong and dedicated leader who shared his love of sailing by putting his heart and soul into making CRAB a success," says CRAB Executive Director, Paul Bollinger. "He loved seeing CRAB guests with disabilities smiling and happy while learning to sail on the Chesapeake Bay. We are deeply honored to see Ian's legacy continue in our partnership with New Energy Equity."





Annapolis Entrepreneur Expands Ventures to D.C.

Despite his age, 24-year-old Annapolis native Jason Cherry is not new to business. After starting his first business venture at age 19—Mission Escape Rooms—he is now Maryland’s largest escape room operator. Five short years later, Cherry has just opened D.C.’s first Kilwins, a national ice cream and confections franchise (the same franchise that is located on Annapolis’ Main Street), and is on the verge of opening Tap99, D.C.’s first 100 percent self-pour taphouse. Both new business ventures are located directly across from Nationals Park in the Navy Yard district. Under Cherry’s development agreement with the Kilwins franchise, he will open an additional three locations across D.C. over the next six years that will continue to promote the franchise’s mission of “bringing people together one ounce at a time.” Despite his growth into the Washington, D.C., market, Cherry remains committed to conducting business in Annapolis and Anne Arundel County—he is currently working to bring yet another innovative entertainment concept to Annapolis. Details will be announced shortly.

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

Malorie Eslick

Glen Burnie High School Basketball

By Tom Worgo

There's a huge gap on Glen Burnie senior Malorie Eslick's basketball resume. Eslick hasn't been able to play for the Gophers varsity in both 2019 and 2020. Last year, the pandemic wiped out the season and the year before, she suffered a severe knee injury and missed the entire year.

For Eslick, who played on jayvee as a freshman, the lost seasons go beyond basketball. She's been missing the high school experience of playing sports with some of her best friends. Fortunately, Eslick, a 5-foot-7 sharp shooting guard, has gotten to play the past five years for

“ SHE IS A QUIET LEADER, AND LEADS BY EXAMPLE. SHE IS NOT ONE TO BOAST OR BRAG. I AM EXCITED THAT SHE IS HERE AND I LOOK FORWARD TO SEEING WHAT SHE CAN DO IN HER LAST YEAR OF HIGH SCHOOL.”

the AAU's Lady Thrill, Maryland Lady Shooting Stars, and Lady Hurricanes to develop her skills.

While she benefited from those experiences, not playing for her high school team has weighed on her mind. She missed it in the worst way. “I haven't played since my freshman year and it definitely has been tough and frustrating,” Eslick explains. “It will definitely be a highlight of my basketball career to play my senior year. I can't wait to play. It will definitely be a great opportunity. It will be fun and I think it will help my game.”

Glen Burnie Girls Basketball Coach Sam Porter says Eslick has definitely been missed. After all, several Division I schools, including Howard, Towson, and UMBC, have recruited Eslick aggressively and she's a strong candidate to lead the Gophers in scoring.

“I am very excited to have her on the team,” says Porter, who has known Eslick since her freshman year through AAU basketball. “She is a go-getter. She works very hard, is a consistent player, and I will get a motivated player. She can be an impact player.”

The 17-year-old Eslick had a great summer playing for the Lady Thrill. She averaged 12 points, five rebounds, and four assists per game. The Glen Burnie resident also shot more than 40 percent from three-point range.

“We don't have anybody that shoots the ball as well as her,” Lady Thrill Coach Kyle Lock says. The competition Eslick has seen suiting up for the Lady Thrill this year helped her elevate her game. She faced elite opponents

in tournaments in Kentucky, Georgia, Virginia, Pennsylvania, and New Jersey. The 25-game season runs from March to July and has gotten her noticed by college coaches.

“AAU can bring you a scholarship,” Eslick says. “You can develop a chemistry with people not even on your team. You can make contacts with people in the basketball world, including coaches.”

Porter hopes Eslick can be as productive this coming season as she was during her jayvee season when she led the team in scoring and averaged 15 points. “She works very hard at developing her craft,” Porter says. “She is a winner.”

Glen Burnie Athletic Director Kyle Hines agrees. He considers Eslick an ideal role model for the Gophers' young athletes because of her hard work on the basketball court and in the classroom. She carries a 4.0 grade-point average, does volunteer work at Heritage Community Church, has a lawn mowing business, and she knows what she wants to do for a career: to become a physical therapist.

“She is a quiet leader, and leads by example,” Hines says. “She is not one to boast or brag. I am excited that she is here and I look forward to seeing what she can do in her last year of high school.”

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

Editorial Excellence Awarded

What's Up? Media on the receiving end of special honors

2021 FOLIO:
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It's not often that we, here at What's Up? Media, toot our own horn, but this month we're very excited about the prospect of winning a 2021 FOLIO Eddie Award for editorial excellence. Earlier this summer we learned that our submission of the article series "Conowingo Dam," written by Jeffrey Holland and artistically laid out by Lauren Ropel and August Schwartz, is a Finalist in the category "Series of Articles." This article trifecta examined Conowingo Dam in the context of the Chesapeake and Susquehanna River watersheds' environmental health, the dam's stop-gap role in mitigating pollution as well as releasing it, federal and states' regulatory responsibilities, and solutions to the 100-year infrastructure crisis that the dam has faced (namely sediment build-up abutting the dam). You can read the full series by visiting our Digital Editions online at [Whatsupmag.com/magazine](https://whatsupmag.com/magazine) and selecting the September, October, and November 2020 issues.

The prestigious awards will be handed out in a red-carpet banquet ceremony in Manhattan, New York City, on October 14th. National and regional publications routinely honored at the Folio Awards include the likes of *National Geographic*, *Southern Living*, *Consumer Reports*, *Variety*, and *Yankee Magazine*, among many other reputable titles.

It's not the first time we've nervously bitten our nails in anticipation. Last fall, our feature article "Disappearing Act," written by Diana Love about the devastating effects that climate change and rising sea level are having on the Chesapeake Bay's critical island habitat, was a finalist for an Eddie, ultimately receiving Honorable Mention. Read "Disappearing Act" here: [Whatsupmag.com/culture/environment/disappearing-act](https://whatsupmag.com/culture/environment/disappearing-act).



What's Up? Media's Editorial Director James Houck and Publisher & President Veronica Tovey at the 2018 FOLIO Awards ceremony.

And in 2018 we did bring home the hardware, winning the award for "Single Article" in the City and Regional pool of publications for "Hot Summer Night" written by Marimar McNaughton. Read the article here: [Whatsupmag.com/culture/hot-summer-night](https://whatsupmag.com/culture/hot-summer-night).

We always like to think we're doing a good job; but every once in a while, a little validation helps. Thank you for reading and continuing to support our publications. Our dedicated readership is what drives us to be better and better with each issue.





TOWNE INTERVIEW

Patrick Queen

Baltimore Ravens' Linebacker

By Tom Worgo
Photography courtesy Baltimore Ravens

It's something few professional athletes will admit...being overweight. Ravens second-year pro and linebacker Patrick Queen owns up to it. Queen weighed more than 240 pounds during the 2020 season.

In February at NFL Combine, a showcase for top draft picks, he checked at 232. "I was out of shape," Queen says. "There was so much stuff going on with Covid, it was really hard to work out consistently. Then you come to camp (in July), we

have practice, and we are running all day. It took me so long to get in shape. It was like Week 5 (in October). It was crazy."

But he bounced back sufficiently to have a stellar rookie season. He finished third in Defensive Rookie of the Year voting, leading the Ravens in tackles with 106 and had three sacks, two forced fumbles, and two fumble recoveries.

"The Ravens have such high standards for their defense," Queen says. "You have to go out there and really perform."

Queen did that at LSU, where he helped the Tigers win the national championship in 2020. After that season, the Ravens drafted him in the first round of the NFL Draft, No. 29 overall.

We recently talked to Queen about his offseason work, being

called Ray Lewis, Jr. by Ravens quarterback Lamar Jackson, and his experience as a member of the Ravens defense.

Are you primed for a huge year after a standout rookie year and a great offseason of work outs?

There is only one way to go and that is up. I have been working really hard all offseason. I have been running and lifting about three hours a day to get stronger and faster. That has been the whole focus of mine. I'm fit and strong. When I got to the Ravens facility in May, I was lifting for an hour and half each day. It really has been a great offseason.

How did it feel being drafted by a team that is so well known for its defense? Has it allowed you to thrive as a player?

It was like that at LSU. You know when you walk on the field, ev-



WE ARE DEFINITELY READY TO TAKE THAT NEXT STEP. WE FILLED EVERY NEED WE HAD IN THE OFFSEASON. WE KNOW WHAT WE NEED TO DO TO GET TO THE SUPER BOWL AND WE ARE PUTTING IN THE WORK. WE HAVE A GREAT SEASON AHEAD OF US.



Everybody is looking at the defense. We have so much energy. You have to live up to the defense of Ray Lewis, Ed Reed, and Terrell Suggs. That's a lot to live up to. That motivates me to put in the work to get better every day and make those guys that came before me proud. You have to go out there and really perform.

What do you want your legacy to be after your Ravens career is over?

That I was a great teammate, great player, and great at everything I did. That I did everything right and got the job done. If I do everything the right way, then I hope to be known as one of the all-time Raven greats.

Jackson called you Ray Lewis, Jr. after you were drafted. What was your reaction?

It was crazy. He didn't even know me and he gave me major props. It was all love there. Just being able to be called something close to the guy who set the tempo for the defense and was such a leader was a great thing.

Why did you change your jersey number from 48 to six? You wore eight in college, but Jackson already had it? Did you try to pry it away from him?

It felt like the right thing to do to go to a single digit. It gives me swagger and I will play good with it. Eight was a number I had in

high school. It was something that stuck with me all the way through college. I was messing around with Lamar a lot on social media about it. But he already had it.

What it's like competing against Jackson, the NFL's MVP in 2019, in practice? Can you keep up with him?

It's a lot of fun. It's tough catching him. It is someone you want to catch because he is so great. It's an adventure.

What veteran Ravens players helped you adjust to the NFL last year?

The first person I talked to when I got here was Chuck Clark. He gave me the rundown on everything. How to keep your body in shape, be a professional, practice, and study. Anthony Levine was another guy I talked to all the time.

Those guys pointed me in the right direction when I got here, and I still talk to those guys every day.

Are the Ravens ready to go on a deeper playoff run and advance to the AFC championship game or perhaps the Super Bowl?

We are definitely ready to take that next step. We filled every need we had in the offseason. We know what we need to do to get to the Super Bowl and we are putting in the work. We have a great season ahead of us.

You were part of a national championship team at LSU? What was that experience like? Do you still talk to your some of your former college teammates who are in the NFL now?

The locker room was electric. We all got a long so well and we

boasted. We knew no one could touch us. We just tried to go out there and dominate. You could see every play on the field we were having fun. I talk to Clyde Edwards-Helaire and Thaddeus Moss. I talk to them pretty much every day.

You were a pretty good baseball player in high school and had offers from South Florida and Central Florida. Did you consider trying to make the LSU baseball team as a walk-on?

I thought about going out for the baseball team, but my dad wouldn't let me. I had to focus on football. If I was failing at football, it would have been a different story. I actually loved baseball more than football growing up. I won a state championship in high school.

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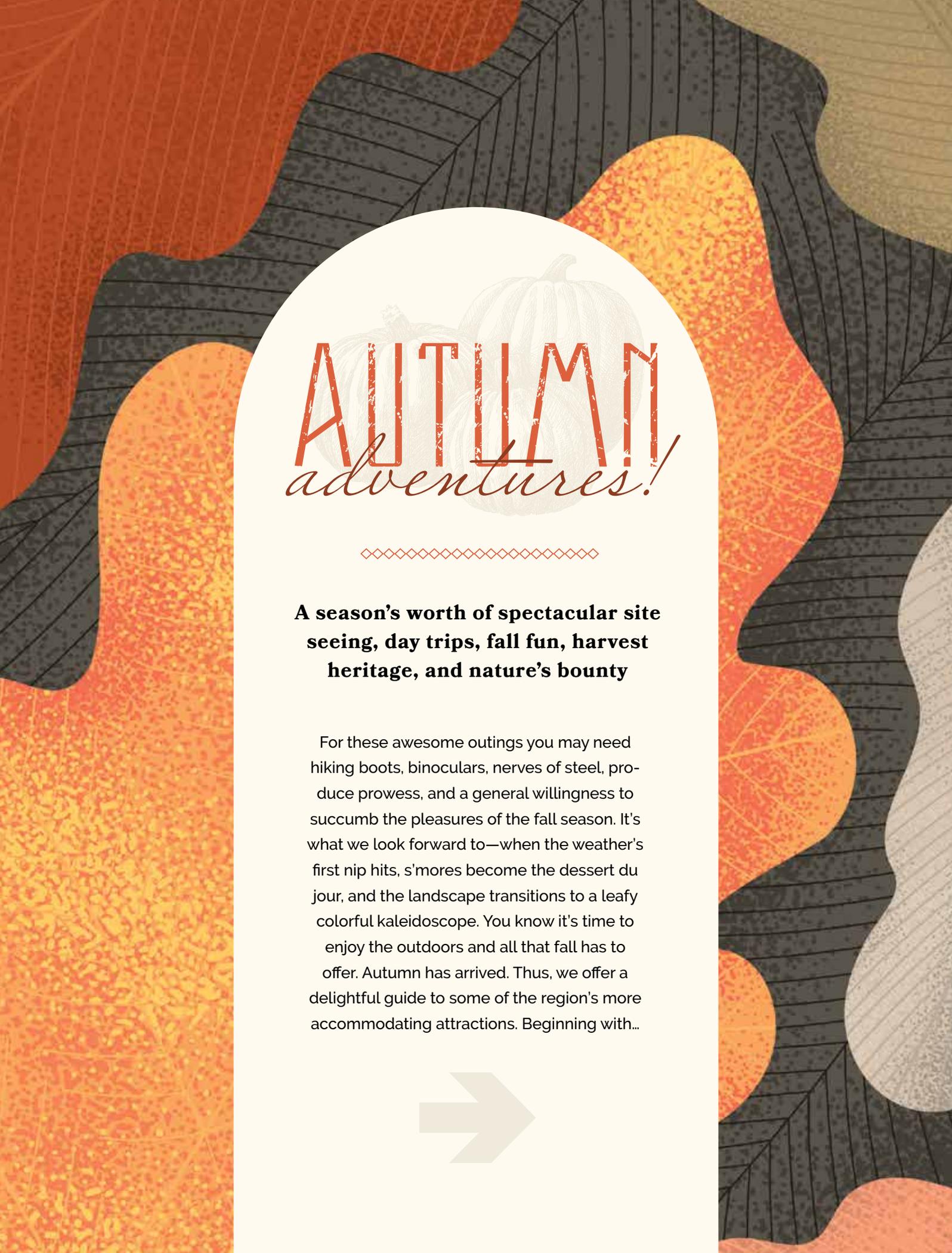
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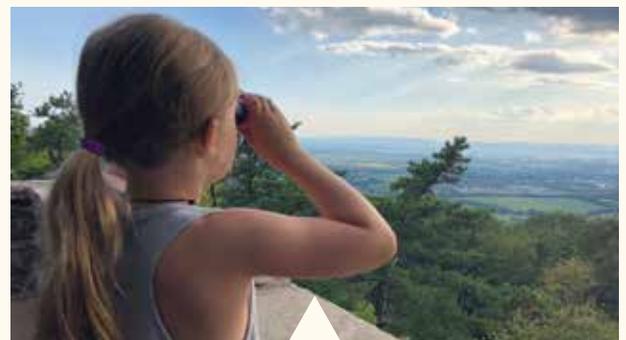
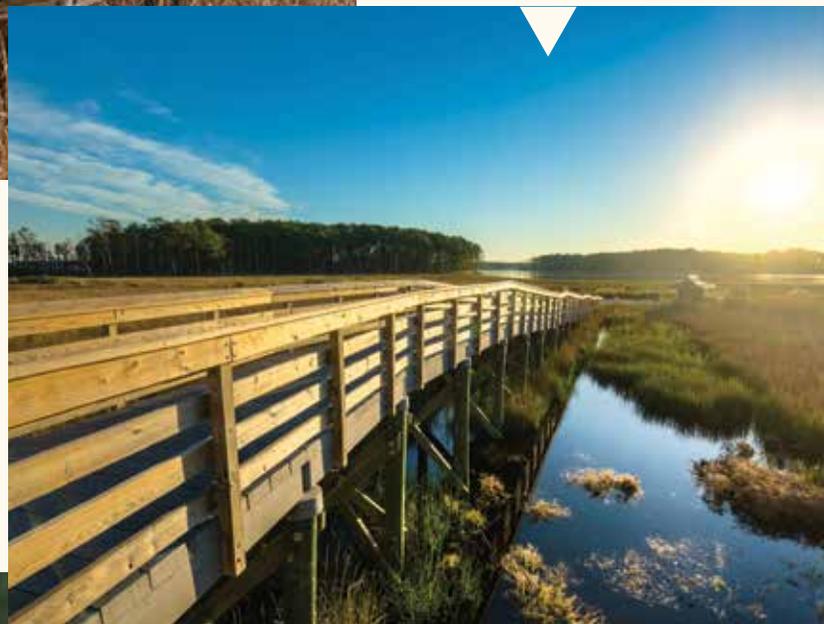


Smithsonian Environmental Research Center (SERC): SERC has a series of three trails in Edgewater waiting to be explored. Two of the trails start at the Reed Education Center, both just 1.3 miles long. Keep a look out for Java History Trail. This trail has been used by Native Americans, farmers, and scientists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



Blackwater National Wildlife Refuge & Visitor Center: Blackwater National Wildlife Refuge Center is one of the best places to find a trail (either by foot or kayak) for bird-watching opportunities, waterfowl viewing, fishing, and more. There are multiple land trails available including Marsh Edge Trail, Key Wallace, and Tubman Trail. Blackwater National Wildlife Refuge is located just south of Cambridge and offers trails both short and long. Visit Fws.gov/refuge/Blackwater for information.

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



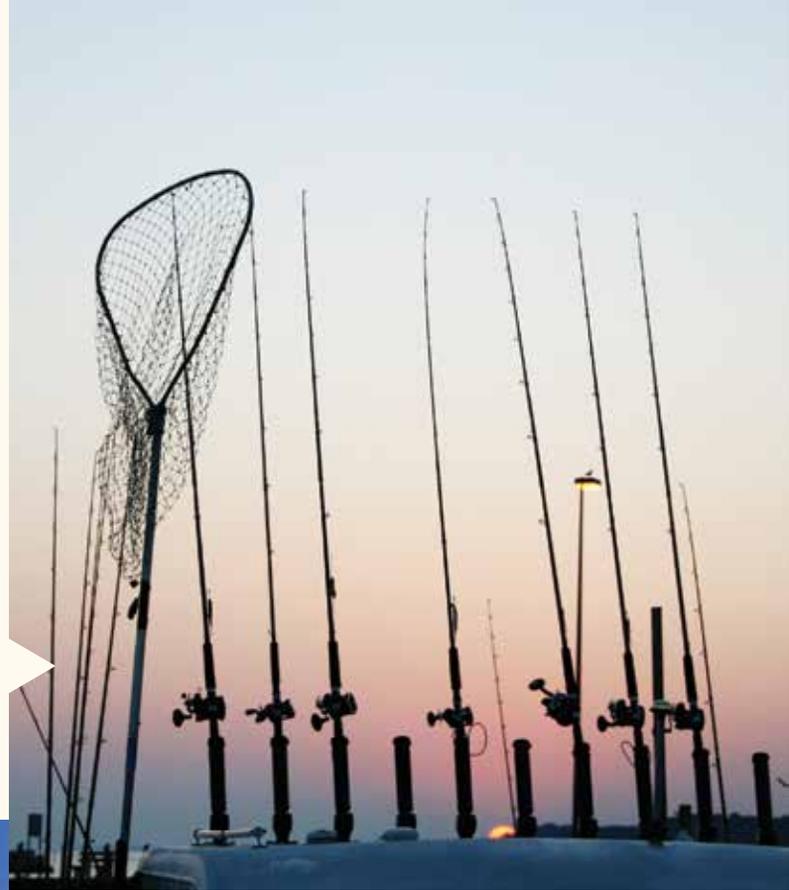
Gambrill State Park/Cunningham Falls State Park/Catoctin Mountain Park: This contiguous stretch of three massive parks, forests, falls, and mountainous terrain begins at the foothills just north of Frederick and continuous through Thurmont and up to the Mason-Dixon line. Within each park are miles and miles of hiking trails, boulder outcrops, falls, and numerous scenic overlooks, providing some of the best seasonal views in the state. Visit Dnr.maryland.gov/publiclands for information.

Charter Boats on the Bay



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

Beautiful Bay Views & Charter Fishing: Charter a boat in Chesapeake Beach, Solomons Island, Rock Hall, St. Michaels, or beyond. Rockfish season is at its year-end prime during the fall. Easily book a charter through Haven Charters, Chesapeake Bay Charters, or one of the many other options on the Chesapeake Bay. Whether you want to fish or just sit back and relax, being on a boat will put you in the right frame of mind. To learn more, book your trip, and begin your research, visit Chesapeakefishingcharters.com or Fishsolomons.com.



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



Haunted Harbor Tours



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

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



Fall Festivities

The Maryland Corn Maze: Each year, The Maryland Corn Maze in Gambrills puts together an unforgettable experience. This year, the theme of the maize maze is America. Many people missed out on vacations last year, so, instead, travel your way through the States in this year's maze. After you get through the country, enjoy hayrides, rope swings, giant Lincoln logs, and so many more activities. Mdcornmaze.com.



54th Annual Autumn Glory Festival: The annual Autumn Glory Festival is a 5-day celebration of autumn that celebrates the beauty of the local fall foliage in Deep Creek. The festival will occur October 13th through October 17th and will feature a parade on Saturday, October 16th. This festival will have a craft and gift sale, kick-off dinner, fall foliage driving tours, and so much more. Find more information at Visitdeepcreek.com.

Homestead Gardens' Fall Festival: Traditionally held each fall, this festival features pumpkin picking, kids' games/crafts/attractions, hayrides, food/drinks (including for the adults), live music, and Homestead's famous homemade apple cider donuts. Homesteadgardens.com.



Rock Hall Fall Festival: FallFest attracts thousands of visitors from across the eastern seaboard showcasing the quaint hamlet of Rock Hall as it celebrates its heritage as a waterman's town. Locals and visitors alike attend the festival because they know that FallFest guarantees to be a unique event where musicians hold forth throughout the day, oysters are local and plentiful, and children can participate in captivating and free activities. Approximately 40 handicraft vendors show and sell their wares at the festival and a large selection of food vendors serve up regional favorites. Rockhallfallfest.org.

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

Knightongale Farms: Pick your pumpkins at Knightongale Farm in Harwood. This 90-acre farm features pumpkins, Christmas trees, sunflowers, and more. During pumpkin season, enjoy a petting zoo, hayrides, corn maze, and everything else you need for a full fall festival. Knightongalefarm.com.

2021 International Edgar Allan Poe Festival & Awards: Gather at the Edgar Allan Poe House & Museum and Poe Park on October 2nd & 3rd to commemorate the 172nd anniversary of Edgar Allan Poe's death and for a Death Weekend Poe Places Tour. The fourth annual event is free and will feature Poe-themed performances, art, vendors, food, and more to celebrate Poe's life, works, and influence on the arts. Poeinbaltimore.org.



U-Pick Farms & Pumpkin Patches



Baughter's Orchard, Westminster: After serving Carroll County and beyond for over 100 seasons, Baughter's knows exactly how to approach the fall season. Visit Baughter's every weekend in October for their Fall Festival from 9 a.m. to 5 p.m. They offer apple picking, pumpkin picking, a petting zoo, homemade fudge, and baked goods, and more. Baughers.com.

Brookfield Pumpkins, Thurmont: Visit Brookfield Pumpkins to pick your own pumpkins, gourds, and squash (including butternut and spaghetti squash). Stop by the store to buy corn, mums, and more fall necessities and then stay around for a glass of wine from their neighbors, Links Bridge Vineyard. Brookfieldpumpkins.com.



Clark's Elioak Farm, Ellicott City: Make sure to purchase your tickets online for Clark's Elioak Farm in Ellicott City this fall. Walk-ins will not be available. Visit the petting farm and the pumpkin patch and be sure to ride the cow train and the enchanted express train through the enchanted forest. Clarklandfarm.com.

Buppert's, Marriotsville: Stop by Buppert's for hayrides, pumpkin picking, and a corn maze everyday through November. Reserve tickets online to ride the hayride during the week and stop by on the hour from 11 a.m. to 4 p.m. on Saturdays and Sundays. Bupperts.com.

Gaver Farm, Mount Airy: Come out from 10 a.m. to 6 p.m. every day to pick pumpkins, apples, and sunflowers on their 12-acre patch. Hayrides and admission are free to the pumpkin patch. Don't forget to get lost in the corn maze, play with the pedal carts and experience over 50 other attractions on the grounds on fall fun days, every day through October 31st. Gaverfarm.com.

Jones Family Farm, Edgewood: Bring your family to Edgewood for pumpkin picking and fall activities, including making your own, homemade scarecrow to take home with you. The farm is open daily through November 1st from 10 a.m. to 6 p.m. Jone-producefarm.com.

Mary's Maze, Ellicott City: Mary's Maze has more than just a "Once Upon a Time"-themed corn maze. Visit their pumpkin patch, hay castle, and mini maze on their beautiful farm every weekday of October from 10 a.m. to 5 p.m. Come back on the weekends for live music, photo sessions, fall snacks, and drinks. Stay tuned for the end of October when they'll be hosting a Flashlight maze and Haunted maze. Visit their website to see the musician and food truck schedule. Marysmaze.com.

Winterbrook Farms, Thurmont: Experience the learning barn, pumpkin pillow, ziplines, and plenty more activities after you walk through the pumpkin patch and corn mazes at Winterbrook Farms. On the 327-acre farm, there is sure to be an activity for everybody. Winterbrookfarms.com.



WHAT'S UP? MEDIA

LEADING LAWYERS

CALLING ALL LAWYERS: NOMINATIONS ARE OPEN

Nomination surveys for the 2022 Class of Leading Lawyers have officially opened to all legal professionals practicing law in Anne Arundel County and Maryland's Eastern Shore. Lawyers (and judges) are encouraged to nominate their legal peers for this distinguished honor that recognizes the best lawyers in the region. This is your opportunity to voice your opinion as to which lawyers should be acknowledged as leaders in their various areas of specialty. We thank you in advance for participating in this valuable service. **Results will be published in our May 2022 issues. Surveys will close on Nov. 30th, 2021.**

whatsupmag.com/2022lawyerssurvey

Choose Wisely

How to navigate the medical community and select a doctor that works for you

By James Houck

“Bedside manner” is perhaps the most personal connection between a doctor and patient. It’s the dance of delivering medical attention, results, and news—sometimes very encouraging or downright difficult—with affable or forthright character; with sincerity or direct honesty. Sometimes a balance between both. We say “bedside manner” to describe the way our medical professionals interact with us—be it for a routine check-up, complicated surgery, extended treatment, or emergency attention. How those interactions play out can have very meaningful outcomes for both the doctor and patient that extend beyond the immediate care given/received.

For patients, assurance that everything will be alright is what we want to hear. And when that’s not the case, we at least want to know *and feel* that our care is in the best hands possible. Doctors who navigate the myriad medical possibilities of any one patient, let alone an entire caseload, with reliability, frankness, but also empathy—and repeat this process time and again—tend to gain favor among their patients and medical peers...and a reputation develops.

Doctors who have the greatest experience among their peers understand this, and that there’s no “one size fits all” approach to providing the doctor/patient experience and developing these relationships. We’re human; each of us similar, but not the same. Yet we all need some tuning and fixing up from time to time, which is why it’s vital to choose medical providers who not only have excellent credentials on paper, but also a positive reputation in the medical community and among their patients.

“Recognize we are all human and from there it is critical that your personality and the doctor’s ‘meld,’” says Timothy Shanahan, DO, who serves as Medical Director of University of Maryland (UM) Shore Medical Group. “It is okay to feel more comfortable with one provider versus another. The most important thing is you have a partner in your health that you trust.”

So, how to best choose a primary care provider? How do you know to trust the name on building or the referral slip? Is the surgeon scheduled to operate on you, the best available? Let’s explore the possibilities, and along the way...talk to a few experts—actual doctors.

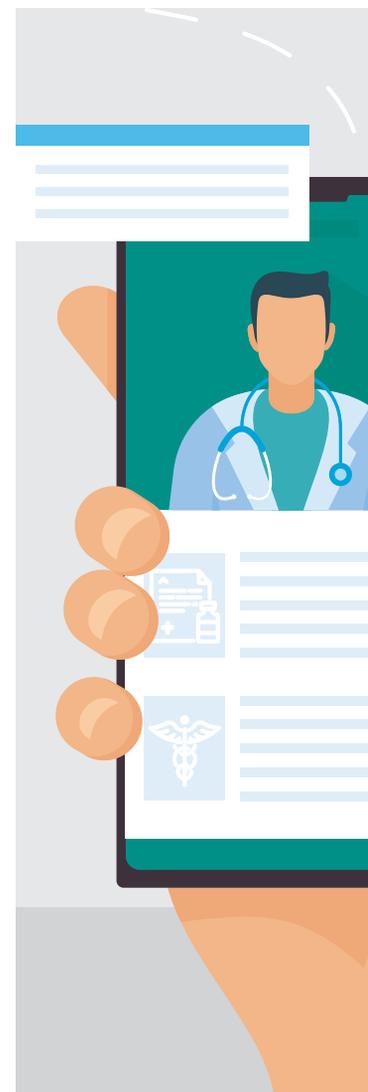
Do Your Homework

Before you meet and actually get to know a doctor and his/her personality, the first steps toward a medical relationship involve research and an understanding of who could and should treat you. The National Institute on Aging provides a wealth of information and ideas on how to seek and find the right doctor for *you*. The primary considerations, the Institute suggests, begin with a self-evaluation—deciding what qualities *you* are looking for in a doctor and his/her office. This involves asking questions, such as:

Do you care if your doctor is a man or a woman? Is it important that your doctor has evening office hours? Is associated with a specific hospital or medical center? Speaks your language? Do you prefer a doctor who has an individual practice or one who is part of a group (so you can see one of your doctor’s partners if your doctor is not available)? Does the doctor have experience treating my medical conditions? Does the doctor have special training or certifications? What is the cancellation policy? How long will it take to get an appointment? How long do appointments usually last? Can I get lab work and x-rays done in the office?

These are a few of the possible questions and qualities that can help guide your decision-making process. Personal preferences aside, note that characteristics such as gender, age, looks, and ethnicity do not impact a doctor’s medical qualifications. Then, ask your friends, family, neighbors, or, even, coworkers for any general recommendations. You might get a few suggestions that appear to match your own criteria.

“You also should check to see if the provider is either board eligible or board certified,” states Jeff Gelfand, MD, Medical Director of the Orthopedic Service Line for Luminis Health Anne Arundel Health System. “References from former patients can also provide valuable insights, especially from family and friends of yours. Once a



References from former patients can also provide valuable insights, especially from family and friends of yours. Once a decision is made, the patient should feel that both the doctor and the office staff are approachable and responsive.”



decision is made, the patient should feel that both the doctor and the office staff are approachable and responsive.”

Esther Lui, MD, who serves as Chair of the Department of Pediatrics for UM Baltimore Washington Medical Center, agrees and further suggests, “A truly competent and skilled physician should always be seeking to hone their skills and should be aware of all the truly new and improved techniques and guidelines, while also maintaining their knowledge of the foundations of science.”

Another critical consideration is your health care plan/insurance. Whether you are in a managed care plan such as a Health Maintenance Organization (HMO) or Preferred Provider Organization (PPO), you’ll likely be required to see a doctor within its network or potentially pay out-of-pocket for out-of-network treatment. It’s important

to research the doctors within your care plan’s network; most insurance providers maintain an easily searchable database of in-network doctors online.

First Impression

If you’re feeling comfortable with your research, what you see on paper, and the advice from others, it’s due time to schedule a first appointment to meet the doctor. This appointment will be the most telling aspect of whether or not your hopes match reality. From the way you’re greeted on the very first phone call with the doctor’s office to the moment you say goodbye after your first appointment (and even the parking situation), you should pay close attention to all interactions and variables, take mental notes, and ask yourself questions about the experience. How was the office culture? Did you feel comfortable? Were your questions answered?

Additionally, did you experience or feel any red flags on your initial visit. Red flags could include: a sense of feeling rushed, a doctor’s arrogance, speaking down to a patient, unprofessional staff, difficulty communicating/connecting, or an unusually high number of job changes (although changing locations could be justifiable; military commitments, specialty training, etc.).

“Limited connection or lack of confidence in a physician should raise concerns and consideration of choosing another provider,” suggests Stephen Cattaneo, MD, Chief of Thoracic Surgery for Luminis Health. “A doctor’s office should also respond and communicate within a reasonable amount of time. Interactions with office staff and medical assistants provide a sense as to whether a doctor’s office is efficient and has adequate staffing to meet a patient’s needs and schedule.”

“The best doctors listen and hear you,” sums Lorraine Tafra, MD FACS, Breast Surgical Oncologist and Medical Director of the Rebecca Fortney Breast Center for Luminis Health. “They are paying attention to not just what you are saying, but also how you are saying it; how you defer—or don’t defer—to the family members with you; your body language; and words you say and don’t say. In the brief time they have with you, the best doctors can determine who you are and what is important to you.”

The Very Best

“Compassion, empathy, and intelligence are the first three words that come to my mind,” says Patrick Maloney, MD, Director of Resident Education at The Institute for Foot and Ankle Reconstruction at Mercy, when asked about what qualities are emblematic of the very best doctors.



Research Doctor Certifications

Recommended research tools from the National Institute of Aging

The **American Medical Association's Doctor Finder** website (doctorfinder.ama-assn.org) and the **American Board of Medical Specialties' Certification Matters** database

(certificationmatters.org) can help you find doctors in your area. These websites don't recommend individual doctors, but they do provide a list of doctors you may want to consider. **Medline-Plus** (medlineplus.gov/directories), a website from the National Library of Medicine at NIH, has a comprehensive list of directories, which may also be helpful. For a list of doctors who participate in Medicare, visit the **Medicare.gov Physician Compare Tool** (medicare.gov/care-compare). Don't forget to call your local or State medical society to check if complaints have been filed against any of the doctors you are considering.



"For myself, as a surgeon, I also need to be technically skilled to perform the procedures in the OR. For years, I think some patients tolerated surgeons with poorer bedside manner with the understanding that at least they were good at operating. However, in today's world, I think that acceptance behavior that lacks empathy and compassion is no longer tolerated. All doctors need to treat their patients with the respect and kindness they deserve."

The doctors we spoke with for this article all agreed that these qualities are key to developing, not only positive rapport with their patients, but also a reputation as a top doctor among their peers.

"A physician's reputation is molded by hard work, problem solving ability, and word of mouth," shares Keith Goulet, DO, with Luminis Health Anne Arundel Medical Group Lung Specialists. "You have to treat your colleagues and patients with respect and kindness. Most importantly, a physician earns their reputation through patient interactions. Patients will always share their opinions about physicians in the community, good or bad."

"Lead by example," says Natalie Chilaka, MD, Orthopedic Surgeon at UM BWMC. "Only when you hold yourself to the highest standards of integrity and excellence can you truly expect the same of others." Chilaka adds a number of traits that the very best doctors should exemplify:

Demonstrate both knowledge and skill. Consistent dedication and excellence (try to always be "on-call" for your colleagues when they reach out to you). **Exercise good judgment** (be willing to take on challenging patients but also acknowledge when you are not the best provider to meet a patient's needs and refer appropriately to other specialists). **Communicate** clearly and respond promptly to questions from other team members (this allows all providers to care more efficiently for the patient; a coordinated team also inspires confidence in the patient and improves their experience). **Be mindful** of how the manner in which you conduct yourself impacts those around you; treat everyone with respect

Gelfand recalls early in his career, "When I first started practicing, my senior partner told me of the 'three As' to physician success: affability, availability, and ability. If you are likable,

available to accommodate patients, and capable, you will succeed."

Christopher Runz, DO, Urologic Surgeon with UM Shore Medical Group, echoes Gelfand. "A good reputation comes by being affable, available, approachable, and providing great care to your patients. Reputable physicians are usually ones that listen and communicate exceptionally well."

Time and again, when we asked doctors employed across multiple hospital systems in the region, we heard very similar sentiments. Shanahan, with Shore Medical Group, summarily posits, "In totality it is a doctor, who through years of service, has proven their ability to provide the best standard of care to their patients, fellow family members, and colleagues in a caring and compassionate way. Said another way, they are true to the Hippocratic Oath and are patient-focused, and this drives every decision they make."

Thankfully, for those pursuing the very best medical care for themselves or a loved one, there are many excellent doctors, hospital systems, and independent practitioners in the greater Chesapeake Bay region.



THANK YOU FOR YOUR CONTINUED SUPPORT
TOP DOC SINCE 2005
 Podiatric Foot Care and Surgery

LYLE T. MODLIN, D.P.M., F.A.C.F.A.S.

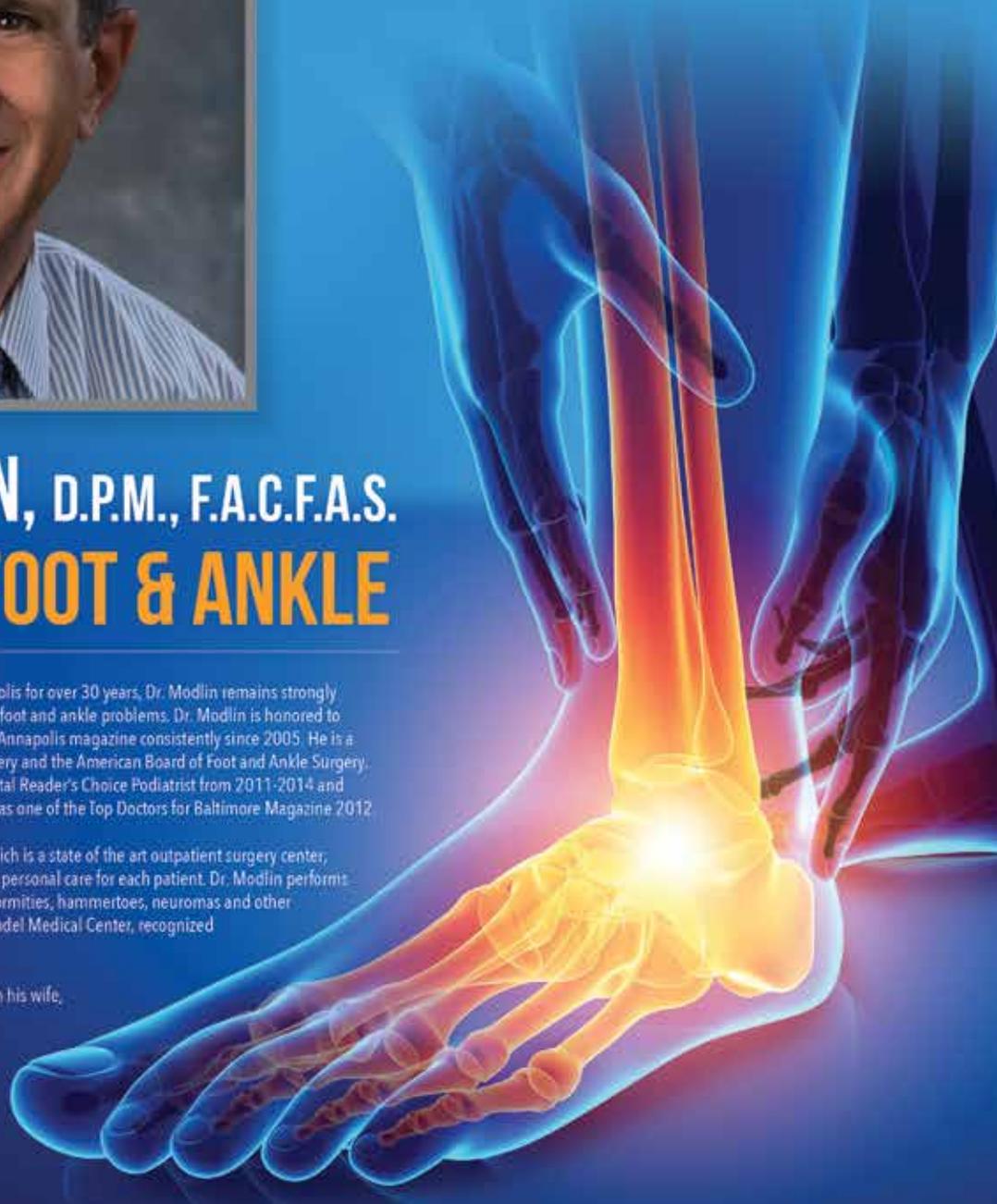
ANNAPOLIS FOOT & ANKLE

With the privilege of practicing in the great city of Annapolis for over 30 years, Dr. Modlin remains strongly committed to providing care to patients to alleviate their foot and ankle problems. Dr. Modlin is honored to have been voted as "Top Doc" for podiatry in What's Up? Annapolis magazine consistently since 2005. He is a Diplomate for both the American Board of Podiatric Surgery and the American Board of Foot and Ankle Surgery. Dr. Modlin has earned the honor of being voted The Capital Reader's Choice Podiatrist from 2011-2014 and Reader's Choice Finalist 2015-2017. He was also named as one of the Top Doctors for Baltimore Magazine 2012.

Dr. Modlin is affiliated with Riva Road Surgical Center which is a state of the art outpatient surgery center, committed to excellence in work and the highest level of personal care for each patient. Dr. Modlin performs many types of surgical procedures including bunion deformities, hammertoes, neuromas and other conditions of the foot. He is also affiliated with Anne Arundel Medical Center, recognized as one of the top hospitals in Maryland.

Dr. Modlin is a native of Maryland, lives in Annapolis with his wife, a native Annapolitan, and has three grown children.

Dr. Modlin provides both surgical and conservative care for his patients, offering a wide range of treatment options and gladly accepts new patients.



WHERE YOUR TOP DOCS OPERATE.



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BRIAN KAHAN DO
Pain Management

GARRETT LYNCH, MD
Orthopaedics

LYLE MODLIN, DPM
Podiatry

LEEANN RHODES, MD
Pain Management

GINA MASSOGLIA, MD
General Surgery

VINCENT SAYAN, MD
General Surgery

GARTH SMITH, MD
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2021-2022

Top Docs

ANNE ARUNDEL COUNTY'S TOP
PEER-NOMINATED DOCTORS

What's Up? Media takes the peer review process very seriously. The biennial **Top Docs** survey requires a surprising amount of time and energy to execute. Top Docs has been a six-month process that began in April with the survey campaign, in which What's Up? Media invited all practicing medical doctors within its distribution region—presently Anne Arundel, Queen Anne's, Kent, Talbot, and Dorchester counties—to participate in an online, secure survey. The survey form listed more than 40 areas of medical specialty, and several medical conditions. Doctors were asked to recom-

mend their most qualified peers, in their opinion, for each category of specialty/condition. Doctors were not required to fill in each category, but a surprising number did. Doctors were allowed to complete one survey each (qualified by entering their Maryland medical license number). After surveys were collected by deadline, vetted, and tallied, What's Up? Media arrived at the list of this year's Top Docs.

The Top Docs honored as such represent the individuals who received the highest number of nominations from their peers. Please note that

many fine physicians who are either new to the area or affiliated with other medical institutions may not be included. Additionally, this list represents only those "winners" who received the *most substantial* number of votes, not everyone who was nominated.

Knowing who medical professionals consider the best in their respective fields is an invaluable asset. We thank the many doctors who completed the survey and congratulate those who've earned the following accolades. →

Allergy & Immunology

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

Dr. Duane Gels

Annapolis Allergy & Asthma, L.L.C.; 129 Lubrano Drive, Ste. 200, Annapolis; 410-573-1600; annapolisallergy.com

Dr. Jaime Olenec

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

Dr. James Banks

Allergy & Asthma Associates, P.A.; 277 Peninsula Farm Road, Bldg. 3, First Floor, Arnold; 410-647-2600; annapollendocs.com

Dr. Timothy Andrews

Allergy & Asthma Associates, P.A.; 277 Peninsula Farm Road, Bldg. 3, First Floor, Arnold; 410-647-2600; annapollendocs.com

Anesthesiology

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

Dr. Glenn Gilmor

Anesthesia Company, L.L.C.; 700 Melvin Avenue, Ste. 7A, Annapolis; 410-280-2260; ancollc.com

Dr. Michael Webb

Anesthesia Company, L.L.C.; 700 Melvin Avenue, Ste. 7A, Annapolis; 410-280-2260; ancollc.com

Dr. Richard Ro

Anesthesia Company, L.L.C.; 700 Melvin Avenue, Ste. 7A, Annapolis; 410-280-2260; ancollc.com

Breast Cancer

A cancer that forms in the cells of the breasts.

Dr. Carol Tweed

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

Dr. Cynthia Drogula

Aiello Breast Center at UM BWMC; 203 Hospital Drive, Ste. 100B, Glen Burnie; 410-553-8351; umms.org

Dr. Jeanine Werner

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

Dr. Lorraine Tafra

AAMC Breast Center; 2000 Medical Parkway, Belcher, Ste. 200, Annapolis; 443-481-5300; aahs.org/breast

Dr. Robert Buras

AAMC Breast Center; 2000 Medical Parkway, Belcher, Ste. 200, Annapolis; 443-481-5300; aahs.org/breast

Dr. Wen Liang

AAMC Breast Center; 2000 Medical Parkway, Belcher, Ste. 200, Annapolis; 443-481-5300; aahs.org/breast

Cardiovascular Disease

Dealing with the heart, its actions, and diseases.

Dr. Eric Ginsberg

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

Dr. Jennifer Brown

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

Dr. John Kennedy

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

Dr. Jonathan Altschuler

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

Dr. Lawrence Jacobs

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

Dr. Michael Goldstein

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

Dr. Scott Katzen

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

Dr. Valeriani Bead

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste. 500, Annapolis; 410-573-6480; medstar-heartinstitute.org

Colon & Rectal Surgery

Dealing with surgery involving the colon and rectum.

Dr. Mari Madsen

Annapolis Colon & Rectal Surgeons; 2002 Medical Parkway, Sajak, Ste. 360, Annapolis; 410-573-1699; annapoliscolon.com

Dr. Steven Proshan

Annapolis Colon & Rectal Surgeons; 2002 Medical Parkway, Sajak, Ste. 360, Annapolis; 410-573-1699; annapoliscolon.com

Critical Care Medicine

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

Dr. Helen Prevas

Anne Arundel Medical Center/Luminis Health Intensivists; 2001 Medical Parkway, Annapolis; 443-481-1750; aaos.net

Dr. Kanak Patel

Anne Arundel Medical Center/Luminis Health Intensivists; 2001 Medical Parkway, Annapolis; 443-481-1750; aahs.org

Dermatology

Dealing with the skin and its diseases.

Dr. Christine Ambro

Annapolis Dermatology Center; 71 Old Mill Bottom Road N., Ste. 300, Annapolis; 410-268-3887; adcderm-docs.com

Dr. Gail Goldstein

Annapolis Dermatology Center; 71 Old Mill Bottom Road N., Ste. 300, Annapolis; 410-268-3887; adcderm-docs.com

Dr. Kelly McGuigan

Anne Arundel Dermatology; 101 Ridgley Avenue, Ste. 10, Annapolis; 443-351-3376; aadermatology.com

Dr. Krista Buckley

Annapolis Dermatology Center; 71 Old Mill Bottom Road N., Ste. 300, Annapolis; 410-268-3887; adcderm-docs.com

Dr. Lesley Sutherland

Anne Arundel Dermatology; 115 Sallitt Drive, Ste. E, Stevensville; 443-351-3376; aadermatology.com

Dr. Lisa Renfro

Annapolis Dermatology Associates; 2002 Medical Parkway, Sajak, Ste. 630, Annapolis; 410-224-2260; annapolisdermatology.com

Endocrinology, Diabetes & Metabolism

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

Dr. Barbara Onumah

AAMG Diabetes & Endocrine Specialists; 2000 Medical Parkway, Suite 510, Annapolis; 443-481-6700; myaamg.org

Dr. Michele Smadja-Gordon

Annapolis Internal Medicine, L.L.C.; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

Gastroenterology

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

Dr. Barry Cukor

Maryland Diagnostic & Therapeutic Endoscopy Center; 621 Ridgley Avenue, Suite 101, Annapolis; 410-224-3636; mdtecmed.com

Dr. Christopher Olenec

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

Dr. Praveena Velamati

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

Dr. Raja Taunk

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

General Surgery

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

Dr. Gina Massoglia

Chesapeake Surgical Associates; 2009 Tidewater Colony Road, Annapolis; 410-571-9499; chesapeakeurgery.com

Dr. Vincent Sayan

Vincent Sayan MD, FACS; 134 Holiday Court, Annapolis; 410-224-4404; sayansurgical.com

Gynecology

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

Dr. Susan Peeler

Institute for Gynecologic Care, Mercy; 888 Bestgate Road, Ste. 208, Annapolis; 443-949-3401; mdmercy.com

Dr. Teresa Diaz-Montes

Institute for Gynecologic Care, Mercy; 888 Bestgate Road, Ste. 208, Annapolis; 443-949-3401; mdmercy.com

Gynecology & Obstetrics

Dealing with the physical care of the reproductive system of women, birth, and its antecedents and after-effects.

Dr. Barbara Wells

Chesapeake Womens Care, P.A.; 2000 Medical Parkway, Belcher, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

Dr. Homayara Aziz

Aziz ObGyn; 10632 Little Patuxent Parkway, Ste. 106, Columbia; 410-775-6430; azizobgyn.com

Dr. Marcus Penn

Chesapeake Womens Care, P.A.; 2000 Medical Parkway, Belcher, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

Hematology & Oncology

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

Dr. Carol Tweed

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-867-6200; marylandoncology.com

Dr. Jason Taksey

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-867-6200; marylandoncology.com

Dr. Jeanine Werner

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

Dr. Ravin Garg

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-867-6200; marylandoncology.com

Dr. Stuart Selonick

Maryland Oncology Hematology; 810 Bestgate Road, Ste. 400, Annapolis; 410-897-6200; marylandoncology.com

Hospice & Palliative Care

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

Dr. Ruth Gallatin

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

Internal Medicine

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

Dr. Mariaileen Sourwine

Inspire Inegrative Medicine; 277 Peninsula Farm Road, Bldg. 3, Ste. 1, Arnold; 410-989-8833; pmg.inspire-im.com

Dr. Matthew Malta

Dr. Matthew J. Malta, M.D., P.A.; 132 Holiday Court, Ste. 201, Annapolis; 410-573-2477; drmalta.com

Dr. Tim Woods

Annapolis Internal Medicine, L.L.C.; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

Dr. Titus Abraham

Annapolis Internal Medicine, L.L.C.; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

Lyme Disease

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

Dr. William Vickers

Mid-Atlantic Health Institute; 71 Old Mill Bottom Road N., Ste. 102, Annapolis; 443-317-3393; midatlantichalthinstitute.com

Macular Degeneration

An eye disease that causes vision loss.

Dr. Prisca Diala

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

Medically Supervised Weight Loss

Physician-supervised weight-loss and nutrition programs.

Dr. David Anderson

Annapolis Medical Weight Loss; 2401 Brandermill Boulevard, Ste. 360, Gambrills; 410-721-9862; annapolismedicalweightloss.com

Nephrology

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

Dr. Adnan Hashmi

Washington Nephrology Associates; 116 Defense Highway, Ste. 202, Annapolis; 410-224-0270; washingtonnephrology.com

Dr. Ali Ipakchi

Central Maryland Nephrology; 1127 West Street, Ste. 105, Annapolis; 410-562-9878; cmneph.com

Dr. Andrew Briglia

Annapolis Nephrology Associates, L.L.C.; 104 Forbes Street, Ste. 102, Annapolis; 410-571-8333; aahs.org

Dr. Jonathan Rudick

Central Maryland Nephrology; 1127 West Street, Ste. 105, Annapolis; 410-562-9878; cmneph.com

Neurological Surgery

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

Dr. Brian Sullivan

Maryland Brain, Spine and Pain; 1000 Bestgate Road, Ste. 400, Annapolis; 410-266-2720; mbsp.com

Dr. Clifford Solomon

Spine & Neuroscience Center at UM BWMC; 203 Hospital Drive, Ste. 200, Glen Burnie; 410-553-8160; umms.org

Dr. Gary Dix

Maryland Brain, Spine and Pain; 1000 Bestgate Road, Ste. 400, Annapolis; 410-266-2720; mbsp.com

Neurology

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

Dr. Brian Salter

Annapolis Neurology Associates; 122 Defense Highway, Ste. 210, Annapolis; 410-266-9694; annapolisneurology.com

Dr. Daniel Hexter

Annapolis Neurology Associates; 122 Defense Highway, Ste. 210, Annapolis; 410-266-9694; annapolisneurology.com

Dr. Molly Price

Annapolis Neurology Associates; 122 Defense Highway, Ste. 210, Annapolis; 410-266-9694; annapolisneurology.com

Ophthalmology

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

Dr. Heather Nesti

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

Dr. Maria Scott

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

Dr. Orin Zwick

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

Orthopedic Sports Medicine

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

Dr. Dan Redziniak

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. Louis Roland, III

Anne Arundel Orthopedics Surgeons, P.A.; 2003 Medical Parkway, Wayson, Ste. 400, Annapolis; 410-573-2530; aaos.net

Dr. Paul King

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

Orthopedic Surgery

Dealing with conditions involving musculoskeletal systems.

Dr. Chad Patton

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. James MacDonald

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. Louis Roland, III

Anne Arundel Orthopedics Surgeons, P.A.; 2003 Medical Parkway, Wayson, Ste. 400, Annapolis; 410-573-2530; aaos.net

Dr. Paul King

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

Orthopedic Surgery (Hand)

Dealing with surgery of the hand.

Dr. Garth Smith

Anne Arundel Orthopedics Surgeons, P.A.; 2003 Medical Parkway, Wayson, Ste. 400, Annapolis; 410-573-2530; aaos.net

Dr. Jeffrey Gelfand

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. Thomas Dennis

Annapolis Hand Center, L.L.C.; 128 Lubrano Drive, Ste. 301, Annapolis; 410-544-4263; annapolis-handcenter.com

Orthopedic Surgery (Hip)

Dealing with surgery of the hip.

Dr. James MacDonald

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. Paul King

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

Orthopedic Surgery (Knee)

Dealing with surgery of the knee.

Dr. James MacDonald

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. Louis Roland, III

Anne Arundel Orthopedics Surgeons, P.A.; 2003 Medical Parkway, Wayson, Ste. 400, Annapolis; 410-573-2530; aaos.net

Dr. Paul King

AAMG Orthopedic & Sports Medicine Specialists; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

Otolaryngology

Dealing with the ear, nose, and throat.

Dr. J. Michael Pardo

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

Dr. Joydeep Som

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

Pediatrics

The medical sciences dealing with children.

Dr. Diego Escabosa

Bayside Pediatrics; 2024 West Street, Ste. 400, Annapolis; 410-224-7667; mybay-sidepeds.com

Dr. Faith Hackett

Severna Park Doctors Pediatrics and Internal Medicine; 844 Ritchie Highway, Ste. 206, Severna Park; 410-647-8300; spdccs.net

Dr. James Rice

Annapolis Pediatrics; 200 Forbes Street, Ste. 200, Annapolis; 410-263-6363; annapolispediatrics.com

Dr. Rebecca Vickers

Arundel Pediatrics, P.A.; 1460 Ritchie Highway, Ste. 209, Arnold; 410-789-7337; arundelpediatrics.com

Physical Medicine & Rehabilitation

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

Dr. Brian Kahan

The Kahan Center for Pain Management; 170 Jennifer Road, Ste. 240, Annapolis; 410-571-9000; thekahancenter.com

Dr. Zvezdomir "Zed" Zamfirov

All Star Pain Management & Regenerative Medicine; 166 Defense Highway, Ste. 300, Annapolis; 410-855-4368; allstarpainmanagement.com

Plastic Surgery (Enhancement)

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

Dr. Christopher Spittler

Plastic Surgery Specialists; 2448 Holly Avenue, Ste. 400, Annapolis; 410-841-5355; plasticssurgeryspec.com

Dr. James Chappell

Annapolis Plastic Surgery; 2002 Medical Parkway, Sajak, Ste. 215, Annapolis; 410-881-2517; annapolis-plasticsurgery.com

Plastic Surgery (Facial)

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

Dr. Bryan Ambro

Annapolis Plastic Surgery; 2002 Medical Parkway, Sajak, Ste. 215, Annapolis; 410-881-2517; annapolis-plasticsurgery.com

Dr. Henry Sandel

Sandel Duggal Plastic Surgery & Med Spa; 104 Ridgley Avenue, Annapolis; 410-266-7120; sandelduggal.com

Plastic Surgery (Reconstructive)

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

Dr. Christopher Spittler

Plastic Surgery Specialists; 2448 Holly Avenue, Ste. 400, Annapolis; 410-841-5355; plasticssurgeryspec.com

Dr. James Chappell

Annapolis Plastic Surgery; 2002 Medical Parkway, Sajak, Ste. 215, Annapolis; 410-881-2517; annapolis-plasticsurgery.com

Dr. Luther "Tripp" Holton

AAMG Plastic Surgery; 2000 Medical Parkway, Belcher, Ste. 603, Annapolis; 443-481-3400; aamgplasticsurgery.com

Podiatry

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

Dr. Eric Harmelin

Annapolis Foot & Ankle Center; 2086 Generals Highway, Ste. 101, Annapolis; 410-266-7666; annapolisfootandanklecenter.com

Dr. Lyle Modlin

Annapolis Foot & Ankle; 43 Old Solomons Island Road, Ste. 102, Annapolis; 410-263-3100; annapolisfootandankle.com

Primary Care Medicine

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

Dr. Andrew McGlone

Annapolis Primary Care; 2002 Medical Parkway, Sajak, Ste. 670, Annapolis; 443-481-1150; myaamg.org/annapolis-primary-care

Dr. Ruth Gallatin

Crofton Internal Medicine; 2401 Brandermill Boulevard, Ste. 220, Gambrills; 410-451-7214; aahs.org

Dr. Scott Eden

Annapolis Primary Care; 2002 Medical Parkway, Sajak, Ste. 670, Annapolis; 443-481-1150; myaamg.org/annapolis-primary-care

Psychiatry

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

Dr. Christina Bowman

Waypoint Wellness Center; 166 Defense Highway, Ste. 203, Annapolis; 410-684-3806; waypointwellnesscenter.com

Dr. Donna Ticknor

Waypoint Wellness Center; 166 Defense Highway, Ste. 203, Annapolis; 410-684-3806; waypointwellnesscenter.com

Dr. Melissa Wellner

Waypoint Wellness Center; 166 Defense Highway, Ste. 203, Annapolis; 410-684-3806; waypointwellnesscenter.com

Dr. Michael

Labellarte, Sr.
CPE Clinic, LLC; 130 Admiral Cochrane Drive, Ste. 103, Annapolis; 410-979-2326; cpeclinic.com

Pulmonology

Dealing with the function and diseases of the lungs.

Dr. Ira Weinstein

Annapolis Asthma, Pulmonary & Sleep Specialists; 116 Defense Highway, Ste. 500, Annapolis; 410-266-1644; annapolispulmonary.com

Dr. Keith Goulet

AAMG Pulmonary Specialists; 2003 Medical Parkway, Wayson, Ste. 310, Annapolis; 443-951-4277; aahs.org

Dr. Steven Resnick

Annapolis Asthma, Pulmonary & Sleep Specialists; 116 Defense Highway, Ste. 500, Annapolis; 410-266-1644; annapolispulmonary.com

Radiation Oncology

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

Dr. Angel Torano

Annapolis Radiology Associates; 2001 Medical Parkway, Annapolis; 443-481-5800; annapolisradiology.com

Dr. Mary Young

Annapolis Radiology Associates; 2001 Medical Parkway, Annapolis; 443-481-5800; annapolisradiology.com

Radiology

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

Dr. Allison Oldfield

Advanced Radiology; 116 Defense Highway, Ste. LL100, Annapolis; 443-436-4800; advancedradiology.com

Dr. Daina Pack

Annapolis Radiology Associates; 2002 Medical Parkway, Ste. 235, Annapolis; 410-266-2770; annapolisradiology.com

Dr. David Todd

Annapolis Radiology Associates; 2002 Medical Parkway, Ste. 235, Annapolis; 410-266-2770; annapolisradiology.com

Dr. Kevin E. Jarrell

Advanced Radiology; 116 Defense Highway, Ste. LL100, Annapolis; 443-436-4800; advancedradiology.com

Dr. Thomas Lank

Chesapeake Medical Imaging; 122 Defense Highway, Annapolis; 410-571-0350; cmirad.net

Rheumatology

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

Dr. Ashu Mehta

Anne Arundel Rheumatology; 1655 Crofton Boulevard, Ste. 101, Crofton; 443-292-4872; annearundelrheumatology.org

Sleep Apnea

A potentially serious sleep disorder in which breathing repeatedly stops and starts.

Dr. Ira Weinstein

Annapolis Asthma, Pulmonary & Sleep Specialists; 116 Defense Highway, Ste. 500, Annapolis; 410-266-1644; annapolispulmonary.com

Dr. Steven Resnick

Annapolis Asthma, Pulmonary & Sleep Specialists; 116 Defense Highway, Ste. 500, Annapolis; 410-266-1644; annapolispulmonary.com

Thoracic Surgery

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

Dr. Avedis Meneshian

Anne Arundel Medical Center Thoracic Surgery Associates; 2003 Medical Parkway, Wayson, Ste. 301, Annapolis; 443-481-3717; aahs.org

Dr. Gavin Henry

Thoracic Surgery at UM BWMC; 305 Hospital Drive, Floor 2, Glen Burnie; 410-553-8150; umms.org

Dr. Stephen Cattaneo

AAMC Thoracic Surgery Associates; 2003 Medical Parkway, Wayson, Ste. 301, Annapolis; 443-481-3717; aahs.org

Urology

Dealing with the urinary or urogenital organs.

Dr. David

McDermott, Jr.
Anne Arundel Urology; 600 Ridgley Avenue, Stes. 222 & 223, Annapolis; 410-266-8049; aaurology.com

Dr. Eric Schwartz

Anne Arundel Urology; 600 Ridgley Avenue, Stes. 222 & 223, Annapolis; 410-266-8049; aaurology.com

Dr. John Danneberger

Anne Arundel Urology; 600 Ridgley Avenue, Stes. 222 & 223, Annapolis; 410-266-8049; aaurology.com

Dr. Kent Krejci

Anne Arundel Urology; 600 Ridgley Avenue, Stes. 222 & 223, Annapolis; 410-266-8049; aaurology.com

Vascular Surgery

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

Dr. Geetha Jeyabalan

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste.520, Annapolis; 410-571-8430; medstarheartinstitute.org

Dr. Kevin Brown

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste.520, Annapolis; 410-571-8430; medstarheartinstitute.org

Dr. Mark Peeler

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Sajak, Ste.520, Annapolis; 410-571-8430; medstarheartinstitute.org

Vascular Treatment (Non-Surgical)

Treating the structural and aesthetic abnormalities of veins/vascular system

Dr. Kelly O'Donnell

O'Donnell Vein & Laser; 166 Defense Highway, Ste. 101, Annapolis; 877-461-1564; odonnellvein-andlaser.com

Thank you to all who voted for us this year!

Chesapeake Women's Care

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Dr. Lawrence Pritchep



Dr. Marcus Penn



Dr. Barbara Wells



Dr. Heather Herman



Dr. Margaret Keith



Dr. Jessica B. Russell



Dr. Justine Somoza



Dr. Showieb Shuja



Jennifer Ghadisha, CRNP



Barbara Nalley, CRNP



Angela Price, CRNP



Crystal Smith, CRNP

2000 Medical Pkwy Suite 306
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From Left to Right: Laura Ruppel, L.E. | Ali Weiss, Aesthetic NP | Kelly O'Donnell, MD | Eden Flynn, BSN, RN

O'Donnell Vein & Laser

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

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

Let Dr. O'Donnell and our caring staff share our passion for healthy legs and beautiful skin with you.

Looking Your Best from Head to Toe

Under the same roof in both Annapolis and Easton, patients can achieve optimal results with help in looking their best. Complementing Dr. O'Donnell's care and passion for helping patients, Ali Weiss, Nurse Practitioner, Laura Ruppel, Licensed Aesthetician, and Eden Flynn, Clinical Director and Registered Nurse, work together to bring professionalism and compassionate care to the medical aesthetics part of the practice.



Ali initially started in the cosmetic field by providing laser procedures for plastic surgeons while working in the ICU in Baltimore. She realized her passion was really in aesthetics, so she returned to school at the Catholic University in D.C. where she became a board-certified NP. After returning to her beloved hometown of Annapolis, MD., she joined O'Donnell Vein & Laser in late September, 2020. Her main priority is that each patient has a wonderful experience and feels safe.

Sometimes a patient comes in with a specific goal, yet others simply say, "I just want to look better." Ali takes the time to discuss their main concerns, help them decide the best treatment and decide what to do first. She revealed, "It's a vulnerable situation when discussing things you aren't happy with or maybe feel uncomfortable about and I want every person to feel comfortable sharing and working with me and knowing that it's human to be vulnerable." Such treatment options include lasers, dermal fillers and neurotoxins (Botox and Dysport). She shared, "Some treatments, such as lasers are seasonal



O'Donnell Vein & Laser's award winning staff.

dependent, so this also influences your treatment with me. After all, 'summer skin is made in the winter.' You could hear the passion in her voice as she continued, "I pride myself on the trust and relationships I build with my patients. When they come back for treatments, I am accountable to them. If they ask for something specific, I will see it through and when I ask them to do certain things, such as maintain a skincare routine, I know they will see their part through. They aren't only investing financially, they are trusting me with their time and care, so I want them to have the best experience and feel comfortable." Growing up, Laura dealt with skin issues of her own and experienced the frustrations of acne which prompted the years of research into self-care, especially skin care. She has been practicing as a medical skin care specialist for over seven years. "Much of what I do is customized to your individual skin's needs and your goals. When we first meet, we go over everything you want to improve. It may be a list, but I will develop a timeline with you and decide whether we need to be a little more aggressive or therapeutic in the treatments, whether it's a facial or a peel or something else." she explained. Clients can enjoy a classical facial to renew and soften their skin or they may choose a more specific treatment like the Reve Peel, designed to help those with hyperpigmentation. Keeping in touch with her artistic nature, Laura enjoys micro blading and creating brow designs for those who want to enhance their brows or for those suffering from loss of hair. Laura explained, "What's really important is that I get to know my clients so I can determine the best treatment style. I'm there to serve them and help them achieve their skincare goals and then maintain them. I want them to be comfortable in their own skin." What works for one person, may not work for the next which is why it's important to work with a licensed aesthetician and as Laura noted, "We are bombarded with social media and people saying a certain product magically clears their skin, but it could ultimately wreak havoc." She went on to mention that we need to be realistic. "We are human and we should appreciate what our skin does for us rather than tear it apart," she said kindly.

Each and every staff member brings a set of unique skills and personality to the office. This is one of the many reasons the O'Donnell team achieves such successful results in both vein care and cosmetic services. No matter the office location or why the patient is seeking help, they can anticipate expert medical care, a passionate staff, and a treatment tailored just for them. It's a welcoming atmosphere and be assured their equipment is state-of-the-art. For a complete experience of expertise in a caring environment, O'Donnell Vein and Laser is there for you.



CONNECT

ANNAPOLIS

166 Defense Hwy
Annapolis, MD 21401

EASTON

499 Idlewild Ave
Easton, MD 21601

www.odonnellveinandlaser.com | 410.224.3390



Laura Ruppel, L.E., providing microcurrent with red LED post Skinwave treatment.



Eden Flynn, BSN, RN, performing a Sciton ForeverYoung BBL laser treatment.



Ali Weiss, Aesthetic Nurse Practitioner, providing injections for a patient.



MICHAEL EPSTEIN, M.D.



CHARLES KING, M.D.



BARRY CUKOR, M.D.



VISHNUPRIYA KRISHNA, M.D.



KEVIN WOLOV, M.D.



ERIC LAVERY, M.D.



BRITTANY DICKERT, CRNP



ROBIN KORIN, CRNP



LAVERNE WATTS, CRNP



Digestive Disorders Associates

Digestive Disorders Associates (DDA) specializes in the diagnosis and treatment of adults and children with GI diseases and disorders. Our team of gastroenterologists has expertise in all types of digestive conditions, including acid reflux disease, Crohn's and ulcerative colitis, IBS, swallowing disorders and hepatitis. Patients of DDA can choose to be seen in Annapolis, Chester, or Gambrills, Maryland.

As a smaller practice with three locations, our doctors are able to offer a more personalized, caring approach to their patients. During your initial consultation, your physician will listen patiently to your concerns. He or she will carefully review your GI symptoms and medical history. Finally, he or she will take time to carefully explain your initial diagnosis to help you understand the course of treatment that is recommended.

Sometimes your gastroenterologist will suggest additional testing (eg. colonoscopy, EGD, pillcam or motility testing) to confirm your GI diagnosis, and most often these can be scheduled in MDTEC, our private surgery center conveniently located in the Annapolis office.

The Annapolis office is also the location of our onsite infusion center. For GI disorders and diseases such as Crohn's and ulcerative colitis or anemia, therapeutic infusions like Remicade, Entyvio and Injactafer are often recommended. DDA is the only gastroenterology practice in the area that offers an onsite infusion center for your comfort and privacy.

The physicians and staff of DDA work hard to provide our patients with the highest quality prevention and treatment of GI disease in a caring, compassionate manner. We are dedicated to providing each patient with superior medical treatment in a comfortable, safe atmosphere. Each patient's care is managed by our impressive team of nationally recognized providers who are all leaders in the field of gastroenterology.

WHO WE ARE

1. WHAT ARE YOU MOST EXCITED ABOUT IN THE FUTURE OF YOUR FIELD?

We are standing on the cusp of a new era of medical practice called precision medicine. We are working to bring these new tools to our practice and the future is looking bright. Instead of one drug or one treatment fits all; treatments will be individualized in order to optimize treatment. This will be based on an individual's genetic content or molecular and cellular analysis. We will determine if you are at higher risk for certain cancers that we might screen for and prevent such as pancreatic and colon and ovarian. Medicine will shift from reaction to prevention and we will be able to improve disease detection and predict susceptibility to disease. We will be able to customize disease-prevention strategies and prescribe more effective drugs. We will avoid prescribing drugs with predictable negative side effects and eliminate the trial and error that we live with now.

2. WHAT IS IT ABOUT DIGESTIVE DISORDERS THAT HAS KEPT YOU SO INTRIGUED ALL THESE YEARS?

We never stop learning. I always feel like I have just begun to learn about a condition or a medical technique and something comes along that is newer and more advanced therapy and we are able to integrate that into the practice and help more people. We participate in medical research which allows us to offer the latest and best treatment and learn about new medical compounds.



CONNECT

Annapolis | Chester | Gambrills
410-224-4887
www.dda.net



Katina Byrd Miles, MD, FAAD

SKIN OASIS DERMATOLOGY

Whether you need a thorough skin cancer screening or you want that flawless facial rejuvenation, Katina Byrd Miles, MD, FAAD, of Skin Oasis Dermatology in Gambrills, Maryland, is eager to restore your skin to its usual glow. A board certified dermatologist who specializes in children, adolescents, and adults, Dr. Miles diagnoses and treats a wide variety of skin disorders as she specializes in skin care for people of all ages. Dr. Miles is also a specialist in skin of color. She is passionate about treating and preventing hair loss and other skin conditions that commonly affect ethnic skin.

WHO I AM

1.

WHAT IS YOUR FAVORITE COLOR?

I have 3 favorites. Red symbolizes love, courage, health, and life. Orange symbolizes sunshine, success, joy, and health. And yellow symbolizes clarity, energy, youthfulness, and optimism.

2.

IF YOU WERE NOT A DOCTOR, THEN WHAT WOULD YOU WANT TO BE?

A cartoon character voice actor.

3.

WHY DID YOU BECOME A DERMATOLOGIST?

I love the interaction with my patients and treating the whole person. It's very fulfilling to help a patient feel better about themselves because their skin is healthy. The skin is often belittled, and its importance isn't appreciated until there is disease. Whether its acne, eczema, psoriasis, allergic reaction, lupus, skin cancer, or hair loss; I have the privilege in educating and helping people to heal their skin so that they can be their best selves.



ABOUT DR. KATINA

Dr. Miles is a board-certified dermatologist who provides medical, cosmetic, and surgical care for the entire family. She strongly believes in educating patients about the correct way to care for the skin, hair, and nails. Prior to her dermatology residency program, she completed a 2-year Melanoma Fellowship at Washington Hospital Center in 2002 and is specially trained to perform skin examination with a dermatoscope. She also specializes in hair loss treatment, body contouring, and skin rejuvenation. She is the owner and founder of Skin Oasis Dermatology located in Gambrills, MD.



CONNECT

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WHO WE ARE

MEET OUR NEW PROVIDER



A native of Ohio, Dr. Nicholas Mata provides specialized, holistic, multidisciplinary medical care for a wide range of musculoskeletal and painful conditions. He is skilled in a variety of nonsurgical interventional treatments for the spine, nerves, and joints and can provide options for neuromodulation technologies for pain.

Dr. Mata received a B.S. degree with honors from The Ohio State University and an M.D. degree from Wright

State University. He then completed his residency in Physical Medicine and Rehabilitation at Case Western Reserve University's MetroHealth Medical Center, where he was selected as Chief Resident. In addition, Dr. Mata also subspecialized in a Pain Medicine fellowship at Case Western Reserve University.

ONE-ON-ONE WITH DR. MATA

AS A NEW MEMBER OF THE TEAM, WHAT DO YOU FIND MOST EXCITING ABOUT THE PRACTICE?

Like All Star Pain Management and Regenerative Medicine, most practices provide a variety of minimally invasive methods to treat pain. But what separates our practice from the rest of the pack is this team's dedication and a genuine desire to improve our patients' quality of life. I can honestly say that there is an authentic respect for patient dignity and a commitment to providing safe, holistic, patient-centered care. A practice with this mindset is rare, and I'm excited every single day to practice here.



ABOUT DR. ZED

Dr. Zed was born and raised in Bulgaria, where he played soccer professionally. Early in his sports career, he decided to become a physician for athletes and treat their sports injuries. He received his M.D. degree from the Plovdiv Medical University in 1987. He then completed his Orthopedic Surgery Residency and specialized in sports trauma and knee surgery.

In 2000, Dr. Zed moved to the United States and completed his Physical Medicine and Rehabilitation Residency at Georgetown University/National Rehabilitation Hospital in Washington, D.C., where he received extensive training in the field of interventional pain management. He opened his own practice, All Star Pain Management and Regenerative Medicine, in 2017.



CONNECT

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166 Defense Hwy Ste 300
Annapolis, MD 21401

Glen Burnie Office
1600 Crain Hwy S. Ste 207
Glen Burnie, MD 21061

443-808-1808

www.allstarpainmanagement.com

All Star Pain Management and Regenerative Medicine

DR. ZVEZDOMIR ZAMFIROV
DR. NICHOLAS MATA

Founded in 2017 with the mission of providing a comprehensive approach to pain relief, All Star Pain Management and Regenerative Medicine has established itself as a leader in regenerative medicine in the Annapolis area.

Our cutting-edge procedures not only focus on your chronic pain symptoms but also target the underlying orthopedic condition that causes them. We pride ourselves on our ability to treat pain and injuries to the spine, joints, muscles, ligaments, and tendons.

Regenerative medicine provides a wide range of treatment options that are designed to help you regain your previous quality of life with minimal side effects and downtime. We offer platelet-rich plasma (PRP) therapy and alpha-2 macroglobulin (A2M) therapy, and we were the first practice in the area to provide bone marrow concentrate therapy treatments.

Our founder, Dr. Zamfirov (Dr. Zed), has extensive experience in regenerative medicine and has built a successful practice with the goal of helping you obtain relief from your arthritis, neck and back pain, sports injuries, or chronic pain due to an orthopedic condition. Our innovative approach offers a wide variety of treatment options that are customized to your individual needs and provide life-changing results.



Dr. Ziad Batrouni

MARYLAND ORAL SURGERY ASSOCIATES

Maryland Oral Surgery Associates (MOSA) offers the full scope of Oral and Maxillofacial Surgery with an emphasis on dental implants, permanent teeth in a day, extractions (including wisdom teeth), bone grafting, cosmetics, oral pathology, facial reconstruction, and in-office Intravenous Sedation and General Anesthesia. MOSA of Annapolis and Crofton offer Teeth-in-a-Day solution for failing dentition. This utilizes the latest 3-D imaging for treatment planning and implant placement. In the vast majority of cases patients will leave with a full set of teeth, and will be able to function immediately with minimal dysfunction to their daily routine. MOSA also offers cosmetic procedures including cheek and chin implants, facial liposuction, and cosmetic injectables (Botox, Juvederm, and Voluma). Voluma is a new cosmetic procedure that adds volume to the apples of your cheeks, giving the appearance of an instant facelift. The MOSA team is happy to be a part of the Crofton/Annapolis community, providing top quality Oral and Maxillofacial Surgery.

WHO I AM

1. BIGGEST CHALLENGE YOU'VE OVERCOME

My second daughter was diagnosed with type 1 diabetes at 15 months old. It was definitely a challenge to take care of a young child with a highly restrictive diet, daily injections, and blood sugar checks. She's now in 5th grade and has developed into a strong, smart, and confident child.



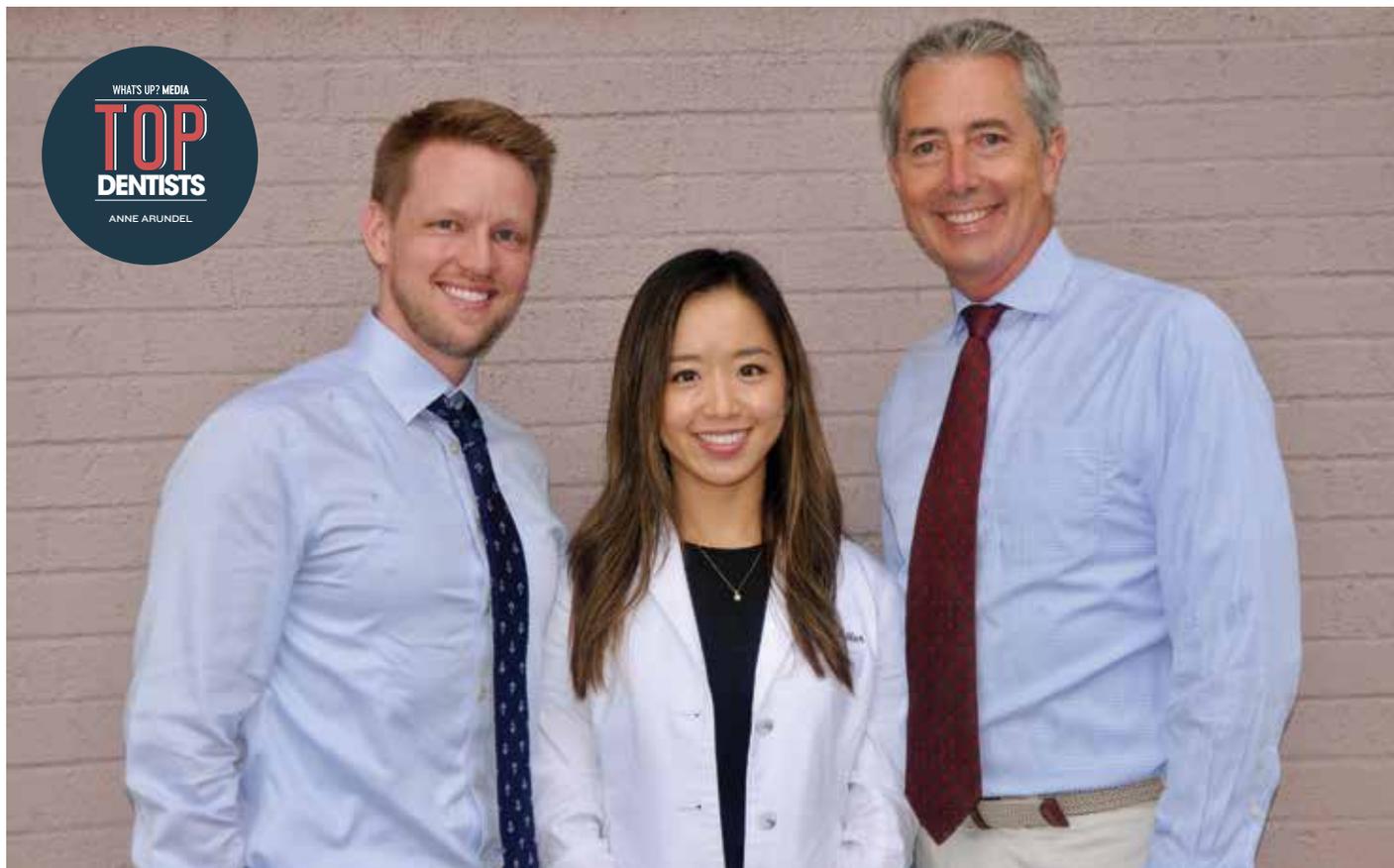
ABOUT DR. BATROUNI

Dr. Ziad Batrouni, joined Maryland Oral Surgery Associates in 2006. He received his B.A. in Biochemistry from Virginia Tech and his Doctor of Dental Surgery Degree from Northwestern University Dental School. Dr. Batrouni completed his internship and residency in Oral and Maxillofacial Surgery at the New York Presbyterian Hospital, Cornell University Medical Center. Dr. Batrouni is a Board Certified Oral and Maxillofacial Surgeon, and a Diplomate of the National Dental Board of Anesthesiology. Dr. Batrouni is Vice Chairman of the Department of Oral and Maxillofacial Surgery at Anne Arundel Medical Center, as well as a clinical instructor at the Washington Hospital Center.



CONNECT

Annapolis & Crofton
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Labbe Family Orthodontics

DR. STEPHEN LABBE

The team at Labbe Family Orthodontics is growing! Dr. Stephen Labbe is proud to have Dr. Rob Laraway, Dr. Natalie Miller and Dr. Laura St. Bernard (not pictured) as part of the LFO Family! Together with their amazing staff, these orthodontic specialists are excited to serve you in this "new normal" of adjusting to and living with COVID. All members of the Labbe Family Orthodontic team are thoroughly educated and consistently updated on all CDC Guidelines and work hard to keep your family safe. At the same time, they have created an environment that is fun and engaging. They strive to make your orthodontic treatment a memorable experience. The level of customer service you receive at Labbe Family Orthodontics exceeds all expectations... patients actually look forward to their appointments! Using state-of-the-art technology combined with an old-fashioned soothing bedside manner, it is clear to see that the LFO doctors and staff genuinely care about their patients. And, being proud community supporters, you can always find LFO and their enthusiastic team members attending events around our area.

WHO WE ARE

1. WHAT IS IT ABOUT ORTHODONTICS THAT HAS KEPT YOU SO INTRIGUED ALL THESE YEARS?

I have been serving this community as an orthodontist for over 30 years. I'm now seeing children of patients that I treated way back when! It's incredible to help someone find their smile. A healthy and confident smile is something that truly makes a difference in a person's life... I have seen it!

2. WHAT ARE YOU MOST EXCITED ABOUT WITH THESE NEW DOCTORS IN PLACE?

Dr. Laraway, Dr. St. Bernard and Dr. Miller are all fantastic orthodontists! They have the desire to deliver impeccable care and to build relationships. Each of them possess natural caretaking traits that can't be taught. Add that to the skills each has worked hard to perfect and you have the optimal combination in a doctor.



CONNECT

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Q&A

QUESTIONS AND ANSWERS WITH THE AREA'S TOP MEDICAL PROFESSIONALS



Q: Why should I see a dermatologist?

A: The skin is the largest organ of the body and performs many critical functions. To name a few, the skin protects you from infection, helps to keep you hydrated, protects your organs, and helps to regulate your body temperature. A yearly skin checks helps to detect skin cancer in its early

stages which is life saving. The skin, hair, and nails can also provide clues of internal disorders such as diabetes, thyroid dysfunction, lupus, and nutritional deficiencies. It's important to maintain the health of the skin so that it can continue to take care of you.

KATINA BYRD MILES, MD, FAAD

Skin Oasis Dermatology



Q: I'm interested in getting lip filler but I've never had injections before. Where should I start?

A: Lip filler is one of my favorite procedures because patients see immediate results! As with any cosmetic treatment, it's important to start with a consultation. During an O'Donnell Vein and Laser

consultation, we'll discuss the results you're looking to achieve, talk about expectations regarding the procedure and any potential discomfort or downtime, and if you're ready to move forward, we'll design your treatment plan. We'll ensure you're well informed about how to take care of your lips both before and after the procedure and that you're completely comfortable with your decision. We pride ourselves on the quality of our customer care just as much as we do our results!

ALI WEISS, AESTHETIC NP

O'Donnell Vein & Laser



Q: What causes pain on the ball of the foot, that burns, causes shooting pain or creates a feeling of a bunched up sock at the base of the toes?

A: A Morton's neuroma. It is often described as a sharp, intense pain at the ball of the foot and may be worse with activity. In addition, it can be worse for

women when wearing heels. It can be mistaken for a fracture or a soft tissue tear. Proper diagnosis is critical. Treatment can be as simple as a change in shoe gear or adding insoles. Other treatments are cortisone injections or surgical excision, if needed.

LYLE T. MODLIN, D.P.M., F.A.C.F.A.S.

Annapolis Foot & Ankle



Q: What do you wish more patients knew about stem cell therapy?

A: Stem Cell Therapy, particularly in musculoskeletal conditions and injuries, can repair or even replace damaged tissue, such as

tendons, bone or cartilage. Stem cell therapy is a safe, non-invasive option for sports injuries, osteoarthritis and many other conditions.

DR. ZVEZDOMIR ZAMFIROV, All Star Pain Management



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

A: Orthodontics is more than just the movement of the part of teeth you can see. X-rays of your teeth and jaw are crucial so the doctor

can see what the naked eye can't. A clinical exam of your jaw alignment, and the relationship of your teeth to your skeletal structure is imperative. What if there were an issue during treatment? Who would you contact that would care about your health and end-result?

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

DR. STEPHEN LABBE, DDS



Q: What is the best way to treat Melasma?

A: Melasma is often both frustrating and difficult to treat. I personally have suffered from it, so I understand the challenges it presents. Through years of experience, I have come to find that one of the best solutions

to improving Melasma is the Reve Enlighten Depigmentation System that we offer at O'Donnell Vein and Laser. I am one of the only Licensed Estheticians in the state of MD experienced with this specific treatment. Skincare is my passion, and I will provide you with the absolute best treatment plan and homecare regimen to improve your Melasma but ultimately consistency and dedication to the plan laid out for you will be what makes the real difference.

LAURA RUPPEL, L.E.
O'Donnell Vein & Laser



Q: Is Colon Cancer preventable?

A: Colon cancer can only be prevented by getting a regular colonoscopy. No other test both diagnoses and treats precancerous lesions called polyps in the colon.

Depending on risk factors, a colonoscopy should be done once every 10 years until

age 80 and more often if there are any risk factors in the family. It should be done after 80 if there are risk factors depending on the health of the patient. A colonoscopy should begin at age 45 as we are seeing more and more younger patients with cancer. Sadly, we see frequent colon cancers in those that did not get the test done. Stool tests that come in a box are not able to remove polyps or prevent cancer and their predictability is not that great.

MICHAEL EPSTEIN, M.D.
Digestive Disorders Associates



Q: What happens after a tooth is extracted?

A: After the extraction of a permanent tooth, bone and gingival tissue (gums) start to fill the extraction site. However, the body also starts to "melt away" the bone in a vertical and horizontal dimension. If

implant tooth replacement is desired, a site preservation bone graft is usually required to prepare the surgical site, especially if bone loss occurred prior to the extraction. This recreates ideal bony contours, and makes dental implant success more predictable. The bone graft is usually performed at the time of extraction with no additional discomfort.

ZIAD BATROUNI, DDS
Maryland Oral Surgery Associates

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At the Westin Hotel complex at Westgate Circle in Annapolis, the recently painted Carr's Beach murals highlight important figures and the site where Black Annapolitans relaxed, had fun, and enjoyed performances by famous Black artists throughout a large part of the 1900s.

Capital Canvas

By Ines Pinto Alicea | Photography by Stephen Buchanan and courtesy Comacell Brown

Large-scale artistic murals on city buildings and historic endeavors showcase Annapolis' and the State's diverse past, and embolden a more equitable vision for the future

For much of the 55 years that Colonial Annapolis has been designated a historic landmark, the city was not known for highlighting the historical contributions of persons of color through its art or historical buildings except for the city's role as a slave trading hub.

In recent years, across the country, the removal of art or the placement of new art has become a vehicle to fill in gaps in the history that has traditionally been told and to enlighten and educate the public about the contributions of people of color. Murals have become a popular storytelling mode that have boosted the growing acceptance of the nation's rich, cultural diversity, building bridges between culture, art, and history.

"The murals are a form of art where the artist has direct contact with the community," suggests Roberta Pardo, founder of Urban Walls Brazil which imported street artists from around the world to lead the painting of some of the city's initial murals and to teach workshops for children since 2014. "Everyone can watch the process. It is beautifying the city and it is important to educate people about different cultures and diversity."

Annapolis is emblematic of the movement to tell more stories about the accomplishments, roles, lives, and contributions of persons of color in the state. While

government officials have been a part of the effort, it is local artists taking the lead and transforming the city's historical landscape through multiple colorful murals both in the Historic District and in the city.

"Annapolis is making a really big push with spreading unity and everyone getting on the same page, and doing that, takes respecting your history," says Comacell Brown, an Annapolis artist who has painted some murals of historically-significant events and Black leaders around the city. Brown is also a member of the Art in Public Places Commission that, through a majority vote, decides which public mural proposals and artistic projects will be allowed to move forward in Annapolis.

In Annapolis, the strides toward more historical inclusivity are developing on two fronts; one governmental and one led by artists. The artists like Pardo, Brown, and others—eager to dedicate more art to historical persons of color—have painted more than 40 murals since 2014 on many building facades and other spaces, many with a nod to the importance of the Black community to Annapolis.

"It's definitely a thoughtful approach to represent the history of the Black community," says John J. Tower, Annapolis' assistant chief of historic preservation. "It's long overdue. The administration [of Annapolis Mayor Gavin Buckley] considers it a priority."



“Annapolis is making a really big push with spreading unity and everyone getting on the same page, and doing that, takes respecting your history”



Comacell Brown (inset below) painted “The Walking Man” on the side of Pinky’s Liquor Store on West Street. The mural captures Carlester Smith, who was well known to clean and pick up trash as he walked through Annapolis.

Enriching History

On the government front, city officials are restoring buildings important to the city’s Black community. Tower says the city is restoring the Universal Lodge #14, an African-American Masonic Lodge located at 64 Clay Street, and the Maynard-Burgess House at 163 Duke of Gloucester Street. The two buildings expand on the history of the Black community in Annapolis. The Maynard-Burgess house was owned by two successive African American families from 1847 to 1990, starting with John Maynard, a free Black man in Maryland.

“We recognize the state’s art collection (in government buildings) has real gaps in who it represents and that it is white male focused,” says Elaine Rice Bachmann, the deputy State archivist and Secretary of the State House Trust which oversees its works of art. She adds that her office has not only been working on including more art honoring the accomplishments and biographies of people of color not known to the public, but also commissioning artworks by diverse artists.

Also, state legislators commissioned bronze statues for the Maryland House of Delegates in February 2020 of abolitionist Frederick Douglass and Harriett Tubman, a slave in Maryland who led other slaves to freedom as a “conductor” of the Underground Railroad. Lawmakers also hung a portrait of former Maryland state senator Verda Welcome, making hers the first portrait of a Black person to be displayed in the state Senate. Residents didn’t just push for more memorials of persons of color to address errors of historical omission, they also sought to remove statues commemorating divisive figures like that of Roger B. Taney, the fifth Chief Justice of the Supreme Court. Taney was the author of the 1857 Dred Scott decision, which denied citizenship to African Americans and upheld slavery.

“People come into public buildings and they wonder how they fit in and where’s their story,” says Susan Seifried, vice president of public relations and communications at Visit Annapolis & Anne Arundel County. “We have a responsibility to tell a fuller picture. We want to tell a fuller and complete history of the destination.”

Painting Our Stories

While the steps toward historical inclusivity at the government level are welcome, it is the murals, created organically and largely from a grassroots effort, that seem to be generating excitement. The murals have become an indelible part of Annapolis’ landscape, telling the stories of the historic Star

Theatre (on Northwest Street) and of Carr’s Beach (designed by Brown and found at the Westin Hotel complex), two important sites where Black Annapolitans throughout a large part of the 1900s were allowed to relax, have fun, and enjoy performances by famous Black artists, or highlighting the roles of important Black leaders like the late Supreme Court Justice Thurgood Marshall (painted by Future History Now, founded by artists Jeff Huntington and Julia Gibb) and the late U.S. Rep John Lewis (D-Ga.), a passionate civil rights advocate.

One student who helped paint the Carr’s Beach mural, Imran Okedeyi, told *Chesapeake Bay Magazine* in an interview. “Anybody can drive by and look at the art. I know I do that. It makes me feel good.” The Carr’s Beach mural is a vibrant, colorful mural highlighting some of the key people, like performer James Brown, patrolman George Phelps Jr., and the showgirls who helped make Carr’s Beach a success. It also features images of the Chesapeake Bay Bridge, a Ferris wheel, and water tower which once could be found at Carr’s Beach, and a long expanse of beach with swimmers frolicking in the water.

Annapolis also made national news when a mural (also co-designed by Brown) covering a basketball court in Chambers Park was painted of the late Breonna Taylor, a 26-year-old African American woman fatally shot in her Louisville, Kentucky, apartment by police. Her death was one of several killings by police that led to many civil rights protests throughout the U.S. Her family commissioned the mural and visited Annapolis for its dedication ceremony.

Additional murals can be found in the Historic District and all over the city and they are drawing international interest and tourism to the state capital, which has more intact 18th Century buildings than any other city in the country, says Seifried.

“We’ve got really talented local artists,” Seifried says, adding that she loves the muralists’ nods to “regular people who made a difference” in Annapolis like Carlester Smith (a beloved Annapolitan who could be seen daily walking down West Street and whose mural designed by Brown can be found at Pinky’s West Street Liquors.) “Obviously, the artists feel there is a story to be told and they are using artwork to tell it. How wonderful it is that we can reap the benefits of their efforts.”

Brown, who graduated with a graphics design degree from the Art Institute of Atlanta, says he has evolved as an artist, initially contributing some work on area murals and later taking the lead on the murals of Carlester Smith and of Carr’s Beach. He called Smith a “ray of light that shines bright in the heart of many Annapolitans of all races.” His mural, titled “The Walking Man” captures Smith’s image in a colorful mural highlighting Annapolis’

landscape next to him. Smith is holding a trash bag as he was known to clean and pick up trash as he walked through Annapolis.

“(Smith) always gave the sense of being happy and he helped keep up Annapolis by cleaning around many of the city’s businesses for free,” Brown says. “I’ve developed a passion to paint the world and see up close and personal the positive impact art has on people. I want to spread the love around.”

Brown credits “Mural Mayor,” Annapolis Mayor Gavin Buckley, a huge proponent of the murals, “for his vision of a brighter and colorful future” for Annapolis and Maryland Hall for programming that pushed for more diversity in the arts in the community.

Before becoming mayor, Buckley, as owner of Tsunami restaurant, fought and won a court case against the city’s Historic Preservation Commission over the mural, “Agony and Ecstasy Live Together in Perfect Harmony” also painted by Huntington.

“One of the things I most enjoy about public art is that it is not held in private collections behind closed doors,” Buckley says. “It is out in the world for everyone to enjoy.”

Consent to Create

Since 2001, artists have turned to the Art in Public Places Commission (AIPPC) for permission to produce art on city property or for monetary funding. AIPPC has a digital map of the city’s murals and the link can be found at: annapolis.gov/DocumentCenter/View/10423/Murals.

“Pearl Bailey,” painted by Future History Now and the Stanton Community Center is located at Whitmore Garage, between Washington and Calvert streets. Singer and actress Pearl Bailey, known to frequent Annapolis stages in the historically black Fourth Ward.





▲
 Supreme Court Justices Thurgood Marshall and Ruth Bader Ginsburg were painted by Future History Now and is dedicated to "Equal Justice Under the Law." The mural is located on South Street, just off Church Circle.

"AIPPC recognizes art as an economic asset to the city of Annapolis," says Genevieve Torri, AIPPC's chair, adding that government policies promoting art and culture draw economic development to a city, increase jobs and tax revenues, and boost tourism. "Arts and culture are consistent sources of economic growth during both good and difficult times. It is our mission to enhance the public art environment of the city and to encourage national recognition of Annapolis as one of the nation's top cities for the arts."

If artists want approval for a mural in the Historic District they must win approval from the eight-member Historic Preservation Commission, says Tower, who, as a city employee, assists the commission in its work. The commission releases a newspaper notice about their public hearings so the public can weigh in on art proposals.

"(Murals) are a feature changing entity," Tower says. "When it goes on a building, it changes the way the building is perceived."

Tower says a 150-year-old building that has never been painted would not be a good candidate for a mural because it would change the materials or walls to painted ones where paint wasn't there before.

"It is our mission to enhance the public art environment of the city and to encourage national recognition of Annapolis as one of the nation's top cities for the arts."

"It's better to choose a canvas that is not historically significant and that has been painted before," Tower explains. "The commission is looking at how the mural painting alters the building, how it works into the historic district, and that it doesn't change the streetscape."

Tower says the commission doesn't evaluate as much on the content of the murals because "that is treated as a First Amendment Right."

But, Tower and Rice Bachmann are huge supporters of the artists, particularly when the projects engage and become educational for the children of Annapolis.

"It's an enrichment of the historic district to express the nation's and local history and involve children," Tower says. "(The artists) are passionate about the murals and committed to involving children, not just artistically, but also from an instructional standpoint. That's quite significant. It's a win for everyone."

Rice Bachmann, the state's archivist, called the murals a "welcome addition to the historic landscape of the city," adding that "statues are not the only way to honor a person." She says the growth in the numbers of murals honoring Black history "reflect a greater awareness of the systemic racism in our country."

Pardo, who was a one-woman show in securing funds to bring artists from around the world to the city's public high schools and to paint some of Annapolis' early murals, says some critics denigrate the murals, calling them graffiti, but graffiti is usually not done legally and often just tags or writes over the others' works of art. Street art is now an acknowledged art form that transforms urban spaces worldwide, she says.

"Murals help kids to respect art," says Pardo, who served for six years on the Arts Council of Anne Arundel County. "The messages on the murals often give voices to the voiceless."

Monuments Project

In recent years, protestors took down several monuments commemorating racism and slavery or government officials, pressured by constituents, ordered them removed in what seemed like a national reckoning over the toxic aspects of U.S. history. In 2020, the Andrew W. Mellon Foundation, one of the largest supporters of the arts and humanities, launched its \$250 million Monuments Project, an effort to teach history in public that is accurate, inclusive, and inspiring and transform commemorative spaces so they celebrate the country's diverse history through the funding of new monuments and removing or recontextualizing of existing ones.

“Our commemorative landscape is wildly lopsided when it comes to which stories are told and which values are exalted,” says Elizabeth Alexander, President of the Mellon Foundation. “Future generations ought to inherit an inclusive commemorative landscape that elevates the visionary contributions and remarkable experiences of the many different communities that make up the United States.”

An important element of the grant is an audit of the existing landscape of monuments and memorials across the United States. The Philadelphia-based public art and research group, the Monument Lab, is conducting the audit using records from state and local agencies and other sources like the Southern Poverty Law Center to find out information such as who sponsored the monument originally and who subsidizes its upkeep. The audit will create ten new Monument Lab field offices that will re-imagine monuments across the country.

“Instead of investing too much in conflicts over demolition—which often get a lot of attention—we want to bring people together to envision the next generation of monuments in a way that feels more inclusive and hopeful,” says Paul Farber, the Monument Lab’s director,

Alexander says the project had been at least five years in the making, but the need for it was sharpened when a white supremacist killed a young woman when white supremacists gathered in 2017 in Charlottesville to fight the removal of a memorial to Confederate Gen. Robert E. Lee. But while the Black Lives Matter protests of last year, which led to prominent Confederate memorials being removed across the country, helped focus public attention on the subject, the Monuments Project isn’t limited to addressing debates over memorials to the Confederacy.

“This is not a Confederate monuments project; it is a monuments project,” says Alexander. “That means addressing the larger issue of what values and ideas about identity are embedded in this country’s public architecture of history and memory. What is preserved, what is forgotten, and what is suppressed?”



(Above) *The Light House Bistro* mural by Sally Wern Comport is dedicated to the history of the restaurant's building, which used to house Levy's Grocery Store and Capitol Drugs, owned by the Levy family between 1952 and 1987. The Levy family appears in the warmly painted piece alongside President James Madison, Navy Adm. Marcellus Hall, artists, musicians and, of course, chefs.

(Right) “Weird and Wonderful” by Future History Now and Annapolis students at Maryland Hall for the Creative Arts features work by students from across the city, who painted animals, insects, and flowers.





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Re-Planting *Azaleas* in Severn Grove

BY LISA J. GOTTO

PHOTOGRAPHY BY STEPHEN BUCHANAN



Property owner Tina fondly recalls countless summers in her childhood traveling from her Prince George's County home to a special little spot, a quaint cottage on Saltworks Creek that her great grandparents owned. It started out as just a few small rooms and a dock; a place to put a line in the water and tether a boat. There were many quick jaunts out to the Severn River from here, many sunny days on the sparkling water, and many memories made.

Like watercolors that vary in intensity from pale to striking, flashes of spring azalea blooms and summers gone by have served as inspiration for Tina, and her husband Mike, over the years until the time came for them to become the new stewards of that special cottage and the land surrounding it at the water's edge.



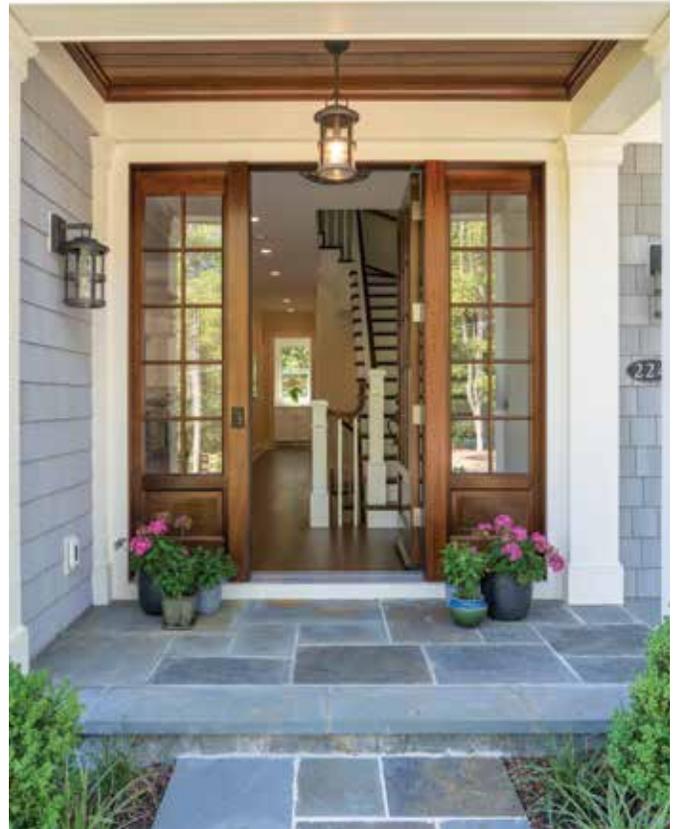
Critical Area, Critical Decisions

“[The cottage] was my great grandfather’s, then my grandparents, and then my parents’ home that they came to over the summer,” says Tina of the community retreat that dates back to the 1930s and was primarily frequented by D.C. weekenders in those days.

This responsibility would carry with it some tough decisions, as the present-day condition of the cottage was, in their architect’s opinion, unsalvageable, due to its age and positioning on a very steep hill. The homeowners were already thinking the structure would need to come down. What would happen to Tina’s parents’ lovely azalea bushes? While the couple saw this as a practical matter, they would soon come to realize the greater complexities that building its replacement would entail.

With that in mind, the project was assigned to the firm of Purple Cherry Architects of Annapolis. Highly knowledgeable in the unique concerns and constraints of development in Maryland’s Critical Area, the project presented the design team of Cathy Purple Cherry, Alan Cook, and Carla Edmonds with a slate of particular challenges.

The new home that they would conceive would not only require meeting the needs of a homeowner’s must-have list, but it would necessitate painstaking assessment of existing and extremely complicated land management issues, including a 30-foot differential in elevation, significant property sloping, and ongoing erosion control.



As Purple Cherry tells it, one needs a thorough review of the devised site plan to truly appreciate the gravity and complexity of what it took to build this home into a sloping hillside and with the land’s existing, and perhaps future, constraints in mind.

“The site constraints are what actually created the floorplan,” says Purple Cherry, who further explained how the home would need to work from a structural standpoint if it were to be successfully integrated into the hillside.

Primarily the home’s main level needed to be large enough to support what would be required of its lower level, and of course, provide a sturdy foundation for what would be built above. Purple Cherry brought in Annapolis-based Bay Engineering for their expertise in this area, and Bayview Builders was tapped to construct the design.

To accomplish the new build, the old cottage would have to come down and a replacement bulk head and pier would need to be installed before any construction could begin on the necessary retaining walls and home. Purple Cherry recalls that the production of and the perception made by all the weighty work concerned the couple greatly.

“It was important to them. They knew they were going into a neighborhood where most of the homes were smaller in nature. They did not want to come in with any grandeur, or do anything that was offensive to anyone else,” Purple Cherry explains.

But when all was said and done and the grounds were cleared, something serendipitous happened. What needed to be taken away turned out to be a good thing, as some of the homes in their close-knit community that did not have water views before the demolition due to the cottage and some obscuring trees, now had a much clearer sightline to the water.





Best & Brightest

While anyone on the project would attest it was, at times, a laborious process of troubleshooting, re-assessing, and addressing set-backs, the reward for the homeowners is quite clear.

The result is a 4,870-square-foot home with a clean, coastal feel, airy and bright with an abundance of natural light, and one that is perfectly positioned for quality of life on the water.

The well-conceived and executed floor plan is evident from the moment you walk in as you're immediately greeted with the sparkle of sunny water shimmers, a by-product of a lovely day and exacting placement of a series of sliding glass doors along one entire wall of the main level's open-plan living space.

"The siting of this house is deliberately oriented to that view," Purple Cherry says.

You also feel how comfortable the home is upon entry with its soothing palette of neutral colors that pull in and juxtapose the earth and water tones emanating from the outside.

With the expert advice of one of Purple Cherry's in-house interior designers, Annie Kersey, the couple chose two large, but cozy pearl-toned sofas from Vanguard Furniture's East Lake collection to set the standard for style in the main living area. The sofas are accent-

ed with spindle-shaped ottomans that provided a causal, nautical flair to the grouping, along with a sumptuous architectural cocktail table from Modern History. A fireplace with a Mother of Pearl shell mosaic tile surround centers the entry wall and is framed with built-in cabinetry and windows above them on either side.

This area is roomy and is accommodating for adults, as well as kids—the couple has three grown daughters and three grandchildren—a must-have relayed to Kersey when they discussed how the space would be used. Underneath it all, the couple chose an ivory area rug from Coventry Cord.

This area effortlessly flows to the all-white, custom open-plan kitchen and dining area along dark-stained white oak floors. Several savvy and stylish choices made this room just as convenient and functional as it is beautiful. The family, which spans multi-generations, will all find a seat at the Faulkner dining table from Vanguard Furniture, accented with the manufacturer's Bailey arm and Newton side chairs. A Visual Comfort Camille Medium Linear chandelier shines overhead.

Two particular options selected for the kitchen are also a testament to good taste and smart entertaining. A deep, three-foot wide galley sink with a variety of accessories like cutting board and strainer inserts, are efficient essentials for the homeowners. A sleek, rectangular stainless steel prep sink from Signature Hardware does double-duty as an on-counter wine cooler and is conveniently located just across from the wine fridge.



Personal Touches

Any new home design wouldn't be complete without the homeowners calling an audible or two. For this couple, the practicality of their pantry space off the kitchen was one decision Tina needed to re-think. What was originally slated to provide utility with basic shelving, was upgraded after she read an email newsletter sent by the Purple Cherry Architect design team that was full of great ideas on how to conceive an ideal and attractive pantry space. Tina was so inspired she sketched out her own design for that space.

Now the pantry has a room of its own that is charming with a sunny window, custom cabinetry, and storage solutions including a "smart" drawer that provides charging stations for the family's electronics. When not in use, this space is cleverly concealed behind a stealth pocket door.

The star attraction of this main level living space, however, is its seamless transition to the huge outdoor covered deck that runs along nearly the entire creek-side of the home. This superb entertaining space is outfitted with disappearing screen inserts for when the weather turns buggy. The overlook to the creek and gorgeous new landscaping complete a soothing outdoor vibe.

Just this floor alone is worth the price of admission in this amazing home, but there's so much more. From its functional approach to three-level living, to its thoughtful placement of each of its four bedrooms to maximize views, to its outstanding material choices—the primary bath suite is a clinic on the auspicious use of space and how to bring the glam when it comes to creating impact with tile—this LEED Gold Certification dwelling captures the heart-felt theme of family that the couple was hoping to create in their new home all along.

And just outside, beneath that stellar covered deck, what do we spy but another homage to family taking pride of place at the water's edge? It's a row of Tina's parents' heirloom azalea bushes planted and ready for next spring's seasonal debut.



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The Gut Job

Sometimes, like when you purchase an older period or highly-customized home, the fireplace is a “gut job,” in that no amount of cosmetic enhancement can accomplish what you would need for the feature to generate the amount of heat or produce the ambient effect you’re hoping for.

This is often seen with older wood burning fireplaces that may still look attractive but lack the ability to provide a viable and efficient heat source. Adding a gas insert can be a highly effective and attractive way to keep what you like of the surround and enhance heat generation in the home.

This is not to be confused with converting to gas logs, which still provide the ambiance of the traditional wood fire, but offer only a minimal to moderate heat source depending on the type of gas logs you choose, vented or non-vented.

In either case, your fireplace will need to be professionally evaluated first to ensure that your existing structure is capable of supporting a gas fire. Making this change also requires adherence to specific codes your state and local municipality impose on modifications of this nature.

The primary concern with a wood-to-gas swap since gas exhaust, unlike wood smoke, is clear, is the position of the damper. The damper must always be kept in a fixed position or removed altogether so those exhausts are continually eliminated by way of the flue.

So, while you may consider yourself handy with other projects around your home, a certified fireplace tech should always be consulted to perform any installation of this nature.

Before making your switch, it’s important to assess your needs: Do you wish to take a chill off a small area or one room, or do you hope to provide a substantial or alternate heat source for an entire zone or floor in your home? So, if you’re thinking, “cozy glow” you’ll probably be quite satisfied with a gas log package.



Photo by lemonthistle.com

Three Approaches for Upgrading Your Tired Fireplace

By Lisa J. Gotto

It may be something you rarely think about until those chilly nights when it’s time to light it, but that’s usually when you realize the value your fireplace brings to your home. This is when you also may notice the impact the look of your fireplace has on your entire room or living space.

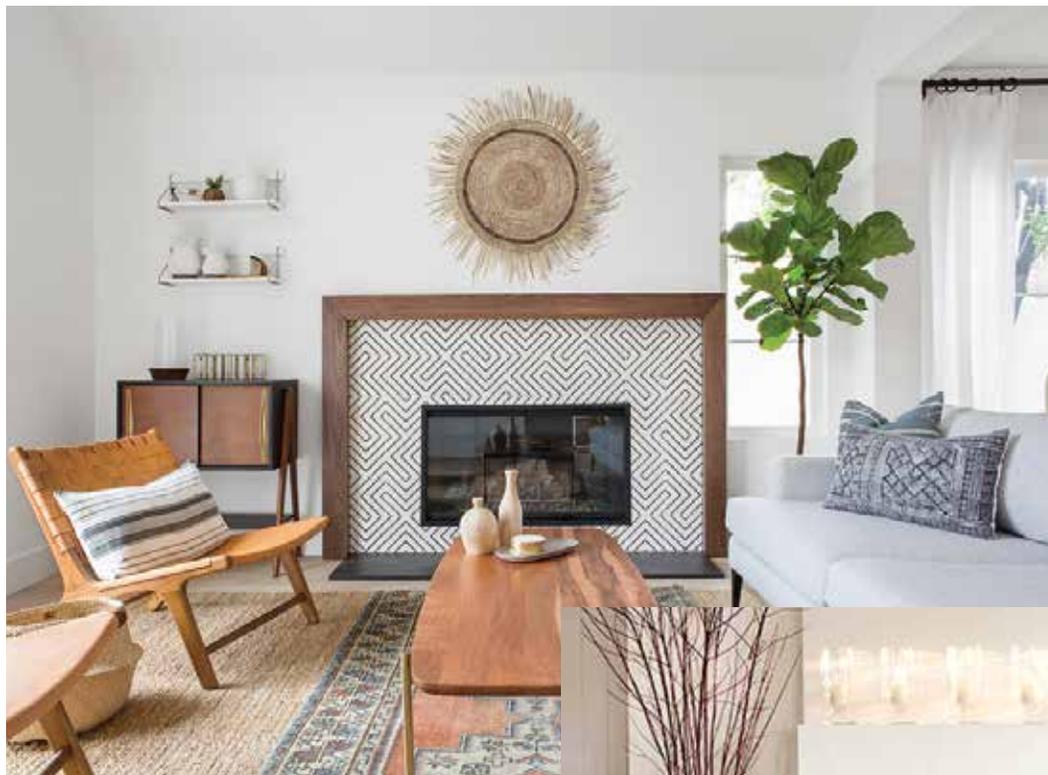
If your home wasn’t built recently and to your custom specifications, chances are that the fireplace surround could be looking a little tired. Even your mantel may look like it could use a refresher if you’re still working with the home’s original builder’s grade iteration.



Photo by @Sunnygacharm from Instagram

The Seasonal Style Do-Over

Three books, some fake ivy, an oversized candle of some sort, a kid's baseball trophy. Sound familiar? The mantel top is sometimes where faded décor pieces go to die. Don't let this happen to you.



The Cosmetic Approaches

From an aesthetic standpoint, traditional wood burning fireplaces with wood surrounds and mantels often have unique carvings and period details you may want to maintain. If you are content with the efficiency and the work that comes with wood burning, a trip to your local paint store may be in order.

Get this right from the start DIYers! There's no shortcut to beautiful, so strip your wooden fireplace surround and sand it before giving it a good cleaning and applying primer. You'll then need two coats of semi-gloss acrylic paint with plenty of drying time between those first and second coats. Note: You'll need to use a high heat enamel paint and a foam brush for adequate coverage results when painting the insert. It's a good idea to do a patch test beforehand to see how well the paint takes to the surface, as not all insert materials can be painted.

On the bright side, most tile surrounds can be painted and just making a simple switch from those once-popular builder's grade beige tiles to white tiles can really help transform your fireplace. Think maximum impact with minimal input!

There's also a world of tile out there to choose from. If you're trying to totally change the vibe of your room, this is the way to go. And if you're a lover of modern and sleek, now is your time to shine. Remember here, however, you should be able to live with this look for an extended period of time, so choose something you will not tire of easily.

White paint has also always been the fix for the most traditional of fireplaces, one made entirely of red brick. While this look is a standard bearer and works well in many homes, it can be easily updated to work with an array of today's design aesthetics.

This look is easy to achieve. Start with clean bricks. Use a spray water bottle to loosen surface dirt and blot with a clean rag to remove any drips. Pour equal parts of white latex paint and water into your paint pail and mix well. Using another clean rag, apply the paint. Use a dry brush to get to any hard-to-reach places. Note: You may need two coats to get the depth of effect you desire. Replacing your old mantel is the most popular way to upgrade when it comes to cosmetic changes. Ironic as it sounds, a brand new piece of reclaimed barn wood does wonders for the past its prime piece of timber you may currently be working with. Try an architectural salvage company to find a one-of-a-kind look to set the tone for your room. (But do have your measurements in hand, so you're assured a good fit!)

Keep in mind a minimal, clean look does not have to translate to a boring look, and some trends are actually de-emphasizing the mantel altogether. The less-is-more aesthetic is working wonderfully well with the Mid-Century Modern looks we're seeing in today's millennial homes.

Farmers' markets are great places for seasonal finds like colorful gourds and rustic vines, as well as unique pieces from local artisans that lend regional appeal. A large, ornate mirror makes a great statement piece as part of grouping and can stay in place all year long while you swap out smaller elements around it. Keep your groups cohesive by using a color palette or central vibe as a theme—and always keep the concept of balance in mind so creativity doesn't translate to clutter.



Great Time for a Refresh

8 WAYS TO PERK UP YOUR FALL GARDEN

By Janice F. Booth

Autumn is well underway here in Maryland, and there's a special sweetness to this post-COVID pandemic fall. Kids are back in school or back in their college dorms. We're settling into our work routines, modified though they may be post-pandemic. When we return home, to our familiar haven, our house or apartment and garden, we're enjoying the benefits of all the little projects we accomplished during quarantine—those new, small appliances for the kitchen, that repainted den or office, and the dear garden—polished or even expanded from past seasons. Feels good, doesn't it, to look over your accomplishments?

Now, however, fall is upon us, and our long summer on-the-go has ended. Time to plump up those couch pillows, have the windows cleaned, and tidy up the garden for the last lovely months of the year. Here are some suggestions for perking up our tired gardens and patios, preparing them for fall parties and quiet sunset drinks or dinners on the deck.

1 Start with the obvious. If you have a gardening service, ask them to remove the dead and dying annuals from the flowerbeds and pots. Remind them not to pull out the zinnias and chrysanthemums; they're in their glory now. Dead-heading any old blooms could help these plants continue to bloom during the next month-or-so. (If you're doing these tasks yourself, no worries. They're all easy tasks; take a large basket or plastic pail into the garden and just pluck out dead blossoms and brown, withered plants.

2 While they or you are clearing out the tired plants, trim back some of those spring-blooming bushes that have grown a bit leggy over the long, summer, growing season. Once trimmed back, your forsythias, flowering quince, and lilac bushes will still have time to grow and prepare to send out new growth and welcome blooms once spring arrives.

3 Another great way to freshen the garden area is with some strategically placed new plants. In the garden

or on the patio, plant some pretty pansies and ornamental kale—with any luck, they'll bloom all winter. Snapdragons and ornamental peppers will also brighten up the garden. You needn't bother putting them in the ground. Just snuggle the plastic pots down among the foliage of other plants or drop the plants into always-appropriate clay pots. Fill several pots with nasturtium, perfect with their orange and gold blossoms and pretty, round leaves. To add a touch of drama, dig out some trailers of ivy or periwinkle with a little root ball and plant them around the outer edge of the flowerpots so they cascade over the sides.

4 Take a look at the borders of your flowerbeds and walkways. Has grass started to wheedle its way between the stepping-stones or into the flowerbeds? Pulling out the stray clumps of grass and weeds will add a crisper look to the walkway. You may want to go a bit further with the flowerbeds and ask the gardener to edge the flowerbeds again, as was done in the spring.

5 And while you're wandering along the garden paths, take a look at your fencing. Are there slats that need replacing? Would a coat of paint now help preserve the fence and improve its appearance? Is now the time to replace that chain link fence at the back of the yard with something more attractive, like pickets, bamboo, or wrought iron?

6 In preparation for the coming shorter days and longer nights, a little trick with lighting might be fun. Maybe you have some leftover rope lights from your summer parties. Or, pick up some tiny, white lights from the hardware store. Drape some over the bushes, wind one or two strands around tree trunks, or hang them around the patio. If they're LED, you can just leave them on throughout the winter, or connect them to one main, heavy-duty extension cord which you can easily unplug as you walk out to get the paper in the morning and plug in as you return home in the evening.



7 When you get the urge to do some digging, buy some bulbs—you'll find them everywhere this time of year. Maybe you want to try some exotic tulips or old-fashioned gladiolas. Get some of each, plus the old standbys, daffodils and crocuses. For the most part, just stick them in the ground anywhere the soil is not too packed down, or be creative, and plant them in clumps for lovely bursts of blooms in springtime.

8 Finally, think about the watering system you've used all summer. If you simply used a watering can and hose, think about preparing to coil and store that hose. If you setup timers and sprinklers, you'll want to plan for removing them and storing them for spring re-installation. Or, this might be

the year you call in the landscaper to discuss installing an irrigation system in the garden, a system that will use water efficiently. Now is a good time to look into the project. The advice may be to wait until spring to dig up the ground and install the drip hoses or sprinkler system. But, they may suggest installing now, while they can see the design of your garden and the water demands of various plants and trees. In any case, it's a good time to get the project on-the-books.

There will be lots of time yet for putting the garden to bed, and facing the chores of preparing for winter. But, not yet. There's still time to sit on the deck or lounge in the hammock and enjoy your outdoor spaces. Doing a few little chores to spruce up those spaces will simply enhance your pleasure in autumn's particular beauty.



15

Four-Square, Four-Star

By Lisa J. Gotto

Photography by Michele Sheiko, Real Patience, Inc.

ust steps from Spa Creek and a world away from an every-day residence, this gorgeous Georgian four-square style home is packed with all the best an address in Annapolis has to offer.

From the moment you step on the property, you'll notice its outstanding curb appeal created with endless and meticulous brick walks that lead to the home's charming porch. Once inside, you will see that no expense was spared to maintain this extremely well-appointed dwelling built in 1927. Fully-restored in 2013, your welcome starts with a formal entry and wide-planked dark hardwood floors, as a vintage copper candelabra lights your way from above.

Luxurious crown molding and trim work adds polish to every wall and floorboard, as you enter the home's formal living room on the right, and dining room on the left. Beautiful natural light streams in on both sides from large casement windows and oversized side window lights on the front door.



Primary Structure Built: 1927
Sold For: \$3,000,000
Original List Price: \$3,150,000
Bedrooms: 4
Baths: 4 Full, 3 Half
Living Space: 7,500 Sq. Ft.
Lot Size: 0.29 acres

Listing & Buyer's Agent: Connie Cadwell; Coldwell Banker Residential Brokerage; 3 Church Circle, Annapolis; m. 410-693-1705; o. 410-919-1825; connie@conniecadwell.com; conniecadwell.com

The home's main level flows forward through a central hall and to the kitchen via the dining room. This room is a cook's dream with its shining granite countertops, farmhouse sink, and six-burner gas stove with pot filling feature. Custom pendant lighting over a central island and all stainless-steel appliances make this all-white kitchen as beautiful as it is functional.

The kitchen offers ease of entry to the home's spacious family room with its coffered ceilings and gas fireplace. Two sets of French doors offer entry to the deck and lower stone patio off this room, which is also outfitted with several oversized windows providing the space with abundant natural light. Generous glimpses of Spa Creek are afforded from the patio.

The homeowner's suite and luxurious bath with its huge soaking tub, marble vanity, and walk-in shower are located on the upper level along with two additional guest bedrooms and a home office.

A cozy loft space with built-in upholstered window seats, bead board wall treatment, and recessed wall-mount television on the floor above make this a precious little retreat for the movie lover or reader. This room also offers a convenient wet bar area with wine fridge.

Other perks of this outstanding home include a roof-top deck with panoramic views of Spa Creek, an impressive lower-level wine and gathering room with center island seating for four, a well-appointed in-home gym, a lower-level bedroom suite, and a two-car garage with upper level storage.








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Live Like a King in Crownsville

By Lisa J. Gotto

Come in, sit back, and relax in this wonderfully updated, open-plan contemporary home. Surrounded by a mature, wooded landscape, this 3,000-plus-square-foot home feels like you are living in a secluded treetop retreat with its scenic walls of windows.

The main level floorplan includes an eye-catching, nine-foot cathedral ceiling with beam work, warm hardwood flooring, and a light and bright fully-equipped eat-in kitchen with island, wall oven, and cooktop. A large family room is conveniently located right off the kitchen and features a cozy, central fireplace. Just steps from the family room, the new homeowners will enjoy the convenience of their own primary bedroom suite with bath.



Two of the home's additional bedrooms are located on the upper level where they share a bath and an additional bedroom is located on the home's partially finished lower level. This floor also features an expansive game room, fireplace, full bath, and walk-out to the patio.

The outdoor patio and in-ground pool area is an entertainer's dream with plenty of room to dine al fresco and host guests for everything from an afternoon playdate to an evening poolside cocktail hour. The pool area also offers an adjacent hot tub for chilly nights and those occasional sore muscles.

Part of the Belvoir Farms community, this property, located in a cul-de-sac, also offers a community recreation area with tennis courts, regular maintenance of its common areas, and access to the Severn River via its marina, dock, and boat slip.

Sarah Greenlee Morse of TTR Sotheby's International Realty in Annapolis said her buyers had their hearts set on finding a home with a large deck, which is a pretty specific order in such a competitive and limited market. "They are thrilled and love the exposed wood, walls of windows, and private wooded setting."



Primary Structure Built: 1998
Sold For: \$1,050,000
Original List Price: \$1,050,000
Bedrooms: 4
Baths: 3 Full, 1 Half
Living Space: 3,223 Sq. Ft.
Lot Size: 0.91 acres

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Photo by Cody



Sharon Sigona + Christopher Ferro

Sharon and Chris happily announce their engagement with plans to wed in Wilmington, Delaware in May of 2022. Sharon is a graduate of Fordham University and holds a Master's Degree in Clinical Nursing Leadership. She is a Registered Nurse working as a Director of Oncology and a Clinical Educator. Chris graduated from Frostburg State University and works as a Signal Test Engineer. They have 2 dogs and 1 cat, and 3 years and counting of happiness and love. So they both decided, "If you live to be a hundred, I want to live to be a hundred minus one so I never have to live without you."

Katie Ann Lidard + Matthew James Kole



Annapolis native Katie and her fiancé Matthew got engaged during the pandemic shortly after their move to Houston, Texas. They met almost 4 years ago at University of Maryland Medical Center. Matthew was a Neurosurgery resident, and Katie a Nurse Practitioner student at the time. Matthew is in his final year of Fellowship down in Houston. Their wedding will be in September on the Eastern Shore of Maryland.

Photo by Maggie Carmack



Natalie Mercer + Wayne McCain

During the Pandemic love still does exist. The engaged couple looks forward to their new journey together in Love, Peace and Happiness!! #WeMcCainOne Photo by Bill Whaley

Rhett Meneely + Alan Hartman

Our families and friends were hoping for an engagement, instead we got Maui'd! Alan, Parker and I are ecstatic to announce that we became a family on Ironwoods Beach in Maui, HI. Photo by Kathryn Haldiman



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Fresh Take

MUSHROOMS

By Dylan Roche

You've probably heard, "Eat your vegetables!" plenty of times in your life, but rarely have you heard, "Eat your fungi!" It wouldn't really be an ill-advised thing to say—mushrooms, though considered vegetables from culinary and nutritional perspectives, would be classified botanically as types of fungus. Appetizing? Maybe fungus isn't appetizing in theory, but the taste of well-prepared mushrooms is enough to turn a mycophobe (that is, someone who is afraid of mushrooms) into a mycophile (someone who loves them). Plus, they're rich in nutrients and antioxidants.

Mushrooms have a long history in the human diet, dating back millennia to ancient cultures. Not all culinary ventures with mushrooms turned out well in those early days, as some wild mushrooms are indigestible or poisonous. Thankfully, today's mushrooms that are cultivated and sold in grocery stores are safe for consumption.

Mushrooms are rich in a compound called glutamate ribonucleotides, which gives them a savory flavor that chefs describe as *umami*, a taste often found in meat, cheese, and fish, but not often found in vegetables. This makes mushrooms an ideal alternative for those who are trying to cut back on meat or salt in their diet—mushrooms can deliver a similar taste and texture without the fat, cholesterol, or sodium.



There's much more to a mushroom's nutritional panel besides being fat-free, of course. Mushrooms are rich in B vitamins like riboflavin, which you need for a healthy immune system, and niacin, which helps the body form red blood cells. Mushrooms also have potassium, an electrolyte mineral necessary for proper fluid balance in the body. Potassium can help offset the effects of high sodium in your diet, something that's important for people who are trying to watch their high blood pressure.

Furthermore, mushrooms are rich in the antioxidants ergothioneine and glutathione, both of which have been shown to help the body fight physical and mental signs of aging, including the onset of Parkinson's and Alzheimer's.

When you're browsing mushrooms at the grocery store, you'll notice they come in all shapes and sizes—and you might be wondering what the difference is. Some of the more common types are ↓

When you're selecting mushrooms, go for ones that have their caps intact without any tears, blemishes, or broken gaps. The texture of the cap should be smooth, and its color should be uniform. Bring them home and store them unwashed in the refrigerator for up to one week. To prevent them from collecting moisture and spoiling too quickly, store them in a container with plenty of ventilation, such as a brown paper bag with its opening unfolded. If you find you have more mushrooms than you know what to do with, you can always cook them and freeze them—however, freezing them raw isn't recommended, as their high water content will make them mushy when they start to defrost.

Don't be afraid to experiment with mushrooms when you're working with them in the kitchen. All it takes is a little bit of heat to soften them and bring out their flavor, and then you can use them in a variety of dishes. Here are a couple of options you'll want to try →



BUTTON MUSHROOMS: Sometimes called white mushrooms, these have small white domes and short stems. They're great for cooking, but they also work well raw in salads.



PORTOBELLO MUSHROOMS: These are distinguished by their broad, thick brown caps. If they have a stem, it's usually short, not extending far beyond the bottom of the cap. Portobello mushrooms have a rich flavor when cooked, and they work well as a substitute for meat on sandwiches or in pastas.



CREMINI MUSHROOMS: These are sometimes called baby bella mushrooms because they're younger versions of the Portobello. Cremini mushrooms have brown caps that are firmer and rounder than their more mature counterparts, but they cook up just as well.



SHIITAKE MUSHROOMS: These are easily distinguishable by their brown caps with white stems that are often long and thin. Shiitake mushrooms have the same meaty texture as Portobello and cremini mushrooms when they're cooked, though their flavor is a little earthier.



OYSTER MUSHROOMS: Much more delicate than other varieties of mushrooms, these have caps that are broad and shaped like a fan. They aren't ideal raw, but they have a seafood-like taste when cooked.



PORCINI MUSHROOMS: These have the thickest stems of any edible mushroom variety, topped off by round caps that bear a reddish-brown color. When cooked, their meaty taste has a slight nuttiness to it.



Mushroom Risotto

INGREDIENTS:

3 cup vegetable broth
 1/4 cup olive oil
 1 medium onion, chopped
 3 garlic cloves, minced
 1 cup Arborio rice
 2.5 cups cremini mushrooms
 2.5 cups porcini or shiitake mushrooms
 1/2 cup red wine
 2 cups fresh spinach
 1/4 cup grated Parmesan cheese
 1/2 teaspoons parsley
 1/2 teaspoon thyme
 1/2 teaspoon salt
 1/2 teaspoon pepper

Heat the olive oil in a large skillet over medium heat. Add the onions and garlic, allowing them to soften and brown. Add rice to the skillet, followed by parsley, thyme, salt, pepper, and mushrooms. Stir gently as the mushrooms cook and release their juices. Add the red wine and stir until absorbed. Heat the vegetable broth in a saucepan over medium heat and bring to a simmer. Slowly add the warm broth to the skillet, cup by cup, allowing it to absorb as you go. Add baby spinach and allow to soften. Transfer to a serving dish and sprinkle with parmesan. Garnish with fresh parsley and serve immediately.

Stuffed Mushrooms

INGREDIENTS:

2 pounds cremini mushrooms
 1/2 cup butter
 5 cloves garlic, minced
 1/2 cup whole-grain bread crumbs
 1/2 cup steamed spinach
 1 cup soft goat cheese
 1/4 cup grated Parmesan cheese
 1/4 cup grated Romano cheese
 1/4 cup grated Asiago cheese
 1/4 cup chopped parsley
 2 tablespoons chopped thyme
 1 tablespoon salt
 1 tablespoon pepper

Preheat oven to 400F and line a baking sheet with parchment paper. Wash mushrooms and remove the stems. Line the mushrooms cap side down along the baking sheet. Add butter to a large skillet and set over medium heat to melt. Add garlic and allow to brown. Wrap the spinach in cheesecloth or a paper towel and squeeze excess moisture away. Add to the skillet and stir to combined with garlic butter. Add breadcrumbs and combine. Remove from the heat and allow to cool. Transfer to a large mixing bowl and add cheese, parsley, thyme, salt, and pepper. Using a small spoon, fill the de-stemmed mushroom caps with the mixture. Afterward, sprinkle with any remaining grated cheese if desired. Bake for approximately 30 minutes or until the mushrooms have softened and the cheese filling is golden and bubbly.



HEALTH & BEAUTY HEALTH

Don't Underestimate Good Oral Health

By Dylan Roche

CONSIDER THIS: Your mouth is where your digestive system and respiratory system begin. Harmful bacteria in your mouth—between your teeth, along your gums, even on your tongue—could ultimately have an ill effect on the rest of your body, according to experts with organizations like the Mayo Clinic, the Oral Health Foundation, and the American Dental Association.

When you brush and floss, it turns out you're protecting much more than just your teeth and gums. You're protecting your heart, your brain, your lungs, and (for pregnant women) your unborn child.

How so? Take gum disease as an example. The Oral Health Foundation explains that bacteria from gum disease can be absorbed into the blood stream. There, it can cause inflammation or blood clots. In the long term, this leads to cardiovascular disease or an infection known as endocarditis, which affects the lining of the heart chamber and valves. If the blood vessels become so inflamed they cannot reach the brain, this can cause a stroke. If the harmful bacteria in your mouth are drawn into your lungs instead of your bloodstream, this can lead to respiratory diseases like pneumonia. Gum disease is also linked to premature birth and low birth weight because these bacteria can heighten the body's levels of chemicals that induce labor.

This means it's even more important to maintain the good oral hygiene that dentists recommend—it's no longer just about cavities.

1. Brush twice a day using a toothpaste accepted by the American Dental Association (check the package for the seal of acceptance, which indicates the paste's effectiveness).
2. Use floss once a day, and opt for an antimicrobial mouth rinse for extra protection.
3. Limit the sugar in your diet.
4. Visit the dentist regularly for professional cleanings and checkups.

It's also worth noting that if you're suffering poor oral health even when you're doing everything you're supposed to, it could be a sign that there's something wrong elsewhere in the body. For example, people with diabetes are at greater risk of gum disease because diabetes reduces the body's ability to fight infection. Osteoporosis can weaken your teeth and periodontal bones, and digressing oral health is often seen in Alzheimer's patients. Pay close attention to your teeth and gums—and to the teeth and gums of any loved ones you're caring for—so you can talk with a doctor about anything that does not seem right.

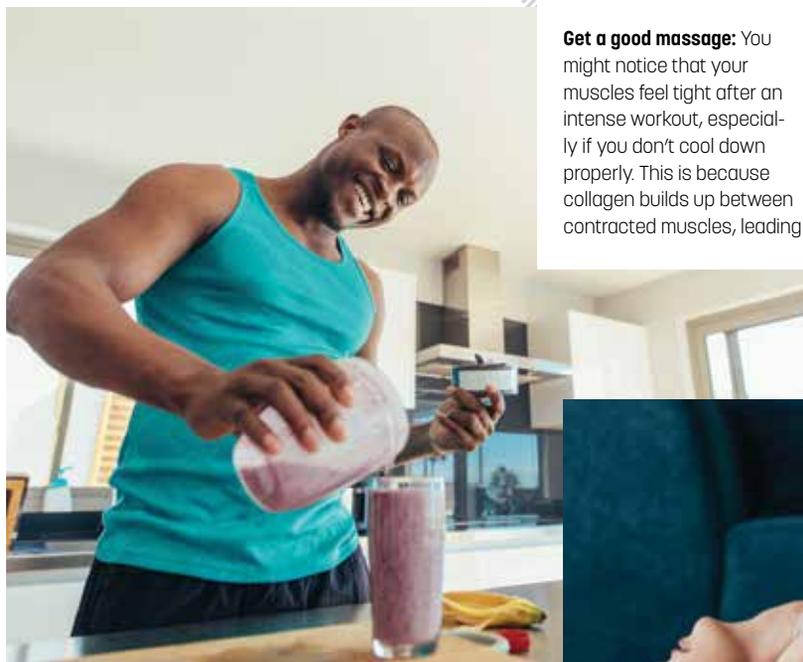
Fitness Tips

POST-WORKOUT RECOVERY

By Dylan Roche

Maximizing your workout isn't just about what you do in the gym. All that time and energy you put into weights, the spin bike, or even Zumba class won't do you any good if you're not smart about what you're doing afterward—specifically, rehydrating, getting a balanced post-workout snack, and making sufficient rest a priority.

The American Council on Exercise goes so far as to emphasize that the time you don't spend exercising is just as important to your fitness goals as the time you do spend exercising. That's because exercise involves stimulating the muscle tissues on your body, and when those muscles recover, they are stronger and able to handle more stimulus.



But there are right ways and wrong ways to recover from exercise, and the last thing you want to do is let your workout go to waste. Instead, here are five ways to treat your body right:

Rehydrate: You've lost a lot of fluid during your workout—even if you aren't soaked in sweat, it might be because your sweat evaporated off of you. Weigh yourself before and after exercise to give yourself a rough idea of how much water you're losing during your routine, and be sure to consume at least 16 ounces of water for every pound lost. You will also want to replenish your electrolytes—minerals that are necessary for your body's fluid balance—through your diet. Be sure to get sodium, magnesium, potassium, and calcium. You don't necessarily need to drink a sports beverage like Gatorade—getting these nutrients from food will be sufficient. Rehydrating is important because of the role water plays in the rest of your recovery. Water will help your body absorb certain nutrients and carry them to your cells, it regulates your body temperature, and it can help stabilize your heartbeat.

Get a good massage: You might notice that your muscles feel tight after an intense workout, especially if you don't cool down properly. This is because collagen builds up between contracted muscles, leading

to adhesions and knots that make it difficult to move the muscle without restriction. To reduce this tightness and take your muscles back to a full range of motion, you need to massage the muscle and break up those adhesions. You don't need to have a professional massage on standby—a foam roller, rolling stick, or even a compression ball can do the trick for you.

Improve your circulation:

Healthy circulation plays two important roles in recovery—it removes metabolic waste from your cells, and it carries oxygen to your tissues to help repair them. Most healthy individuals have good circulation and don't need to do anything special to support it; however, if you want to give your circulation a boost, you can try exposing yourself to heat in a sauna or hot tub, which opens up your blood vessels. You can also wear compression clothing, which puts slight pressure on your body and boosts your circulation, according to studies published in the *British Journal of Sports Medicine* and the *Journal of Strength and Conditioning Research*.

Eat right: Some fitness enthusiasts try to gorge themselves on protein after a workout, thinking that this will help them build more muscle. While protein is important for

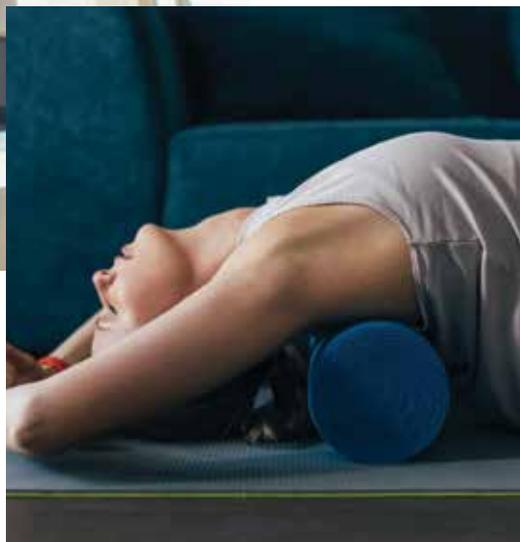
repairing damaged muscle tissue, it's not the primary source of calories that your body needs (plus your body can only use about 25 to 35 grams of protein at a time, so there's no sense in having any more than that in a single sitting). Instead, you should refuel with a 3:1 balance of calories from carbohydrates to calories from protein. So, if you have a 100-calorie snack, 75 of those calories should come from carbohydrates (approximately 18 grams of carbohydrates) and 25 calories should come from protein (approximately 6 grams of protein). The Academy of Nutrition and Dietetics recommends low-fat chocolate milk, turkey on whole-grain bread, or yogurt with berries.

Enjoy active recovery:

Recovering from your workout doesn't mean being a couch potato. Instead, experts such as those at the National Academy of Sports Medicine encourage active recovery, both in the short term (between sets during the same workout) and long term (in the days between workouts). Light physical activity will help stimulate recovery in your body without adding unnecessary stress—so hop on the elliptical while you rest up for your second set, or try swimming some laps on your off days. Active recovery can even be an easier, less intense version of your workout of choice. If you're a runner who typically does long distances at high speeds, then a short, moderately paced jog could be an ideal active recovery exercise for you.

That's not to suggest, of course, that passive recovery doesn't have its place—it does! Make sure you're getting plenty of sleep at night, as it's during the deepest parts of your slumber that your body does the most repair on itself.

Be smart about your recovery and keep the gains going!





12 Life- Changing Uses for Vaseline

By Dylan Roche

Having so many cosmetic products in your medicine cabinet can get to be a lot—a lot of clutter, a lot of expense, and a lot of questionable ingredients you might not want to add to your skin or hair. But if there's one product you always want to have on hand for a variety of uses (maybe even eliminating the need for a few of the other things you use), it's petroleum jelly, better known by the trademark name of Vaseline.

This mixture of natural waxes and oils, approved by the Food & Drug Administration as a skin protectant, is an answer to many beauty woes, whether you're worried about your lips, your hair, or even your cuticles.

However you are using petroleum jelly, it's important to remember that this is a product intended for external use only. While no studies have found Vaseline to be toxic, it is not meant to be eaten or applied directly in the eyes or ears. Vaseline should also never be used as a sexual lubricant. Remember to always use commonsense and always go back to your usual cosmetics if you encounter problems with petroleum jelly.

Here are 12 ways you might not have known you could use Vaseline:

1 Start with the basics—use Vaseline to soften your hands and feet. Because petroleum jelly doesn't have any moisturizing ingredients of its own (it simply locks in moisture and allows your body's natural oils to do their thing), you'll want to start with a base layer of your favorite lotion. Then slather Vaseline on as a top layer before slipping on some soft gloves or socks. Try doing this before bed if you want to wake up with ultra-soft hands and feet.

2 Vaseline makes your eyelashes look darker and fuller than they would even if you had mascara on. Dip a clean mascara brush into a tub of Vaseline and apply it to your eyelashes. You can also apply some to your eyebrows to keep them shapely and prevent unruly hairs.

3 Use a soft toothbrush to apply Vaseline to your fingers to soften your cuticles. You can also put Vaseline on the border of your fingernails when you paint them to prevent polish from running across your skin. Once the fingernail polish dries, wipe the Vaseline off your fingers.

4 Petroleum jelly can make a great windburn protectant to keep you from chapping on bitterly cold winter days. Spread a thin layer on exposed cheeks, ears lobes, and lips before you go outside. During warmer months, you can use Vaseline to reduce chafing on your inner thighs or wherever you're susceptible.

5 The next time you go to dye your hair, spread a little bit of Vaseline around your hairline to protect your skin from being stained by the dye. After you've rinsed the dye out of your hair, wipe the Vaseline away with a warm, wet washcloth.

6 Want to ensure you smell great all day? Apply a smear of Vaseline along your pulse points (inside your wrist or along your neck) and

massage until smooth. Hit those spots with a spritz of your favorite perfume—the oils will absorb the scent and make it linger a lot longer than it would otherwise.

7 Get your hair under control by using Vaseline as a styling product. Men can use it to style their short hair (and even tame coarse beard hairs). Even long hair can benefit from having Vaseline combed through it—the oils are good for conquering frizzy hair and sealing split ends.

8 Put Vaseline on your cheeks to give them a subtle highlight and make your cheekbones look much more prominent. Because Vaseline is noncomedogenic, you don't need to worry about clogging your pores.

9 Need to reduce dandruff? Massage a dab of Vaseline into your scalp and allow it to sit for five minutes. Afterward, rinse it out with a combination of shampoo and baking soda.

10 If you nick yourself with a razor while shaving, you can use petroleum jelly as a makeshift bandage. Wipe away the blood and disinfect it with alcohol or peroxide. Then place a dime-size blot of Vaseline over the nick to stop the flow of blood.

11 When you're sore from an intense workout or a stressful week, place a spoonful of Vaseline in a microwave-safe bowl and nuke it for a minute until it's soft and warm. Apply it to your muscles and enjoy the warming sensation that will help unstiffen them and let you relax.

12 Petroleum jelly is great for fighting bites and stings. Store your jar in the freezer, then whip it out if you or a family member has been stung by a bee or bit by a mosquito. Smear a small amount of the chilled Vaseline across the bites and allow them to alleviate themselves.



Candy Season is Here

SO HOW CAN WE LIMIT OUR SUGAR INTAKE?

By Dylan Roche

Sugar might taste sweet, but the reality of its health effects is a little more bitter. Although the Dietary Guidelines for Americans put out by the Department of Health and Human Services recommend you limit your added sugar to no more than 10 percent of your daily calories, adults and children throughout the United States are greatly exceeding that.

It's even worse this time of year. The National Retail Federation estimates people will spend a collective \$2.08 billion on candy ahead of Halloween—and the average person will consume more than three pounds of candy over the month of October!

Think about a fun-size portion of Halloween candy. A miniature Snickers bar contains 8 grams of added sugar—just over 1.5 teaspoons. And a mini box of Nerds or bag of Skittles has 11 grams, totaling 2.25 teaspoons.

And unfortunately, cutting back on sugar isn't as simple as abstaining from trick-or-treating. Sugar is found in many processed foods—not only the usual suspects like cookies, cake, and ice cream, but even foods like bread, cereal, yogurt, spaghetti sauce, and protein bars are packed with added sugar. And it could be taking a toll on your health.

WHAT'S SO BAD ABOUT ADDED SUGAR?

There's a difference between added sugar and the naturally occurring sugars found in foods like fruit and dairy. Added sugars deliver calories without any added nutrients. This means that when your diet is high in sugar, it's very difficult to get all the vitamins and minerals you need for proper function without taking in an excess number of calories, which can lead to weight gain.

"HEY, NO WORRIES, I DON'T NEED REGULAR COKE WHEN I CAN JUST HAVE A DIET COKE. IT DOESN'T HAVE SUGAR OR CALORIES, SO IT'S A HEALTHY OPTION, RIGHT?"

The Cleveland Clinic encourages people to reduce the amount of added sugar in their diet to help stave off conditions like obesity, high blood pressure, and elevated triglycerides. Studies published in *JAMA Internal Medicine* have even found that people who get a higher percentage of their daily calories from added sugar have an increased risk of death by cardiovascular disease compared with those who consume less than 10 percent of their calories from added sugar.

Having a sweet tooth means you might be less inclined to choose more nutritious options. As the Mayo Clinic points out, fruit is naturally sweet, but it's not as sweet as candy and soda. When tastebuds are accustomed to the sweetness levels of foods with added sugar, they no longer perceive fruit as sweet, and they can even have trouble tolerating non-sweet foods like vegetables.

HOW DO I RECOGNIZE ADDED SUGAR?

Sugar isn't always listed on ingredient lists in the plainest of terms because it can come in so many different forms. What most of us would recognize as sugar—the granular white stuff sometimes more specifically described as *cane* sugar, because it's made from sugarcane—is only one type of added sugar.

Scan the ingredient list and look for items like corn syrup, dextrose, fructose, glucose, lactose, maltose, sucrose, trehalose, invert sugar, raw sugar, brown rice syrup, and barley malt syrup. Each of these is a type of added sugar. Ingredients like honey and molasses are often considered healthier because they have some nutritional value in the form of vitamins, minerals, or antioxidants—but the body breaks them down the same way it does cane sugar.

Remember that any natural sugars would likely come from fruit or dairy ingredients. If a product does not contain any fruit or dairy, or it contains a minimal amount of either, then any sugars the product has likely derive from added sweeteners.

ARE NON-NUTRITIVE SWEETENERS A BETTER OPTION?

"Hey, no worries," you might be thinking. "I don't need regular Coke when I can just have a Diet Coke. It doesn't have sugar or calories, so it's a healthy option, right?"

Not necessarily. While organizations like the American Heart Association and the American Diabetes Association say it's okay to have moderate amounts of non-nutritive sweeteners, such as those in diet soda, to help curb your consumption of sugar, these ingredients still aren't ideal.

Any of the non-nutritive sweeteners approved by the FDA—saccharin, acesulfame, aspartame, neotame, and sucralose—might be free of calories or very low in calories, but they still set off your sugar receptors. If you use large quantities of non-nutritive sweeteners, you'll continue to have a taste for sweetness and a reduced interest in fruits, vegetables, and whole grains.

The better option? The Mayo Clinic recommends going for two weeks with minimal amounts of sugar or non-nutritive sweeteners to give your tastebuds a reset. After this period, you'll have a much better appreciation for the taste of natural foods.

HOW CAN I CUT BACK ON SWEET STUFF?

Eating less sugar and non-nutritive sweetener doesn't require a major overhaul of your diet. Instead, you can focus on simple, doable changes that will add up over time. Here are a few recommendations:

- Choose unsweetened or minimally sweetened breakfast cereal and add fresh fruit.

- Make your coffee at home instead of ordering a fancy drink from the shop. Dress up your java with a sprinkle of cinnamon or cocoa powder and a splash of milk.

- Cut back on the amount of sugar in your baking. Reduce the sugar a recipe calls for by 1/3 and you likely won't even notice the difference. You could also replace the sugar with equal amounts of unsweetened applesauce.

- Instead of soda, go for seltzer with a squeeze of fresh lemon or lime. Cucumber, watermelon, and mint are other great ingredients to give your drink a great taste without any excess sugar.

- Choose full-fat foods like peanut butter and salad dressing. The low-fat or fat-free counterparts often have extra sugar to compensate for the different taste and consistency. This usually means a very minimal caloric difference—plus the healthy fats in peanut butter and oil-based dressings will actually help you feel satiated and full.

- Avoid convenience snacks, even if they seem healthy. Depending on the brand, a granola bar can have just as much sugar as a candy bar! Keep snacks like nuts, fresh fruit, whole-grain crackers, and string cheese on hand instead.



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← If you're over in West Anne Arundel County and need a little pick-me-up, **Chesapeake Bay Roasting Company** has you covered. The company recently debuted its Big Orange Coffee Service, a bright-orange truck parked outside its roasting facility that serves up drip coffee, espresso-based drinks, and cold brew. The truck is open from 7 to 9 a.m. Monday to Friday. **2100 Concord Boulevard, Suite J, Crofton | cbrcoffee.com**

Savor the Chesapeake

A culinary compendium of restaurant, food, and beverage news and trends from the Chesapeake region

By Kelsey Casselbury

Sip, Sip, Hooray!

We can say from personal experience that **Crooked Crab Brewing Co.** is *always* packed, so it's welcome news to hear that the Odenton brewery plans to expand by more than 8,000 square feet. The enlarged space, which will be nearly 15,000 square feet, plans to be open early next year, and it means that there will be room for live music and entertainment acts. Crooked Crab also plans to boost its barrel-aging process, as well as its overall production of beer.



↓ "We are currently operating at our maximum capacity," co-owner Dan Messeca told *Baltimore Business Journal* in mid-August. "The primary purpose of this expansion is to increase our production, which we expect will slowly ramp up to the range of 5,000 barrels annually." **8251 Telegraph Road, Odenton | crookedcrabbrewing.com**



↑ What about if you're on the Eastern Shore? Take advantage of **Rise Up Coffee Roasters'** new drive-through location in Easton, right across the street from the company's roastery. "In truth, our new Easton drive-thru represents our ongoing response to COVID-19," the Rise Up team shared on social media. "As an exact replica of our St. Michael's location, it gives us another convenient and safe service option for our Easton neighbors." **618 Dover Road, Easton (Roastery) | riseupcoffee.com**

→ Back to booze for a moment: Next time you're on a weekend vacay down to the beach, you might have another reason to stop by (or stay in) Berlin. In late August, the town's Planning Commission voted unanimously to approve the proposed site plan for a new distillery, **Forgotten 50**. The distillery will be headed up by Cody Miller, who is currently the distiller at Ocean City's Seacrets. He told *The (Salisbury) Daily Times* that the property would include a tasting room and, in the future, hopefully a cocktail lounge. Forgotten 50 still needs state and federal approval before it can come to fruition.





Tiffany and Brian Biven snack on fried mac 'n cheese at the Maryland Renaissance Festival.

Good Eats: **Fall Food Favorites**

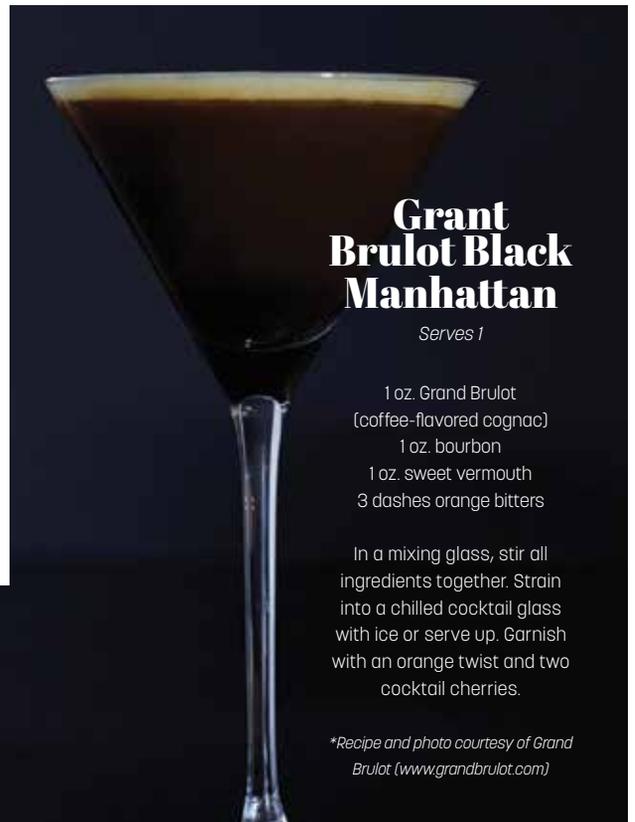
Hear ye, hear ye! The Maryland Renaissance Festival is back after taking a year off for a small obstacle known as the COVID-19 pandemic. Behind the gates, you'll find one of the main reasons to attend: the food. We're partial to classic smoked turkey leg, but there's a lot more that we've been waiting two years to chow down on, from Hot Apple Dumplings to Canterbury Pork Pockets and more.

What's your favorite fall food? Perhaps you're partial to the Apple Cider Donuts that Homestead Gardens traditionally sells during the harvest season. Maybe you're a purist who prefers all things pumpkin, starting with the basics, a Pumpkin Spice Latte at your choice of coffee shops. Do you go apple-picking every year, carefully plucking the sweetest, crispest fruit off the tree with your very own hands? (Kent Fort Farm in Stevensville has u-pick apples, as well as pumpkins, hayrides, and a petting zoo on weekends this month; call 410-643-1650 first for availability.)

*We'd love to hear what you've been indulging in this autumn. Share your faves on social media by using the hashtag **#favoritefallfoods***

From the Bar: **Perk Up While Winding Down**

The morning hours call for a strong cup of coffee. Once the day is done, however, you can still turn to the coffee for moral support—coffee-flavored spirits, that is. Try this one out:



Grant Brulot Black Manhattan

Serves 1

- 1 oz. Grand Brulot (coffee-flavored cognac)
- 1 oz. bourbon
- 1 oz. sweet vermouth
- 3 dashes orange bitters

In a mixing glass, stir all ingredients together. Strain into a chilled cocktail glass with ice or serve up. Garnish with an orange twist and two cocktail cherries.

*Recipe and photo courtesy of Grand Brulot (www.grandbrulot.com)

Have culinary news to share?

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

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Advertisers Listed in Red

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🌊 Water View

☀️ Outdoor Seating

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👑 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; Vnoodlehouse.com; Vietnamese; lunch, dinner \$

Hanover

George Martin's Grillfire

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

Little Spice Thai Restaurant

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

Maiwand Kabob

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

Red Parrot Asian Bistro

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

Timbuktu Restaurant

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

Vivo Trattoria & Wine Bar

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

Millersville / Glen Burnie

Arturo's Trattoria

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

Broken Oar Bar & Grill

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

The Grill at

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

Hellas Restaurant and Lounge

8498 Veterans Highway, Millersville; 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; Libationismd.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 \$ 🍷

WHAT'S UP? MEDIA

Nutcracker Tea

December 12
Two Seatings—10a.m. & 3p.m.

Graduate Hotel



Get a picture taken with Santa!

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

• Tickets on sale at whatsuptix.com •



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 \$ Y

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 \$\$ Y ☕ ☑

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 \$ Y ☕ ☑

Riconcito Mexicano

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

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 \$\$\$ ☕ Y

The Hideaway

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

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 \$\$ ☕ Y ☕ *

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 \$\$ ☕ Y ☕ *

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 \$ ☕ Y

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 \$\$ ☕ Y *

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 \$ Y ☕

Park Tavern

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

Mike's Crab House North

1402 Colony Road, Pasadena; 410-255-7946; Mikesnorth.com \$\$ ☕ Y ☕ ☑ *

Annapolis Area & Beyond

Blackwall Hitch

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

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 \$\$ ☕ Y ☕ ☑

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 \$ Y * ☑ ☑

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 \$\$ Y ☕ ☑

Harvest Thyme Modern Kitchen & Tavern

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

Herald Harbor Hideaway

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

Jesse Jay's Latin Inspired Kitchen

5471 Muddy Creek Rd, Churchton, 240-903-8100; jessejays.com; Latin, Lunch, dinner \$\$ ☕ Y ☕

La Sierra

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

Lista's Grill

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

Lures Bar and Grille

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

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 \$ Y ☕

Milano Pizza

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

Mother's Peninsula Grille

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

Old Stein Inn

1143 Central Avenue, Edgewater; 410-798-6807; Oldstein-inn.com; German; dinner \$\$ Y ☕ * ☑ ☑

The Point Crab House & Grill

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

Rams Head Roadhouse

1773 Generals Highway, Annapolis; 410-849-8058; Ramshtheadroadhouse.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$ Y ☕ ☑

Rips Country Inn

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

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 \$\$\$ ☕ Y ☑ ☑

Señor's Chile

105 Mayo Rd, Edgewater, 410-216-2687, sensorschile.com; Mexican, lunch, dinner, \$\$, ☕ Y ☕

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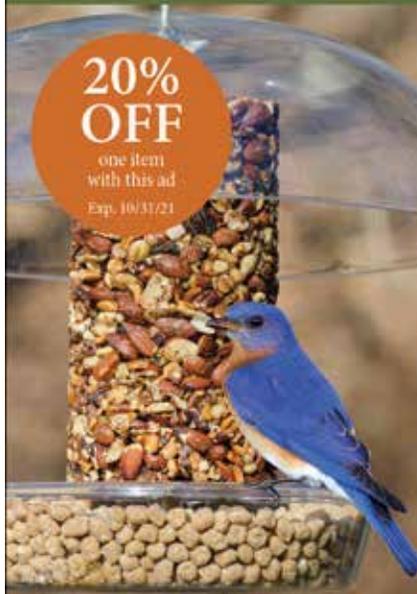


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Where's Wilma?

FIND WILMA AND WIN!

Just as the winds blow strong come October, so too does our faithful flying mascot Wilma. She's catching the winds and zipping from western shore to eastern this month, touching down at her favorite restaurants, shops, and events—enjoying the fall weather before it turns for the season. 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 **Jami Linstrom** of Odenton, who won a \$50 gift certificate to a local restaurant or service.

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 October 31, 2021. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? West County.

All Star Pain Management and Regenerative Medicine	LHP
Annapolis Foot and Ankle.....	37, LHP
Archbishop Spalding High School	19
Baltimore Washington Medical Center	BC
Blackwall Barn & Lodge.....	5
Blanket Ball PLASE Project.....	13
Bowie Siding & Roofing Inc.....	77
Chesapeake Medical Imaging.....	44
Chesapeake Women's Care.....	44
Ciminelli's Landscape Services Inc.....	15
Crave Catering Co.	80
Digestive Disorders Associates—Affiliated with MDTEC	LHP
Djawdan Center for Implant and Restorative Dentistry	1
Dr. Heather Pacheco.....	21
Drs. Walzer Sullivan & Hlousek PA	7
Fichtner Services	69
Homestead Gardens	19
Hospice of the Chesapeake.....	IBC
Indian Creek School (Upper Campus).....	26
Key School	2, 10
Labbe Family Orthodontics.....	LHP
Law Offices of Kendall B. Summers.....	15
Long & Foster—Crofton.....	4
Long Fence.....	62
Luminis Health AAMC.....	Cover Sticker, 3
Mamma Roma.....	88
Maryland Oral Surgery Associates.....	LHP
Maryland Pet Crematory.....	88
Monsignor Slade Catholic School.....	95
Odenton Masonic Lodge No. 209.....	95
O'Donnell Vein and Laser	IFC, LHP
On The Green Inc.....	77
Riva Road Surgical Center LLC.....	38
Skin Oasis Dermatology.....	LHP
Wild Birds Unlimited.....	95
Woodholme Gastroenterology Associates.....	21

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