

WHAT'S UP?

Excellence in Nursing
2021 Honorees Revealed

Inside Fire Chief Trisha Wolford's
Iconic Firehouse Home

Our Philanthropic
Calendar of Events

WEST COUNTY

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



the gift of giving

A practical guide with tips from
national experts to help make the task
of gift giving enjoyable and on point!

WHAT'S UP? MEDIA NOV/DEC 2021

0 14820 08344 4

\$4.95

1 11



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.

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

It's Laser Season! Are you frustrated with the current appearance of your skin? Wrinkles, sun spots, and minor blemishes can add up over time. Luckily, Sciton's new HALO laser resurfacing treatment is here to turn back the clock on age-related skin damage! HALO can treat all skin types, on face and body. Popular off-face treatments include: neck, chest, arms, hands, and legs. Added benefits include:

- More comfortable than traditional fractional resurfacing
- Minimal downtime and fast healing; patients back in makeup within 24 hours
- No occlusive post care
- Noticeable improvements within the first week

Give O'Donnell Vein and Laser a call today to learn how to receive a **FREE BBL** laser skin treatment and **33% off** our most popular HALO laser skin treatment. Plus, many other perks, such as **10% off** all our skincare products – and more!

Contact us today at 410-224-3390 to schedule your evaluation!



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

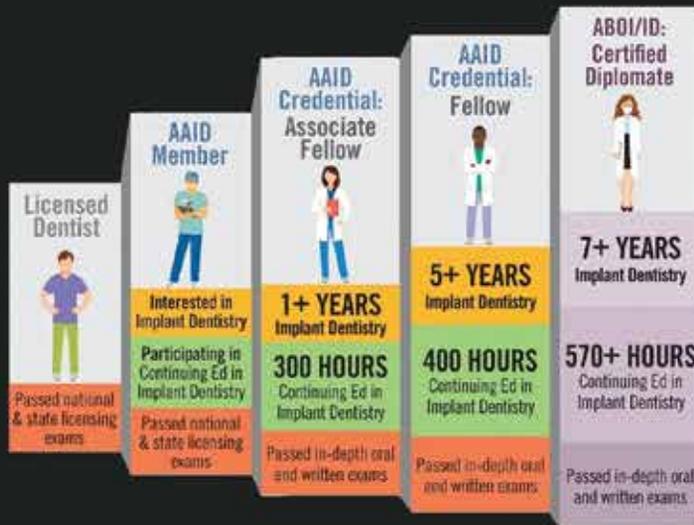


Eden Flynn, BSN, RN performing a Sciton Forever Young BBL laser treatment.

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



If you are considering dental implants it is important you choose a dental implant dentist credentialed by the American Academy of Implant Dentistry, AAID.



AAID-credentialed dentists are qualified to provide the treatment you need.

Dental implants are complex, sophisticated devices that require deep knowledge and specialized expertise to fit and place properly, and every treatment needs to be customized to the unique needs of the patient. You can count on an AAID-credentialed implant dentist to expertly evaluate your needs, design a personalized treatment plan and complete it successfully.



Dr. Kian Djawdan (pronounced Jav-dan) is Board Certified by the American Board of Implantology/ Implant Dentistry and is considered an expert in implant dentistry. He is specially trained and licensed to administer IV sedation for any dental procedure. Dr. Djawdan has created a unique patient experience where adult patients with complex dental problems can have all of their dental treatment (surgical and restorative) in one office with one dentist.



DENTURE

- Ruins food's taste
- Unnatural looking: bulky plastic
- Weak bite, poor chewing
- Staining and embarrassing odor
- Continued loss of jaw bone
- Requires gooey adhesives
- Can break



PRETTAU™ ALL CERAMIC IMPLANT BRIDGE

- Taste your food again
- Beautiful natural smile
- Eat what you want
- No staining or odor
- Maintains jaw bone
- No messy adhesive required
- Unbreakable

Djawdan Center for Implant and Restorative Dentistry

Restoring Hope & Confidence

VISIT OUR NEW LOCATION

133 Defense Hwy • Suite 210
Annapolis, MD 21401
410.266.7645
www.smileannapolis.com



Dr. Djawdan's
Professional Training
& Dental Credentials



*Based on fracture toughness, Vickers, and flexural strength in University tests.



THE BLACKWALL
BARN & LODGE

BOOK THE BARN & LODGE

for your next
private event!



THE BARN

165 Guests w/ Dance Floor, or
up to 200 Guests Cocktail-Style,
Private Bar, Option to Rent
Half of the Barn



THE GAME ROOM

Seats up to 14 Guests
Perfect for Smaller Gatherings
Huntsman Inspired Decor



THE COTTAGE

Seats up to 22 Guests
Our Most Private, Intimate
Space, Complete control
over Sound, Volume,
Lighting and Temperature



THE ALL-SEASON PATIO

Seats up to 25-40 Guests
Retractable Walls/Windows
Fireplace, Private Bar

In addition to spaces, we have a variety of different menus to suit every style. We are able to accommodate formal dinners with plated, buffet, and family style farm-to-table inspired menus. If you are looking for something a bit more unique and interactive, we can create items like classic charcuterie displays, whimsical pretzel boards, the ever popular Taco Bar, and heartier Pasta or Carving Stations.

Just a Few Miles from Typical

Christine Mamer, Events Director

cmamer@barnandlodge.com | (443) 645-3035 | 329 Gambrills Road, Gambrills, MD | BarnAndLodge.com



Heart surgery, now close to home.

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

To learn more about the program please call **443-481-1358** or visit **LuminisHealth.org/HeartSurgery**



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

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

November/December

contents



36

Features

- 25 Excellence in Nursing** More than 60 exemplary nurses throughout the Chesapeake Bay region receive honors, as nominated by their nursing peers
- 30 Philanthropic Calendar 2021-2022** Charity events are back, with many live and in-person! We cover the fall/winter calendar, featuring more than 20 of the best galas, fundraisers, and more
- 32 Sleighing Your Shopping List** Our unique advice, tips, and ideas will help you get creative with your gifting this holiday season *By Dylan Roche*

- 34 Special Section: Holiday Shopping Guide** An exceptional collection of gift items to consider for your special someone this season
- 36 Inside the Shield and the Storm** In honor of Veterans Day and the 30th anniversary of Operations Desert Shield and Desert Storm, several insiders, including veteran journalists, retired admirals, generals, and a tank platoon commander, share their memories *By Frederick Schultz*
- 44 Fire Alarms & Doorbells** Meet Anne Arundel County's Fire Chief, Trisha Wolford, and step inside her home... an iconic firehouse *By Lisa Hillman*



Home & Design

- 53 Home Design: Interior Inspiration** The three tiers of sound investment furnishing *By Lisa J. Gotto*
- 56 Home Garden: Sharing Your Garden's Bounty** Gifts that keep on giving and how to give them *By Janice F. Booth*
- 58 Sun-Drenched on South River** Classic architecture meets modern in this 9,000-square foot waterfront home *By Lisa J. Gotto*
- 60 The Ultimate Bay Views** This riverfront rancher has it all *By Lisa J. Gotto*

56

Health & Beauty

By Dylan Roche

- 64 Fresh Take: Grapes**
- 65 The Smart Way to Soothe a Hangover**
- 66 Gluten-Free Diet Facts & Myths**
- 67 Botox for Migraines**
- 68 Fitness Tips: Battle Ropes**
- 69 A Journey of Faith & Healing**



72

Dining

- 72 Savor the Chesapeake** A culinary compendium of restaurant, food, and beverage news and trends from the Chesapeake region *By Kelsey Casselbury*
- 74 Readers Restaurant Guide** More than 125 regional restaurants listed
- 77 Readers Review Contest** Your dining reviews can win you free dinners!



68

WHATS UP?

WEST COUNTY

Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

Chief Operating Officer

Ashley Lyons (x1115)

Entertainment Editor

Megan Kotelchuck (x1129)

Contributing Editors

Lisa J. Gotto, Dylan Roche

Contributing Writers

Janice Booth, Lisa Hillman,
Frederick Schultz, Tom Worgo

Staff Photographer

Steve Buchanan

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Arden Haley

Production Manager

Nicholas Gullotti (x1101)

Senior Account Executive

Beth Kuhl (x1112), Kathy Sauve (x1107)

Account Executives

Debbie Carta (x1110), Nina Peake (x1106),
Michelle Roe (x1113)

Special Events Director

Melanie Quinn (x1132)

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)

Administrative Assistant

Kristen Awad (x1126)

WHATSUPMAG.COM



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

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

Your solution to thinning hair

Keralase™

LaseMD
ULTRA

Skin Oasis Hair



KeraLase is a non-surgical treatment that combines two effective therapies into one treatment for incredible results: Lutronic LaseMD® laser treatment & KeraFactor® serum application. KeraLase is extremely versatile—it can be used on both women and men, and on all types of skin and hair.

Skin Oasis Face



We offer Ultherapy to boost your natural collagen to lift and tighten your neck, brows, under the chin area, and improve lines & wrinkles on the upper chest.

Ultherapy®
SEE THE BEAUTY OF SOUND™

Skin Oasis Body

For your body we offer EmSculpt and Vanquish body contouring and Emtone cellulite reduction.

EMSCULPT® EMTONE™
VANQUISH™



SKIN OASIS DERMATOLOGY

MEDICAL, COSMETIC,
SURGICAL
DERMATOLOGY
PRACTICE



Katina Byrd Miles, MD, FAAD

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

410-451-0500 | www.skinoasisderm.com

2401 Brandermill Boulevard, Suite 240, Gambrills, MD 21054

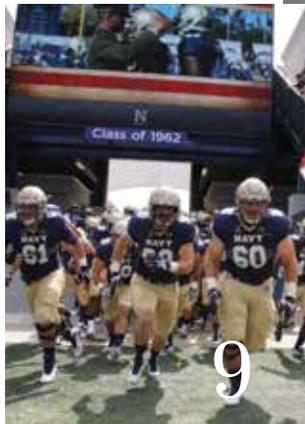
**COMING UP IN
JANUARY 2022**
2022 Private School Guide
Critical Race Theory in the Classroom?
The Mighty Potomac River
2022 Interior Trend Report
Mental Fitness

November/December contents

In Every Issue

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

9 Out on the Towne Special celebrations and activities to enjoy this month *By Megan Kotelchuck*



14 Towne Social Photographs of charity events and endeavors

16 Towne Salute Meet Dian "CJ" Cornelius-James of METAvivor *By Tom Wargo*

18 Towne Spotlight Local business and community news *By James Houck*

20 Towne Athlete Meet Mia Putzi of Indian Creek School *By Tom Wargo*

22 Towne Interview We talk Terps basketball with star guard Eric Ayala *By Tom Wargo*

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

e-contents



Sponsored Instagram Posts

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

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



Inbox Updates

whatsupmag.com/subscribe

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

Connect

@whatsupmag
@whatsupmags



WEST COUNTY...

BEST OF 2022

**VOTING IS LIVE
OCT. 1 - NOV. 30**

**LET YOUR VOICE
BE HEARD!**

Vote for your favorite health and wellness providers, veterinarians, restaurants, beauty salons, gyms, realtors, home contractors, retailers, and professional services.

**RESULTS WILL BE PUBLISHED
IN OUR JUNE 2022 ISSUES**

What's Up? Publishing reserves the right to eliminate the least-voted categories, as needed, in the final published results.

[WHATSUPMAG.COM/BESTOFVOTING](https://whatsupmag.com/bestofvoting)





UNHASSLE THE HOLIDAYS



What's the secret to hassle-free holidays?
You already know. The Village is one place with
everything – gifts, groceries, great looks and more.
Choose less stress and super convenience.
Sleigh the holidays here.



**THE
VILLAGE**
AT WAUGH CHAPEL

Safeway • Marshalls • HomeGoods • LA Fitness • Go to ShopWaughChapel.com or follow us  for more information.

Out on the **TownE**

9 EVENT PICKS | 14 SOCIAL | 16 SALUTE
18 SPOTLIGHT | 20 ATHLETE | 22 INTERVIEW

Maryland Therapeutic Riding Pony Trot

Visit Kinder Farm Park in Millersville on November 6th at 8 a.m. for the 2nd Annual Maryland Therapeutic Riding Pony Trot. The race will be held in person this year but there will also be a virtual option for those who are not local. A fun course will be set up on the farm for riders to enjoy through the week at the regularly scheduled lesson time. All of the proceeds from the Pony Trot will benefit Maryland Therapeutic Riding. Visit Horsesthatheal.org for more details.





↑ CASABLANCA GALA 2021

The CASAblanca Gala is back this year on November 6th from 6 to 11 p.m. at the Westin Annapolis Hotel. This year, the theme is “Hope Changes Everything.” Enjoy an evening of drinks, dinner, dancing, live and silent auctions, and so many more activities. Visit Aacasa.org for more information.

The Chesterton Gala

Chesterton Academy invites you to their Gala, an elegant evening of dinner, drinks, and music. Join for fellowship, hear about their mission, support the students, and enjoy a night of merriment. The event will take place November 6th from 6:30 to 11:30 p.m. at The Columbus Club of Annapolis. Seating is limited so get your tickets ahead of time by visiting chestertonacademyofannapolis.org.



Navy Football ↓

Navy Football has one home game in November. Kickoff will be at 3:30 p.m. on November 20th against East Carolina University at Navy-Marine Corps Stadium in Annapolis. Find tickets online now at Navysports.com or watch the game on CBS Sports Network. The Midshipmen lead the series 7-1 and have had a 5-year winning streak against the Pirates. Can the Mids keep the streak alive?



FISH FOR A CURE

Fish for a Cure is back and celebrating 15 years. On November 6th, compete for the biggest fish and make waves in cancer care for patients and their families. Bring your catch to South Annapolis Yacht Center between 4 and 7 p.m. for the in-person weigh-in and after-party. For more information, visit Fishforacure.org.

OUT ON THE **TOWNE**

Cinderella

Experience the most classic "Happily Ever After" for just two nights at Maryland Hall in Annapolis. Annapolis Opera is performing Rossini's timeless classic *Cinderella* on November 5th at 7:30 p.m. and on November 7th at 3 p.m. Find out if dreams really do come true and if love can conquer greed and cruelty. Get your tickets now at Annapolisopera.org



Photo by Keith Allison



WASHINGTON CAPITALS ↑

Hockey season is back and that means the Capitals are ready to hit the ice again at Capital One Arena in Washington, D.C. The Caps have five home games in November. They play the Philadelphia Flyers at 7 p.m. on November 6th, the Buffalo Sabres at 7 p.m. on November 8th, the Pittsburgh Penguins at 7 p.m. on November 14th, the Montreal Canadiens at 7 p.m. on November 24th, and the Florida Panthers at 5 p.m. on November 26th. Visit Nhl.com/capitals to get tickets now.

2021 Chesapeake Watershed Forum

On November 1st through 5th, The Alliance for the Chesapeake Bay will be hosting their 16th Annual Chesapeake Bay Watershed Forum. The event will feature in-person networking November 1-3 and virtually conferencing November 3-5. This is a watershed-wide event reaching over 400 restoration and protection practitioners to inspire and empower local action towards clean water. For more information, visit Allianceforthebay.org.



We helped Nicole turn her house into a home.

It's a simple idea.

Donations of furniture, housewares, and clothing are delivered to people in the community who need them, stabilizing their home environment and improving their quality of life.

We are helping thousands each year discover HOPE for their future.

Capital Gazette
BEST OF ANNE ARUNDEL
2021
WINNER

HOPE For All

www.hopeforallus

Offering life's essentials today...to give HOPE for a self-sufficient tomorrow

HOMESTEAD GARDENS

ANNAPOLIS' PREMIER Christmas Shop

Gorgeous Holiday Displays!
Trees, Greens, Lighting, and more

Visit our website for details about our holiday events:
Holiday Preview Party | Grand Illumination
Pictures with Santa for Kids and Pets



Davidsonville, MD | Severna Park, MD | Smyrna, DE
WWW.HOMESTEADGARDENS.COM

Photograph by Keith Allison



**Beall
Funeral
Home**

Family Owned and Operated



Each Service
as Personal
as the Individual

PRE-ARRANGEMENTS

CREMATION

OUT-OF-TOWN
ARRANGEMENTS

COMPLETE FUNERAL
SERVICES AND
PERSONALIZATION
SERVICES

(301) 805-5544

6512 NW Crain Hwy (Rt. 3 South)
Bowie, MD 20715

www.beallfuneral.com

OUT ON THE TOWNE



↑ Stars, Stripes and Chow: Chili Edition

Home chefs throughout Maryland will put their best pots of chili forward when they come together for a chili cookoff to raise money for homeless veterans. November 6th, from 1 to 4 p.m., will be The Baltimore Station's 7th Annual Stars, Stripes, and Chow: Chili Edition at Camden Yards. There will be entertainment from Soundcheck Rock Academy's kids' bands and other food and beverages will also be included in the ticket price. Find more information at E.givesmart.com/events/nmy.

THE TALENT MACHINE COMPANY GALA

The Talent Machine Company, an exceptional children's theater in Annapolis, is holding its first ever Gala on November 20th at the Annapolis Waterfront Hotel from 7 to 11 p.m. This event will be celebrating the 30th anniversary of the Company's Holiday Show and will raise funds to help offset the impact that COVID had on the nonprofit. Find more information at Talentmachine.com/gala.

EARLY CHRISTMAS FLEA MARKET AND CRAFT FAIR

After such a great selection of Christmas crafts and attic finds at their event in the Fall, The Ann Arrundell County Historical Society will be having another Early Christmas Flea Market and Craft Fair at the Benson-Hammond House Museum in Linthicum on November 6th from 8 a.m. to 3 p.m. For more information, or to sell, visit Aachs.org.

Small Business Saturday

November 27th is Small Business Saturday in Downtown Annapolis. Over 90 retail stores and 80 restaurants in the Downtown Annapolis area will be kicking off the holiday season. At this point, holiday decorations will also have started to go up in the town and the area will feel magical as you stroll the many shopping streets. This day is devoted to supporting your local independent retailers and restaurants. Find more information and plan your shopping spree at Downtownannapolispartnership.org.



Across the Bridge



EASTERN SHORE SEA GLASS & COASTAL ARTS FESTIVAL

Visit Talbot County for the Eastern Shore Sea Glass and Coastal Arts Festival held at the Chesapeake Bay Maritime Museum in St. Michaels. The festival will be held November 20th through 21st. Visit all vendors and add the most perfect pieces to your collection. Visit Ophiuroidea.com for more information.



Festival of Trees

The 36th annual Festival of Trees will be held over Thanksgiving weekend (November 27-30) to raise funds for Friends of Hospice and benefit Talbot Hospice. One hundred trees will be on display in the Gold Room of Easton's Tidewater Inn with the theme "A Winter Wonderland." The Festival includes a fun outside event for families on Saturday, November 27th, "Carols by Candlelight," from 5 to 7 p.m. Find more details at Festival-of-trees.org.

WILD & SCENIC FILM FESTIVAL

ShoreRivers is excited to host this year's 12th Annual Wild & Scenic Film Festival at Avalon Theatre in Easton. Last year was completely virtual but this year will have a hybrid model. The event will take place on November 19th from 5 to 7 p.m. More information will be coming to Shorerivers.org as the event gets closer.



Photograph by Michael Roe

↑ Waterfowl Festival

The 50th Anniversary of the Waterfowl Festival is here! On November 12th through 14th, more than 15,000 visitors are expected to honor Eastern Shore outdoors and waterfowl traditions in Easton. Indulge in local wines, beers, and Eastern Shore delicacies at the Tasting Pavilion, and enjoy the best entertainment Delmarva has to offer. Find more information at Waterfowlfestival.org.

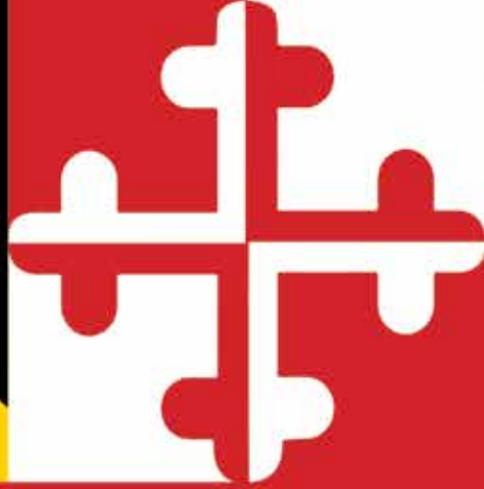


TOWNE SOCIAL

Central Maryland Chamber Classic Golf Tournament

The Central Maryland Chamber Classic Golf Tournament, sponsored by Tide Creek Financial Group, was held on June 15th at Turf Valley Resort in Ellicott City. Over 100 golfers and volunteers enjoyed friendly competition, networking, and fun. The day started with breakfast, while staff and volunteers introduced guests, offered raffle tickets, and featured a whiskey pull. The morning festivities were followed by a shotgun start. After 18 holes, golfers returned to the Turf Valley ballroom for an awards banquet, delicious food and beverages, and more networking. Next year's event is tentatively scheduled for Tuesday, June 21, 2022.

Photography by Nina K Photography/courtesy Central Maryland Chamber



“Best Personal Injury Trial Law Firm-USA*”

* Global Business Insight

Hurt in a Car Crash?

CALL 855-BIG-DOG1



www.BigDogsSmallFirm.com



TOWNE SALUTE

Dian “CJ” Corneliusen- James

METAvivor

By Tom Worgo

When Dian “CJ” Corneliusen-James first was first diagnosed with Stage 2 breast cancer in 2004, she was overwhelmed with all the support she received. It started right before her operation at Anne Arundel Medical Center.

A volunteer came into her room with a bag of gifts. The hospital assigned her a mentor for the entire year as she went through follow-up treatments. “It was really a fantastic program,” says Corneliusen-James, who spent 24 years in the U.S. Air Force as



ONE THING THAT WAS INSPIRING IS THAT SHE SHARED THIS WITH EVERYBODY WHO LISTENED AND ENCOURAGED ADVOCACY AND PEOPLE TO VOLUNTEER. AND TO THIS DAY, (THE PROGRAM) IS STILL IN PLACE.”

an intelligence officer with several long postings overseas and retired as a lieutenant colonel.

Fast forward to 2006 when her cancer returned. This time, the Annapolis resident had a totally different experience. At that point, she was back in the same hospital, with Stage 4 metastatic breast cancer. “I was laying on the gurney waiting to have a lobe of my lung taken out,” she says. “They told me I had about two to three years to live.”

The difference this go-round was that there were no gifts, support, or mentors. The hospital didn’t have a volunteer support program for Stage 4 breast cancer patients similar to the one for Stage 2. “No one came into my room to offer me help or to be a mentor,” Corneliusen-James recalls. “There was nothing there.”

Luckily, the 70-year-old beat the odds, has remained cancer-free, and gone on to lead a normal life. Shortly after her second surgery she found out through research that no metastatic Stage 4 breast cancer support system existed anywhere in the country.

“I thought that was outrageous and very unfair,” she says. “The world turns out for you when you have this early-stage diagnosis. But when you are told you are going to die, there is no one there for you.”

Corneliusen-James soon set out to change that. She started by asking hospital officials to put her in touch with other metastatic patients, which they did.

“They connected me with three patients (in December 2006), and within two months all three

were dead,” Corneliusen-James says. “It was not a good start.”

In September 2007, after undergoing formal training as a breast cancer volunteer, she made things official by launching her own regional program, Survivors Offering Support (SOS). “In just six months I had 24 members and it showed how great the need was,” Corneliusen-James says

She didn’t stop there. Two years later, with the help of three support group members and close friends, Corneliusen-James started a national nonprofit peer-to-peer support group called METAvivor. Unfortunately, all three other members succumbed to metastatic breast cancer over the next five years.

“She was definitely on a mission to improve the quality of life for people living with metastatic breast cancer,” METAvivor Executive Director Sonya Negley says. “She also wanted to improve the amount of research for metastatic breast cancer.

“One thing that was inspiring is that she shared this with everybody who listened and encouraged advocacy and people to volunteer. And to this day, (the program) is still in place.”

The main focus has been fundraising. What Corneliusen-James found out stunned her.

“In January of 2007, I heard a media report that the National Cancer Institute was putting less than half of one percent of their five-billion-dollar budget into all four stage cancers combined,” Corneliusen-James recalls. “That really threw me. That’s

when I decided we have got to find some way to raise money ourselves because they are not doing it.”

She and her colleagues at METAvivor have accomplished that mission. Since 2009, the organization has raised more than \$18 million through fundraisers and donations. That money has gone into 185 research grants.

After co-founding METAvivor, Corneliussen-James, who holds a B.A. in German literature from the University of California, Santa Cruz, and a master’s degree in international management from the Middlebury Institute of International Studies in California, served as president of the national chapter for six years, until 2015.

In 2011, she joined the Global Alliance for Metastatic Breast Cancer, and later she spoke at three international conferences in Portugal.

“The success of the organization has been astounding,” says Kelly Lange, who served on METAvivor’s national board of directors for a decade. “And a lot was due to her vision. Her message definitely resonated.”

Lange offers a dramatic example. “I will always remember going to a conference in Philadelphia and people had our logo tattooed on their bodies because of our organization and everything it meant to them.”

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



EVERYTHING WE DO, WE DO RIGHT



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

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



\$48 OFF YOUR TO DO LIST

This coupon is valid for \$48 worth of services provided by Mr. Handyman®, Minimum of 4 hours. Limit one offer per household. Available at participating locations only. Not valid with any other offer. Offer expires 12/31/21

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



a neighborly company

Fully insured-General Liability and Workers' Compensation. Each franchise independently owned and operated. Some services are subject to local licensing requirements and may not be available at all Mr. Handyman locations. Mr. Handyman is a Neighborly company. ©2017 Mr. Handyman.





Chesapeake Neighbors Announces New Executive Director and Board Member

Chesapeake Neighbors, an Arc Central Chesapeake company committed to providing safe, accessible, and affordable housing in Maryland, and Board Chair Laura Carr, recently welcomed Judi Olinger as Executive Director, and Andrew Masters to its board of directors. "We are excited to welcome Judi and Andy to our team," says Jonathon Rondeau, President & CEO of The Arc Central Chesapeake Region. "Judi and Andy possess a wealth of knowledge and experience that will be essential in furthering the mission of Chesapeake Neighbors to expand and strengthen the availability of affordable housing for people who would otherwise not have access or options in communities where they choose to live." Learn more about Chesapeake Neighbors at chesapeakeneighbors.org.



↑ THE PUP CAMP EXPANDS OPERATIONS

The Pup Camp now has two locations, in Gambrills and Severna Park. The Severna Park location opened in February 2021. "Our goal is to open multiple locations across Anne Arundel County," states ownership. "There are new exciting changes as of 2021. The Gambrills location recently changed their name from Dog Thrive to The Pup Camp, which is a family-owned doggy daycare, boarding, and dog washing facility owned by Matthew, Mark and Nick Stewart. Both facilities were built from the ground up to provide the best experience a dog can have while also giving back to their community. For more information, visit thepupcamp.com.

INDIAN CREEK SCHOOL RENOVATES CAMPUS ↓

Indian Creek School recently completed the renovation to its 114-acre, former Upper School Campus on Anne Chambers Way, in Crownsville. School opened this year on Wednesday, September 1, with the entire ICS community, from Pre-K through grade 12, together on one campus. The new school building features a state-of-the-art Academic Resource Center, a new Lower School Library, two new playgrounds, and expanded cafeteria, and patios for the community to gather, as well as updated classrooms and the newly dedicated Bruce E. Crossman Middle School wing. Last October, the School added Eagle Dome, a 27,000-square foot indoor athletics space to Eagles Athletics Complex. For more information, visit indiancreekschool.org.



New Cake Pop Kits Launched

On October 1, Lisa's Cakepops cut the ribbon at its Severna Park location for the product launch of an exclusive line of cake pop decorating kits in six different themes. In addition to the holiday cake pop decorating kits, the new themes include mermaid, unicorn, galaxy, monster, princess, and birthday. For more information, visit lisascakepops.com.

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

ARCHBISHOP SPALDING HIGH SCHOOL



Celebrating 55 years of Catholic Education

www.archbishopspalding.org



When It's Time to Say Goodbye

**MARYLAND
PET CREMATORY**



FREE Wood Urn and
FREE Clay Paw Print with a
lock of hair for every Private Cremation



Pluto
2306-2103
Engrave in our Urns

Can engrave a nameplate for a small charge.

Maryland Pet Crematory
6512 N.W. Crain Hwy (Rt. 3 South)
Bowie, MD 20715
www.mdpetcrematory.com
301-805-4200



Dermatology Specialists
a division of ENTAA Care, a member of Johns Hopkins Regional Physicians

Specializing in the Diagnosis and Treatment of All Types of Skin Conditions

- Skin Cancer Screening
- Skin Cancer Treatments
- Acne
- Rosacea
- Eczema (atopic dermatitis)
- Contact Dermatitis
- Psoriasis
- Warts/molluscum
- Anti-aging Treatments

Appointments today! No One Likes Holiday Lines!
Schedule your cosmetic fillers (e.g., Botox, Restylane)

Heather Pacheco, MD, FAAD & Alex Crosswhite, PA
443-883-8563
231 Najoles Rd. Ste 460 • Millersville, MD





TOWNE ATHLETE

Mia Putzi

Indian Creek Lacrosse

By Tom Worgo

It would be hard to find a three-sport high school student-athlete who manages to devote as much time to community service as Mia Putzi. The Indian Creek Senior participates in six service organizations. She helps organize donations for a local food bank through Severna Park's Woods Memorial Presbyterian Church; collects, organizes, and delivers household goods to low-income senior citizens at Glen Burnie's Pinewood Village; cooks and serves meals to individuals from the Winter Relief for Homeless program; builds tables for Habitat for Humanity; helps with the Severna Park Assistance Network's canned food drive; and serves meals to homeless veterans through the Baltimore Station program.



SHE IS ONE OF THE BEST PLAYERS IN THE COUNTY."

"I really enjoy helping people," explains Putzi, who will play lacrosse at Lafayette College in 2022 and major in economics. "I am fortunate enough that I am able to give back. I was able to share my time with the homeless and senior citizens and I am thrilled to do it."

Of all her volunteer work, serving meals to homeless veterans means the most to Putzi, who transferred from Severna Park High to Indian Creek after her sophomore year.

"They were pretty incredible," Putzi says of conversations with the veterans.

Putzi also stays busy with her studies and other organizations and clubs at school. She carries a weighted 4.23 grade-point average, is a member of the Green Club, and of the One Love Club, which educates students on healthy relationships. Putzi assisted in planning, publicizing, and implementing two large-scale community Love Club events for parents and teenagers.

"She does more activities than most students," Indian Creek Interim Athletic Director Jason Werner says. "She sets the standard for us. She proves you can do multiple things well. She is a real leader. A lot of her classmates and teammates gravitate toward her."

On the field, it's tough to defend Putzi (5-foot-11) because of her height. She has several inches on most players she goes up against. "With my size, I am able to catch higher passes and be open in different scenarios," Putzi says. "It gives me an advantage in matchups. It's like I have an added bonus against a defender."

The midfielder also thrives because of her grit and intensity. "I am aggressive in a good way," she says. "I am not pushing

people over. I am aggressive in going after the ball and looking for my teammates."

Putzi, who also had played volleyball and basketball all through high school, elevated the Indian Creek Girls Lacrosse team last spring. She led the team to a Maryland Interscholastic Athletic Association C Conference championship. She ranked second on the team in goals (47) and assists.

"She is one of the best players in the county," Indian Creek Girls Lacrosse Coach Steve Willett says. "We had a pretty good team, but when she showed up, she was like the final piece of the puzzle to help lead to the championship. She is a scoring machine."

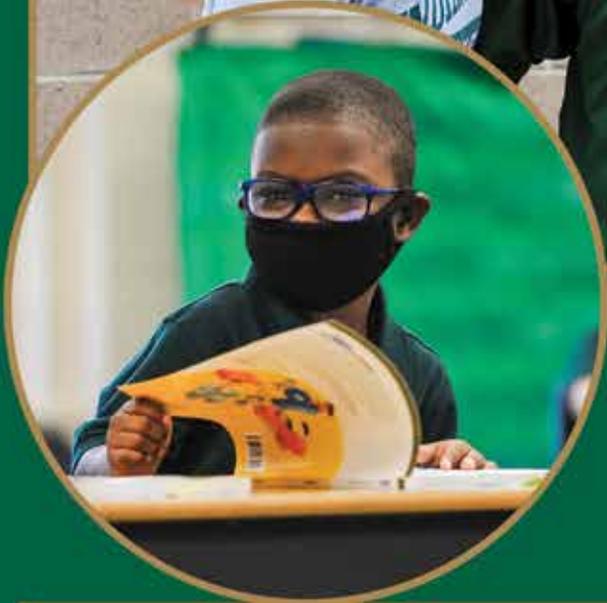
Willett also praises Putzi for her impact off the field. "She is such a great leader," the coach says. "She was new to the school last year, but from day one, she earned her teammates' respect."

Putzi developed her lacrosse skills mostly by playing nine years for the Maryland United Lacrosse Club. She said it was a key to her getting noticed by Division I schools. Butler and American universities aggressively recruited her.

"She makes some beautiful assists," Maryland United Coach Paul Billingsley says of the Severna Park resident. "Her field vision is so good and she always finds the open player."

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

DISCOVER INDIAN CREEK SCHOOL!



Discover why Indian Creek students love coming to school!

This fall, Indian Creek completed a school-wide renovation project and building addition, creating state-of-the-art learning and gathering spaces for all students, Pre-K through grade 12, on the School's beautiful 114-acre campus just north of Annapolis.

Indian Creek provides an enriched academic experience centered around student-teacher connections, in a welcoming environment where each student feels a sense of belonging.

FALL OPEN HOUSES

EARLY CHILDHOOD (PRE-K₃ - KINDERGARTEN)

Wednesday, November 17, 9:30 - 11:30 a.m.

LOWER SCHOOL (GRADES 1 - 5)

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

MIDDLE SCHOOL (GRADES 6-8)

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

UPPER SCHOOL (GRADES 9-12)

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

Schedule your visit today!

Contact our Admission Office to schedule a private tour or shadow day at your convenience:
admission@indiancreekschool.org / 410.923.3660

indiancreekschool.org

Discover how the Flexible Tuition Program makes an Indian Creek education affordable for families!

Our innovative tuition structure offers a specific number of placements in each grade at different tuition levels, depending on the amount families are able to pay.



INDIAN CREEK SCHOOL



TOWNE INTERVIEW

Eric Ayala

Maryland Terrapins
Star Basketball Guard

By Tom Worgo

Photography courtesy University of Maryland

University of Maryland guard Eric Ayala had a decision to make. He could return for his senior year or remain in the 2021 NBA draft and, thus, begin life as a professional. Surprise—Ayala decided the NBA could wait.

“Coming back for an extra year will help me develop,” Ayala explains. “I feel I will be ready to make that jump next year.”

Maryland Coach Mark Turgeon is glad Ayala returned. Two of Ayala’s teammates for three seasons are gone. Second leading scorer Aaron Wiggins left for the NBA and standout Darryl Morsell transferred to Marquette.



ONE OF THE BIGGEST THINGS I LEARNED IS TO TAKE CARE OF MY BODY BEFORE AND AFTER I PLAY. THE WAY I RECOVER FROM WORKOUTS IS SOMETHING THAT HELPED ME OUT A LOT. IT WAS AN EXCITING EXPERIENCE GOING THROUGH THAT PROCESS. IT GIVES YOU A LOT OF CONFIDENCE.

The arrival of Rhode Island transfer Fatts Russell, an excellent point guard, could help the 6-foot-5, 200-pound Ayala raise his profile. Ayala could be in line for First-Team All-Big Ten honors or even All-American consideration. There’s no doubt he is a player on the rise.

“He led us in scoring last year, but he is going to have to do it again,” Turgeon says. “And I think he will. Fatts will take a lot of pressure off Eric and he can just concentrate on scoring.”

Ayala averaged 15.1 points, 4.3 rebounds, and 2.2 assists per game last year and was named a 2021 Honorable Mention All-Big Ten selection. Of course, the expectation is for him to boost those numbers.

What’s Up? Media recently talked to the 22-year-old Ayala about his role as a leader, what he learned going

through the NBA draft process, and the lofty expectations for the Terps.

Since you are the only returning senior, do you feel you have to take on more of a leadership role?

Leadership kind of comes natural for me. I watched a lot of guys that came before me at Maryland closely. I just try to be the best leader that I can be. I have to make great decisions. Being a veteran on the team, I have been through everything. The guys respond to me, and I have a good relationship with them.

Why did you decide to declare for the NBA Draft?

It was a great opportunity for me to get some feedback from the NBA guys. I am glad I took that journey and I learned a lot. I felt I had built a great resume to at least to get a look from the NBA people. I look forward to taking





that next step this year to solidify my name even more.

What did you learn through that process?

One of the biggest things I learned is to take care of my body before and after I play. The way I recover from workouts is something that helped me out a lot. It was an exciting experience going through that process. It gives you a lot of confidence.

Why did you decide to come back?

The main reason was I wanted to be part of a winning program. Playing on a bigger stage is the most important thing. I think we can be a top-10 team in the country and play in those big NCAA Tournament games. Everybody would be watching us, and I am really looking forward to winning a lot of games this year.

You shared point guard duties with Hakim Hart last season. Since you are not going to be handling the ball as much with the addition of Russell, are you expecting to score more?

Absolutely. My first two years playing with Anthony Cowan, too, were interesting. He was more of a scorer and I didn't have to score a lot. When Hakim played point guard last year, it allowed me to score more. Playing the point guard spot comes naturally for me, but I will be able to focus more on scoring this year with Fatts running the point. There's no doubt about that.

How close are you with your teammates? Do you hang out together a lot?

That's my family. We have been locked in basketball all summer. We have been able to work out together and bond. That's so important because we didn't have

that summer time last year because of the pandemic. We have a lot of new guys and I feel my job as a leader is to make that transition easier for everybody. I want to lead by example: play hard, lead hard.

How would you describe your relationship with Mark Turgeon? Has he helped you develop as a player?

He is great guy and I have an outstanding relationship with him. He is definitely our leader. We follow him and he gives us great direction. He always looks out for us and I try to be around him as much as I can. He always gets the best out of us and works with us to make sure we get better.

What do you want to do after your basketball playing days are over?

As I have gone along on the basketball journey in my career, I have met a lot of

different people and you come across a lot of different potential opportunities. It's great having those relationships. I do want to stay close to basketball since it is a real passion of mine. There are a lot of different avenues to stay in the game. I could go into sports broadcasting or coaching.

How good can Maryland be? The team added six transfers, including three that were listed among the top 100 by one website.

I think we can be a top-10 team in the country if you ask me. I think we have the pieces to be outstanding. Coach Turgeon has done a great job this offseason of building a team. The new guys are fitting right in. We lost two great players in Darryl and Aaron, but we still have some really great pieces that will help us do some big things this year. I am looking for a big year.



Give the Gift of Local Hospitality

For your next dinner party, be sure to bring Titan Hospitality signature wines and bourbon.

The King's Reserve Cabernet Sauvignon features notes of plum and blackberry. \$25

The Rustic Reserve Chardonnay has hints of fresh citrus and apple. \$25

And the refined 90-proof Titan Bourbon makes for a great cocktail. \$70

Order all 3 and receive 10% off!

Available online at BarnAndLodge.com

Available for in-store pickup at The Blackwall Barn & Lodge. Offer ends January 2, 2022.



Titan Bourbon

Notes of Green Pepper and Ripe Plums with the first sip, leading to soft notes of Crisp Apple and Hazelnut on the finish. \$70

King's Reserve, Cabernet Sauvignon

Rutherford, California
Aromas of Blackberry, Black Cherry and Caramel, juicy flavors of Plum and Blackberry. \$25

Rustic Reserve, Chardonnay

Rutherford, California
Bright gold in color, aromas of Fresh Citrus Peel and Apple, with Vanilla and Cinnamon. \$25

Order all 3 and receive 10% off!

Available online at SmashingGrapes.com



Available for in-store pickup only at Smashing Grapes Gambrills. Offer ends January 2, 2022.



WHAT'S UP? MEDIA'S 2021

EXCELLENCE IN N NRSING



WITH SUPPORT FROM
THE NURSE PRACTITIONER
ASSOCIATION OF MARYLAND



Welcome to this year's Excellence in Nursing honors, celebrating exemplary nurses practicing in the Greater Chesapeake Bay Region!

We called upon local nurses practicing in Anne Arundel, Prince George's, Queen Anne's, Kent, Talbot, and Dorchester counties to nominate and, therefore, honor the most commendable of their peers in the field, in more than 15 areas of specialty. In partnering with the Nurse Practitioner Association of Maryland, Inc. to promote the surveying, the response was phenomenal. We thank the many, and very busy, nurses for their valuable time and consideration.

This project is truly *professionals nominating professionals*. This was not open to the public. *Only licensed nurses and medical professionals contributed to this survey*. And although the nominating process is kept confidential, we did ask each contributor's "reason for nomination" of their peer(s). And it is those responses that are truly endearing and encapsulate what teamwork, leadership, camaraderie, and family mean to this profession. You'll read their remarks in the listings.

Without further ado, here are the Excellence in Nursing 2021 honorees. →

Advanced Practice

Masters prepared nurse in an advanced practice setting; clinical nurse specialist, certified nurse midwife, nurse practitioner, nurse psychotherapist, CRNA

Shenise Dubose
Bay Village Assisted Living & Memory Care

Colleagues said: “Knowledgeable and strong work ethic in an ever-changing landscape during and after Covid-19.”

Lindsay Ward
Holy Cross Hospital
(previously Chesapeake Pediatrics)

Colleagues said: “Lindsay is President Elect of the Chesapeake Chapter of NAPNAP, the local chapter of the National Association of Pediatric Nurse Practitioners (NAPNAP), and volunteers with the Nurse Practitioner Association of Maryland (NPAM) as a District Director, planning educational activities for members in A.A. County and is an active member of the Legislative Committee. Additionally, she shares her clinical expertise as a clinical preceptor and a teaching assistant. She selflessly shares her experience with the next generation of Pediatric Nurse Practitioners and as a member of the Junior League of Annapolis, and exemplifies what is best in nursing.”

Kathleen Herberger
Department of Defense
Joint Base Andrews

Colleagues said: “Kathleen is a Family Nurse Practitioner who is a retired Army Captain. Kathleen believes that nurse practitioners should not have barriers to practice and has spent her free time providing her talents to the Nurse Practitioner Association of Maryland on the Executive Leadership as President Elect, President, and now as Past-President. Kathleen also served at the national level representing the State of Maryland to the American Association of Nurse Practitioners (AANP).”

Catherine Gvozden
Gvozden Pediatrics

Colleagues said: “Cathy is an excellent nurse practitioner. She is outstanding at relationship building and is dedicated to the practice of nursing.”

Rachel Sherman
Hospice of the Chesapeake

Colleagues said: “Rachel is the epitome of a team player and community advocate. She has spent countless hours education the community regarding Covid as well as caring for patients at the end of life.”

Barbara Nalley
Luminis Health Anne
Arundel Medical Center

Colleagues said: “Barbara is nurse practitioner in a women health clinic as well as a pain clinic. She also works as a registered nurse first assistant at Luminis. She is skilled, knowledgeable, and very dedicated to providing optimal care for all of her patients.”

Christine Smith
Luminis Health Primary
Care (formerly Annapolis
Primary Care)

Colleagues said: “Christie works hard for her patients. She often takes on new patients with complex medical history. She will fully manage them, offering referrals, noticing trends in their health and changing their medications to suit their needs. She precepts student nurse practitioners through the pandemic, noting it is the most important time to learn.”

Alexandra Weiss
O'Donnell Vein and Laser

Robert Wagner
Plastic Surgery Specialists

Colleagues said: “Incredibly calm, competent, and skillful CRNA.”

Caroline Ruhl
ProMD Health

Colleagues said: “Caroline has recently expanded her knowledge and skillset in the aesthetic field by mastering advance techniques to better serve her patients with safe, flawless results with minimal downtime.”

Virginia Santos
Riva Road Surgery Center

Colleagues said: “Virginia ‘Gigi’ is not only incredibly capable and knowledgeable about all things nursing, her skill set goes beyond leadership, delegation, and actual ability to perform any hands on task needed in ambulatory patient care. In addition to these, she has compassion and kindness for everyone she comes in contact with. The success of our center is largely due to Gigi’s hard work and dedication!”

Bernadette Wood
Rose Hill Family Physi-
cians

Colleagues said: “Bernadette is a nurse practitioner who loves what she does and provides a great service to the people of Cambridge. She is caring, competent, and very knowledgeable.”

Paula Greer
UM Baltimore Washington
Medical Center

Colleagues said: “Paula is a seasoned CNM. She is a strong patient advocate. Paula developed the CNM practice at UMBWMC. An excellent teacher, she advocated for and, from the ground up, developed the Centering for Pregnancy program. Due to her hard work, the Centering for Pregnancy at UMBWMC is one of the best in the country.”

S. Dale Jafari
UM Shore Regional Health

Colleagues said: “In addition to her role as a women’s health NP at Shore Regional Medical, Dale has served Nurse Practitioner Association of Maryland in various leadership roles, including President, and is currently the PAC Co-Chair. Dale has demonstrated excellent leadership skills and integrity during her tenure in leadership positions with NPAM and she is adept at handling difficult situations. She is honest and trustworthy, and highly respected by NPAM.”

D. Gail Shorter
UM Shore Regional Health

Colleagues said: “Provides holistic care to patients dealing with acute and chronic pain from a variety of issues including musculoskeletal, neurological, and oncology.”

Ambulatory Nursing

Clinic, office, and other ambulatory care settings, employee health, occupational health, industrial health, infection control

Kelly Battista
ProMD Health

Colleagues said: “Kelly has changed the lives of patients by improving their skin health and giving them a clear glowing complexion and the confidence that goes along with it.”

Virginia Santos
Riva Road Surgery Center

Linda Wilt
UM Shore Regional Health

Colleagues said: “Provides comprehensive care to patients dealing with acute and chronic pain. Is an excellent patient educator.”

Nancy Farrell
UM Shore Regional Health

Colleagues said: "Nancy worked as a perioperative nurse before transferring to the pre-admission testing department. Nancy cares about her patients as she interviews them prior to their surgical procedure. She builds relations and easily gains their trust. Nancy is a great advocate for her patients who are preparing to have surgery."

Lauren Princiotta
UM Shore Regional Health

Colleagues said: "Lauren is a phenomenal nurse and goes above and beyond for her patients. Not only has she been on the frontline during the pandemic doing Covid testing, she also works countless hours doing Covid vaccinations throughout our community."

Case/Quality Management, Managed Care Informatics

Community or hospital case manager, quality management, risk management, infection prevention, patient safety, utilization management, and informatics

Consuella Bowen
UM Shore Regional Health

Colleagues said: "Provides exemplary case management services to patients served by Shore Medical Center Chestertown each and every day! She works tirelessly on behalf of the patients to get them the services and resources they need following a hospitalization."

Heather Joyce-Byers
UM Shore Regional Health

Colleagues said: "Heather is a huge help to our team when we're faced with critical challenges and tough decisions. All through Covid, she has been our right hand, guiding us through the proper procedures and ensuring that we're considering all of the unintended consequences."

Julie Bryan
UM Shore Regional Health

Colleagues said: "Over the past year as an infection prevention nurse, Julie has helped make the Mid-Shore safer for all residents. She has stayed on top of the latest information on Covid-19 and communicated this information to her colleagues at Shore Health. She has competently fielded phone calls night and day from physicians and nurses, all doing their best to care for patients with Covid and keeping those without safe."

Alyssa Chadwick
UM Shore Regional Health

Colleagues said: "Alyssa is a kind and caring person, and this is carried over into her nursing practice. Her job is to ensure that patients recently discharged from the hospital have the correct medications, follow-up medical appointments, are receiving the correct treatments, are aware of symptoms to report to their providers, know how to care for themselves, etc. Her patience is endless, and she is known for her kind, gentle approach. Alyssa has the respect and admiration of her patients, coworkers, medical staff, and others."

Clinical Education

Nurse educators responsible for overseeing or administering ongoing clinical education and resources

Janet Selway
Catholic University of America

Colleagues said: "Janet is a resident of Millersville and is the Director of the Adult-Gerontology Nurse Practitioner (AGNP) Program at The Catholic University of America, Washington, D.C. She is one of the founding NPs for the Nurse Practitioner Association of MD, and has served in various leadership roles, including President. Janet is an excellent educator, preceptor, and role-model for her students as they prepare for the role of an APRN."

Eden Flynn
O'Donnell Vein and Laser

Alicia Blake-Hall
Connect RN

Colleagues said: "I have had the pleasure of working with Ms. Blake-Hall over the past few years. As a clinical diabetes nurse educator, she far surpasses the skills of so many of her peers, partially because she chooses to associate herself with skillful mentors and because she drives herself to achieve excellence."

Susan Lynch
TidalHealth at Peninsula Regional

Colleagues said: "Susan coordinates perioperative orientation and education at TidalHealth. She facilitates the Perioperative 101 Didactic RN Orientation Program, while juggling educational experiences for students from multiple schools and programs such as the nursing programs, surgical technician programs, physical therapy, EMTs, state police, and respiratory therapy programs. Susan ensures that all staff are oriented and that their competencies are completed."

Christy Marciniak
UM Shore Regional Health

Colleagues said: "Christy makes clinical education fun and easily comprehended for the nursing team members."

Taffie Wilson
UM Shore Regional Health

Colleagues said: "Taffie is in charge of all American Heart Association programs: BLS/CPR, ACLS, and PALS. She is organized and thorough in program administration and an excellent educator."

Critical Care

Adult ICU/CCU, cath lab, oncology, special procedures

Tracey Watters
UM Shore Regional Health

Colleagues said: "Tracey is the perfect blend of clinical expertise and compassion for her patients. She is a strong advocate for critically ill patients and their families."

Pam Pardun
UM Shore Regional Health

Colleagues said: "Pam has been honing her knowledge and skills in Critical Care for some time. She is an excellent leader, clinician, and educator."

Alicia Fuchs
UM Shore Regional Health

Colleagues said: "Alicia Fuchs was our ICU/Tele Manager here at SRH. She hit the ground running when Covid hit. She was an amazing advocate for her team and ensured that they were continuously kept up to date on the policy and PPE changes. She was a calming presence during a very stressful time!"

Emergency

Emergency department, flight, ambulance, pre-hospital, telephone triage

Amanda Hammond
Luminis Health Anne Arundel Medical Center

Colleagues said: "Amanda is a Clinical Nurse Supervisor for AAMC's Emergency Department. She is a trusted, well-respected charge nurse. All of her peers know that the shift will be calm and collaborative when she's in charge. She is supportive and ensures that her team and patients receive the best care possible."

Debbie Spence
Luminis Health Anne Arundel Medical Center

Emily McWilliams
TidalHealth at Peninsula Regional

Colleagues said: "Emily began her nursing career in the emergency room as Covid-19 became a pandemic. She joined the nursing team and learned much during the uncertainty of the pandemic. She has grown as a RN and can easily and competently care for any patient coming through the emergency room doors. Emily is an asset to the TidalHealth team."

Beverly Greaves

UM Shore Regional Health

Colleagues said: "Beverly is a natural leader. She provides exemplary care for her patients and fellow team members."

Debbie Timms

UM Shore Regional Health

Colleagues said: "Debbie is the glue that holds this ED together. She stays calm and level-headed no matter the circumstances."

William Shertenlieb

UM Shore Regional Health

Colleagues said: "Bill is an excellent and compassionate nurse. He cares for all levels of critical patients in the ICU and Step Down Units. He works with patients and their families who are ventilated and are at their most vulnerable period. Bill is on top of his game and always finds the time to comfort a patient or their family."

Leslie Collier

UM Shore Regional Health

Colleagues said: "Leslie is a skilled ED charge nurse who is always willing to mentor new staff members and handles challenges with professional calmness. Leslie is a Forensic Nurse Examiner for both adults and pediatric patients. She also works regularly with the local Child Advocacy Center working with children of suspected child abuse. Leslie is a well-respected member of the Shore Regional Health ED Team and deserves this recognition."

Emerging Nurse Leader

Inclusive of charge nurses, assistant nurse managers, supervisors; first-line nurse leaders are those professionals who are responsible for overseeing first-level nursing services

Rebecca Lewis

UM Shore Regional Health

Colleagues said: "Rebecca stands firm in her commitment to excellence at Shore Medical Center Chestertown."

Employee Health

Related to coordination and management of health screening, performance, advocacy, and resources for system employees

Pat Steele

UM Shore Regional Health

Colleagues said: "Pat is always willing to help and answer questions. Pat is instrumental in administering and coordinating flu shots, Covid shots, and doing fit testing for the system. She is also on top of employee injuries. Pat is always pleasant no matter how busy she is. Pat is an asset."

Home Health/Hospice

Staff nurse in home health care settings, hospice, in-patient hospice

Jennifer Roberts

Hospice of the Chesapeake

Colleagues said: "Jennifer is one of the best hospice nurses I have had the pleasure of working with. Her ability to connect with and provide compassionate care to patients and families with terminal illness is amazing."

Virginia G.

Response Senior Care

Colleagues said: "Virginia has been an RN for over 20 years and has been with Response Senior Care for 3 years. She is extremely kind and patient with our home care clients. Virginia comes with plenty of experience and knowledge."

Long-Term Care/Rehabilitation

Nursing home, gerontology, services for disabilities, rehabilitative services, subacute/transitional unit

Alicia Blake-Hall

Connect RN

Maternal-Child/Women's Health

Obstetrics, gynecology, women's health, nursery, pediatrics, NICU, PICU, Peds ER, early childhood/early intervention services

Kristen Durand

Luminis Health Maternal and Fetal Medicine

Colleagues said: "Outstanding rapport with patients. Goes above and beyond to provide care and ensure that her patients are receiving the best possible outcome. Reaches out to payers to resolve billing and procedure challenges for her patients."

Barbara Nalley

Luminis Health Anne Arundel Medical Center

Catherine Gvozden

Gvozden Pediatrics

Courtney Walsworth

UM Shore Regional Health

Colleagues said: "Courtney is new as a labor and delivery nurse, but she uses her experience as a child life specialist to care for newborns and mothers. She is attentive to her patients and makes sure they are comfortable. If she doesn't know the answer to a patient's question, she asks the appropriate people to find the answer."

Medical/Surgical

Acute or chronic medical and surgical nursing specialties

Kayla Toulson

UM Shore Regional Health

Colleagues said: "Kayla displays extraordinary compassion, clinical skill, and leadership. She is beloved by her patients and team members and gives 100 percent at all times."

Leigh Tomey

UM Shore Regional Health

Colleagues said: "Leigh is an excellent nurse. She is loved by her staff and patients. She is the go-to expert."

Jennifer Collins

UM Shore Regional Health

Colleagues said: "Jennifer has been on the frontline of the pandemic since day one. She has worked on the Covid unit at Easton since the very beginning. Not only did she do that, but she also was a preceptor, educator, and mentor to our novice nurses. She is always willing to lend a helping hand, no matter how difficult her own patient load can be."

Nurse Executive Leadership

Inclusive of Chief Nursing Officers (CNOs) Chief Executive Officers (CEOs), Deans, executive vice presidents of nursing, or equivalent, these professionals are responsible for leadership at the executive table; designing strategic, operational delivery systems and directing patient care services/education throughout an organization

Jenny Bowie

UM Shore Regional Health

Colleagues said: "Jenny has served as the Medical Branch for our Incident Command Structure since the beginning of Covid. She has remained transparent and open with all members of the team. She ensures consistent communication with all members of the team."

Nursing Leadership

Inclusive of clinical nurse managers, coordinators, directors; these middle management nurse leaders are often responsible for overseeing several units, departments, or service lines within an organization

Sandy Prochaska

UM Shore Regional Health

Colleagues said: “Sandy is a strong nurse manager not only for our inpatient units, but the ER. She is always available to help out, listen, and advocate for her staff.”

Jessica Alvarez

UM Shore Regional Health

Colleagues said: “Jessica is the Director of Critical Care and Acute Care here at SRH. She led the development of the Covid unit here at SRH. She ensured the staff were safe and had the required PPE. She also ensured that all policies and procedures were communicated clearly. She has been creative with staffing and consistently makes sure that her teams are cared for. She is a wonderful leader!”

Brandi Covey

UM Shore Regional Health

Colleagues said: “Brandi has been an operating room nurse for over 10 years and became manager of the Ambulatory Surgery Center last year. She uses her experience as a staff nurse to become a manager that is understanding of the concerns of her staff nurses. Brandi is well liked by the staff, physicians, and patients because she has a friendly personality but knows how to get down to business. She is a great manager and her staff believes in her leadership.”

Perioperative

Perioperative, recovery room, day surgery, operating room

Patricia Donoho

Laughlin Plastic Surgery

Colleagues said: “Nurse with over 40 years of operating room experience who puts patients and doctors at ease. She has seen and done it all. Is the choice of her fellow nurses to be in the operating room for their friends and family.”

Kathleen Smith

Luminis Health Anne Arundel Medical Center

Colleagues said: “Kathy is a cardiac vascular certified RN working in outpatient/inpatient procedural care setting. While Kathy only gets to see patients for brief periods of time, she excels in developing a rapport and providing patient education during what is often scary time during for patients and families.”

Oscar Ramos

Luminis Health Anne Arundel Medical Center

Colleagues said: “Oscar ‘Ozzie’ serves on the general operating room team but is often pulled out of his service. When complex cases are on the schedule, Ozzie is frequently the operating room nurse in those cases. He remains calm under pressure and is not phased by situations that may cause someone fight or flight response to engage.”

Michelle Stacey

TidalHealth at Peninsula Regional

Colleagues said: “Michelle works as a charge nurse in the operating room at TidalHealth. Over the past year there have been many changes due to Covid-19. Michelle was a leader in implementing safety practices in her department.”

Alisa Bloodsworth

TidalHealth at Peninsula Regional

Colleagues said: “Alisa is one of three Administrative Charge Nurses in the Operating Room. She has great communication skills. Alisa is able to effectively coordinate the surgical schedule to handle emergencies and the elective schedule. Alisa has a vast knowledge of perioperative nursing and can be found in the ORs helping set up or even scrubbing or circulating a case when needed. Alisa is a great asset.”

Melanie Iacona

UM Shore Regional Health

Emily Uyttewaal

UM Shore Regional Health

Colleagues said: “Emily recently won nurse of the year for the perioperative unit, which shows how great of a nurse she is. She is very knowledgeable and always is willing to help train new nurses at the surgery center. Emily is compassionate with her patients and helps to calm their nerves before surgery by listening to their concerns. She also has excellent assessment skills and brings abnormal assessment findings to the surgeon or anesthesiologist and communicates any concerns to the operative nurse.”

**Public Health/
Community/
School**

Public health, school, forensic, transplant coordinator, telehealth, parish, and corrections/prison nursing

Kate Price

Dorchester County Health Department

Colleagues said: “Kate has been an asset to the residents of Dorchester County. She implemented and ran the Covid vaccination clinic in our county. It started off being at the health department, which many folks had to wait in line outside of the department in cold weather. She was able to transition the vaccination clinic to our local Hyatt Regency, where the facilities were easily accessible. She ensured that the clinic was competently staffed with paid and volunteer staff. Kate coordinated the moving pieces to make this a successful vaccination clinic.”

Rita Kulley

Kent County Health Department

Colleagues said: “Rita has served well past normal retirement age to maintain quality care in this rural area. She has gone above and beyond in meeting the needs of the community during this pandemic.”

Mary Lou Christian

Queen Anne’s County Health Department

Karen Denny

UM Shore Regional Health

Colleagues said: “Karen is the Forensic Nurse Coordinator for SRH. She leads a team that covers all five of our counties. She works tirelessly to ensure that the victims of sexual assault receive the most up to date, evidenced based, quality care that they deserve. She is an emotional rock for these victims and a strong leader for the team.”

As promised, the Fall-Winter Philanthropy Calendar is back. In-person events are back and our local non-profits need us more than ever. I am sure you have noticed when going to restaurants and shopping in stores, but everyone is short staffed. That means it must be even harder to find volunteers for our non-profits. Do your part by supporting a cause of your choosing at one, or more, of these events. As always, be sure to keep checking the event's website for the most up to date information on the event.

W O N D E R

2

Chesapeake Watershed Forum Happy Hour at Bardo Brewing, Washington, D.C. Benefits Alliance for the Chesapeake Bay

5

Beef, Bonfires and Cigars, Kent Island Resort, Stevensville. Benefits Haven-Ministries in giving hope to someone in need. Haven-ministries.org

Celebration of Philanthropy Awards Luncheon at the BWI Airport Marriott, Linthicum. Community Foundation of Anne Arundel County. Cfaac.org.

Betterman's Annual Golf Tournament at The Preserve at Eisenhower Golf Course, Crownsville. Benefits Community Betterment. Communitybetterment.org

6

Fish for a Cure Tournament, Annapolis. All proceeds support the Cancer Survivorship Programs within the Geaton and JoAnn De-Cesaris Cancer Institute at Luminis Health Anne Arundel Medical Center. Fishforacure.org

CASAblanca, The Westin Annapolis Hotel. Benefits Anne Arundel County CASA (Court Appointed Special Advocates), Inc. Aacasa.org.

2nd Annual Pony Trot at Kinder Farm Park, Millersville. Benefits Maryland Therapeutic Riding. Horsethatheal.org

Chesterton Gala at the Knights of Columbus Club of Annapolis, Annapolis. Benefits Chesterton Academy of Annapolis. Chestertonacademyofannapolis.org

9

Celebration of Charity Luncheon at Chesapeake Bay Beach Club, Stevensville. Benefits Chesapeake Charities. Chesapeakecharities.org

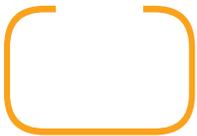


12

Waterfowl Festival, Easton. Benefits wildlife and habitat conservation, education and research. Continues through November 14th. Waterfowlfestival.org.

27

Festival of Trees, at the Tidewater Inn, Easton. Benefits Talbot Hospice. Continues through November 30th. Festival-of-trees.org.



5

Annapolis Chocolate Binge Festival, West Street, Annapolis. Benefits the Inner West Street Association and Annapolis Arts District. Annapolischocolatefestival.com.

10

Christmas in St. Michaels at venues throughout St. Michaels. Benefits local nonprofit organizations. Continues through December 12th. Christmasinst-michaels.org.

11

Care & Share Santa Swim at Hyatt Regency Chesapeake Bay Resort. Benefits the Care & Share fund to raise money for the needy and other worthy projects in Dorchester County. Dorchesterchamber.org

12

The Nutcracker Tea 2021 presented by What's Up? Media at The Graduate (formerly Loews Annapolis Hotel), Annapolis. Two seatings available, 10 a.m. and 3 p.m. Benefits donor's choice. Whatsuptix.com.

NOVEMBER

Wild & Scenic Film Festival presented by Alliance for the Chesapeake Bay, venues to be determined, Annapolis. Benefits the Alliance's education and environmental programs. Alliance-for-the-bay.org.



26

GiGi's Playhouse Annual Gala. Benefits Gigi's Playhouse Down Syndrome Achievement Centers. Gigisplayhouse.org

DECEMBER

31

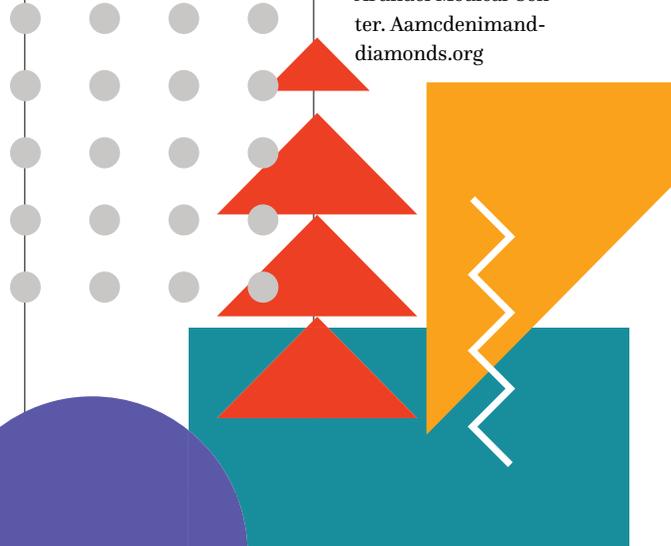
Annapolis Film Festival at venues throughout Annapolis. Benefits AFF's mission to "encourage and grant the development of all aspects of the creative arts in and around Annapolis through the cinema experience." Continues through Sunday, April 3rd. Annapolisfilm-festival.com.

24

5th Annual BRUNCH-4STAGE4 at the Golf Club at South River, Edgewater. Benefits Leslie's Week. Lesliesweek.org

30

Luminis Health Anne Arundel Medical Center Foundation's Denim & Diamonds at Luminis Health Anne Arundel Medical Center. Aamcdenimand-diamonds.org



BY DYLAN ROCHE

Sleighing

YOUR SHOPPING LIST



Get creative with your gifting this year

Holiday shopping gets frustrating and can easily leave you feeling a little more like a Scrooge than a Santa. Hey, it's not your fault—it seems as if everyone you know already has everything they want, and you're stuck browsing store shelves for hours with no idea what you can get to make their season special.

If this situation sounds familiar, then it's time to get creative. Trends in shopping and gifting have changed in recent years. So have trends in retail. And when you know what to do, making your way through all the stores in the months of November and December can actually be the source of joy that it's supposed to be. After all, you're getting presents for people because you want to celebrate, right?

Here's what you should keep in mind...

Putting Together Your List of People to Shop For

The most efficient way of taking the stress off yourself from the very beginning is to make a thorough list of not only the people you need to shop for but also the places you want to patronize. Consider how the lists will intersect. Whom will you shop for at the electronics store, the bookstore, or the toy store? Making these lists will help you avoid multiple trips and aimless wandering.

Do you have to get a gift for everyone in your life? Not by any means—even if you're getting gifts for other people in that social circle. Investopedia explains that current trends don't require you to buy a gift for every co-worker or everyone in your book club, as long as you're discrete and exchange gifts with the people you *are* shopping for when nobody else is around.

Martha Stewart also recommends having what she refers to as "universal tokens" on hand for those moments when you need a gift for someone but haven't shopped for them. Artisan preserves and scented candles will appeal to a wide variety of people, so you'll never have to greet anyone empty-handed.

Getting Creative with Your Gift Options

You might have heard that people are becoming more conscious consumers, but they're also becoming more conscious recipients. They aren't as excited about *what* you're buying for them as they are about *where* you're buying it. Receiving a gift that supports a locally owned business or a creative entrepreneur, particularly if the brand aligns with the recipient's values, means a lot.

Consider shopping local. You might have heard the statistics from numerous studies that when you shop at a locally owned business, more money stays in your community than if you shop at a big-box chain. Plus, locally owned businesses are better able to reflect the culture and tend to the needs of the customer base they serve. If you're shopping for somebody from out of town, consider a unique gift from a small business to be your way of giving a small piece of your community's culture.

It's also great to look into a company's responsible practices, per the advice of Forbes, which notes that younger generations are especially conscious of this when they're selecting products. As recipients, they will be excited that you've bought them something from a company that prioritizes environmental sustainability, fair-wage jobs, or diversity and inclusivity. Look into buying artisan products from entrepreneurs that donate to charity or businesses run by BIPOC or LGBTQ+ leadership.

Use Social Media as Inspiration

Don't be afraid to stalk a loved one on Facebook or Instagram if you need ideas. Look for what influencers they follow and pay attention to what hobbies they have been enjoying lately. You might notice that they took up yoga or woodworking during quarantine and it's now their biggest passion. Or you might notice they've started dressing in a coastal style or even an academic style. If you visit a boutique shop where you can get a salesperson's undivided attention, don't be afraid to share a few photos and see what suggestions you can get for your recipient.

Easy Options Don't Have to Be Fallbacks

Did you know that you can purchase monthly subscriptions to all kinds of products these days? Your recipient will get something new delivered right to them in the mail. Subscription options exist for goods like stationery, coffee, books, wine, candles, and so much more. Think of it as a gift that keeps on giving and helps your recipient explore new versions of a luxury they love.

You can also feel confident giving generic accessories as long as they are made from high-quality materials or fit in with your recipient's aesthetic. Premium blankets, gloves, hats, scarves, bar sets, or bookends will always be a pleasant surprise.

Finally, don't forget that experiences are always a welcome gift, especially after nearly two years of being cooped up inside. Tickets to a concert or a membership to a cooking class will mean a little more during the 2021 holiday season than they did in years past.

Avoid These Holiday Shopping Blunders

Finally, there are some well-intentioned moves you might make when you're trying to be creative that just end up leaving your recipient feeling disappointed or even a little bit offended. It's best to avoid clothing unless you're 100 percent positive about the person's style and size. You should also err on the side of caution and never give any gift that suggests a need for self-improvement, such as exercise equipment, financial guides, or cleaning tools.

Finally, no matter how excited you are about a gift, ask about the company's return policy and request a gift receipt if possible. Many businesses are flexible in the weeks following the holiday season, so you can have the confidence of knowing that even if your gift isn't perfect, your recipient can return it for something that's more in line with their interests.

HOLIDAY GIFT GUIDE



SKIN OASIS PRODUCT ASSORTMENT

The purpose of skin care is to enhance and maintain the health of the skin and hair. Skin Oasis Dermatology product line is scientifically formulated to address unwanted pigmentation, aging skin, acne, and hair loss.

Skin Oasis Dermatology

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

GIVE THE GIFT OF A SPARKLING CAVA

Bohigas Brut Reserva Cava provides lemon and lime, crushed rock, and white currant notes, all of which are present in this crisp, elegant, refreshing, zesty, dry sparkler. Hints of wheat thins and brioche add complexity.

Harvest Thyme Modern Kitchen & Tavern

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



GIVE THE GIFT OF FUN AT CHILL AXES!



Gift cards for Chill Axes in Crofton are in high demand at the holidays! Perfect for date night, girls night, friends outings and more – and no experience required! All gift cards sold between November and December will qualify for an emailed coupon for a Chill Axes slap-on koozie! (We'll email you after your purchase.) Chill Axes is BYOB and food – which our guests love! www.chillaxes.com or 443-788-2088 to purchase your holiday axe-throwing gift card!

Chill Axes

2101 Concord Boulevard, Suite G | Crofton, MD
443-788-2088 | www.chillaxes.com



TINY TREASURES

Tiny Treasures is a collection of whimsical 18K gold and diamond pendants by Roberto Coin. There is a piece for every personality. Shop the Collection at Little Treasury Jewelers this holiday season.

Little Treasury Jewelers

The Village at Waugh Chapel
2506 New Market Lane
Gambrills, MD 21054
410-721-7100 | www.littletreasury.com



'TIS THE SEASON TO EAT ITALIAN!

Give the gift of the true taste of Italy this year! Homemade marinara sauce, made in house from scratch, with organic imported tomatoes from Italy, jarred and labeled at Mamma Roma's kitchen. Mamma Roma gift cards make the perfect gift for your family and friends. Everything from delicious NY style pizza and homemade lasagna to scrumptious cannolis and Italian cappuccinos, it's all here at Mamma Roma.

Mamma Roma

8743 Piney Orchard Pkwy, Ste 102 | Odenton, MD
410-695-0247 | www.mammaromas.com



EXPERIENCE THE JOY OF BIRD FEEDING

Let the friendly bird feeding experts at Wild Birds Unlimited help you find the perfect gift this holiday season. Visit us or shop online at MyWBU.Com/gambrills. We also offer curbside pick-up, free delivery and shipping!

Wild Birds Unlimited

The Village of Waugh Chapel
 1304 Main Chapel Way
 Gambrills, MD
 410-451-6876
 www.wbu.com/gambrills



HON'S HONEY HOLIDAY GIFT SETS

Give ethically. Give quality. Give Hon's Honey. All-natural home and body goods handcrafted by women survivors of addiction, trafficking, generational poverty and trauma. Your purchase has purpose; it paves the way for women to transform their lives. Save 10% at honshoney.com with code: WHATSUP10. *Redeem by 1/31/22

Hon's Honey

4710 Pennington Ave | Baltimore, MD
 410-353-1261 | www.honshoney.com



LESS STRESS, MORE JOY AND A SPRINKLE OF RUTABAGA

Give the gift of Rutabaga swag, gift cards and Open Seas Coffee beans to light up holiday cheer and keep you sailing into the New Year!

Rutabaga Juicery & Eats

4 Ridgely Ave, Annapolis | 410-267-0261
 1131A MD Rt 3 N | Gambrills | 410-970-2437
 www.rutabagajuicery.com

GIVE THE GIFT OF 20/20 FOR THE HOLIDAYS!

Designer Eyewear - Gucci, Tom Ford, Jimmy Choo, Maui Jim, Oakley, Rayban, Oliver People's, Dior, Dita, Fendi, Celine, Tiffany&Co and so many more styles to choose from! We accept most insurances - don't forget to use your Flex Spending before the end of the year! Call, text us, or visit our website for more information! **A portion of the proceeds go to the organization "Giving Sight" to help those in need around the world!**

Peepers Eyecare Centers

2626 Brandermill Blvd. 6800 Laurel Bowie Rd.
 Gambrills, MD Bowie, MD
 410-451-9499 301-464-4442
 www.nvoptometry.com



MISSION ESCAPE ROOMS GIFT VOUCHER

Give the gift of an experience—an immersive escape room adventure at Mission Escape Rooms! Use promo code GIFT2021 for 10% off your purchase! Redeemable at three locations.

Mission Escape Rooms

Annapolis 40 West Street Annapolis, MD 21401 410-263-3333	Waugh Chapel 1405 S. Main Chapel Way Suite 105 Gambrills, MD 21054 410-721-6666	Arundel Mills 7000 Arundel Mills Circle Suite 200 Hanover, MD 21076 410-553-4850
--	---	--

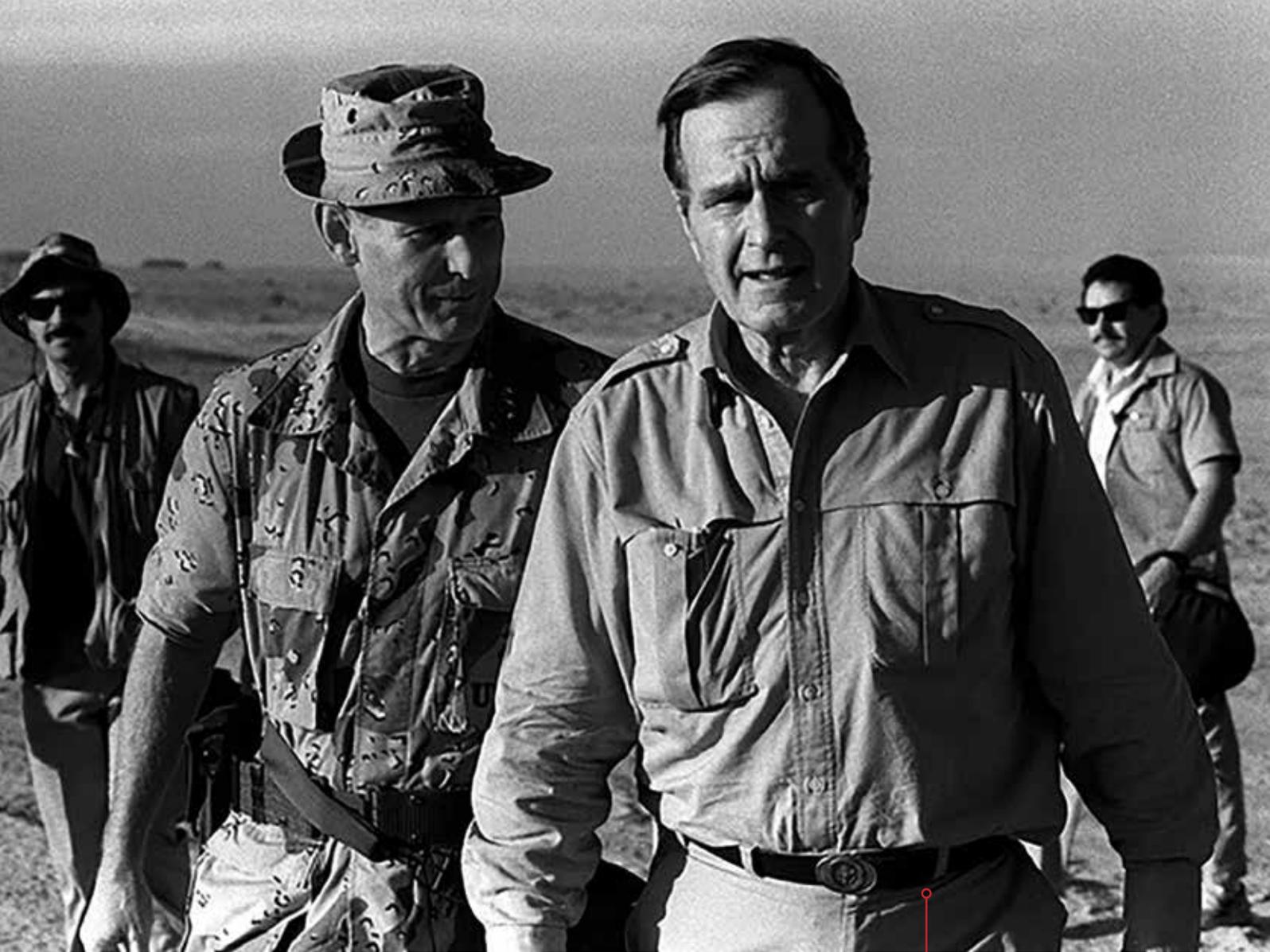
www.missionescaperooms.com • All locations are CDC cleaning compliant





INSIDE THE **SHIELD** AND THE **STORM**

In honor of Veterans Day 2021, we look back 30 years at the shortest and, arguably, most successful war in U.S. history. The operations unintentionally spawned immediate satellite coverage of the bombing of Baghdad, Iraq, and the international Coalition's ensuing ground attack—and thus changed the course of war reporting forever *By Frederick Schultz*



For Operations Desert Shield and Desert Storm, the code names for what also became known as “The (First) Gulf War,” combat and support troops from 35 nations bolstered the U.S. joint force, comprising the largest military alliance since World War II. And thanks mostly to harrowing commentary and live camera transmission of Baghdad under nighttime attack, it was also the dawn of what we now know as “the 24-hour news cycle.”

While the international Coalition in 1990–91 ultimately liberated Kuwait from Iraqi dictator Saddam Hussein, instant reports, punctuated by live feeds from the Cable News Network (CNN) in its office on the 9th floor of the Al-Rasheed Hotel in the Iraqi capital city were putting the network on the media map. At the time billing itself as “the only global 24-hour satellite news network,” CNN acknowledges to this day that its first broadcast under fire was “a watershed event.”

Those old enough to remember that night heard the nervous and hushed voices of CNN correspondents Bernard Shaw, John Holliman, and Peter Arnett reporting in what’s now known as “real time” on what they were seeing—the early-morning bombing campaign against the Iraqi capital on January 17, 1991. And we were seeing it, too.

Back in Annapolis, just more than a year after I joined the periodicals editorial staff of the U.S. Naval Institute—a publisher begun in 1873 as an open forum for military discussion and headquartered in the top floors of the U.S. Naval Academy’s Preble Hall—I was still learning the ropes of current military

operations and affairs. Suddenly, I found myself in the thick of reporting on an unprecedented naval buildup in the Persian Gulf (Operation Desert Shield) and the anticipation that the United States was about to go to war—in a very big way.

It had been 17 years since U.S. forces were ordered by President Richard Nixon to withdraw from what some journalists and politicians had termed a “quagmire,” the long slog in Southeast Asia known as the Vietnam War. This time, the lion’s share of the officers in charge of the operation were veterans of that bloody, costly, and controversial conflict. And they had a score to settle, not only with Saddam Hussein and his Revolutionary Guard, but the nagging memory of a war some regarded as a mishandled affair from the start, both politically and militarily. And they weren’t about to let it happen again.

Lt. Gen. Walter F. Boomer, commanding general, 1st Marine Expeditionary Force, walks beside President George H. W. Bush following the president’s arrival at the 1st Marine Division Combat Operations Center (COC). The president and his wife were paying Thanksgiving Day visits to U.S. troops in Saudi Arabia for Operation Desert Shield. Courtesy of the U.S. Naval Institute.

In the Nerve Center with the Proceedings Editors

Retired Marine Corps Lieutenant Colonel Brendan “Mac” Greeley, an A-4 attack aircraft pilot in Vietnam who went on to be a staff writer at *Aviation Week & Space Technology*, started on the Naval Institute’s periodicals staff just before I did. And he knew as well as anyone the added value of having Vietnam veterans essentially running this show. “We were fortunate in that either Managing Editor [and retired Marine Corps Colonel] John Miller or I had served on active duty with many of the commanders and knew them personally. And Editor-in-Chief Fred Rainbow, of course, also knew most of them.”

To say we were fortunate was an understatement, because none of the traditional news outlets had access to the top brass like these veterans had. I was a pretty good editor with a decade of professional experience, but Fred, John, and Mac expertly orchestrated the coverage and decided on candidates for interviews. “Invariably,” Mac recalled for this story, “they [the Desert Storm commanders] were very forthcoming regarding what worked and what difficulties they had to overcome.”

One example, Mac recalls, was a fellow aviator, Lieutenant General Royal Moore, who “pointed out that the F/A-18D (aircraft), with its forward-looking infrared (FLIR) capability, proved more survivable over the night-time battlefield than the similarly equipped OV-10Ds. The OV-10s, however, were invaluable for radio-relay duties.” That, as it turned out, was a crucial distinction.

Other contacts Mac had made with on-scene commanders were:

○ Rear Admiral John Baptiste “Bat” LaPlante’s Navy task force and Brigadier General Harry Jenkins’ Marines operating from the upper Persian Gulf, which flew air strikes and served as a constant threat to Iraqi forces.

○ Major General Mike Myatt praised the recently acquired Light Armored Vehicles (LAVs) for the mobility they gave Marine infantrymen. The inability of Marines to keep up with fast-moving Army units during European exercises in the mid-1970s had forced the Marine Corps to face the issue head-on.

○ Recommendations by a board shared by Marine Major General Fred Haynes led to the adoption of the

wheeled LAV. Coordination between Marine Corps aviation and ground units, “with some hiccups,” Mac notes, was one of the over-all keys to success.

○ “Often, the commanders had trained together at 29 Palms, California,” Mac recalls. “General Walter Boomer, overall Marine commander in the Desert Storm operation, had taken his battalion as a lieutenant colonel through a Combined Arms Exercise (CAX) there when I was the air officer. Each night, he would leave his battalion command post, visit the supporting squadron based at the expeditionary airfield, brief them on the next day’s operations, and address their concerns...”

U.S. Marines roll into Kuwait International Airport in a light armored vehicle after the retreat of Iraqi forces from Kuwait during Operation Desert Storm. Courtesy of the U.S. Naval Institute.



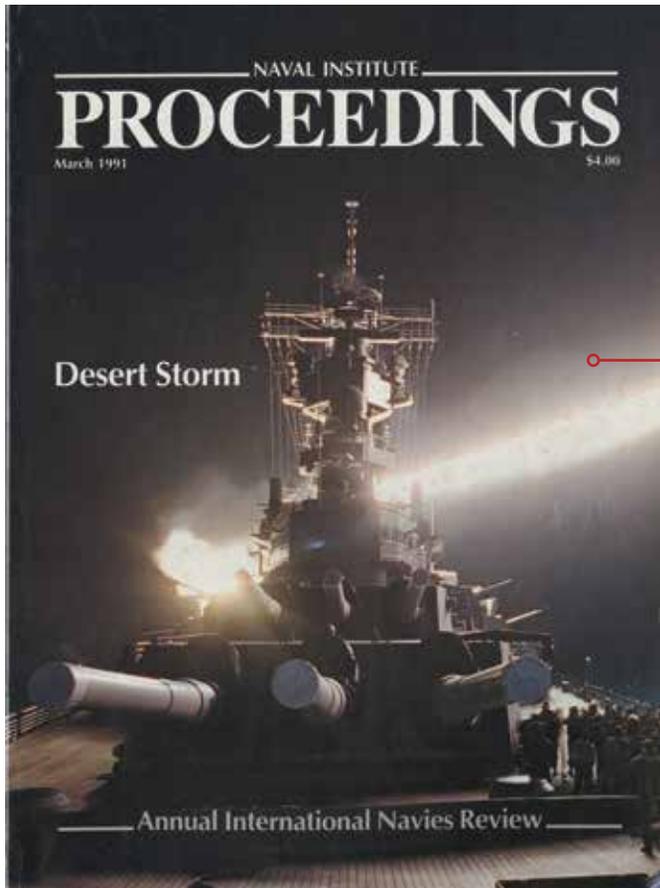
The Coverage Begins

The earliest issue of the Naval Institute’s monthly *Proceedings* to cover Operation Desert Storm was March 1991, which came off the presses in late February. And we immediately had been in “all hands on deck” mode, calling on columnist Dr. Norman Friedman to start on the Naval Institute Press book, *Desert Victory: The War for Kuwait*, which was billed as “the first comprehensive assessment of the war in the Persian Gulf” to be published and has stood the test of time with its expert analyses. Of its 424 pages, 183 of them are devoted to endnotes and appendices Dr. Friedman included to support his narrative.

One piece of the *Proceedings* war coverage was my interview with retired Vice Admiral William P. Lawrence, a former Naval Academy superintendent who had been a prisoner of war at the notorious “Hanoi Hilton” after being shot down over North Vietnam. He had been a prisoner for nearly six years (most in solitary confinement) before being released and returned home.

After hearing (and seeing) that shot-down and captured U.S. aviators, including Navy Lieutenant Jeffrey Zaun, whose battered face had appeared on the cover of the February 4, 1991 issue of *Newsweek*, were being used by the Iraqis for propaganda purposes, Editor-in-Chief Fred Rainbow agreed with me that our readers would be interested in the thoughts of a former POW.

“You can’t buy that kind of teamwork,” Mac affirms.



The March 1991 cover of *Proceedings* shows the *USS Wisconsin* launching Tomahawk missiles during the opening assault on Iraq. The battleship has since been decommissioned and is part of Nauticus in downtown Norfolk. The photo was originally taken by John McCutcheon for the *San Diego Union Tribune*. Courtesy of the U.S. Naval Institute.

General Boomer's War (and Ben Bradlee's Version)

When this story was coming together, we went straight to retired Marine Corps General Walter Boomer, whose home phone number in South Carolina I had kept in my old-time paper Rolodex.

Aside from the operational plans he spearheaded with his Marines, Boomer had decided that press coverage of the Gulf War would benefit from first-hand, embedded reporting. Why? At the time, that strategy was seen as either a brilliant move or a huge mistake. "After Vietnam," he pointed out, "the military in general was wrongly maligned, which prevented any kind of respect from emerging." So, he decided to go straight to the press covering the war to help right that wrong. At first, he said, "I had no idea how much it was being watched at home. I talked to my wife on the phone, and she told me 'everybody is watching it on TV.'"

At that point, he went to great lengths to accommodate the reporting. "We had a better understanding of the media and invited them to embed themselves with Marines. We had a more lenient policy in Desert Shield and Desert Storm, and the Marine Corps had more respect for reporters."

In an interview with reporter Molly Moore's former boss at the *Washington Post* in the December 1995 issue of *Naval History* magazine, I had asked the late Ben Bradlee what he thought about Boomer's accommodation of his reporter four years before in Desert Storm. In his best Boston accent, Bradlee replied, "Boo-mah! God knows what she did to Boo-mah! She assigned herself. She went with his Marine group, and they were out of touch with the world for two or three days. The general said, 'I can't get hurt by this, because she can't file anything.' And they became buddies."

General Boomer has a more detailed and thus different account of how Ms. Moore's ride with him transpired. "When the attack on Kuwait was imminent, we contacted the five major TV networks and the major U.S. newspapers," Boomer recalled for this story. "Even though she still felt stuck in the rear, Molly Moore from the *Washington Post* was the only reporter who responded affirmatively to join me personally as the commanding officer."

Admiral Lawrence didn't address the newsweekly's photo specifically, but he did comment on the Iraqi government's ploy in general: "Wars today have a stronger propaganda element than any in history...When you're fighting a totalitarian nation such as Iraq, which does not conform to the traditional rules of warfare, you know its leaders are going to use every device at their disposal to advance their cause, particularly from a propaganda perspective."

When asked about seeing the images of U.S. POWs on television, Admiral Lawrence lamented: "It brought back painful memories of my own POW experience in Vietnam. Somehow, I had hoped that the Iraqis were a bit more sophisticated and advanced, perhaps, than the North Vietnamese. But I realize that they aren't, that they're fundamentally the same."

As for the prisoners themselves, Lawrence said, "I think most people in the world know that their public statements were obtained under coercion. So it shouldn't reflect adversely on the men being held...It's important that POWs resist giving military information and making propaganda statements...By resisting, a POW establishes a credibility with his captors that he's not an easy mark, and they'll be less prone to come back again to exploit him for something else. They want to keep POWs alive and reasonably healthy because of their hostage value."

When asked what advice he would offer to a prisoner of war, Lawrence made three points: "Take your survival, evasion, resistance, and escape training seriously...Number two would be to do your absolute best to maintain physical fitness and good health...The third thing, of course, is to have faith in yourself, your fellow POWs, your country, and your family."



Retired Vice Admiral William P. Lawrence, a former Naval Academy superintendent who had been a prisoner of war (six years) at the notorious "Hanoi Hilton" after being shot down over North Vietnam, offered his thoughts about U.S. soldiers captured during Desert Storm. "Have faith in yourself, your fellow POWs, your country, and your family." Courtesy of the U.S. Naval Institute.

“the goal should be to accomplish the mission—and come home.”

When we attacked, I took a small command post into Kuwait following right on the heels of the 2nd Marine Division; therefore, she had a very personal and close-up look at the battle as it unfolded. She is a great lady, and she wrote a great book, *Woman at War*...Some of my fellow officers from other services did not trust the media and did not even want them there. But I had great faith in the troops, and I thought the American people needed to know what the hell their Marines were doing.”

General Boomer, as a Vietnam veteran, closed our interview by stressing that the most important lesson he learned in Operation Desert Storm, which no one seemed to have learned in Southeast Asia, he said, was that “the goal should be to accomplish the mission—and come home.”

An Army Tank Commander’s Take

For this commemoration, we also went to a 1989 graduate of the U.S. Military Academy at West Point, Scott McKechnie, who was a history-major-turned-tank-platoon-leader. “All graduates at that time received a bachelor of science degree, and I was only one or two classes from being a mechanical engineer,” he told us. He was in the lead battalion of the First Armored Division, one of the first tanks into Iraq for his sector of the front that was part of the VII Corps sweep into Kuwait during Operation Desert Storm.

We wanted to know how West Point prepared him for a war so soon after graduation. “West Point is mainly a leadership school that trains you to be an Army lieutenant,” he said. “The Army,

I think, documents three major battles in Desert Storm. I was involved in the battle of Medina Ridge as a tank commander and tank platoon leader. We shot up a number of Iraqi tanks and vehicles in the battle, which in hindsight was quite scary.”

When the air war started, McKechnie’s unit was in the port of Jubail, which was protected by Patriot missiles, so the thoroughly reported SCUD missile attacks were not an issue, he said, despite several air-raid warnings. “We were frankly pretty exposed, had a SCUD hit the port area,” he recalls. “It could have done extensive damage.” He also was involved with capturing prisoners, but, he says, most of them “looked terrible—not dressed well, fatigued, and scared.”

When the war was winding down, McKechnie said, “We were told of the pending cease-fire the night before the end of hostilities, that the war was over at 0800 the next morning. The 1st Armored Division had a massive artillery bombardment sent in on suspected Iraqi positions before then. We were still on edge, though, as we suspected that some Iraqis may not have gotten the word on the armistice.”

Today, 30 years later, he still regrets that “we hadn’t finished the job with Desert Storm in 1991. I was not surprised to see us back in there in 2003. I think we had so many forces in the first Gulf War that, had we gone to Baghdad then, any subsequent insurgency would have been crushed instantly. We had probably three times the troops as were used in the 2003 invasion, which allowed for an insurgency.”



USAF aircraft of the 4th Fighter Wing fly over Kuwaiti oil fires, set by the retreating Iraqi army during Operation Desert Storm in 1991. Photo by US Air Force.

A Veteran's Gulf War Take-Aways

Rounding out veteran McKechnie's Desert Storm reminiscences, he detailed seven "take-aways" from his experiences in Kuwait and Iraq those three decades ago:

1. It would be crazy for any foes to take on the U.S. military in a straight conventional war, especially in the open desert. All of our weapon systems excel in that terrain and environment. The enemy was outgunned in every sense of the word. **2.** That was probably one of the few wars in which the United States was, in retrospect, totally ready for. We had just rebuilt the U.S. military to confront the Soviets in Europe. Saddam Hussein picked one of the worst times to start a conflict with us. **3.** It was very much a miracle that we did not suffer

a larger number of casualties. The entire 1st Armored division lost one killed in action during the war. We lost more troops in training accidents, which is a testament to how well-trained and well-led the troops were.

4. U.S. troops were and still are the best-equipped and best-trained in the world. In fact, one of the major problems we had with our allies was their lack of capabilities in logistics, vehicles, weapon systems. As such, this slowed us down and put some of our own troops at risk. I would say that this was even more the case for

the second invasion in 2003.

5. The U.S. Army in wartime is totally different in peacetime. In wartime, troops are highly motivated to get done whatever we ask of them. Units were at full strength, the sense of purpose was high, and resources were plentiful. This is simply not the case in the peacetime Army, and it's one of the reasons I left the service. **6.** For decisive or unconditional victory, you need troops to seize and hold the ground. **7.** In retrospect, the number of forces used in this operation was much more than what was needed.

Postscript

In closing, virtually anyone can assume the title "veteran" after certain amounts of longevity amassed in a profession or a pastime. But the title simply of "veteran" is reserved for those who've served this country in the profession of arms. The phrase "Freedom Is Not Free" became a mantra, and U.S. citizens would do well to be reminded of it. Just a simple "Thank you for your service" to veterans you encounter this November 11th means a great deal.



General Norman H. Schwarzkopf, commander-in-chief, U.S. Central Command, speaks to soldiers inside a hangar while visiting a base camp during Operation Desert Shield. Photo by US Dept. of Defense.



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



Fire Alarms & Doorbells



**MEET ANNE ARUNDEL COUNTY'S FIRE CHIEF, TRISHA WOLFORD,
AND STEP INSIDE HER HOME...AN ICONIC FIREHOUSE**

Spend time with Trisha Wolford in her downtown Annapolis home and you almost hear the men. They're playing pinochle in the front room. You see them sitting 'round the worn, wooden table doing crossword puzzles or reading—waiting for “the call.”

Wolford is Anne Arundel County's Fire Chief and the first female to occupy the post. Her home is the second-floor condo inside what was once the Water Witch Hook and Ladder Station, one of Annapolis's oldest and most iconic firehouses.

How the Fire Chief came to occupy the firehouse—and how it frames her life today—reveals as much about her personality and professionalism as it does about the prized site itself.

Becoming Chief

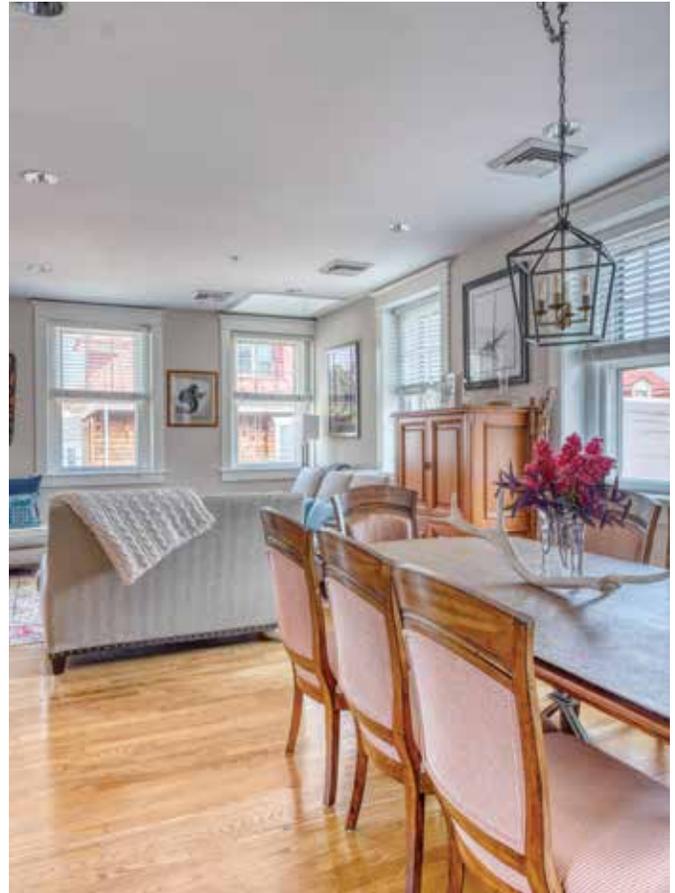
Wolford never intended to be a firefighter, let alone live in an historic home. Born and raised in Rockford, Illinois, she was two when her parents divorced. Her father was a police officer. Her uncle and cousin were firefighters, so a firehouse was familiar territory. “I remember trying on my cousin's turnout gear and it was massive,” she recalls.

Describing herself as very “hands-on,” she was an athlete in high school, a volleyball player, and very physical. It never occurred to her that women could not be firefighters.

After earning her Bachelor's Degree in Fine Arts from Shepherd University in Shepherdstown, West Virginia, in 2000, Wolford worked briefly in graphic design for a restaurant chain. “I was home, sick for a week. When I returned, it felt like my life was having no impact.”

That was the turning point.

After applying to fire departments in the region, she joined Anne Arundel County's in 2006. She spent five years as a firefighter and paramedic before she was selected to train at the Police



Academy—fewer than 10 percent are—and was sworn in as a law enforcement officer in 2012. Assigned to the Fire and Explosives Investigation Unit, she was promoted to Lieutenant in 2014.

Then her career took another turn.

“I wanted to be better, to do more,” she says. “I felt somewhat trapped inside a big system where it would take me years to advance. The only way was to take control of my career or allow the department to.”

Working on a Master's Degree in organizational leadership and management, she carefully discerned what the fire department needed. The areas of strategic planning, arbitration, and union negotiating required more attention. To learn more about them she'd have to go elsewhere.

In December 2015, Wolford accepted a position as Deputy Fire Chief and Fire Marshal in Bozeman, Montana. The department was 133 years old with 50 personnel, but had never had a female.

“People don't realize that the City Fire Marshal is one of the most powerful people in the City.”

Trim and fit at 5'9” and 130-plus pounds, Wolford found herself having to take on Bozeman's developers. “Lots of old ranch money,” she notes. “I wore very high heels. Anything I could to make myself look bigger, taller, and stronger.”

In 2018 she moved to Spokane, Washington, to become the “number 2” as the department’s Assistant Fire Chief. A year later she learned through social media that the top post in Anne Arundel County was open. On January 28, 2019, exactly three years after she’d left, County Executive Stuart Pittman hired her. He recalls, “she was highly recommended by firefighters who knew her during her time in Anne Arundel, and her resume since then was stellar. But it was the interview that sealed the deal. She told us exactly where our department needed improvement, and how she could deliver.”

Wolford became the 12th Chief in the 54-year history of the department. She stepped into the role of running one of the largest fire departments in the country with a \$130 million budget and nearly 1,000 career firefighters, 450 operational volunteers, and 900 administrative volunteers.

She’d landed the job. Now she and husband Tim Tharp needed a place to live.

Finding Water Witch

For the first year the couple rented a condo at Annapolis Town Center, but Wolford wanted to live in Annapolis’ Historic District in “something unique, historic.” In customary style, just as she’d done to prep for her chief’s role, she began a methodical search in Eastport and downtown neighborhoods for just the right fit.

“GETTING THE JOB WAS A DREAM COME TRUE.

AND NOW LIVING HERE...IT’S PERFECT.”

Then she found it. A girlfriend showed her the listing. The ad read “Come preview this beautiful 2nd floor condo...Fantastic opportunity to reside in the Water Witch Hook and Ladder #1 firehouse!...Steps from the City Dock and Main Gate of the Naval Academy.” Wolford told the realtor, “If the buyers want to rent it, I’m in.”

In a meant-to-be moment, new owners John and Linda Greene of Edgewater loved the idea of renting their newly-purchased historic firehouse to none other than a fire chief. John recalls seeing the property in a Pepsi commercial, perhaps during the 1984 Olympics, and “fell in love with it then.” He never imagined they would one day own such an historic site. The Greens purchased the condo in June 2020 and two months later Wolford and her husband moved in.

At first, Tharp, who retired as a battalion chief with the Prince George’s County Fire Department 13 years ago and now works with the Maryland Health Department overseeing vaccination sites, feared the place would be too small. But not only did it have surprisingly sufficient storage, Wolford soon realized she loved researching and discovering everything about her home.



“I love taking care of this place,” she beams. “Getting the job was a dream come true. And now living here...it’s perfect.”

Recalling its Roots

According to *Buckets to Pumpers*, a history of firefighting in the City of Annapolis, by Ed Bosanko published in 1993, the first building on the Water Witch site was the Hay Scales building. When the “Water Witch Hook and Ladder Company” was organized in 1885, its leaders had nowhere to hold their meetings. Charlie Cadle, photographer and historian for the Annapolis Fire Department for the past 66 years, doesn’t know how they did it, but the city somehow moved the Hay Scales building from near City Dock to the lower East Street location. Soon after, the City Council determined the city needed a hand-drawn hook and ladder wagon. A horse-drawn wagon would come later.

Cadle says several buildings and renovations followed until 1913 when the City of Annapolis erected the “Water Witch Hook and Ladder Station #1.” Records with the Maryland Historic Trust describe the building that stands today:

“Designed in an Italianate-style of architecture, the main building is a two-story brick structure with corner towers rising about the roofline and a large arched opening for the fire trucks on center of the façade. In 1926, the building was enlarged by a sympathetically designed one-story addition with a larger arched opening, built to abut the east elevation of the main building.”

Another lower, one-story addition was built after 1954 and abuts the west side wall of the 1926 addition.

The building was occupied by the Water Witch Fire Company until 1986. At that time then Annapolis Fire Chief Charles H. Steele proposed consolidating Water Witch with two other downtown stations into a modern, centralized station on Taylor Avenue. The next year, the property was sold to the Chesapeake Bay Foundation which renovated it for office space. In 2002, it was sold again and converted into two residential condominium units.

Remembering the “Community Firehouse”

Annapolis Fire Chief Doug Remaley appreciates how unique it is to have the county fire chief occupying such a famous city site. But he can’t help feel nostalgic reflecting on the downtown firehouse of decades ago.

According to Remaley, who was pulled out of retirement after serving 32 years and made chief in 2019, Water Witch was headquarters for the city fire department until 1973. He explains “when you faced the building the far right was the chief’s office, the middle held a second ladder truck, and the far left held a ladder truck.

“It was one of those community firehouses that were really *in* the community. You could open the windows and talk to your neighbors.”

Danny Clark, a member of the city’s Independent Fire Company, recalls there were always at least two men on duty. The bunkroom could hold as many as five men. Pipes rattled and made lots of noise. The iconic fire pole was in the back of the house so the “tillerman could slide down right into the back of the truck” that took up most of the first-floor bay. The original bay had hooks in the ceiling, “big iron bolts that held the harnesses” so “you could just drop ‘em right onto the horses.”

Captain Robert Rawls, who served in the Annapolis Fire Department from 1964 to April 1, 1998, loves reminiscing about his time there. According to Rawls, the spiral stairs were located where the elevator is today. A pool table once stood in the living room. The guys typically played cards, one whittled with a small carving knife, and what did Rawls do? “Mostly I agitated everyone, just ‘cause it was fun!”

In those days the all-male crew wore light gray shirts and pants. When they activated the siren that later replaced the bell in the



tower to alert the volunteers, Rawls remembers “you hoped and prayed that somebody would show up.”

His favorite memory is how intrinsic to the neighborhood they were.

“We became part of the neighborhood. Parents would come home from work and ask where their kids were. We always knew where every kid was. We were like an information center. We just kept track of people.”

Making Water Witch “Home”

Fortunately for Wolford, many of the materials and architectural features of the earlier building remain.

At the end of a long day, she pulls her car into what was once the bay for the ladder truck. Access to the second-floor residence is via an exterior, fire escape stairwell, or by internal stairs off the garage. An elevator has proven useful to lift heavy packages and groceries from the garage bay.

The interior living space is open and sunny with high ceilings and the bell towers that lend a modern, skylight feature. Wolford’s background as an artist is reflected everywhere. Large, colorful, and dramatic posters and paintings brighten walls throughout the open kitchen-living area, hallway, master bedroom, office, and back guestroom.

There is the telltale evidence of living as a downtown resident. Wolford and Tharp are midshipmen sponsors. One corner of the back room reveals a neat pile of casual Navy clothing. A Murphy bed is cleverly tucked into the wall and helps expand the condo’s 2,000 square feet of space. An avid runner, logging four to five miles, five days a week, Wolford also enjoys yoga here.

Fire memorabilia blends with pieces that carry additional meaning for her. In her office hangs the leather apron her father wore when he fashioned furniture and other pieces as a hobby.

“I’VE BEEN A FIREFIGHTER, AN EMT, AND A PARAMEDIC. I’VE DONE WHAT THIS BUILDING IS ALL ABOUT. I CAN BE IN THIS HOUSE AND JUST FEEL VERY LUCKY THAT I GOT TIME IN THE FIREHOUSE.”



The entire place is spotless. It could stand up to any inspection. “I’m a very good cleaner,” she notes.

But it’s the feel of the home that is most memorable, and Wolford accentuates that. Standing in the living room, visitors can look up into what was once the bell tower. The bell is one of three from former downtown firehouses that is now located outside the Taylor Avenue Fire House. In the back room where mids sleep on weekends was once the kitchen. In that same area at the rear of the condo is the former “hose tower” where pulleys pulled up the hoses after a fire, after they were washed and cleaned downstairs. Then, they hung there to dry. Wolford exercises on the same garage bay floor that held the ladder trucks.

“It all happened here,” she says. “The bell goes off, and they hop into the rig below and go. That flow of life of a 24-hour shift...it was all here.”

Younger than the average chief, Wolford feels connected to what her firefighters do every day, and she wants to stay that way. “My job is to get the newest members of the department to do well, and to care for them until they retire. The only way I can do that is to stay connected to the bottom, to stay grounded.”

Apparently, her boss believes she is doing just that. Says Pittman, “She’s a superstar. She is an incredibly effective advocate for the

needs of her agency, works brilliantly with other department leaders, and steps up to serve in ways that nobody else had considered.”

Looking to the Future

That drive to make an impact which propelled her into firefighting continues to inspire her. She expresses great pride in her colleagues and admires how proud they are to be firefighters. About to complete her second master’s degree, this time an MBA, she envisions a greater ability one day to make changes to improve more lives. Whether that’s in her current role, or expanding to a state or national platform, Wolford remains open to possibilities. She doesn’t rule out the possibility of political office.

Nor does she rule out the possibility of one day owning a piece of history, like Water Witch. She isn’t hesitant to say that living in the house has a direct link to how she approaches her work.

“I’ve been a firefighter, an EMT, and a paramedic. I’ve done what this building is all about. I can be in this house and just feel very lucky that I got time *in* the firehouse.”

In words that best summarize her philosophy and reflect the hauntingly spiritual surroundings of her home, she says, “I love taking care of this house and preserving it and adding to it. I never imagined how connected I’d feel. It constantly reminds me: I never want to lose touch with ‘the floor.’”

LONG & FOSTER[®]

REAL ESTATE

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

Want to become a Realtor? Contact Us Today For Information

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



Dominic Cantalupo

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



DONALD (TREY) HAPPEL

Contact me if you have any questions
at all about Real Estate!



Longandfoster.com/DonaldHappel
Cell: 443-995-8674 



Ryan Fuhrman

Mortgage Consultant | NMLS ID: 450398

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

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



BUYING, RENTING OR SELLING? LETS TALK!



LONG & FOSTER
REAL ESTATE

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



Top 1% Realtors[®] Nationwide

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

BILL FRANKLIN

Let Bill's Success Work for You!

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

"I sell more because
I do more"



www.BillFranklin.net

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

BillFranklin@LNF.com

Gina Matthews | REALTOR[®]

Serving the greater Gambrills, Odenton and Severn areas.
The Spring market is here and it is the perfect
time to buy or sell your home!

Office: 410-721-1500 | Cell: 410-302-8320
Gina.Matthews@LNF.com | LongandFoster.com/GinaMatthews
Crofton/Bowie Tri-County Sales
2191 Defense Highway • Crofton, MD 21114



Jacqueline Reyes

One Goal, One Passion - Solving Your Real Estate Needs

Office: 410-721-1500 | Cell: 301-938-4438
Jacqueline.Reyes@LNF.com • LongandFoster.com/JacquelineReyes



Crofton/Bowie Tri-County Sales
2191 Defense Hwy • Crofton, MD 21114

Mary Wagner | REALTOR[®]

Search For Your Next Home!
Free & No Obligation!

LongandFoster.com/MaryWagner
Cell: 410-353-1496



Tracy G. Morgan

Realtor[®]

Your Neighbor Specializing in the
Greater Riedel and Waugh Chapel Areas

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

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



Matt Driscoll

Realtor | The Bill Franklin Group

I specialize in helping my Western Shore clients make the transition to the Eastern Shore. Let me help you find your dream home and enjoy the peace of Eastern Shore living.

Long and Foster Real Estate, Inc. • 2191 Defense Hwy • Crofton, MD 21114
Cell: (443) 510-9449 • Office: (410) 721-1500
Matthew.Driscoll@LNF.com • LongandFoster.com/MatthewDriscoll

Maria Lopes

SFR, SRES and C-CES
Office: (410) 721-1500 • Cell: (240) 423-8510
maria@mariosellsdcmetro.com
LongandFoster.com/MariaLopes



Spring has Sprung! Time for a Change? Call me for a free Seller or Buyer analysis.



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



Cheryl Poole

Your local real estate listing specialist!

Selling/Buying/Renting

Let me assist you with your real estate needs!

Long and Foster Real Estate, Inc. • 2191 Defense Highway • Crofton, MD 21114
Cell: (240) 876-9088 • Office: (410) 721-1500
Email: Cheryl.Poole@LNF.com • LongandFoster.com/CherylPoole

Home & Design

53 INTERIOR INSPIRATION | 56 SHARING YOUR GARDEN'S BOUNTY
58 SUN-DRENCHED ON SOUTH RIVER | 60 THE ULTIMATE BAY VIEWS





FICHTNER SERVICES

ROOFING • SIDING • GUTTERS • WINDOWS



Serving Annapolis and Anne Arundel County since 1994



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



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



Interior Inspiration

THE 3 TIERS OF SOUND INVESTMENT FURNISHING

By Lisa J. Gotto

How did you feel that last time you walked into your open-plan living space or family room?

Inspired? Comforted? Happy? A successfully furnished room is one you enjoy entering time and time again by creating a convivial vibe and a sense of appreciation that endures.

The key component lies in not how many furnishings you have in the room, but rather the quality of certain pieces in the room. In many respects, outfitting a home can be daunting, but approaching the endeavor as a three-tiered process, may make it easier on the psyche—and the wallet. →



Your **DINING TABLE** performs a dual role in the home, that of the ultimate multitasker and that of a central feature, so it must be able to blend form with function. As we trend away from traditional dining rooms with their matching sets of Chippendale that we hardly ever use, we have opened our lives and home plans up to be more versatile. Sturdy, well-constructed wood tables come in many styles, from rich slabs with live edges, to sleek and trim lighter woods with great lines. Once you have chosen the proper size for your family and the space, you will appreciate this investment purchase every time you sit to dine, play a board game, or use it as an extra work-from-home space.

Tier 1: Major Components

There are four major components most closely associated with investment furnishing: sofas, dining tables, beds, and rugs. That first item on the list for many is a non-negotiable and the expectation of having to splurge on a good **SOFA** is a given when one can afford to do so. It can set the tone for the entire room and it's most likely the largest component in the largest area of your home.

That is why when it comes to making this particular investment, there are some questions you should ask yourself first: What do I need this piece to accomplish for me? This is another of those, "Think of how you actually live" scenarios. Do you wish the piece to afford versatility—a sleeper sofa, a sectional perhaps, that has options for how it works in the room? What makes the most sense when it comes to fabric? Will I be able to snuggle with my pet on this sofa? Should I consider performance fabric?

Will I be content with a neutral tone over the years? (This question is an easy yes for many homeowners, as layering your sofa with texture, swapping out pillows seasonally, and adding a colorful throw atop the cushions, instantly gives it a different look.)

Do you wish this to be the statement piece in the room? If so, then a rich, deep-colored fabric may be your thing.

One abiding expert piece of advice is to forego a busy pattern or any look that could become dated. The point being, whatever you need or want this sofa to do in the long-term, should be considered for this investment piece.



Your **BED** is life's daily refuge, so it makes sense not to skimp on any aspect when it comes to choosing the right mattress. There are many new options when it comes to where and how to buy a mattress. For more inspiration, check back to our July issue interior column for a thorough primer.

A common mistake made when shopping for a bed is undervaluing the bed frame or what supports it from beneath. While platform beds are becoming increasingly popular, there are

many other types of frames to consider, including the canopy style, the sleigh bed frame, and the storage bed frame, each with its own pros and cons when it comes to support and comfort level, as well as the mobility this large piece of furniture has once it is placed. So do your research!

Whether they be **AREA RUGS OR WALL-TO-WALL CARPETING**, the investment you walk across every day, needs to be top of mind when it comes to investment furnishings. And while it may be tempting to try and save money

by purchasing a lower-quality, blended synthetic rug, interiors experts agree that cheap rugs that don't last are never a good idea. A quality rug that you love will serve its purpose in your home for many years and will save you the hassle of having to replace it too soon.

Another mistake commonly made when choosing area rugs is buying an ill-fitting rug that is too small for the space. This, experts say, can make or break the look of your entire room, so never economize by buying the wrong size.



Tier 2: Lighting

While some must-lists in this area of interior design may not consider lighting a “furnishing,” in the heavy sense, it is important not to undervalue how your room is lit. Harsh, distracting, or underwhelming elements of lighting can affect the quality of its well-furnished appearance.

Every room of your home should have a well-designed lighting scheme that includes multiple sources of light in the form of table lamps, floor lamps, task and/or recessed lighting, and a statement-making central feature such as a chandelier or over-the kitchen island grouping. Steering clear of quirky, flashy, or style-of-the-moment pieces will keep your home beautifully illuminated for years to come.

Tier 3: Layering

There are two ways to enhance your home from a layering approach that can be considered investments in its overall tone and style: **WINDOW COVERINGS AND THE ADDITION OF FINE ART** to your walls.

While every home needs basic shades, blinds, or panels to provide a sufficient amount of privacy, custom drapery and window treatments such as hardwood plantation shutters or upholstered valances add the next level of sophistication to a home. Again, the rule of thumb here is think of classic fabrics and patterns that are trend-resistant, and you will be enjoying the aesthetic they add to your home for many years.

Always, always, always resist layering the home with too many tchotchkes and put that money toward building a collection of works over time that not only enhance your home, but your life.

While choosing art can be a highly subjective endeavor, start with your home's style as an indicator as to the type of art, be it sculpture, painting, and/or photography, you should choose. What you choose should complement, not overwhelm or be distracting within the space.

Always think local, as well, for some of your art choices. In our area especially, there are many wonderful artists and craftspeople who make one-of-kind and perennial works that truly capture the feeling—or convivial, inspirational vibe of living here—you'll be happy to experience every time you enter your home.



Sofa image courtesy of lumens.com; Dining Table image courtesy of remodelista.com; Bed image courtesy of potterybarn.com; Lighting image courtesy of lumens.com; Art image courtesy of Nancyhammond.com.



Sharing Your Garden's Bounty

GIFTS THAT KEEP ON GIVING

By Janice F. Booth

"The place to improve the world is first in one's own heart and head and hands, and then work outward from there."

—ROBERT PERSIG, AMERICAN AUTHOR

Perhaps you still have a dog-eared copy of this intriguing book, *Zen and the Art of Motorcycle Maintenance*, laying around somewhere. But I digress. Persig's wise advice seems to apply not only to the world's great and terrible challenges, but to our own lives, and even to our own gardens. I suggest we might improve our tiny patch of this world, this earth, by sharing our garden's beauty and bounty with others, particularly with the season of giving fast approaching.

With autumn rolling toward winter, you might be thinking, "My tomatoes are finished; I've admired my last mum. What does she want me to share from my garden now?" Well, don't

be dismayed. I propose we look over our gardens, newly tidied and bedded down for the approaching winter, as a source of thoughtful and personal gifts. Which plants and shrubs might we share now with friends and neighbors? For example, those irises, now sporting a crew-cut where slender leaves once swayed, might be lifted gently from the ground so their plump, sweet smelling *Orris roots* are exposed. (Did you know these roots are dried and used in the production of perfume and mouthwash? I didn't.) But again, I digress. With a clean, sharp garden knife, you can cut through the fat root, dividing it into several plants, each with a leaf-stub or two. (You'll be treated to the delicate, violet fragrance as you divide the root.) Replant your own iris in your garden. Then, in simple, clean, clay pots or colorfully decorated containers, settle the new plants in planting-soil. Be sure to thoroughly water these new plants and set them in a sunny spot out of the way of frost. In a few weeks you'll see the new plants begin to stir. Each of

these little dears can be given as a gift to neighbor or friend. You might design a small card that names the plant and how to care for it, include a tiny picture of a blooming iris.

This process is **asexual propagation**, the parent plant is divided to produce new plants. In addition to dividing root balls, asexual propagation may involve cuttings from plant stems or even leaves. Last spring you may have cut branches of forsythia or pussy willow, immersed the branches in a vase of water, and been delighted when a delicate tracery of roots emerged from the cuttings. Well, you can do that now too. Take a sharp pair of shears into the garden and snip some dormant forsythia branches—those lovely, arching specimens. Set the branches in a vase or jar of water, and when roots appear, plant them as a cluster in a deep, narrow pot, watering lavishly at first. In the case of forsythia, willow, and similar shrubs, the note that accompanies the gift might advise the recipient to plant the young bush in the ground when spring arrives.





Succulents make pretty, shallow-dish gift arrangements, and they are easy to propagate from leaves. Think about aloe (such medicinal value for cuts and burns) and jade. They would complement one another in a miniature potted-garden. Again, using a sharp knife, make a clean cut of a healthy leaf or stem. Set the new plant aside without water or soil; trust me, roots will begin to appear. Once the roots emerge, arrange the aloe, jade, and cactus in a shallow dish, and place the plant-nursery in a sunny window. Do not overwater these fledglings. If you have chicks-and-hens in your rock garden, you can dig up the larger specimens and carefully divide their roots. Soon you'll have 5 or 6 little chicks to share; arrange them with the aloe and jade. You might add some tiny pebbles among the plants for the rock-garden effect. Be sure to

replant your mother hen so she can produce more chicks in your spring garden.

The alternative form of propagation is **sexual propagation** using seeds and spores. (I confess I have a poor track record when it comes to growing plants from seeds. I suspect I'm too impatient.) You can order seed packets for some quick-growing annuals or vegetables, then set the seeds to sprout. Think about marigolds or coleus seeds—or put them together. Their colors would be lovely in contrast. A castor bean vine might make a pretty gift too, and I'm told they're almost fool-proof to grow from seed. Salad greens make a thoughtful gift for chefs and families.

Growing lettuce, sprouts, parsley, broccoli, and kale from seeds is easy, and their colors and leafy heads are attractive on a winter

counter or windowsill. A cheery gift that might include a recipe for a new salad dressing, or even a jar of homemade dressing to accompany the greens.

Here are a few helpful hints for your gift-giving project, ways to make the plant-growing process easier:

- If you're starting with seeds, soak them in a bowl of lukewarm water. They'll expand to twice their original size. When they do, plant them in damp soil.
- Dip cuttings in *willow water*; it can be purchased in a nursery or garden store. The willow is a fast-growing shrub because it contains 4 natural hormones that stimulate growth. Giving your new cuttings a bit of willow water provides them with those same growth hormones in

tiny quantities. (You can even produce your own willow water if you have willows in your garden. The process involves boiling and refrigeration. Check out the recipe at gardentherapy.ca)

- Set a clear, plastic bag over your new plants in their pots. Keep them bagged until the plants really begin to flourish. The bag will retain moisture and warmth.
- Before cutting roots or branches for propagation, thoroughly clean the garden knife or shears with rubbing alcohol to remove any bacteria that might infect the fragile plants.

Start now preparing thoughtful gifts from your hands and your garden. Involve the young people in your household; they can make gifts for their teachers, relatives, coaches, and, in some cases, even friends.



Sun-Drenched on South River

By Lisa J. Gotto

Palatial, pristine, and right on the river at Poplar Point, this 9,000-square foot home offers a blend of modern and classic architecture, and a plethora of unobstructed views of the South River and the Chesapeake Bay.

The custom-designed Mediterranean-style estate built in 1994 has been recently updated to provide a state-of-the-art smart home technology system, a geo-thermal heating and cooling system, an outdoor sport court, and indoor home gym.

This home's open-plan main level is outfitted with luxurious Brazilian Cherry hardwood floors, exquisite crown molding, and an expansive two-story living room. Nature provides the abundance of southern exposure that pours in through the home's groupings of large, energy-efficient windows.



An exceptional chef's kitchen offers a six-burner stove and double oven by Wolf, a warming drawer, a Sub-Zero refrigerator, gorgeous granite countertops, and a spacious pantry. All-white cabinetry highlighted with sleek black hardware, a center island with room for breakfast seating, and a separate eat-in/breakfast room area all afford stellar water views. This area flows into a large formal dining area for ease of entertaining. A full-size home office is also accessible on this floor.

Upstairs, the home features a spacious primary bedroom suite with a separate seating area, private balcony, huge walk-in closet with built-ins, and *en suite* bathroom with soaking tub. An additional large bedroom suite is offered on this floor.

The residence's two additional full bedrooms are located on its lower level which is a high point of the home with its wrap-around bar that seats six, billiard room, card table area, and expansive walk-out to the in-ground waterfront pool and patio area. This all overlooks two acres of land and 200 feet of water frontage. Boating enthusiasts will enjoy the property's 12 feet of mean low water, a 450-foot private pier, five boat lifts, and its slip that can accommodate a 65-foot yacht. Everything needed to live the quintessential waterfront lifestyle—and more!



Primary Structure Built: 1994
Sold For: \$4,250,000
Original List Price: \$3,997,000
Bedrooms: 4
Baths: 4 Full, 1 Half
Living Space: 9,261 Sq. Ft.
Lot Size: 1.93 acres

Listing Agent: Brad Kappel; TTR Sotheby's International Realty; 209 Main St., Annapolis; m. 410-279-9476; o. 410-280-5600; brad.kappel@sothebysrealty.com; brad-kappel.com **Buyer's Agent:** Joanie Hynes; Remax Advantage Realty; 1393 Progress Way, Eldersburg; m. 443-375-0002; o. 410-549-3500; joanie@joaniehynes.com; remax.com



The Ultimate Bay Views

By Lisa J. Gotto

A forever dream or vacation home awaits the new owners of this nearly 3,000-square-foot, ranch-style residence. Many upgrades and modern updates have already been done to the home which offers one of the most majestic vistas of the Chesapeake Bay via the South River in all of greater Annapolis.

“It was a joy to market this beautifully renovated and maintained home,” says Listing Agent Reid Buckley. “Sitting on a double-wide lot meant panoramic views all the way to the Bay and the seller had invested in a 300-foot heavy duty pier. It was the perfect combination of stunning view, super pier, and great house!”

Everything about the interior design of this home has been engineered to take full advantage of its stellar location. The home’s entire back wall has been thoughtfully outfitted with either floor-to-ceiling windows or glass sliders to provide a spacious great room with a sublime visual connection to the waterfront. Skylights placed strategically above allow even more natural light into the space.

This area, which is accented with light hardwood floors, is large enough to split into two separate roomy seating areas. Another highlight of this space is its unique dual-front stone fireplace feature, with one insert facing the waterfront and another facing the formal dining area. The L-shaped, walk-through-style kitchen

Primary Structure Built: 1964
Sold For: \$2,000,000
Original List Price: \$1,995,000
Bedrooms: 3
Baths: 2
Living Space: 2,898 Sq. Ft.
Lot Size: .40 acres

is easily accessible through two separate entries, one from the central entrance hall and one from the great room. With its sleek finishes, all stainless-steel appliances, including a six-burner gas range, and roomy breakfast seating area with its view to the water, this room is certain to be as practical as it is beautiful.

A huge den with its own floor-to-ceiling views off the great room provides home office space for several workstations, printing equipment, and file storage.

A generous primary suite offers an *en suite* bath with dual sinks and glorious views to the water from its own private deck. There are two additional light and bright bedrooms that share a soothing spa-like bath and a large lower level that accommodates the home's laundry facilities, storage space, and possible square footage for future living space.

Outside, the residence is surrounded with immaculate landscaping and a deck that spans the entire length of the home. Its true claim to fame lies ahead with its 310-foot, multi-slip pier; perfect for the family that loves carefree days of boating and fishing on the Bay.

And for added recreation, this home's community amenities include an inground swimming pool, playground, and sandy beach with designated swimming area.

"I am thrilled for my clients; this is the perfect home for them," says Buyer's Agent, Nuala O'Leary of Long & Foster Real Estate. "The view from this house is exceptionally beautiful. It embodies the Hillsmere Shores slogan, 'Where the South River meets the Bay.'"

Listing Agent: Charley & Reid Buckley; Mr. Waterfront Team of Long & Foster Real Estate; 320 Sixth St., Annapolis; m. 410-279-1843; o. 410-266-6880; reid@waterfronthomes.org; waterfronthomes.org

Buyer's Agent: Nuala; Long & Foster Real Estate; m. 410-404-0568; o. 410-260-2800; nuala@longandfoster.com; longandfoster.com

BOWIE SIDING & ROOFING

We make homes beautiful and energy efficient

Proverbs 11:30

Family Owned & Christian Business Serving the Baltimore/Washington Suburbs for 49 years
Quality Materials
15 Year Workmanship Guarantee



TAMKO
BUILDING PRODUCTS

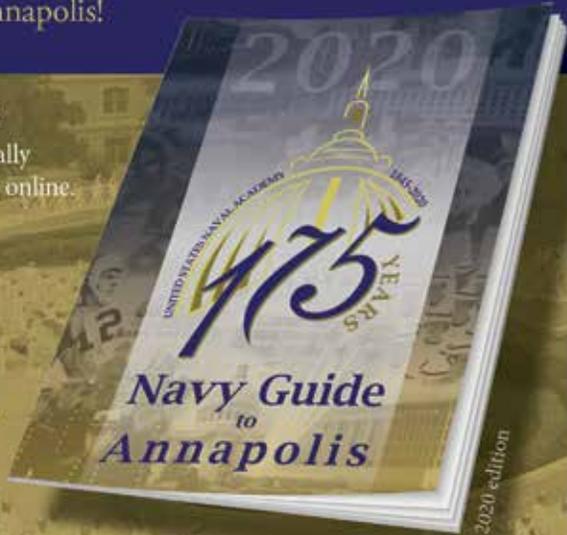
Specializing In:
Siding • Roofing • Windows/Doors • Painting • Decks • Drywall & Repairs
Insulation • Trim/Gutters • Insurance Work • Kitchen & Bath

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

410-721-4226 www.BowieSidingRoofingAndWindows.net
301-262-7855 Licensed • Bonded • Insured MHIC #6540 • FREE Estimates

CAPITALIZE!

Capitalize on the lucrative tourist market that is centered around the Naval Academy by advertising in the 2022 Navy Guide to Annapolis!



- ▶ 35,000 copies printed and distributed annually
Digital issue available online.
- ▶ 4,300+ midshipmen attending the Naval Academy and sponsor families.
1.5 million visitors.
- ▶ The Guide to the U.S. Naval Academy in Annapolis is given directly to parents of new plebes each year.

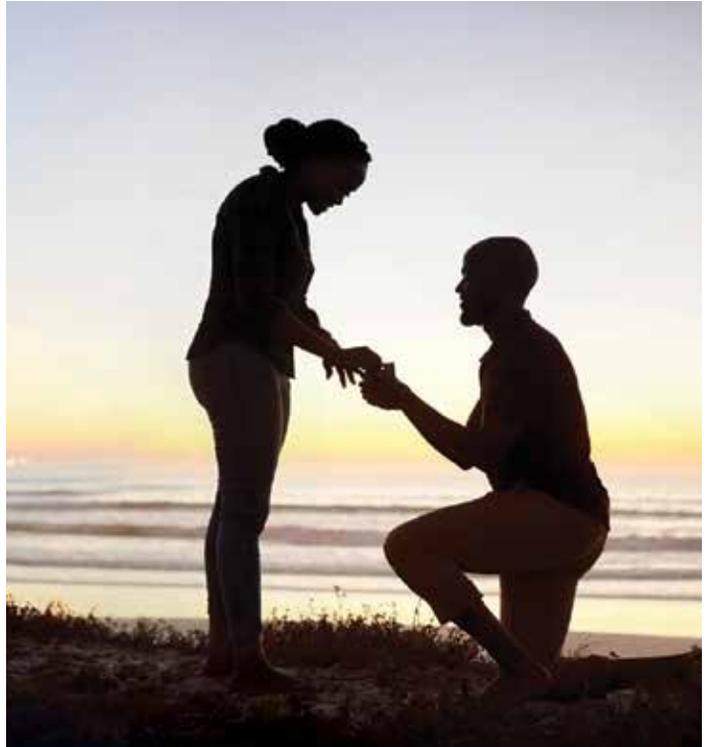
Contact Debbie Carta at 301-503-6076 or email dcarta@whatsupmag.com

Heather Solomon + Kevin Bock



The night of the full harvest moon, Kevin Bock attended a Hot Yoga class led by his girlfriend Heather Solomon at Soul Society Studio. She was in for a big surprise. After teaching the class, everyone remained seated—they were in on the secret. With a face full of sweat and a heart full of love, Kevin proposed to Heather and the whole room lit up with joy.

Photo by Emily Shepherd



Sponsored by



Our mission is to execute memorable events through the food we serve, the experiences we create, and the world class people that we employ.
CRAVECATERINGCO.COM



If you'd like to feature your engagement announcement in future publications visit:
whatsupmag.com/celebrateyouengagement

Health & Beauty

64 FRESH TAKE | 65 THE SMART WAY TO SOOTHE A HANGOVER
67 CAN BOTOX TREAT MY MIGRAINE? | 68 FITNESS TIPS *plus more!*





Fresh Take

GRAPES

By Dylan Roche

As the weather turns colder, it's not unusual to crave foods that are heavier, warmer, and more comforting. But you'll likely still be in the occasional mood for something light and crisp—and you'd be surprised how well grapes lend themselves to your next fall meal.

The enduring popularity of grapes stretches far back into history. They're actually one of the earliest cultivated foods from ancient civilizations, according to the California-based Center for Urban Education and Sustainable Agriculture. Grapes originated in the Middle East as far back as 5000 BCE. The Judeo-Christian Bible contains numerous references to grapes, and the Egyptian tombs bear depictions of grapes in the hieroglyphics on their walls. The Greek used grapes for making wine, one of the primary beverages of their ancient culture.

Grapes eventually made their way to the Americas, where the land that would eventually become California proved to be an especially good climate for their cultivation. Today, the United States continues to be among one of the world's foremost growers of grapes, along with Italy, France, Spain, Mexico, and Chile.

Among grapes that are grown, there are three types. According to the Food and Agriculture Organization of the United Nations, only 27 percent of grapes are grown for the purpose of eating—these are referred to as table grapes. A significant 71 percent of grapes are grown for wine, while only 2 percent are grown to be dried out and made into raisins. Grapes come in a



Grape Focaccia

INGREDIENTS:

3/4 cup warm water
2 tablespoons warm milk
3 teaspoon sugar
1 teaspoon honey
1 1/2 teaspoons active dry yeast
1 3/4 cup whole-grain flour
2 teaspoon coarse sea salt
1/2 cup olive oil
2 cups purple grapes, seeded and cut in half
1 teaspoon fresh rosemary
1/4 cup crumbled goat cheese
1/4 cup raw sugar

Whisk together the water, milk, yeast, and sugar. Allow it to foam for approximately 10 minutes, then add flour. Separate 1 teaspoon of sea salt and 2 tablespoons of olive oil and add to the mixture. As the mixture forms a thick dough, transfer to a floured surface and knead for approximately 10 minutes. Oil a large bowl and place the dough inside. Cover with a towel and allow to rise for approximately 2 hours. The dough should double in size. Divide the dough in two and set each mound on baking sheet spread with parchment paper. Cover again with a towel and allow to sit for 30 minutes. Coat your hands with a bit of oil and stretch each mound of dough into a 10-inch circle. Cover with a towel and set aside to continue rising for 1 hour. Preheat oven to 450F. In a small bowl, combine honey and remaining olive oil and whisk together. Brush the surface of each circle, then sprinkle with grapes, goat cheese crumbles, rosemary, and remaining sea salt. Bake for 15 minutes until golden brown, and allow to cool completely before serving. eat buns with pesto.

variety of colors, including red, purple, and green. If you're a fan of raisins and you've always wondered about their distinct brown color, it's worth knowing this comes from the natural caramelization process that happens as the grapes are dried. Golden raisins achieve their greenish-yellow color thanks to the use of sulphur dioxide, but this ingredient could pose problems for asthmatics—if you fall into this category, it's best to stick with traditional brown raisins.

Grapes are a source of vitamins C, K, E, and potassium, as well as dietary fiber. However, the standout nutritional benefit of grapes is their high level of compounds known as flavonoids, which protect your body from the damage it sustains on a regular basis—flavonoids help your body fight the aging process, stave off cancer, boost immunity, and repair cardiovascular damage. The most prominent flavonoid in grapes is resveratrol, and it's found most prominently in red or purple grapes. (And yes, these flavonoids are also found in wine, though it's still important to drink in moderation.)

When you're selecting grapes from the store, look for bunches that are bright in color and have no (or very few) shriveled grapes. If you wash them before putting them in the fridge, take care to dry them out well before putting them away, as moisture will make them decompose faster. If they're kept nicely dry, grapes will stay good for about one week in the fridge.

Of course, you can also opt to freeze grapes for longer storage, but do not try to thaw them out after they're frozen. Instead, pop them as a cold, refreshing treat similar to bite-size pieces of fruity sorbet.

Grapes make an easy and nutritious snack, and they're a colorful addition to any cheeseboard or charcuterie platter during your holiday entertaining. But you can also incorporate grapes into a variety of recipes, whether it's something fancy for a party or something ordinary for everyday nourishment. Here are a few ideas:



Curried Chicken Salad

INGREDIENTS:

3 cups cooked chicken, chopped into small pieces
3/4 cup plain Greek yogurt

2 tablespoons curry powder
2 tablespoons maple syrup
1/2 cup roasted cashews
2 stalks celery, diced into small pieces
1 cup grapes, seeded and chopped
4 scallions, sliced
1 teaspoon coarse sea salt

Combine yogurt, curry powder, maple syrup, and salt in a large bowl. Add chicken, cashews, grapes, and scallions to the dressing. Toss well, adding some freshly ground black or red pepper if the salad needs a little kick.

The Smart Way to Soothe a Hangover

By Dylan Roche

Holiday revelry is fun. The hangover the next day though? Not so much. Unfortunately, if your carousing in the weeks between Thanksgiving and New Year's leaves you feeling under the weather, there's no fool-proof way to cure it quickly and completely. But that doesn't mean you can't take certain steps to make yourself feel (and function) a little bit better.

According to the National Institute on Alcohol Abuse and Alcoholism, a hangover isn't as much a condition as much as it is a set of symptoms—fatigue, headaches and muscle aches, nausea, sweating, thirstiness, and general overall weakness. While all the causes of these symptoms trace back to heavy alcohol consumption, there are several reasons drinking makes you feel this way—so your hangover could be different depending on how you're processing the alcohol.

Dehydration: Because alcohol suppresses the hormone vasopressin, which tells your kidneys to retain fluid, you'll be urinating a lot more when you're drunk than you do when you're sober. The dehydration you then suffer can cause things like headaches and muscle weakness.

Poor Sleep: You might fall asleep easily after you've been drinking, but your quality of sleep will not be very good. That's because alcohol prevents your body from achieving a deep state of slumber. This insufficient sleep is a major reason you feel so fatigued the next day.

Gastrointestinal Upset: Alcohol irritates the lining of your stomach, which is what causes the nausea and stomach pains you experience as part of a hangover.



You've probably heard plenty of advice from people about ways you can "cure" a hangover, but little of this advice is scientifically supported. The only way to actually cure a hangover is to just wait for time to pass. But if you're looking to minimize your symptoms, here are some smart ways you can take care of yourself:



Eat something nutritious. Don't go for greasy foods, despite what you might have heard. High-fat meals are digested more slowly, which will put even more work on your irritated stomach. Instead, seek out something nutritious. Alcohol will lower your blood sugar levels, leaving your body operating without its primary source of energy. Get some carbohydrates in you, as well as some vitamins and minerals. If you're having trouble stomaching anything, try a nutrient-rich smoothie made from fruit, yogurt, banana, and nut butter. This will give you the nutrition you need, but without putting added strain on your digestive system, as liquid empties from your stomach much more quickly than solids do.



Rehydrate. Your body lost a lot of fluid from urination—you need to replace that. Furthermore, drinking plenty of water will help your liver and kidneys flush toxins from your body. Don't forget that fluid loss also means loss of electrolytes like sodium and potassium. Add a pinch of salt or a splash of lemon juice to your water to recoup them.



Avoid medicine. While a painkiller might seem like a good idea for your splitting headache, you likely still have alcohol in your system, so combining that with acetaminophen will be toxic to your liver. Aspirin and ibuprofen can bother your already sensitive stomach. Don't be deceived by any products on the market that claim to cure hangovers—last year, the FDA sent warning letters to companies that were selling unapproved products with these baseless claims.



Get as much sleep as you can. Even though your sleep isn't of the best quality after a night of drinking, allowing yourself to rest for as long as possible will help with the fatigue. If you don't have to be anywhere in the morning, give yourself the chance to lie back down and get some extra rest. If that's not an option, a moderate amount of caffeine from coffee or tea will help stimulate you.



Gluten-Free Diets

ARE THEY RIGHT FOR EVERYONE?

By Dylan Roche

Bread has always been a dietary staple across cultures, but for some people, this source of sustenance can actually be a cause of pain and illness. That's because celiac disease, an autoimmune disease that affects about 2 million Americans, renders a person unable to digest the protein known as gluten found in wheat kernels. Gluten-free options have gained prominence thanks to increasing understanding of this condition—in fact, November is Gluten-Free Diet Awareness Month. But while it's important to understand why individuals with celiac need to cut this out of their diet, it's worth noting that gluten-free diets aren't necessarily beneficial for people who don't have this condition.

A LOOK AT LIFE WITH CELIAC DISEASE

For people with celiac disease, gluten prompts inflammation in the small intestines that can damage the gastrointestinal tract. This inflammation leads to uncomfortable symptoms like bloating, constipation, and diarrhea; in the long term, it can cause malnutrition because the body isn't able to absorb nutrients properly from food.

This is why people who are diagnosed with celiac are told to transition to a gluten-free diet. Eventually, the small intestines heal from the damage that this inflammation has caused and the body will start to absorb nutrients again. However, it's important that celiac patients abstain from gluten completely—having gluten at even one meal can trigger digestive problems all over again.

GLUTEN-FREE AS AN ILL-INFORMED TREND

For people with celiac disease, a gluten-free diet helps them maintain optimal health. They may even find that they are now empowered to make other healthy choices—for example, if fatigue from malnutrition was preventing them from exercise, they may be more active and able to shed excess weight they've struggled with.

Maybe this explains why so many people equate gluten-free diets with weight loss and other benefits. Going gluten-free has seen steady popularity as a health trend since the late 2000s, accord-

ing to the Harvard School of Public Health, which points to endorsements from celebrities and other people who claim avoiding gluten helps them lose weight or have more energy. In fact, a 2013 study by the global market research company Mintel found that 65 percent of Americans think gluten-free foods are healthier than their traditional counterparts. The study also noted that 27 percent of people have undertaken a gluten-free diet to lose weight.

The problem? That's not necessarily a healthy choice...

CAN GLUTEN-FREE BE HEALTHY?

Yes, you can cut gluten from your diet in a healthy way if you need to. Many healthy foods are naturally free from any gluten—fruit, vegetables, poultry, meat, fish, eggs, legumes, nuts, and even whole grains like quinoa and rice are (pardon the pun) on the table. The only foods a person avoiding gluten cannot eat are wheat, barley, and rye.

It makes sense that even people who don't have celiac disease might lose weight or feel better when they cut out gluten. After all, they're giving up many processed foods like cookies, cake, doughnuts, pizza, sugary cereals, and white bread. The Mayo Clinic states that a gluten-free diet can be a healthy one as long as people are replacing wheat products with nutritious foods and not filling up on foods like red meat and full-fat dairy (or replacing regular cookies with gluten-free cookies).

It does take some careful consideration. The average American diet is deficient in fiber, of which whole wheat is a prominent source. Additionally, wheat foods are fortified with many vitamins and minerals. Even people who have no choice but to adopt a gluten-free diet as part of a celiac diagnosis might find themselves struggling to get as much fiber, calcium, iron, and B vitamins as they need. This is why the National In-

stitutes on Health discourages a gluten-free diet for anyone who doesn't have a celiac diagnosis.

IF YOU DON'T HAVE CELIAC DISEASE...

Nobody is saying you can't eat a diet that excludes wheat. Go for it! Some people even adhere to Wheat-Free Wednesdays, giving up wheat one day a week as a way of encouraging new dietary options and trying staple foods they wouldn't otherwise. If you're always eating pasta, you might miss out on the fact that you really love quinoa!

But remember that many processed gluten-free products aren't necessarily healthier than their normal versions. Gluten-free treats are still treats. When you compare nutrition labels, you might even notice that gluten-free versions of your favorite processed foods are actually higher in sugar, fat, and total calories, not to mention lower in fiber and protein. This explains why some Harvard studies have found that gluten-free diets cause weight gain and increase the risk of chronic diseases like heart disease and cancer.

THE LEAST YOU SHOULD CONSIDER

A gluten-free lifestyle is often expensive, inconvenient, and stressful for those who don't have a choice—and this is why it's important to raise awareness of it and create more options for gluten-free consumers. But if you aren't required to cut gluten as part of a celiac diagnosis by your doctor, jumping on the trend might be more trouble than it's worth—don't expect to cut wheat from your diet and see all your health problems automatically go away. Building a healthy diet is always a lot more complex than simply cutting out one food.



HEALTH & BEAUTY HEALTH

Can Botox Treat My Migraine?

By Dylan Roche

When you think about Botox injections, the first use that comes to mind might be to reduce the appearance of wrinkles. So, you might be surprised to learn that Botox has approval from the Food and Drug Administration for a variety of uses, including muscle spasms, eye muscle conditions, overactive bladder, and even excessive sweating. It's even a life-changer for people who suffer from chronic migraine.

Yes, the same treatment that smooths out one patient's face can help control another patient's debilitating migraine symptoms. That's because Botox uses a form of the toxin botulinum to temporarily paralyze muscle activity. In the case of cosmetic Botox, this paralysis is what prevents your skin from wrinkling. For the treatment of migraine, the injections go into the muscle nerves and prevent the pain receptors from sending signals to the brain.

The American Migraine Foundation emphasizes that Botox isn't the kind of treatment patients should consider for occasional headaches—this option is for people who have chronic migraine, defined as 15 or more headaches a month. Only about 3 percent of the U.S. population has migraine to this degree, but the condition can disrupt quality of life and prevent patients from doing everyday tasks.

While the procedure itself is relatively simple, usually taking no longer than 20 minutes and requiring no more than a simple injection with a small needle, it's something that must be done approximately every three months and may need to be done in conjunction with other headache treatment methods. This is because your muscle nerves eventually grow new pain receptor fibers, resulting in the return of migraine headaches if Botox is not readministered. Injections can't be given more often than three months or else your body can develop strong antibodies to the botulinum and become immune—which would mean the treatment wouldn't work in the future.

Botox has only mild risk of side effects, most prominently in the form of swelling or bruising where the injection was administered. In rare cases, the botulinum could affect surrounding tissue and cause issues like drooping eyelids, vision problems, or trouble speaking or swallowing.

Patients interested in undertaking Botox injections to treat their chronic migraine should consult with a headache specialist or a neurologist who can consider their specific situation. To find one near you, consult the American Migraine Foundation's doctor database at americanmigrainefoundation.org/find-a-doctor.

HERE ARE A FEW ROPE EXERCISES YOU'LL WANT TO TRY

Incorporate ropes into your workout by doing each exercise for 10 minutes, then switch to another activity (such as jumping jacks or pushups) for five minutes, followed by 10 more minutes of ropes. Follow this routine to fatigue. Remember you can always change the intensity of your workout by switching your grip (using an overhand grip, as if it were a handshake, or an underhand grip, as if you're holding a microphone) or opting for heavier ropes.

BASIC WAVES

Grab a rope firmly in each hand and hold your arm stretched out in front of you. Keep your hands shoulder-width apart. Brace your core. Raise your right arm as you lower your left arm, then alternate back and forth, keeping your speed up as fast as you can. This should be an explosive motion, and the ropes should move like waves. Keep this up for two minutes.

SLAMS

Hold a rope in each hand with your arms out in front of you, shoulder-width apart. Raise your hands above your head.

Throw your arms down as quick as you can so the rope slams on the ground. Pick it up and repeat the motion as quickly as possible.

CROSSOVERS

Grip a rope firmly in each hand raise both arms up above your left shoulder. Slam the ropes down on the ground to your right side without letting go. Repeat 10 times, then alternate to raising the ropes above your right shoulder and slamming them down beside your left leg.



Fitness Tips

USING BATTLE ROPES EFFECTIVELY

By Dylan Roche

Who would expect rope would be one of the most effective pieces of workout equipment you could find? If you're looking for an exercise that combines strength training and cardio, all without any hard-to-lug-around weights, then it's time to loop those cords around a stable anchor and start swinging those arms.

Battle ropes (or battling ropes, as they're sometimes called) are commonly used as part of CrossFit and other functional fitness routines, but their use actually predates these newer exercise programs. Battle ropes were first used by renowned conditioning coach and strongman John Brookfield, who found that moving heavy ropes in circular and linear motions not only raised the heart rate and broke a sweat (two well-recognized signs of aerobic activity) but also strengthened the arms, back, chest, legs, and core.

Today, trainers love battle ropes because they're easy to transport and they offer a low-impact workout that doesn't pose any danger to the joints. The National Academy of Sports Medicine cites battle rope workouts as something anyone of any age or fitness level can do, and the ISSA College of Exercise Science recommends battle ropes as a great option for people who are getting bored with their routine and looking for a new challenge (other options include medicine balls, kettle bells, and jump ropes). The American Council on Exercise encourages their use because they are a great way of working the entire body without having to jump from equipment to equipment.

IF YOU'RE BUYING A SET OF BATTLE ROPES, you'll probably notice that there are a few options available. Ropes come in different lengths and thicknesses that will provide different challenges. Most are about 1 to 2 inches thick and somewhere between 25 and 50 feet. Look for heavier, longer rope if you want to up the intensity of your workout.

WHEN YOU FIRST USE YOUR BATTLE ROPES, be prepared to loop them around something heavy and stable, such as a tree or a pole. Another option is to buy an anchor strap specifically designed to keep battle ropes fixed in place—these are especially useful in the gym.

But once you have your battle ropes firmly fixed to an anchor, don't just start swinging them around aimlessly without any idea of what you're doing. Even though ropes are a low-impact activity, there is still risk of getting injured if you're reckless with them. At the very least, you won't see the gains you want to achieve.

Evangelist to Prophetess...A Journey of Faith & Healing



Dottie Stewart has been an evangelist and preached the word of God for more than 40 years. She's charismatic, inspired, and never hesitates to use the pulpit to reassure those who need encouragement. Her rich, powerful voice delivers a promising and inspirational message of hope. The lesson is clear—"having a strong faith grounds us in good times and provides comfort and clarity during periods of conflict."

Little did Stewart know the powerful message she preached to others would now be prophetic and foreshadow her own life's story.

"I have been called to serve God with the gifts, skills, and talents He has given me," says Stewart, a 64-year-old Crofton resident. "He has taught me to believe in Him during the ups and downs of life, and that's what I do."

A medical diagnosis in late 2020 would test her faith and place her in the hands of Susan Peeler, M.D. and Teresa Diaz-Montes, M.D., two highly respected and superior-trained, gynecologic experts with *THE NEIL B. ROSENSHEIN, M.D., Institute for Gynecologic Care at Annapolis*.

Battling Cancer with Prayer and Clinical Excellence

In late Fall 2020, Stewart began experiencing abdominal pain. Not taking any chances, she made an appointment with Dr. Peeler, her long-time Board Certified Gynecologist. After a thorough examination and series of tests including a biopsy, Dr. Peeler shared with Stewart the difficult news that she had cancer—a diagnosis that often tests even the most faithful believer.

Dr. Susan Peeler is a recognized *Top Doc* in Anne Arundel County and is trusted for her clinical knowledge and deep concern for patients. "When it comes to a cancer diagnosis, time waits for no one and we knew we had to put an effective plan in place to help Dottie," Dr. Peeler explains. "The sooner a treatment plan begins, the greater the chance for a successful outcome."

"Dr. Peeler is warm and friendly. When she called me to discuss my diagnosis, I heard compassion in her voice," Stewart says. "I trusted her to make the best decision about my care."

Rapid Treatment Plan Leads to a Cancer-free Recovery

Stewart's cancer diagnosis required surgery and, once again, she relied on faith and prayer to provide the answers she needed. "I was talking to God every day," Stewart recalls. "I asked for wisdom and answers. I knew I needed the best doctors available and I trusted God to provide them to me," she says with conviction.

Stewart got the answers she needed. Dr. Peeler introduced Stewart to Dr. Teresa Diaz-Montes, the Medical Director of *THE NEIL B. ROSENSHEIN, M.D., Institute for Gynecologic Care at Annapolis*, and there was an immediate bond. Dr. Diaz-Montes is a Board Certified Gynecologic Oncologist and is recognized as one of the leading surgeons in the treatment of cancers of the female reproductive tract. She also has been prominently featured in *The Wall Street Journal* and *The New York Times* providing women, like Stewart, the answers they need.

"Dottie's cancer was caught early and her prognosis was excellent," Dr. Diaz-Montes says. "Dottie did what we want all women to do—she acted immediately and alerted her doctor about the symptoms she'd been having."

Just days before Christmas, Stewart underwent surgery to remove the cancer. After the 4-hour procedure, Dr. Diaz-Montes shared the good news with Stewart—the cancer was expunged and there was no need for additional cancer treatments. Prayers were answered.

"I believe my story is about hope, not cancer,"

Stewart offers. "I didn't schedule my GYN appointment with the expectation I would be told I had cancer. My faith was tested and I made the decision to believe the words I had preached for decades. I never lost hope. I trusted God to provide answers and he gave me Dr. Peeler and Dr. Diaz-Montes. I'm so grateful...so thankful. They are my angels of Mercy!"

Now, nearly a year from the early onset of symptoms and surgery, Stewart has returned to her calling. She is back in the pulpit preaching hope, trust, and living out her faith.

"I have been blessed with a special anointing to embrace the downtrodden, broken-hearted and the disenfranchised. I embrace the people I meet with love and compassion by letting them know God cares," Stewart says. "I am very grateful to Dr. Peeler and Dr. Diaz-Montes for the care they provided. Because of them I am able to continue to do what God wants me to do."

"Evangelist to Prophetess...A Journey of Faith & Healing" was provided by Mercy Hospital.

PLACE YOUR TURKEY ORDER NOW!
We are the West County area's exclusive supplier of Sho-nuf Turkeys (formerly Maple Lawn)

the **FRESHEST LOCAL TURKEYS**
on the planet

**LOCAL APPLES
APPLE CIDER
& SQUASH!**

BULK FOODS • GLUTEN-FREE • PLANT-BASED
A WIDE SELECTION OF VITAMINS, HERBS & OTHER SUPPLEMENTS

DAVID'S
Natural Market

871 Rt. 175 (Annapolis Rd)
Gambrills, MD 21054
410.987.1533

Columbia 410.730.2304
Family owned & operated for over 38 years

BEST NATURAL MARKET
FOR 18 YEARS!

West County
Best of
WEST COUNTY 2021



Mamma Roma
Italian Food with a Passion

Indulge
IN AUTHENTIC ITALIAN CUISINE!

TASTE WHY WE'RE VOTED THE BEST!

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

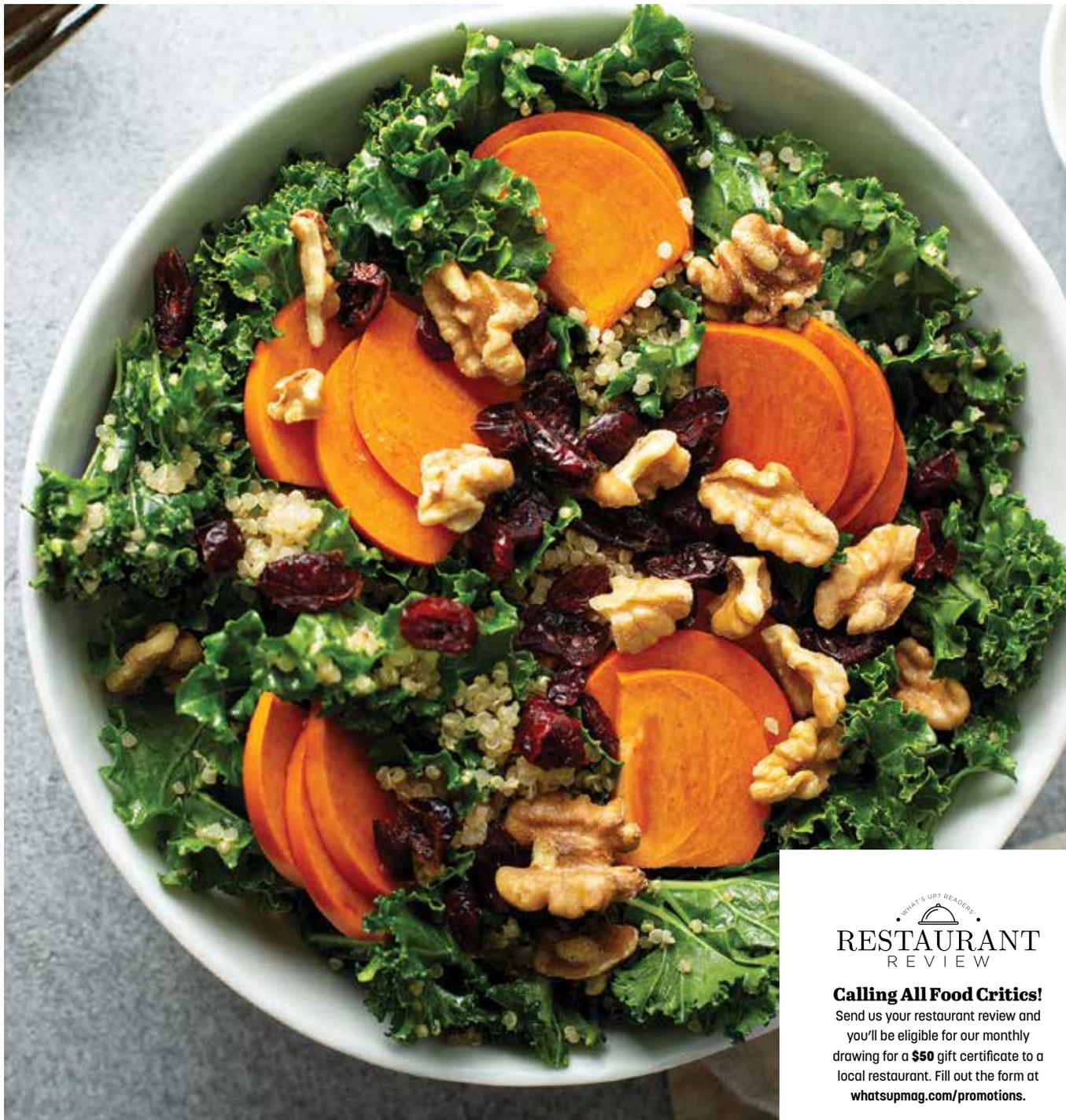
West County
Best of
WEST COUNTY 2021

West County
Best of
WEST COUNTY 2021

Odenton: 8743 Piney Orchard Pkwy, Ste. 102 • 410-695-0247 • www.mammaromas.com

Dining

72 SAVOR THE CHESAPEAKE | 74 DINING GUIDE



WHAT'S UP? READERS' CHOICE
RESTAURANT
REVIEW

Calling All Food Critics!

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



Savor the Chesapeake

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

By Kelsey Casselbury

Parting Is Such Sweet Sorrow

There's no doubt that the past 18 months have been devastating for the restaurant industry, and now we're devastated about the recent closures of some beloved Annapolis eateries, including:

Fado, which had its last on October 30th. "We are immensely proud of our time here and want to recognize the people who have honored us by being part of our team, many of whom have been with us for many years," said its owners in a social media announcement. "...To all the business plans, weddings, families, short lived 'romances,' wakes, schemes, and celebrations that started inside our four walls." Reportedly, a seafood restaurant, SeaSalt, will open in the Park Place location in the spring.

Sam's on the Waterfront, which closed on September 26th.

The Mexican Cafe, which closed at the end of September. We will truly miss their phenomenal margaritas.

Every New Beginning Comes from Some Other Beginning's End

We're trying to remain optimistic here in the light of these closures, so we'll wipe away the tears because **RAR Brewing** announced at the end of September that they'll be opening a hybrid taproom and restaurant in Mexican Cafe's former location in West Annapolis. Although details are sparse right now, we do know that RAR already makes some fantastic beer in its Cambridge, Md., brewery. RAR also recently opened a second space, called *The Laboratory* immediately next door to its original taproom, and trust us when we say that it looks really cool.

There's a new establishment, **Pour Dog House**, up in Millersville that opened in mid-September. They serve up hot dogs and sausages, along with wings, salads, and more, plus a huge selection of beers. The restaurant also advertises a charitable initiative where every time someone orders Pour Dog House's "Dog Beer"—brewed especially for pups—they donate up to 75 cents to the local SPCA. It probably goes without saying that dogs are welcome. Woof! **Pour Dog House | 722 Generals Highway, Millersville | pourdoghous.com**



On the Table: Sweet Tidings

Turkey, stuffing, mashed potatoes, green beans...is your stomach rumbling yet? Of course, November is all about Thanksgiving dinner, at least when it comes to gastronomy. After 2020 celebrations, which were most likely more intimate, it's time to really break out the good China plates for a feast. (Unless you're fatigued from never-ending Zoom meetings, in which case, get your dinner catered. We won't judge.)

Google Trends data shows that Marylanders most-often search for sweet potatoes around Thanksgiving, though in 2020, the No. 2 search query nationwide was "Thanksgiving margarita"—to which we say, "yaaasssss." (Quick recipe: 1 ounce apple cider, 1 teaspoon brown sugar, 1.5 ounces gold tequila, 1 ounce orange liqueur, plus salt for the glass and cinnamon sticks for garnish.)

Let's go back to those sweet potatoes, though. A marshmallow-topped casserole might be traditional, but maybe it's time for a change. As long as no one in the family will revolt, a roasted sweet potato salad provides a much more balanced set of flavors (read: not bursting with sugar). Go ahead and dice those sweet potatoes, then roast them in some olive oil. Combine the 'taters with chopped, toasted pecans or walnuts, dried cranberries, crumbled feta, and chopped parsley. Toss it all together with a Dijon mustard-based vinaigrette. It might just be a new family favorite!

From the Bar: **Winter Whites**

There's this old yarn that red wine is for winter and white wine is for summer, but why? Sure, rich, full-bodied vinos such as cabernets or syrahs can make you feel warm and cozy, but pale varietals deserve cold-weather love, too.

It's all about picking the right varietal for the time of year. Creamy white wines can be just as rich as red wine and often pair just as well—or even better—with traditional winter dishes. You want to find a bottle that is high in alcohol and/or acidity

and has plenty of flavor. Once selected, you *don't* want to serve it chilled like you might in warmer months. (Well, actually, you should never serve any wine chilled to 40°F or below; you'll lose all the flavor.) Instead, you want it to be between 45 and 55°F, particularly Chardonnay, which should be at the higher end of that range.

So, what should you be looking for? The obvious contender is Chardonnay, especially one that's creamy and oaky. Other options include Chenin Blanc (it's light-bodied, but high in acidity), an aged Sauternes, or a bold, creamy Viognier.

Of course, we're all about buying local, so try out one of these white wines from area wineries:*

GREAT FROGS | GREATFROGS.COM—Vintner's White. A blend of Chardonnay, Viognier, Marsanne, Sauvignon Blanc, and Traminette. "Lively aromas and flavors of lemon zest and bread toast with a supple, soft, dryish full body and a smooth, complex finish with well-integrated tannins." **Viognier.** "Stone fruit and perfumed floral aroma. Flavors of apricot, sweet peaches, and honeysuckle. Round smooth finish."

THANKSGIVING FARM WINERY | THANKSGIVING-FARM.COM—Franc Blanc. "Unique white wine made from the White Juice of Cabernet Franc."

THE VINEYARDS AT DODON | DODONVINEYARDS.COM—Chardonnay. "Exhibits green apple and cinnamon, and offers an elegant palate enhanced by notes of citrus and a lingering mineral finish."

LOVE POINT VINEYARDS AND WINERY | LOVEPOINT-VINEYARDS.COM—Chardonnay. "This aromatic and flavor filled wine was fermented in steel and aged in new Hungarian medium and medium plus (+) toasted oak barrels for four months."

**These bottles were available as of press time, but call in advance to ensure they're still around.*



Have culinary news to share?

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

Dining Guide

Advertisers Listed in Red

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

☎ Reservations

┆ Full bar

👨 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 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 \$ 🍷 🍷 *

Fuji Japanese Steakhouse

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

Kodo Empire Garden

1166 MD-3 Suite 210, Gambrills; 410-721-5777; Empiregarden-gambrills.com; Japanese; lunch, dinner \$\$

Ledo Pizza

1286 MD-3, Crofton; 410-721-5200; Ledopizza.com; Italian; lunch, dinner \$ 🍷👑

Molloy's

1053 MD-3, Gambrills; 410-451-4222; Molloy-sirishpub.com; Irish, American, Seafood; lunch, dinner, weekend brunch \$ 🍷👑

Nonna Angela's

2225 Defense Highway, Crofton; 443-584-4038 Nonnaas.com; Italian; lunch, dinner \$-\$\$

Mi Casita Mexican Restaurant

1334 Defense Highway, Gambrills; 410-451-0025; Micasitainc.com; Mexican; lunch, dinner \$ 🍷 🍷👑

Mission BBQ

2503 Evergreen Road, Gambrills; 410-697-1002; Mission-bbq.com; American, barbecue; lunch, dinner \$ 🍷

Namaste Indian Cuisine

2510 Conway Road, Gambrills; 410-721-5654; Indian; lunch, dinner \$\$ ☎ 🍷 🍷

Nautilus Diner & Restaurant

1709 Transportation Drive, Crofton; 410-451-8515; American diner; breakfast, brunch, lunch, dinner \$ 🍷 🍷

Newk's Eatery

1360 Main Chapel Way, Gambrills; 443-302-2734; Newks.com; Sandwiches, soups, salads, pizza; lunch dinner \$ 🍷

Otani Japanese Cuisine

1153 Route 3 North, Gambrills; 410-721-7338; Otanijapanese-cuisine.com; Japanese, sushi; lunch, dinner \$\$ ☎ 🍷👑

Panera Bread

1402 S Main Chapel Way #102, Gambrills; 410-721-9041; Panera-bread.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 \$ 🍷👑

BLACKWALL BARN AND LODGE

"Love spending my Friday nights listening to their live music with a craft cocktail in hand" —Neil C

V N Noodle House

2299 Johns Hopkins Road, Gambrills; 410-721-6619; Vnnoodlehouse.com; Vietnamese; lunch, dinner \$

Hanover

George Martin's Grillfire

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

Little Spice Thai Restaurant

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

Maiwand Kabob

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

Red Parrot Asian Bistro

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

Timbuktu Restaurant

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

Vivo Trattoria & Wine Bar

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

Millersville/ Glen Burnie

Arturo's Trattoria

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

Broken Oar Bar & Grill

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

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; Libationsmd.com; American; lunch, dinner, weekend brunch \$\$ ☎ 🍷 🍷 *

Mi Pueblo

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

Pappas Restaurant & Sports Bar

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

Tijuana Tacos VI

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

Willy's Kitchen

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

Odenton

Baltimore Coffee & Tea Company

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

Bangkok Kitchen Thai Restaurant

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

Buck Murphy's Bar & Grill

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

ANNAPOLIS | **BALTIMORE** | **ODENTON** | **PIKESVILLE**
 410-990-0033 | 410-230-0033 | 240-556-0033 | 410-837-0033



RUTH'S CHRIS STEAK HOUSE U.S. PRIME

THERE IS SO MUCH TO BE THANKFUL FOR THIS THANKSGIVING

NOVEMBER 25TH
11:00 AM - 8:00 PM

CLASSIC TECHNIQUES FRESH INGREDIENTS

Harvest Thyme





Voted Best Chef • Voted Best Wine List • Voted Best Appetizers





Happy Hour
All day Sunday & Tues-Fri 4-7 at Bar & Patio

Sunday & Thursday Pizza Nights
Woodcutter, Harvest & Build Your Own 2-Topping Pizza \$12, Cheese Pizza \$9



Special Combo
Cheese Pizza
1lb Wings
6pk of Select Beers
\$20

Hours
Tues-Thurs 4-9
Fri-Sat 11:30-9
Sunday 10:30-9 (Brunch)

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

WE KNOW HOW TO KEEP IT
SPICY AROUND HERE



RUTABAGA
— JUICERY & EATS —

WWW.RUTABAGAJUICERY.COM



DINING GUIDE

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; Hongkongourmetmd.com; Chinese; lunch, dinner \$ # #

Hunan L'Rose

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

Mamma Roma

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

Orchard Café

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

Perry's Restaurant

1210 Annapolis Road, Odenton; Perrysrestaurant.com; 410-674-4000; American, Greek; lunch, dinner \$ # # #

Rinconcito Mexicano

1103C Annapolis Rd, Odenton; Rinconitomexicanoinc.com; 410-305-0882; Mexican; lunch, dinner \$ # # #

Rieve's Deli

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

Romeo's Pizza

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

Ruth's Chris Steak House

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

The Hideaway

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

Three Brothers

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

Severn / Severna Park

Brian Boru Restaurant & Pub

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

Café Bretton

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

Café Mezzanotte

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

Casa Della Nonna

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

ADVERTISE
WITH US TODAY!



CONTACT:

alyons@whatsupmag.com

GARRY'S GRILL & CATERING

"My go-to breakfast place in Severna Park (even though their dinner is delicious too)" —Vince

Founders Tavern & Grille

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

Garry's Grill & Catering

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

Gianni's Pizza

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

Lisa's Deli

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

Mi Pueblo II

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

Park Tavern

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

Mike's Crab House North

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

Annapolis Area & Beyond

Blackwall Hitch

400 6th Street, Annapolis; 410263-3454; Theblackwallhitch.com; Upscale-casual New American restaurant; brunch, lunch, dinner, late-night \$\$ 🍴 🍷 🍷

Broadneck Grill & Cantina

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

The Crab Shack

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

Davis' Pub

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

G&M Restaurant & Lounge

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

Grump's Café

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

Harvest Thyme Modern Kitchen & Tavern

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

Herald Harbor Hideaway

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

Jesse Jay's Latin Inspired Kitchen

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

La Sierra

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

Listo's Grill

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

Lures Bar and Grille

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

The Melting Pot

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

Mi Lindo Cancún Grill

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

Milano Pizza

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

Mother's Peninsula Grille

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

Old Stein Inn

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

The Point Crab House & Grill

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

Rams Head Roadhouse

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

Rips Country Inn

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

Rutabaga Juicery

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

Ruth's Chris Steak House

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

Señor's Chile

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

EAT

REVIEW

WIN



RESTAURANT REVIEW

EAT. REVIEW. WIN.

Visit whatsupmag.com/promotions or fill out the form below:

Have you dined at a delicious new spot or want to rave about your favorite restaurant? We want you for your restaurant review! Winners will win a \$50 gift certificate to a local eatery.

Plus, the winner's review will be printed in a future Readers' Restaurant Guide in What's Up? Magazine.

Restaurant Name _____

Restaurant Location _____

Your Review _____

Name _____

Phone _____

Email _____

Address _____

City _____

Zip _____

Would you like to sign up for our weekly eNewsletters?

_____ Yes please!

_____ No thanks



PEOPLE LOVE MAGAZINES.



what % of US adults say they read magazines in the last 6 months?

91%

This includes **95% of those under 35** and **95% of those under 25.**

(MRI-Simmons, Fall 2019)



when advertisers were asked which medium offers the highest ROAS, which was the highest overall?

MAGAZINES.

THE MAGAZINE ROAS OF \$6.51 WAS **DOUBLE THAT OF THE TV ROAS** OF \$3.23, AND MORE THAN DOUBLE OF THE DIGITAL ROAS OF \$2.43.

(NCSolutions 2005-Q12019)

HOW MANY ADULTS AGES 18+ READ MAGAZINES?

228.7 MILLION

THAT'S AN INCREASE OF 18 MILLION SINCE 2012.

(MRI-Simmons, Fall 2012-2019)



THE PRINT MAGAZINE INDUSTRY IS GROWING

139 new print magazine brands with a frequency of quarterly or greater were introduced in 2019

(Samir "Mr. Magazine"™ Husani Monitor 2020)



MAGAZINES REACH **PREMIUM AUDIENCES IN HIGH-INCOME HOUSEHOLDS***

At a greater rate than newspapers, internet, radio or TV

* Household income \$250K+

(MRI-Simmons, Fall 2019)



WOMEN AGES 18+

(MRI Media Fusion)



PRINT READERS REMEMBER MORE.

- **PRINT STIMULATES** EMOTIONS AND DESIRES
- **PRINT IS PREFERRED** BY THE MAJORITY (EVEN MILLENNIALS)
- PRINT READERS EXPERIENCE **MORE FOCUSED ATTENTION AND LESS DISTRACTION**, WHICH DRIVES SENSORY INVOLVEMENT CONTRIBUTING TO GREATER READER IMPACT, COMPREHENSION AND RECALL.

(MPA, Scott McDonald, Ph.D. Nomas Research)



WHAT'S UP? **MEDIA**
DIGITAL MAGAZINES EVENTS



Shop Local. Buy Local.

RESERVE YOUR SPACE TODAY

Contact Ashley Lyons at 410-266-6287 x1115
or alyons@whatsupmag.com



You Have Enough on Your Plate,
Let Us Clean. We're Maid For This.



\$20 OFF YOUR FIRST FIVE CLEANINGS

New customers only. Weekly and Alternate Weekly service only. Other restrictions may apply. Cannot be combined with any other offer.

MOLLY MAID® OF CENTRAL ANNE ARUNDEL COUNTY

Family owned and Operated for 22 years
410-349-8080

www.mollymaid.com/central-anne-arundel-county

©2020 Molly Maid, LLC. Each franchise locally owned and independently operated.

"We Make Good Men Better"



**TO BE A MASON
ASK A MASON**

1206 STEHLIK DRIVE,
ODENTON 21113
SINCE 1908

WWW.ODENTONLODGE209.NET



INQUIRE TODAY!

You are welcome!

OPEN HOUSE

November 11, 2021

8:30 a.m. - 11:30 a.m.



Discover a school where faith is nurtured and teachers guide their students toward academic excellence. Visit Monsignor Slade where students are encouraged to know, love, and be disciples of Christ.

Monsignor Slade Catholic School

Serving Pre-K2 – 8th Grade

Located near the intersection of Route 100 and I-97

410-766-7130

120 Dorsey Rd., Glen Burnie, MD
mssladeschool.com

©2021 9/10/21



Where's Wilma?

FIND WILMA AND WIN!

Wilma, a faithful and famous flying mascot, is holiday happy! It's one of her favorite times of the year, as she'll be zipping to and fro visiting family and friends, as well as her fave shops, services, and restaurants. Where 'o where will she pop up next?

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

Congratulations to **Angelina Allen** of Gambrills, who won a \$50 gift certificate to a local business.

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



Please Print Legibly

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

Name _____

Phone _____

Address _____

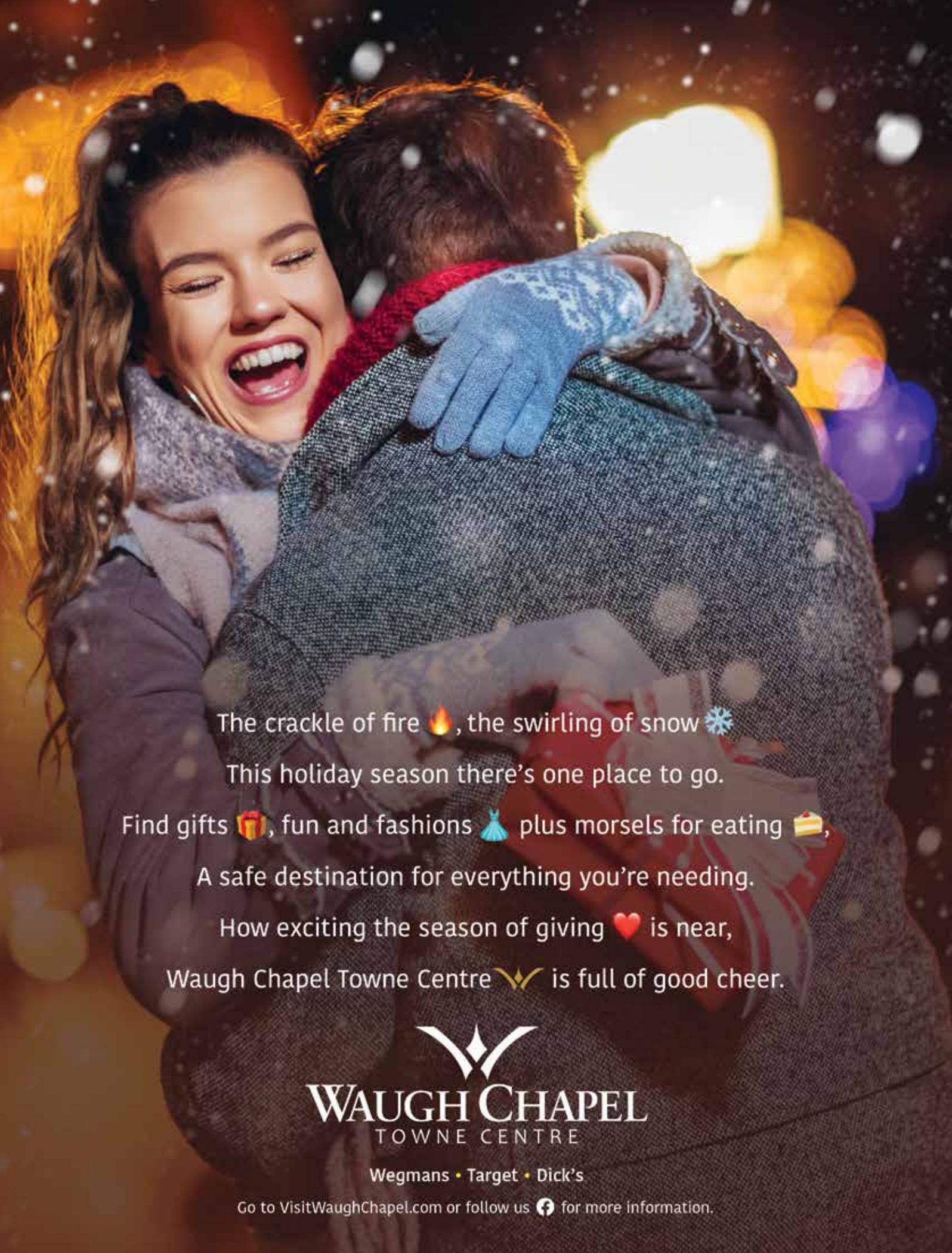
E-mail address _____

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

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

Entries must be received by November 30, 2021. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? West County.

Archbishop Spalding High School	19
Baltimore Washington Medical Center	BC
Beall Funeral Home.....	12
Blackwall Barn & Lodge.....	2
Bowie Siding & Roofing Inc.....	61
Chill Axes.....	GG
Crave Catering Co.	62
David's Natural Market	70
Djawdan Center for Implant and Restorative Dentistry	1
Dr. Heather Pacheco.....	19
Fichtner Services.....	52
Greenberg Gibbons.....	8, IBC
Harvest Thyme Modern Kitchen & Tavern.....	75, GG
Homestead Gardens	11
HOPE For All.....	11
Indian Creek School (Upper Campus).....	21
Little Treasury Jewelers.....	99
Long & Foster-Crofton.....	50
Luminis Health AAMC.....	3
Mamma Roma.....	70, GG
Maryland Pet Crematory.....	19
Mission Escape Rooms.....	GG
Molly Maid of Central Anne Arundel County.....	79
Monsignor Slade Catholic School.....	79
Mr. Handyman.....	17
Odenton Masonic Lodge No. 209.....	79
O'Donnell Vein and Laser.....	IFC
Peepers Family Eyecare.....	GG
Rutabaga Craft Juicery.....	76, GG
Ruth's Chris Steak House.....	75
Skin Oasis Dermatology.....	5, GG
The Jaklitsch Law Group.....	15
The Well.....	GG
Titan Hospitality Group.....	24
Wild Birds Unlimited.....	GG



The crackle of fire 🔥, the swirling of snow ❄️

This holiday season there's one place to go.

Find gifts 🎁, fun and fashions 👗 plus morsels for eating 🍰,

A safe destination for everything you're needing.

How exciting the season of giving ❤️ is near,

Waugh Chapel Towne Centre 🏠 is full of good cheer.


WAUGH CHAPEL
TOWNE CENTRE

Wegmans • Target • Dick's

Go to VisitWaughChapel.com or follow us  for more information.

THE POWER OF CARING

**Within all of us there is untold power.
An unstoppable strength.
A desire to do more.**

As a top 10 Maryland hospital, University of Maryland Baltimore Washington Medical Center is the pulse that keeps us moving forward. With nationally recognized programs in cancer and cardiovascular care. Award-winning critical care. The highest standards of quality and safety. And an unmatched commitment to keeping this community going strong. This is the power of caring.



**Discover
more at**
umbwmc.org/caring



UNIVERSITY *of* MARYLAND
BALTIMORE WASHINGTON
MEDICAL CENTER